

BEGINNERS FORMAT (WEB)

Hi, my name is [_____] and I am an alcoholic. Welcome to the You Are Not Alone Group of Alcoholics Anonymous in Playa del Carmen. This is an open, English-speaking Zoom meeting of Alcoholics Anonymous for beginners, and all are welcome.

Let us open this meeting with a moment of silence and then please join me in the serenity prayer.

As this is a beginners meeting, we would encourage those of you who are in your first year of sobriety to post any questions you may have via chat to the group or me directly. This gives us an opportunity to address those later in the meeting.

Please make sure to mute the microphone on your phone or computer unless you are sharing. When you are ready to share, please introduce yourself with your name and where you are from.

We ask that if you have consumed alcohol during the last 24 hours you just listen today, and we suggest that you talk to one of us after the meeting.

Is there anyone here for their very first AA meeting ever?

(If there is, the chairperson welcomes them and changes the planned meeting format to a First Step meeting, with an applicable reading of their choice)

Would those who are willing and able to be a sponsor, please send their contact information privately to _____ (name of the person in their first meeting).

Is there anyone here in their first 30 days of sobriety?

Are there any AA birthdays?

(If there is an AA birthday, the chairperson can ask them to share how they did it).

Would those with less than 12 months of sobriety please raise your hand? This is not to embarrass you but so that we may get to know you better.

Are there any AA announcements?

Will [_____] please read our AA Preamble.

Chairperson reads the 12 steps:

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*

Please remember to respect the anonymity of each member present and we ask that participants keep their discussion to matters pertaining to alcohol or recovery from alcoholism according to AA's singleness of purpose.

We ask that you conduct yourself on screen in a manner similar to what you would do if you were attending a meeting in person, and be respectful to the person who is sharing.

Please be mindful of the length of your share. We suggest you keep your shares to around 4 minutes, so that everyone has an opportunity to speak.

Chairperson then shares a reading of their choice, or asks someone to read. Chairperson shares their experience on the topic for 5 minutes.

Chairperson reads any questions he/she may have received.

The meeting is now open for sharing by those with less than 12 months sobriety. After 20 minutes we will open up the meeting for everybody to share.

Near the end of the meeting:

Our 7th Tradition States that we are self-supporting through our own contributions. If you can donate, that would be appreciated. Please see the instructions being posted in the chat.

Paste following into the chat:

Text YANA to +1 202 858 1233 from US/CAN
or <https://www.moneypool.mx/p/j9dlmTE> in MEX
or <https://givebutter.com/YANA> internationally
All info is on <https://www.aaplayadelcarmen.com>

Let me be reminded that when anyone anywhere reaches out for help I want the hand of AA always to be there, and for that I am responsible.

If you did not get an opportunity to share during the meeting, or if you're looking for a sponsor, please talk to one of us afterwards.

Would those of you who are willing to be a sponsor please raise your hands?

I've asked _____ to please read A Vision for You (p.164).

We will now close the meeting with the Serenity Prayer so please make sure you are muted.

CLICK ON "END MEETING"

BE SURE TO SIGN OUT OF THE ACCOUNT