## ESBB Virtual Meeting Format (Revised 03/25/2020) ESBB Virtual Meeting Format

Welcome to EastSide Brown Bagger's. My name is \_\_\_\_\_\_, and I am an alcoholic. Please put yourself on mute if you are not speaking. You can use the Mute button or Space bar to mute or unmute yourself.

Please join me in a moment of silence, followed by the Serenity Prayer.

Will someone please read the Preamble?

Will someone please read "How It Works"?

Will someone please read the Traditions?

\*If this is your first AA meeting, or you are an out of state visitor, could we have your first name so we can greet you?

\*Is anyone here in their first 30 days and would like a virtual round of applause could you please identify yourself?

\*Are there any birthdays: 30,60,90 days? 6,9, or 18 months? 1 year or multiple of years?

\*Would anyone like a phone list today? (if so have people put in their name and phone numbers in the chat)

\*If you smoke please go ahead! All pets are allowed :-)

\*AA Virtual meeting schedule is available at vancouveraa.org

\*AA literature is available for free on aa.org.

\*Are their any brief AA related announcements?

\*Please limit your sharing to <u>five minutes</u>, so more people have a chance to share. This includes the chairperson. Please avoid crosstalk. Anything mentioned here is not open for debate.

\*(Chairperson: please pick a topic or tell your story, then begin calling on others.)

12:30 "Since we cannot pass a basket you may make a donation directly to intergroup at vancouveraa.org. Would someone please read the Promises? The meeting is now open for anyone who would like to share" (if no one volunteers after promises continue calling on people).

12:59 If you would like to stay for the informal "meeting after the meeting" please stick around after the serenity prayer.

Close the meeting with the SERENITY PRAYER.