

**SATURDAY - 3rd Step One Flight Up  
3rd Step Workshop  
COVID-19 EDITION v3.1**

***Before the meeting:***

- 1. Ask someone to read *The AA Preamble*.**
- 2. Post *The AA Preamble* in Chat.**
- 3. Mute All one minute before start time.**

Welcome to Third Step One Flight Up group of Alcoholics Anonymous. We welcome anyone who has a desire to stop drinking. My name is \_\_\_\_\_, and I am an Alcoholic. I have asked \_\_\_\_\_ to read the preamble.

- 1. Unmute reader.**
- 2. Reader reads *The AA Preamble*.**
- 3. Mute reader.**

Thank you. We are grateful this meeting will continue online until such time as in-person meetings resume.

To keep this meeting safe for all our members, the chat window has been limited and participants will stay muted unless they are sharing. At the end of this meeting, participants will be allowed to unmute themselves and will be able to send chats to anyone publicly and privately.

Our speaker today will share for 15 minutes their experience, strength and hope pertaining to the 3rd Step of AA, which reads: "Made a decision to turn our will and our lives over to the care of God as we understood him."

We will then continue with a show of hands. It is this group's conscience to be mindful of others, so please keep your shares limited to three minutes and be mindful of crosstalk. Is there anyone willing to be the spiritual timekeeper?

***Make Timekeeper a Co-Host***

The timekeeper will announce when you have one minute left to share by saying, "One minute" and will let you know when your time is up by saying, "Time's up."

At 10:45, we will stop for a brief secretary's break. After which, the Chair will ask if anyone with a burning desire would like to share. We will then return to regular sharing for the remainder of the meeting until 11:15am.

The first Saturday of the month we hold a business meeting after the regular 10:15 meeting. Everyone is welcome and cheerfully encouraged to stay online and attend.

We strive to maintain a safe space for everyone in this meeting. If the image displayed through someone's video screen is disturbing to you in any way, please use the Chat window to alert the Host. The Host will evaluate the situation and take appropriate action.

We ask that you not multi-task--if you must attend to something else during the meeting, we ask that you please turn your video off.

----- **LAST SATURDAY START** -----

Today we celebrate continuous sobriety anniversaries of 90 days and one year and up. If you would like to announce your anniversary, please send a chat to \_\_\_\_\_ and your name will be added to the list. If you can't access the Chat window, you will have the opportunity to announce your anniversary later in the meeting.

----- **LAST SATURDAY END** -----

***Post the 3rd Step Prayer in Chat.***

It is our custom at this meeting to begin with the 3rd Step Prayer as it appears in the Big Book of Alcoholics Anonymous. The 3rd Step Prayer has been posted in Chat. Will everyone who wishes to please join me:

God, I offer myself to Thee, to build with me, and do with me as Thou wilt.  
Relieve me of the bondage of self, that I may better do Thy will.  
Take away my difficulties that victory over them may bear witness  
to those I would help of Thy Power, Thy Love and Thy Way of Life.  
May I do Thy will always.

And now, please help me welcome our speaker \_\_\_\_\_.

- 1. Speaker unmutes themselves.***
- 2. Speaker speaks.***
- 3. Speaker mutes themselves.***
- 4. Lower all hands, (if any have been raised early).***

Thank you. The first share of the meeting is reserved for someone who has never shared at this meeting before. If you've never shared at this meeting before and you would like to share, you can raise your hand by clicking **Reactions**, followed by the **Raise Hand** button. When your name is called, you will be unmuted.

- 1. Unmute first time share.***
- 2. Mute and lower hand when done sharing.***

Thank you. We now go to a regular show of hands. Please keep an ear open for the timekeeper. If you would like to share, please use the Reactions button to raise your hand.

- 1. Unmute and mute sharers, one by one.***
- 2. At 10:45am, pause for Secretary's Break***

We will now go to a secretary's break.

**SECRETARY'S BREAK SCRIPT IS READ**

----- **LAST SATURDAY START** -----

Today we celebrate continuous sobriety anniversaries of 90 days and one year and up. If you would like to announce your anniversary, please send a chat to \_\_\_\_\_ and your name will be added to the list. If you can't access the Chat window, you will have the opportunity to announce your anniversary later in the meeting.

And now our Anniversary Chairs will call on our celebrants. When your name is called, you will be unmuted so that you may announce your anniversary and sober time to the group.

- 1. Anniversary Chairs will read the names from the anniversary list, one by one.**
- 2. Celebrants will be unmuted and muted after announcing sober time.**

If there is anyone who has dialed in on the phone who wishes to announce their anniversary, raise your hand by pressing Star 9.

If there is anyone else we missed who wishes to announce their anniversary, please use the Reactions button to raise your hand.

If there is no one else, then we wish a hearty congratulations to all our celebrants!

----- **LAST SATURDAY END** -----

- 1. Lower all hands.**

The next five minutes are reserved for anyone who has the desire to drink today. If you have a desire to drink today, this is your time to share. Please use the Reactions button to raise your hand.

- 1. Unmute burning desire.**
- 2. Mute and lower hand when done sharing.**

We will now return to open sharing until 11:15am. Please use the Reactions button to raise your hand.

- 1. Unmute and mute sharers, one by one.**
- 2. At 11:15am:**
  - a. Change chat settings to: "Participant Can Chat With: Everyone publicly and privately".**
  - b. Allow Participants to Unmute Themselves with the Security button.**

That's our meeting. We will now remove the limit on the Chat Window and allow all participants to unmute themselves. Everyone will now be unmuted so that we may close together with the Serenity Prayer.

- 1. Unmute all.**
- 2. Start The Serenity Prayer.**
- 3. Leave everyone unmuted, with a watchful finger on the Mute All button, just in case.**