

FREEDOM FROM FEARS MEETING

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.

Just before the meeting starts, click on "Chat" icon, then click the ... button at the bottom. Select "Host only" from the list. This disables chat during the meeting.

At 7:30pm – Mute all participants

Say: Welcome to the 7:30 Tuesday/Thursday night Austin Recovery Online Alumni Meeting.

My name is _____, and I am a/an _____.

Let's open the meeting with a moment of silence followed by the Serenity Prayer. I have muted your mics. I will say the prayer online and you can say it in your homes.

Serenity prayer

I've asked a friend to read 'How It Works'.

I've asked a friend to read 'Our Primary Purpose'.

Read: Our Primary Purpose

The primary purpose of the weeknight night co-ed alumni meeting is to help our newest alumni and ourselves stay clean and sober.

The only requirements for membership in the Austin Recovery Alumni Association are:

1. Current participation in either in-patient or outpatient treatment at Austin Recovery, or
2. Having *ever* been a client in one of Austin Recovery's treatment programs.
3. A willingness to work the 12 steps and maintain sobriety
4. A desire to be of service to other alumni

From the Big Book, page 89

"Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives."

"We absolutely insist on enjoying life. "

Tonight's meeting format is the Topic Basket. I will assign each person a topic just before your turn to share. I will pick someone to begin the sharing and we will go through the participants list round-robin style just like in the regular meeting. You will be unmuted when it is your turn to share. As always, feel free to pass if you do not wish to speak. We are using a 2-minute timer so as many as possible can share. The moderator will ask you to end your sharing if you go longer than two minutes.

****At 8:25pm**** My name is _____ and I am an _____. That's all the time we have for sharing tonight. After the meeting we will unmute everyone and you can visit for a few minutes

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.

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.

We will 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:

Honesty	Fear
Acceptance	4 th step inventory
Faith	Meditation
Trust	How do you feel about Prayer?
Courage	Learning to live sober
Willingness	Gratitude
Humility	How do you maintain your spiritual condition?
Forgiveness	Serenity
Freedom	Spirituality
Patience	The importance of Sponsorship
Love	Learning to trust God (or the program)
Learning to be of Service	Faith without works is dead
Surrender	One day at a time
Integrity	Just for today
Self-esteem	What character defects have you been struggling with?
Finding a Higher Power	Learning to live life on life's terms
Resentments	The Importance of the Fellowship
Admitting Powerlessness	The Importance of having a home group
The unmanageability of addiction	Friendship in Recovery
2 nd step	Learning to be unselfish
Do you believe a Higher Power can remove the mental obsession?	1 st Step
What does "turning your will and your life over to the care of God" mean to you?	On Awakening
Cunning, baffling, powerful...	Nightly Review