

### Chairperson Instructions:

- Review Chairperson Script
- Ask for volunteers for the readings before the meeting (make note of who volunteered for what so you can ask them to unmute)
- Follow the script during the meeting

## Chairperson Script

**7:00 AM** Welcome! This is the daily 7:00 AM Pajamas and Coffee Meeting of Alcoholics Anonymous from Pittsburgh, PA.

My name is \_\_\_\_\_, I am an alcoholic and today's host. My sobriety date is \_\_\_\_\_.

Would you please join in a moment of silence for those still sick and suffering and help me open the meeting with the Serenity Prayer?

**“God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”**

We thank you all for turning on your video when you first enter the room so we can keep our meeting safe from disrupters. We have also limited chat for the same reason.

We're going to “mute all” before we read selections from A.A. literature. In keeping with our traditions, we encourage readers to read as written from the text.

**Chairperson:** *Ask readers to unmute as needed*

- May we have the A.A. preamble, please?
- May we have “How It Works & the 12 Steps”? (Alcoholics Anonymous, p. 58-9)
- May we have the “12 Traditions”, please? (Alcoholics Anonymous, p. 562)
- May we have the “Promises”, please? (Alcoholics Anonymous, p. 83)

This is an “open meeting” and we love to have newcomers or visitors. If you are new to this meeting, or **new to A.A.**, please unmute and introduce yourself so we can welcome you. Not to embarrass you, we just want to welcome you, get to know you.

**Chairperson:** *If there are newcomers, invite them to stay for the after meeting.*

We also celebrate special days in sobriety, especially in early sobriety when people count days since their last drink:

- If you are celebrating a special day, weeks, or months, please unmute & share.
- Is anyone celebrating an anniversary? Please unmute & share.

## ANNOUNCEMENTS:

### EVERY DAY:

In honor of our 7th tradition, we are self-supporting through our own contributions. Because our meetings are held online, we use Venmo as a virtual basket. Our Venmo handle is [@PJsandCoffeeTreasurer](#) You can find a link to our virtual basket anytime by visiting [pjsandcoffee.org](https://pjsandcoffee.org)

## EVERY DAY EXCEPT SATURDAY:

We have live reports from our trusted cohorts on Saturdays. Today, information from our secretary, calendar keeper, pop-up coordinator, literature representatives, and others will post group announcements in the chat.

## SATURDAY ONLY:

Today is **Saturday** when we have live reports.

- May we please have the secretary's report?
- May we please have the calendar-keeper's report?
- Is there anything to report from our Online Intergroup representative?
- May we please have the Pop Up coordinator's report?
- Are there any other announcement that pertain to AA or this meeting like about our "pop-up" meeting?

## NOW TO THE MAIN MEETING:

- The chat feature is restricted during the meeting, so you may choose to chat only with the host or co-hosts.
- Because this is a virtual meeting, if you would like to share, please use the **"Raise Hand"** feature, and **we will ask you to unmute as your turn comes up**. If you can't figure it out, chat the host or cohost, and we will put you in the queue.
- Because this is a large meeting (**ad lib numbers**), please keep your share to 2-3 minutes so everyone has a chance to share their experience, strength and hope.

## MEETING TOPIC:

This is an open discussion meeting:

Does anyone have a topic you would like us to discuss? If so, please **raise your virtual hand** to share what you would like our group to talk about today. **We can discuss ONE MORE topic if one is suggested.** (*no more than two topics*)

**Chairperson:** *Have a topic ready if no topic is suggested.*

Who would like to share?

**Chairperson:** *Invite people with raised hands to share in order, from the gallery. If no one has their hand raised, you may call on people to share while reminding them they can "pass" if they would rather not speak.*

[Meeting discussion]

## 7:55AM BURNING DESIRES:

Does anyone have a **burning desire/sobriety-threatening issue** to share?" If you don't want to share now, please **stay on to our Meeting after the meeting**...low key discussion, friends among friends...

**Chairperson:** *THANK READERS & Cohosts and invite people to stay for after meeting,*

8:00AM – After a moment of silence for those out there still sick and suffering, please help me close the Meeting with the "we" version of the Serenity Prayer.

**“God, grant us the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference”**

## **Readings**

### **Preamble**

<https://www.aa.org/aa-preamble>

Alcoholics Anonymous is a fellowship of people 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

### **How it Works**

*Big Book, Page 57*

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average.

There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest. Our stories disclose in a general way what we used to be like, what happened, and what we are like now.

If you have decided you want what we have and are willing to go to any length to get it-then you are ready to take certain steps. At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely. Remember that we deal with alcohol-cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power-that One is God. May you find Him now!

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon. Here are the steps we took, which are suggested as a program of recovery:

#### **[[Twelve Steps]]**

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

- (a) That we were alcoholic and could not manage our own lives.
- (b) That probably no human power could have relieved our alcoholism.
- (c) That God could and would if He were sought.

## **Twelve Steps**

*Big Book, page 59*

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.

## **Traditions**

*Big Book, Page 562*

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. 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 non-professional, 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.

## **Promises**

*Big Book, page 83-84*

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.