

Alaska Statewide Telephone AA Meeting

(515) 604-9546 Access Code: 350333

Revised January 11 2018

Secretary of the week can either ask someone to be the speaker or lead the meeting themselves.

Please pick a topic, remember the folks who call in are primarily newcomers.

Secretary should call in at 5:25 pm. Do not worry about the computer announcement that says "please announce yourself"; it is not necessary. Phillips Alcohol Treatment Center (PATC) staff persons dial the number and then they transfer it to the main room where everyone is sitting around a speakerphone. You will hear a ding when someone is connected to the call. There is another sound when someone leaves the call. The best advice we can share with you about being the secretary for this meeting is that you can do nothing wrong! Sometimes you might even be disconnected from the call. Just call back in again. Patience is required because many people speak slowly. Also, it can be intimidating for folks new to phone meetings, to speak to strangers on the phone.

Start the meeting on time at 5:30pm

My name is _____ and I am an alcoholic. I would like to welcome you to the Monday evening Alaska telephone call in meeting of Alcoholics Anonymous. This meeting is an "open" meeting of Alcoholics Anonymous. Open A.A. meetings are held so that **all** those interested in the Alcoholics Anonymous program of recovery from alcoholism find a warm welcome, and a place to come to listen and observe. With the welcome that you find, we ask that you respect our tradition of anonymity, so that "what you hear here, please let it stay here".

Today's meeting will be conducted in the same format as other in-person meetings that are held in church basements and hospital conference rooms around the world.

Let us open the meeting with a moment of silence followed by the Serenity Prayer.

(Wait 5 seconds)

"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"

Alcoholics Anonymous is a fellowship of men and women 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 to help other alcoholics achieve sobriety.

As is the custom of this group, will someone on the phone please read a section from chapter five of the AA big book :

“How It Works”

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:

- 1. We admitted we were powerless over alcohol— that our lives had become unmanageable.*
- 2. Came to believe that a Power greater than our selves 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.*

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 makes 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*

Will someone on the phone please read the **12 Traditions of Alcoholics Anonymous**

- 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. 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 nonprofessional, 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.*

Now let's go around the phone and introduce ourselves and where you are calling in from, also what is your home village, If you are a newcomer within your first 30 days of being sober or have an AA birthday please include this information as well. I will start; my name is _____ and I am calling

in from Anchorage.

(Secretary should write down each person's name so you can use this list to call on people to share.)

At 6pm make the 7th tradition announcement

This meeting has no expenses at this time but contributions to AA in general are always welcomed so we ask you to throw an extra donation into the hat at your next face to face meeting to help support AA in general and AA outreach services world wide. Remember you do not have to do this alone. The Anchorage Intergroup office in Anchorage has a phone number that anyone can call 24 hours 7 day a week and speak with a sober alcoholic in AA. That number is 907-272-2312. Also if you need a temporary sponsor or someone to call before you take a drink, please stay on the line after the meeting and we can give you telephone numbers. For newcomers or others, please stay on the line after the meeting, and a few of us will stay on to assist you in getting sponsors, sober support or AA literature. If you would like to start a meeting when you return to your home village please let us know and we will mail you a packet on how to start a meeting.

(Secretary continues the meeting, if no one is speaking up, please pick a reading from a piece of AA literature and share about it to continue with the meeting.)

At 6:30 PM

We will now close the meeting first with a reading of **The Promises from pages 83-84** from the book, *Alcoholics Anonymous*, followed by The Serenity Prayer.

The Promises -- "If we are painstaking about this phase of our development, we will be amazed before we are half way 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." "

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"

Thank you everyone and a few of us will stay on the line for those who would like phone numbers for sober support people.

End of Meeting: Please stay on the line for anyone wanting phone numbers etc.

Sponsors for Woman:

Nancy O

Dora S

Helen

Jenni

Tandy

Sponsors for Men

Benno

Steve S.

The current schedule for secretaries for this meeting is :

1st Monday Darrell R.

2nd Monday Jenni P

3rd Monday Dora S.

4th Monday Slap Happy Group Lisa F

If you are unable to secretary your Monday please contact one of the other people on the list to cover for you.

Any questions or concerns please do not hesitate to contact me.

Thank you everyone for helping to carry the message of AA to our remote communities in Alaska.