

A Suggested Format for Conducting an A.A. Meeting

1. Good Evening ladies and gentlemen. This is the regular meeting of the BBB Combined AA/NA/ Gratitude Meeting. My name is _____ and I am an alcoholic and your Secretary.

2. Let us open the meeting with a moment of silence to do with as you wish followed by the Serenity Prayer:
“Say GOD, to get the prayer started then pause to say the rest with the group)

**God, grant me the serenity to accept the things I cannot change,
Courage to change the things I can, and
Wisdom to know the difference.**

3. Read the appropriate pre-amble

--BBB CLOSED Meeting Pre-Amble

So you like to get fucked up?! You're in the right place!

The BBB is a fraternity of men who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from Alcoholism and Addiction.

The only requirement for membership is a desire to stop drinking and using. There are no dues or fees for our membership; we are self-supporting through our own contributions. We are not allied with any sect, denomination, political organization or institution; we do not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics and addicts to achieve sobriety.

Furthermore, we understand we will have a high percentage of men in early recovery. To this end we encourage and emphasize selfishness in our recovery. We accept that though we may desire to help our brothers as they struggle and sometimes fall that their recovery is their own. We provide several ways for them to seek the professional help or treatment that they may need. By focusing on our personal sobriety we raise the chances for the entire brotherhood as a whole.

--BBB OPEN Meeting Pre-Amble

So you like to get fucked up?! You're in the right place!

The BBB open meetings are a place for all of us to share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from Alcoholism and Addiction.

The only requirement for membership and attendance is a desire to stop drinking and using. There are no dues or fees for our membership; we are self-supporting through our own contributions. We are not allied with any sect, denomination, political organization or institution; we do not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics and addicts to achieve sobriety.

Furthermore, we understand we will have a high percentage of members in early recovery. To this end we encourage and emphasize selfishness in our recovery. We accept that though we may desire to help our brothers as they struggle and sometimes fall that their recovery is their own. We provide several ways for them to seek the professional help or treatment that they may need. By focusing on our personal sobriety, we raise the chances for the entire brotherhood and Membership as a whole.

4. (OPTIONAL) Ask a friend to read “How it works”

5. (OPTIONAL) Do a short 2-5 minute meditation. Do a quick good search before the meeting and have the meditation already queued-up.

6.(OPTIONAL) Do a reading from any material you feel would be beneficial. Offer to group to volunteer their own readings.

7.Introduce Topic for the meeting and open the floor to discussion. Often you will need to share first to get the ball rolling.

8.About 3-5 minutes before the target end time, give an opportunity for others to share any last minute thoughts. Then either read “The Promises”, or ask someone else to

9. Close the meeting with the serenity prayer.

“Say GOD, to get the prayer started then pause to say the rest with the group)

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change,
Courage to change the things I can, and
Wisdom to know the difference.**

(NOTE: Make every effort to open and close the meeting on time. We may be too polite to say it but many of us need to get to other times sensitive responsibilities. This format is suggested only)