**Friday 12 Steps & 12 Traditions**

Read out loud what is written in black; what’s in red is directions to the chairperson.

Just before meeting time, ask for 2 volunteers to read 1.**The 12 Steps** and 2.**The 12 Traditions**

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

9:30 pm Korea/Japan Time

Hi, welcome to the Friday 12 Steps & 12 Traditions 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’s \_\_\_\_\_\_ . I’ll be the chairperson for this meeting and \_\_\_\_\_\_\_\_\_\_\_\_ is the tech host. Say hello to the tech host (wait for hellos). If you get disconnected, call aaonlinemeeting (BIG BOOK icon) from your contact list. \_ (tech host)\_ will rejoin you to the conference call.

Let's have a moment of silence for the still suffering Alcoholics inside and outside of these meetings – followed by the Serenity Prayer.

**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, organization, 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.

**First 3 Fridays**

This meeting has two service positions - Chair and Tech Host - which are rotated every month. Please consider volunteering for one of these service positions, as this meeting cannot be held if they are not filled. On the last Friday of the month we will take 5 minutes, near the end of the meeting, to ask for volunteers for the upcoming month.

**\*\*Only on the last Friday of the month:** Today is the last Friday of this month and we need to fill the service positions of chair and host for 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 Fridays 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.**

Is there anyone new to Skype or AA that would like to say hi? We’d like to welcome you to our meeting, as we were welcomed when we were new.

Is there anyone 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 at the end of the meeting)

At this meeting we read from the book **Twelve Steps and Twelve Traditions**. On the first Friday of the month we read and discuss the Tradition coinciding with the month; on the other Fridays we read through and discuss the 12 steps as expounded in this book. Today we will be reading Step/Tradition \_\_\_\_.

\***Copy and paste the 12 steps**

I’ve asked \_\_\_\_ to read the 12 steps.

The 12 steps from Chapter 5 pp. 59-60 of the book Alcoholics Anonymous

1. 1. We admitted we were powerless over alcohol, that our lives had become unmanageable.
2. 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. ought 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.

**\*Copy and paste the 12 Traditions**

I’ve asked \_\_\_\_\_\_\_\_\_ to read the 12 traditions.

The 12 Traditions from the appendix p. 562 of the book Alcoholics Anonymous

1. Our common welfare should come first; personal recovery depends upon 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 a 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.

[(Chair- please pick up the reading here)](https://docs.google.com/document/d/1zFG1lWNnyXTwotE2IdaHInQrOogWhPyF2OOZ_4h8lhs/edit?usp=sharing)

**\*Copy and paste the reading for today in the text box, if you have it on your computer, then paste the link** - <https://aa.org/pages/en_US/read-the-big-book-and-twelve-steps-and-twelve-traditions>
The reading for today and the link to the online 12 &12 are found in the chat box. Today we are on Step/Tradition \_\_\_ . Who would like to begin reading?

Thank you for reading!

We will shortly open the floor for sharing on what we have read or anything to do with your alcoholism and recovery. If you’re not an alcoholic we ask that you just listen at tonight’s meeting but please join us in casual conversation after the meeting. Please mute your microphone when you are not sharing, use the text box only when necessary, and please refrain from commenting on anyone else’s share. The floor is now open for sharing.

10:27 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? Anyone celebrating a sober milestone?

This meeting encourages sponsorship. If you are available to sponsor, please type yes in the text box. If you need a sponsor contact one of these people.

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

**www.aaonlinemeeting.net**
**7th Tradition**

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.

For information about the other meetings during the week, go to the aaonlinemeeting link, found in the textbox.

There is a Group Conscience/Business Meeting on the last Thursday of each month, immediately following the regularly scheduled meeting. All are invited and are welcome to express opinions and contribute to the discussion.

Our brief After Meeting is offered for NEWCOMERS to ask any questions they may have, and for friendly, casual conversation. This is a moment to give priority to our newer attendees, and any discussion about controversial topics is kindly to be taken to a private venue; thank you.

**\*Copy and paste 3rd/7th Step Prayer**

3rd/7th Step Prayer, pg. 63/76 Alcoholics Anonymous

God, I offer myself to Thee - to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of life. May I do Thy will always!

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. Amen.

Could we have a volunteer to read the 3rd and 7th Step prayer?

Let’s say the serenity prayer.

Meeting is done.

**\*\*Please update the reading that was done today on the google document found at** <https://docs.google.com/document/d/1zFG1lWNnyXTwotE2IdaHInQrOogWhPyF2OOZ_4h8lhs/edit?usp=sharing>**.**

**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 readings from the book **Twelve Steps and Twelve Traditions**, and today’s reading was from pages \_\_\_\_\_-\_\_\_\_\_.

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

Meeting Chairperson