

# ST. VITAL MEETING FORMAT

## CLOSED MEETING ANNOUNCEMENTS



### Before Opening the Meeting

**(Do not read any of the red instructions out loud)**

- \* **Encourage members to download the readings prior to the meeting starting: AA Preamble, How It Works, THE 12 Steps from “Downloads” at [www.stvitalgroup.org](http://www.stvitalgroup.org)**
- \* **Encourage members to download the 12 Traditions if it is a “Tradition Meeting”**

### Opening the Meeting

1. Please help us open the meeting with a moment of silence, followed by the Serenity Prayer.

**(Here – members read the AA Preamble, How It Works and THE 12 Steps)**

2. Welcome and thank you for helping us open this online meeting of Alcoholics Anonymous. My name is \_\_\_\_\_ and I am an alcoholic.

3. This is a closed meeting of Alcoholics Anonymous. In keeping with our singleness of purpose, attendance at a closed meeting is limited to people having a desire to stop drinking. We ask all who participate to confine their discussion to their problems with alcohol.

4. If there are any newcomers or visitors in the room, welcome to the St. Vital Group. In keeping with Tradition 7, we are self-supporting through our own contributions. Contributions can be made by e-transfer to [traditionseven@gmail.com](mailto:traditionseven@gmail.com).

5. Whatever is said or takes place during an online meeting can be seen all over the world. Please be anonymous – be sure that you delete your last name or device name by going to “Participants”, clicking on yourself and selecting “rename”. Please add an “asterisk” before your name if you are a member of the St. Vital Group and you are willing to serve as a Temporary Sponsor.

6. Please be aware that what you share here is shared far and wide. Kindly respect your colleagues and never record or photograph any part of this meeting.

7. On occasion, AA members will have non-AA members taking part or in proximity of the Zoom meeting. We believe this is an anonymity issue. If you are around people who are not members of AA and who can hear the meeting, please respect others' anonymity and wear headphones or head to a space where you can be alone.

8. The St. Vital Committee has received some comments regarding disrespectful or distracting behaviour during Zoom meetings. Following are a few guidelines for having a smooth and productive online meeting:

- a) the Chairperson will call on people to share.
- b) please mute your notifications
- c) in an effort to limit distractions during Zoom meetings, turn off your video if you need to leave the room
- d) to reduce background noise, please mute your microphone when you aren't the designated speaker

9. Please keep your sharing **BRIEF** so that everyone may have a chance to share. Meetings are 1 hour long (with the exception of the Sunday 930 a.m. Big Book Study).

(Read TOPIC from AA approved Literature based on the Topic of the Day)

## Closing the Meeting



1. We have a chip system at the St. Vital Group. **Chips** for 1 day, 1 and 2 months; 3, 6 & 9 month **Medallions**; or a **Card** if today is your sobriety date. Cards and Medallions will be distributed once the group has reopened. Is anyone celebrating a sobriety milestone that they would like recognized?

Chips: 1 day \*white chip ~ 1 Month \*blue chip ~ 2 Months \*red chip

Medallions: 3 months \*green metal ~ 6 months \*blue metal ~ 9 months \*purple metal

2. The St. Vital group strongly believes in the primary purpose of carrying the message to the still suffering alcoholic, and sponsorship is a vital part of the program. Please raise your hand if you are available to speak with a newcomer about the importance of Sponsorship... Please raise your hand if you would like to speak with someone today about sponsorship or you can tap or click on the 3 dots over anyone's image and send them a private message about sponsorship. Or stay online after the meeting and we can talk about sponsorship.

3. St. Vital members are always needed to chair meetings online. Please stay online after the meeting if you wish to volunteer, or you can stay online after the meeting to chat about volunteer as a part of our service commitment. A reminder ... when anyone, anywhere reaches out for help, I want the hand of AA always to be there ... and for that **"I AM RESPONSIBLE."**

4. Are there any other announcements for the good of AA?

5. For those who would, please help me close the meeting with "The Lord's Prayer".