

Mt Washington Valley. Big Book Step Study FOR ZOOM Meeting Format for Chairperson

Ask the speaker if we have permission to record their share.

Assign the following readings before the meeting starts:

- 1. Long version of the tradition of the month**
- 2. The readings for the night's step**
- 3. The last 2 paragraphs on p. 164**

Welcome to the Mt. Washington Valley Big Book Step Study Meeting.
We will start this meeting with a minute of silence followed by the Serenity Prayer.

My name is _____ and I am an Alcoholic.

Preamble of Alcoholics Anonymous:

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 AA membership is a desire to stop drinking. There are no dues or fees for AA membership. We are 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 or opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

I have asked _____ to read the long version of the tradition of the month.

May we have the Secretary's Report?

See guide to where the readings are at the end of this document. I have assigned people to read sections of tonight's reading. Tonight we are on step ____, which begins on page ____ and ends on page _____. At the conclusion of the reading, our speaker _____ will share his/her experience with this step and with the program of recovery.

Before starting the reading - read the step we are on:

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.

Start the reading. Ask the people that you have assigned to read to unmute themselves before they read, and then mute themselves again when they are done. At the end of the reading, turn the meeting over to the speaker. Elizabeth (or other host) will start the recorder, if we have the speaker's permission.

After the speaker:

If you are new to this meeting, please listen carefully. Group conscience has voted that in order to share or speak at this meeting, you must be an alcoholic who has completed the steps by this particular step study approach under the guidance of a step study sponsor, be in the process of making amends and practicing steps 10, 11 and 12.

If you haven't done the steps in this way or you have used other methods, such as an AWOL or by yourself, please just introduce yourself and listen. We do not want to insult you or to question your sobriety. This Big Book Step Study meeting is highly structured. We are trying to work the steps as the first one hundred alcoholics did and use the recovery process as it is laid out in the Big Book. If you are not sure that you've done the steps in this particular way, please check with me after the meeting. We thank you for respecting group conscience.

If you would like more information; please listen to the speakers or talk to group members after the meeting. Would those who have been through the Process and are able and willing to sponsor others please consider putting your name in the group chat? If you are looking for a sponsor, please contact one of these people.

I will now call on people to share. Please unmute yourself if called on. If you are eligible to share, please do. If not, just introduce yourself. Our aim is to hear everyone who is eligible to speak, so please be conscious of the time when you share.

**End the meeting at 8:25 (8:15 on the last Thursday of the month for the business meeting.)
Have someone read the last two paragraphs on p. 164.
Close the meeting with the Lord's Prayer.**