



Chairperson's Quick-Start Checklist

9:15 AM Log in 15 minutes before the start time to coordinate with the technical moderator.

Assign Readings: Ask for volunteers to read the AA Preamble and [Daily Reflection](#).

Meeting Flow & Script

9:30 AM Welcome & Introductions

Welcome to the Sunrise Sisters meeting of Alcoholics Anonymous. My name is _____ and I'm an alcoholic! The Sunrise Sisters Group is an Open Women's Meeting. We meet here every Saturday morning from 9:30 to 10:30 am. This is a discussion meeting on a topic of the chairperson's choice.

I've asked _____ to read the AA Preamble.

AA Preamble

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 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 help other alcoholics to achieve sobriety.

Five Questions

- Is this anyone's first AA meeting?
- Is this anyone's first time at the Sunrise Sisters Meeting?
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- Are there any AA anniversaries?
- Is there anyone counting days that would like to share with the group?
- If you are willing to be a sponsor please raise your hand, or state so in the group chat?
- Are there any AA anniversaries?

At this time, we ask all participants to mute themselves. If you want to share when it's time for open discussion, please let us know in the chat, or use the "raise hand" function. A list of those who wish to share will be placed in the chat box. You will be asked to share in order. If you have a question during the meeting, please ask it in a chat.

Please limit your sharing to five (5) minutes unless there is a compelling reason. Please note that in the meeting we do not engage in offering advice or criticism of another person's share at the group level.

Daily Reflection

I've asked _____ to read today's Daily Reflection.

- I

9:25 AM Main Meeting Kickoff and then Individual Sharing

Introduce your topic, speak on this for a few minutes and then open it up for sharing.

10:00 7th Tradition

AM: *The Chairperson will break in as time permits to share the 7th tradition and will then ask the Sherpa to read the announcements.*

We have no dues or fees; we do have expenses. Our 7th Tradition states, "Every AA group ought to be fully self-supporting, declining outside contributions." The money collected helps pay for this account and carry the message to the still-suffering alcoholic. It is crucial to the survival of this group, as well as the District, the Area, and the General Service Office.

Please consider donating what you can.

Paypal: <https://www.paypal.me/sunrisesemester>

Venmo: @Michael-lynn-3 (Last four of phone: 6036)

Mike M. Takes Checks - reach out for more information

Announcements

(Sherpa makes the following announcements):

Every Saturday: I am posting a link to the Google doc for this meeting. You can sign up to chair one of our meetings by clicking on the "Chair Sign-Ups" tab.

(sherpa notes any open meeting chair slots for the upcoming 4 weeks and posts in the meeting chat). Google Doc link to Sunrise Sisters is: <http://bit.ly/sunrisesisters>

1st and 2nd Saturday only: This meeting has an in-person get together on the 2nd Saturday of the month. We meet at the Food Court at the Shops at Liberty Place at 17th & Chestnut Street at 11:45 am.

Last Saturday only: Would someone please volunteer to Sherpa next month's meetings? *(the sherpa will update the chair sign up sheet with the name and phone # for next month's meeting).*

Every Saturday: Are there any other AA related announcements?
(If there is a request for a group conscience discussion, it should happen here)

10:30 Closing

AM: It is group conscience that the meeting may be extended fifteen (15) minutes, if more people would like to share. Is there anyone who would still like to share?

Thank you for joining Sunrise Sisters this morning. Please feel free to stay on the Zoom call for additional fellowship. We have a nice way of closing.

Close with the we version of the Serenity Prayer.

God, grant us the serenity to accept the things we cannot change, the courage to change the things we can, and wisdom to know the difference.

Community & Service

Sponsorship: Sponsorship is vital to recovery. If you are willing to be a sponsor, please raise your hand or drop a note in the chat.

Get Involved: Sunrise Semester is a group effort. We encourage all members to attend our monthly business meetings and participate in group conscience decisions.

Support Newcomers: If you are new, please stay after the meeting to ask questions or exchange phone numbers. You are the most important person here.

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. 2. 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.