



YANA MEETING FORMAT
Regular 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.

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 in the last 24 hours 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 First Step from 12 & 12 is read.).

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

Are there any AA birthdays? (If there is an AA birthday, let them know that you will ask them to share how they did it in a moment.)

Are there any AA announcements?

Will _____ please read our Preamble.

Would someone please read How It Works (p.58) or More About Alcoholism (p.30). [Chairperson may pick either of these readings.] *If the chairperson would like, they can ask someone to also read the 12 Traditions.

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.

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 3 to 5 minutes, so that everyone has an opportunity to speak.

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.

Introduce topic for discussion and open the meeting up for sharing.

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/j9dImTE> 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.

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.

Will _____ please read a Vision for You from our text.

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.