

## 7AM NANTUCKET ZOOM MEETING FORMAT

NOTE TO CHAIR: try to download the readings which can be found on Nantucket AA.org under Meeting Formats and Venmo info to post in chat. "Send" when participants are present or just before opening the meeting. Or ask a volunteer to do this for you - service work! 7th Tradition = Send a check to Nantucket Intergroup P.O. Box 451 Nantucket, MA 02554 or use Venmo: nantucketaa online

"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.
- Mute your microphones when not sharing
- Turn off your video if you are moving away from your screen.
- Limit your remarks to the readings or alcoholism.
- Avoid cross talk, which means we do not comment directly to another during the meeting. Suggestions can be made after the meeting ends.
- Share as the spirit moves you, which means we do not call on each other to speak.

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.)"