



YANA MEETING FORMAT  
**Beginners** Zoom meeting format



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 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.

If you have consumed alcohol or any other mood or mind altering substances in the last 24 hours, except as prescribed by a physician, we ask that you refrain from sharing today and speak to one of us after the meeting.

Is there anyone here for their very first AA meeting? (If there is a newcomer, the chairperson welcomes them and changes the planned meeting format to a First Step meeting. The Twelve and Twelve books are handed out and the newcomer is given a 24-hour chip).

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? (The chairperson can ask them to briefly 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?

I have asked \_\_\_\_\_ to please read our 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 request that participants confine their discussion to matters pertaining to recovery from alcoholism.

Please be mindful of the length of your share when we have a larger meeting, 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.

Please remember: Who you see here, what you hear here, when you leave here, please let it stay here.

Ask those who are celebrating sobriety birthdays/anniversaries if they would take 3-5 minutes and tell us how they did it.

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 read:

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/j9d1mTE> in MEX or <https://givebutter.com/YANA> internationally. All info is on <https://www.aaplayadelcarmen.com>

At the end of the meeting, the Chairperson says:

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

Would those who are willing to be a sponsor please raise their hands?

Let us be reminded that when anyone anywhere reaches out for help, we want the hand of AA always to be there, and for that we are responsible.

I've asked \_\_\_\_\_ to please read a Vision for You from our text.

**BE SURE NOT TO END MEETING WHEN LEAVING THE MEETING.**

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

**BE SURE NOT TO END MEETING WHEN LEAVING THE MEETING.**