**Monday Daily Reflections Meeting**

Read aloud what’s in black. What’s in **red** is directions to the Chairperson.

Before meeting time, ask for 3 people, to read A VISION FOR YOU, THE DAILY REFLECTION and the final A VISION FOR YOU when they come up in the meeting (write them down so you remember them!).

(9:30 pm Korea/Japan Time)

**\*Copy and paste:** [aa-intergroup.org](http://aa-intergroup.org)

Hi, welcome to our Monday Daily Reflections Meeting of Alcoholics Anonymous. This group holds meetings 7 days a week which are posted on the Online Intergroup of Alcoholics Anonymous schedule, found at the link posted in the textbox, under the name, Friends Around The World.

I’m an alcoholic, and my name is \_\_\_\_\_\_\_\_\_ calling from \_\_\_\_\_\_\_\_\_\_ ; I am the chairperson for this meeting. Please help me open this meeting by opening your mikes and joining me in saying the **Serenity Prayer**.

\_\_\_\_\_\_\_\_\_\_\_ is the tech host for our meeting. Please say hello to \_\_\_\_\_\_\_\_\_ (wait for hellos). If you get disconnected, call AAOnlineMeeting (BIG BOOK icon) from your contact list, and \_\_\_\_\_\_\_\_\_ will rejoin you to the conference call.

AA 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, organisation, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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 ask that when sharing, you confine your discussion to your alcoholism and recovery. When introducing yourself, we invite you to let us know where you are calling from. Please mute your microphone when you are not sharing and refrain from commenting on someone else’s share or conversing extensively in the text box, so as not to disturb other members.

**\*\*Only on the last Monday of the month:** Today is the last Monday of this month and we need to fill the service positions of chair and host for the next month; if you’re new to it, someone will help you to learn the ropes; it isn’t hard to do, everyone will benefit from your willingness to help out, and, we all find that doing service helps us in our own sobriety as well.

May we have a volunteer to chair this meeting for the Mondays in \_\_\_\_\_\_\_\_\_\_?  
Hosting requires some preparation, but is not complicated and our current hosts are very happy to help out anyone who is new to it. May we have a volunteer to host this meeting during the month of \_\_\_\_\_\_\_\_\_\_?

**\*Thank the volunteers and make sure they’re connected to someone for help, if they are new.**

**\*\*Omit on the last Monday:** This meeting has two service positions - Chair and Tech Host. On the last Monday of the month we will take 5 minutes to ask for volunteers for the upcoming month. Please consider volunteering for one of these service positions, as the meeting cannot be held if they are not filled.

Is there anyone new to AA or to online meetings who would like to introduce themselves, so we can begin getting to know you better?

Is there anyone in attendance who needs meeting attendance verification at meeting’s end? (If so, ask them to put their name and email in the text box; use the template at the end of this format to send the verification to their email after the meeting)

**\*Copy and paste A Vision For You:**

Pg 151 Chapter 11

A VISION FOR YOU

For most normal folks, drinking means conviviality, companionship and colorful imagination. It means release from care, boredom and worry. It is joyous intimacy with friends and a feeling that life is good. But not so with us in those last days of heavy drinking. The old pleasures were gone. They were but memories. Never could we recapture the great moments of the past. There was an insistent yearning to enjoy life as we once did and a heartbreaking obsession that some new miracle of control would enable us to do it. There was always one more attempt—and one more failure. The less people tolerated us, the more we withdrew from society, from life itself. As we became subjects of King Alcohol, shivering denizens of his mad realm, the chilling vapor that is loneliness settled down. It thickened, ever becoming blacker. Some of us sought out sordid places, hoping to ﬁnd understanding, companionship and approval. Momentarily we did—then would come oblivion and the awful awakening to face the hideous Four Horsemen—Terror, Bewilderment, Frustration, Despair. Unhappy drinkers who read this page will understand! Now and then a serious drinker, being dry at the moment says, “I don’t miss it at all. Feel better. Work better. Having a better time.” As ex-problem drinkers, we smile at such a sally. We know our friend is like a boy whistling in the dark to keep up his spirits. He fools himself. Inwardly he would give anything to take half a dozen drinks and get away with them. He will presently try the old game again, for he isn’t happy about his sobriety. He cannot picture life without alcohol. Some day he will be unable to imagine life either with alcohol or without it. Then he will know loneliness such as few do. He will be at the jumping-off place. He will wish for the end. We have shown how we got out from under. You say, “Yes, I’m willing. But am I to be consigned to a life where I shall be stupid, boring and glum, like some righteous people I see? I know I must get along without liquor, but how can I? Have you a sufﬁcient substitute?” Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. There you will ﬁnd release from care, boredom and worry. Your imagination will be ﬁred. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we ﬁnd the fellowship, and so will you.

I’ve asked \_\_\_\_\_ to read the opening pages of A Vision for You.

**\*Copy and paste the Daily Reflection from** [www.aa.org/pages/en\_US/daily-reflection](http://www.aa.org/pages/en_US/daily-reflection)

I’ve asked \_\_\_\_\_\_to read the Daily Reflection.

Now we will share on the daily reflection or anything of concern.

**\*Copy and paste:** [aaonlinemeeting.net](http://aaonlinemeeting.net)

(10:28 pm Korea/Japan Time) That’s all the time we have for sharing today; thank you to all who contributed.

Are there any AA related announcements?

For more information about the other meetings held during the week, please go to the [aaonlinemeeting.net](http://aaonlinemeeting.net) link, found in the textbox.

We hold a business meeting on the last Thursday of the month, immediately following the regular meeting, and all are welcome to attend and participate in the discussion.

This group encourages sponsorship. If you are available to sponsor, please type yes in the text box now. Call these people if you need a sponsor.

We invite especially newcomers to join us in friendly, casual conversation immediately after the meeting. This brief After Meeting is a moment to give priority to our newer attendees, and any discussion about any controversial topics is kindly to be taken to a private venue; thank you.

**\*Copy and paste:** <https://paypal.me/AlanJoycetreauser?country.x=GB&locale.x=en_GB>

Our 7th Tradition states that every AA group ought to be fully self-supporting declining outside contributions. The expenses for this group consist of two yearly payments to maintain the website. Any funds which exceed these expenses are forwarded within AA by the Treasurer. To contribute, please click on the PayPal link in the chat box.

**\*Copy and Paste:**

**The 5th Step Promises from Chapter 6 pg. 75 of the Big Book**

Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand and hand with the spirit of the universe.

I have asked \_\_\_\_\_\_ to read the 5th Step Promises.

Let’s say the S**erenity Prayer.**

Meeting is done.

**Meeting verification template:**

To whom it may concern:

\_\_\_\_\_\_\_\_\_\_(name)\_\_\_\_\_\_\_\_\_\_\_\_ attended the AA meeting on Skype aaonlinemeeting today from 2:30-3:30pm, Central European Time.  The meeting topic was the AA Daily Reflection, which is published daily at <https://aa.org/pages/en_US/daily-reflection>.

\_\_\_\_(your first name and last initial)\_\_\_\_\_\_\_\_\_\_

Meeting Chairperson