



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](#).

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, Speaker and then Individual Sharing

Briefly introduce your speaker. Speakers may share their experience, strength, and hope for around 25 minutes, stopping around 7:45. Gently let them know when it's near time to wrap up and open 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

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.