

Meeting format  
to Chair the  
Spirit of The North  
Sunday & Wednesday  
Meetings

Let us begin by thanking you for chairing and making  
AA meetings accessible for all.

**For Sunday Night Meeting:**

1st Sunday: Step Meeting (month # with step #)

2nd Sunday: Tradition Meeting (month # with Trad #)

3rd Sunday: Daily Reflection / Discussion meeting

4th Sunday: Big Book Meeting

– continue from where we left off previous month

5th Sunday: Speaker meeting

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**For Wednesday Night meeting:**

The chairperson asks someone to pick a reading, and this leads to the discussion of what was read, so we may find all the hidden knowledge we can find in the Big Book, Alcoholics Anonymous.

I asked: \_\_\_\_\_ to do our reading today.

Can you please tell us the page and paragraph, so we can follow along.

\* PLEASE ASK READER TO SHARE FIRST. \*

(Begin the meeting)



Welcome  
Spirit of The North  
online video meeting

## **OPENING [At 8:00 P.M. MT]**

- Welcome to the Spirit of the North video meeting of Alcoholics Anonymous. This is a 1-hour meeting.
- My name is \_\_\_\_\_ and I'm an alcoholic.
- If you are using video, you can use the "Gallery View" in the upper right-hand corner to see everyone at the same time.
- Since this meeting is conducted via video connection, we will conduct it like a regular open meeting. The video will focus on you after you begin to talk, or if any noise comes from your connection. Please sit close to the microphone, and speak loud enough, so that all may hear what you have to share. Please mute your line using the button on Zoom, if you are not sharing. The Meeting chair may mute your line if needed, and may change your screen name for you.
- 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 "The only requirement for A.A. membership is a desire to stop drinking," we ask that all who participate confine their discussion to their problems with alcohol.
- We hope you will find in this Fellowship the help and friendship we have been privileged to enjoy.
- Let's open the meeting with a moment of silence, followed by the Serenity Prayer.

### **Serenity Prayer**

God, grant me the serenity  
to accept the things  
I cannot change,

the courage to change  
the things I can,  
and wisdom to know the difference.

(Screen Share)

### **Alcoholics Anonymous Preamble**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics,

organizations or institutions; does not wish to engage in any controversy; neither endorses or opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it—then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol—cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power—that One is God. May you find Him now!

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.

2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Many of us exclaimed, “What an order! I can’t go through with it.” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is,

that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

- a) That we were alcoholic and could not manage our own lives.
- b) That probably no human power could have relieved our alcoholism.
- c) That God could and would if He were sought.

## The A.A. Tradition Pg.561

To those now in its fold, Alcoholics Anonymous has made the difference between misery and sobriety, and often the difference between life and death. A.A. can of course, mean just as much to uncounted alcoholics not yet reached.

Therefore, no society of men and women ever had a more urgent need for continuous effectiveness and permanent unity. We alcoholics see that we must work together and hang together, else most of us will finally die alone.

The “12 Traditions” of Alcoholics Anonymous are, we A.A.’s believe, the best answers that our experience has yet given to those ever-urgent questions,” How can A.A. best function?” and, “How can A.A. best stay whole and so survive?”

## The 12 Traditions Pg.562

1. Our common welfare should come first; personal recovery depends on A.A. unity.
2. For our group purpose, there is but one ultimate authority--- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is the desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose---- to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

9. A.A. as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

**(End Screen Share)**

## **INTRODUCTIONS**

Now is the time we introduce ourselves by our first names.  
Should you wish to, let us know where you are joining us from.  
(Ask each person to introduce themselves) and your announcements

Are there any Announcements?

## **SHARING**

Ask for people to keep their sharing brief enough for all to share...

Chairperson, to ask members to share.

## **CLOSING THE MEETING**

We stop around 8:55pm

**(Screen Share)**

Business meetings are held on the last Sunday of the month, immediately following the meeting. E-mail [remote.68@area78.org](mailto:remote.68@area78.org) to have an item added to the agenda.

Service is a program tool. Contact [remote.68@area78.org](mailto:remote.68@area78.org) with ideas, comments, or if you are able to lead a meeting.

Thank you for being here and your service work!

### **7th TRADITION**

The 7<sup>th</sup> Tradition states: "Every A.A. group ought to be fully self-supporting, declining outside contributions."

While contributions cover each group's rent and other expenses, the 7th Tradition is essential at every level of A.A. service. It is both a privilege and a responsibility for groups and members to ensure that not only their group, but also their intergroup/central office, local services, district, area, and the General Service Office remain self-supporting. This keeps A.A. free of outside influences that might divert us from our primary purpose -- to help the alcoholic who still suffers. The amount of our contribution is secondary to the spiritual connection that unites all groups around the world.

To contribute to the 7th for covering costs with this meeting and for supporting Remote Communities Committee work to carry the message, here are two options:

Please State: Contribution is toward *Remote Communities 7<sup>TH</sup>*

1. An email transfer to: treasurer.68@area78.org

2. Mail a cheque to: Area 78 Treasurer

#320 2933 26 Ave. S.E. Calgary, Ab T2B 0N5

## *The A.A. Promises*

*If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us — sometimes quickly, sometimes slowly. They will always materialize if we work for them.*

*From page 83-84, of the Big Book, Alcoholics Anonymous © Alcoholics Anonymous*

Close with all sharing the 7<sup>th</sup> Step Prayer pg. 76

My Creator, I am now willing that you  
should have all of me, good and bad.

I pray that you now remove from me  
every single defect of character which  
stands in the way of my  
usefulness to you and my fellows.

Grant me strength, as I go out  
from here, to do your bidding.

**(End Screen Share)**

Time for visits afterwards. Then click ‘End Meeting for All’

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Remember to log completely out of Zoom, after the meeting so the next person can login properly to chair.