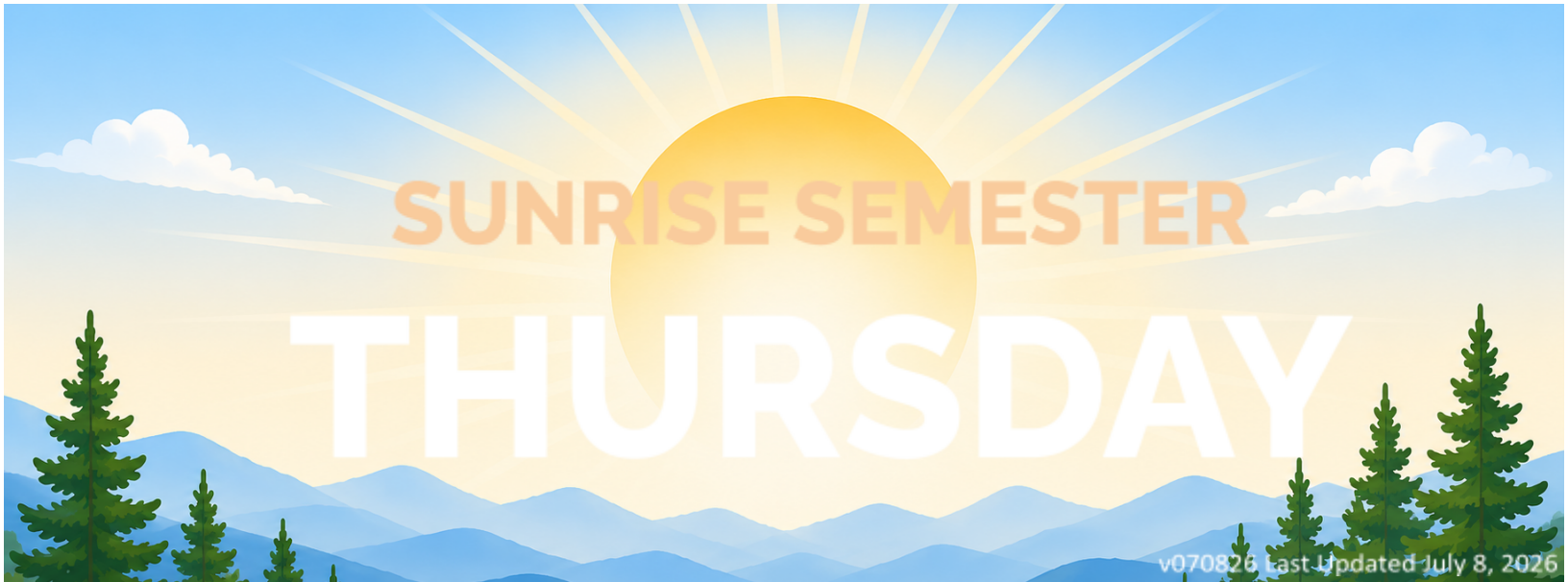




Chairperson's Quick-Start Checklist

7:00 AM Log in 15 minutes before the start time to coordinate with the technical moderator.

Assign Readings: Ask for volunteers to read the [Daily Reflection](#), [How It Works](#), and [The Ninth Step Promises](#).

Meeting Flow & Script

7:15 AM Welcome & Introductions

Welcome to Sunrise Semester, my name is _____ and I'm an alcoholic! We offer open meetings seven days a week; all are welcome. For details, see the Meeting Guide app or the SEPIA website.

AA Preamble & Readings

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 time ever at an AA meeting?
- Is this anyone's first time ever at Sunrise Semester?

- Are there any AA announcements?
- Would anyone willing to be a sponsor please raise your hand, or drop a note in the chat?
- Are there any AA anniversaries?

Daily Readings

- Introduce the volunteer for the [Daily Reflection](#).
- Introduce the volunteer for [How It Works](#).

7:20 AM Main Meeting Kickoff and then Individual Sharing

Please be mindful of the length of your share so that everyone who wishes to participate has an opportunity to do so. If you have a burning desire to drink, please let the chairperson know immediately so that you may share.

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

7:45 AM: 7th Tradition

Take a break in the sharing to read the 7th tradition

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

7:55 AM: The Promises

Introduce the volunteer for the [The Promises](#).

8:13 AM: Closing

Close with the 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.

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.

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.