

7AM NANTUCKET ZOOM MEETING FORMAT

NOTE TO CHAIR: Claim "host." Daily Readings can be found on the website nantucketaa.org under "Meeting Formats." Be prepared to put these and the 7th tradition information in the chat after the meeting starts or ask a volunteer to do this for you. 7th Tradition: Send a check to Nantucket Intergroup P.O. Box 451 Nantucket, MA 02554 or use Venmo: [nantucketaa](#) online. Be prepared to time participants during their share and "gently remind" when a share goes over 3.5 mins., use discretion with newcomers.

"GOOD MORNING MY NAME IS _____AND I'M AN ALCOHOLIC.

Welcome to the 7am Nantucket Alcoholics Anonymous Zoom meeting. This is an open meeting of Alcoholics Anonymous. We are glad you are all here - especially newcomers. In keeping with our singleness of purpose and our Third Tradition which states that "The only requirement for A.A. membership is a desire to stop drinking," we would like to invite anyone here visiting, coming back, or here for their first meeting to introduce themselves so we may welcome you?

Our format is to read from two meditation books, Daily Reflections and A Day at A Time.

We ask that all who participate:

- Respect the anonymity of other members by sharing from a private place.
- Monitor you own microphone and camera, turning them off when not sharing or moving away from your screen.
- Direct your shares to the reading or alcoholism and try to keep within a 3.5 minute limit.
- Avoid cross talk, which means we do not comment directly to another participant during the meeting or identify with a previous share by using the person's name. Suggestions or comments can be made after the meeting ends.
- Share as the spirit moves you, which means we do not call on each other to speak.

This group holds a business meeting every three months to switch chair persons and discuss the format, the next one will be announced close to the date.

Would you please help me open the meeting with a moment of silence followed by the Serenity Prayer? (If the readings are in the chat perhaps mention this and the 7th tradition)

Could we please have 2 volunteers to read?

The meeting is now open."

At 7:59 AM end the meeting..."We've come to the end of the meeting. Could you help me close the meeting with a moment of silence followed by (prayer of your choice.)"