

Austin Recovery Alumni Online Sunday Speaker Meeting

Thank you for being of service!

Before the Meeting: Log in by 7:15pm.

Click on Participants icon and click on the ... button at the bottom.

Uncheck "Enable Waiting Room" so that people can get into the meeting without you having to admit them.

Uncheck "Allow participants to unmute themselves"

Ask someone to read How It Works. **Ask** someone to read the Promises

At 7:28pm – Let everyone know they will be muted when the meeting starts.

At 7:30pm – **Mute all participants and start the meeting**

Say: My name is _____ and I am an _____ (alcoholic/addict).

Welcome to the Austin Recovery Alumni Online Sunday Night Speaker Meeting.

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

I have muted all of your mics. I will say the prayer online and you can say it in your homes.

Serenity Prayer

Say: We ask that anyone who is picking up a marble for a year or more please send a private chat message to the moderator during the meeting so we can recognize you when it's time to give out marbles.

Say: Tonight, I have asked a friend to read "How It Works"

Introduce the Speaker or the person who is introducing the speaker

When the Speaker Finishes

Announcements

Are there any announcements? If you have an announcement, please raise your hand using the icon found in the "More" menu at the bottom right of your screen.

After announcements

Say: Can I have a show of hands for those here who are willing to sponsor? Please raise your hand using the icon found in the "More" menu at the bottom right of your screen. IF you need a sponsor you can send a chat message to one of these people when Chat is turned on after the meeting.

Say: I have asked a friend to read the Promises.

Marbles: Has anyone celebrated a birthday this week? please raise your hand using the icon found in the "More" menu at the bottom right of your screen to be recognized.

Close with the Serenity Prayer

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 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.

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.

The 9th Step Promises

pages 83 & 84 of the Big Book

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.