

Berkeley Fellowship of Alcoholics Anonymous
Fellowship Hall 1744 University
Suggested Meeting Format (10/11/2022 Version)

Notes to read before the meeting:

- To ensure a consistent AA message, Berkeley Fellowship AA meetings use only AA conference approved or AA grapevine literature.
- This meeting format, news and announcements, service opportunities, and other meeting literature can be found on www.berkeleyfellowship.com.
- If possible, assign readings before the meeting starts.

This is the regular (*day & time*) meeting of the Berkeley Fellowship of Alcoholics Anonymous. If you are visiting from out of town or new to AA, welcome! You're in the right place. This is an open meeting, so please respect our members' anonymity. No last names should be revealed publicly. These sharings of experience, strength, and hope are attempts to better understand ourselves and build more meaningful lives. My name is [_____] and I am an alcoholic and your Secretary.

Let's open the meeting with a moment of silence followed by 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.

THE PURPOSE OF AA: 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 AA membership. We are fully self-supporting through our own contributions. AA 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.

- ❖ ♦ I've asked a member to read "**How it Works**" from chapter five of the Big Book.
- ❖ ♦ I've asked another member to read "**The Twelve Traditions** or The Tradition of the Month"

It is the custom of this Fellowship to ask if there is anyone at their **1st, 2nd, or 3rd AA meeting** ever, not to embarrass you, but to give us a chance to get to know you. Is there anyone here today attending their 1st, 2nd or 3rd AA meeting ever?

- ❖ Is there anyone here in their **first 30 days of sobriety**?
- ❖ Are there any **visitors** to our Fellowship from **outside the 510 area code**?
- ❖ Did anyone celebrate an **AA birthday** this week?

This fellowship provides a packet of materials to newcomers. Please see me after the meeting if you would like one. Pamphlets on the rack are free, as are Berkeley fellowship in person meeting

schedules. Area schedules are available at www.eastbayaa.org and on the free Meeting Guide app for Apple and Android devices. If you need any other AA literature, please see me after the meeting.

Sponsorship is important to recovery. A sponsor usually has a sponsor and can help you work the steps. If you are available for sponsorship or willing to talk about sponsorship, please raise your hand.

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ANNOUNCEMENTS, etc.

1. At this time, we ask everyone to **turn off cell phones** to avoid distractions during the meeting.
2. Disruptive people may be asked to leave this meeting, but are welcome at later meetings if they can refrain from disrupting.
3. To help preserve the Berkeley Fellowship, **we ask everyone to be considerate of the neighbors: keep the noise level down** on the sidewalk, the street, and in the front patio.
4. Smoking, including the use of electronic smoking devices, is prohibited in this building, in the front yard, and, please, do not smoke in the neighbors' driveways.
5. Are there one or two volunteers to help clean up after the meeting?
6. For meeting schedules, news and updates, please visit our website, <https://berkeleyfellowship.com>
7. Are there any **AA related announcements**? (Also pass around the **Announcements Binder**) if available.

(Have speaker share, do readings or meditate)

Practice 7th Tradition: Now it's time to practice our 7th Tradition which states that AA is self-supporting through its own contributions. To cover our growing expenses, a \$2 donation is suggested, though anything at all is appreciated.

Note: *If you feel the meeting is extra-large, please ask members to limit their shares to a couple minutes.*

Please close on time in the usual manner:

- ◊ Acknowledge Newcomers, Visitors, Birthdays, Readers, and your Host
- ◊ Help keep the Berkeley Fellowship a place where we can all feel safe by respecting our anonymity. What you see here, what you hear here, when you leave here, let it stay here.
- ◊ Reading "The Promises" is optional before closing the meeting.

Secretaries: Before you leave make sure the doors and windows are locked, lights & coffee maker are off, and the Meeting Hall is empty.

If you are faced with a disruptive member and are unable to handle the situation safely, call one of the following and notify the BFAA Business Manager.

Berkeley Non-Emergency Police: (510) 981-5900

Berkeley Mental Health: Mon-Fri, 8:00a.m. to 5:00 p.m. (510) 981-5290

Mobile Crisis Unit: 7 days, 10:30 a.m. – 11 p.m. (510) 981-5254

Suggested Discussion Topics

General Ideas

The Twelve Steps	AA Slogans
The Twelve Traditions	<i>The Grapevine</i>
The Twelve Concepts	<i>Living Sober</i>
The Serenity Prayer	<i>As Bill Sees It</i>
The Three Legacies: Recovery-Unity-Service	<i>Alcoholics Anonymous ("the big book")</i>

Specific Topics

Participation and action	"In all our affairs"	Growth or spiritual progress
12 th stepping and sponsorship	Understanding anonymity	Open-mindedness
Ways of carrying the message	What is sobriety?	Selfishness-ego-pride
Group inventory	Depression	Procrastination
Responsibility	Service	Traditions as they affect newcomers.
Let's be friendly with friends	Anger-how we deal with it	Self-pity
Acceptance vs. admission	Gratitude	Guilt or remorse
Tolerance with others and towards self.	Projection vs. planning	Meditation
First drink concept	Willingness	God as I understand God
We plan the action, not the result	Dependence	Spiritual experiences and awakening
Principles before personalities	Honesty	Belief in a higher power
Freedoms obtained through sobriety	Attitude	Understand God
Serenity	Making amends	The Grace of God
The nameless fears	Inadequacy	Humility
Surrender	Resentments	Discipline
Fear	Identification	Powerlessness