

MONDAY - 3rd Step One Flight Up

11th Step Meditation Meeting

Revised 2/22/2023

Before the meeting:

- 1. Ask someone to read *The AA Preamble*.**
- 2. Post *The AA Preamble* in Chat.**
- 3. Ask someone to share on the topic of meditation for no more than ten minutes or choose a passage from AA literature to read.**
- 4. Mute All one minute before start time.**
- 5. Unmute the Chair.**

Welcome to the One Flight Up 11th Step Meditation Meeting. This is a closed meeting of Alcoholics Anonymous. We welcome anyone who has a desire to stop drinking. My name is _____, and I'm an alcoholic. I've asked _____ to read the preamble.

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

Thank you. We have taken extra security steps to keep this meeting safe for all of our members. Participants are not able to unmute themselves and can only send chats to the Host and Co-Hosts. Thank you for your understanding.

Our Monday format consists of a speaker sharing their experience with the 11th step for no more than ten minutes, or a short reading from the AA literature selected by the chairperson, followed by ten minutes of meditation. We then ask if anyone has a burning desire, followed by a show of hands.

It is this group's conscience to be mindful of others, so please keep your shares limited to three minutes. We encourage you to refrain from crosstalk, which we define as directly responding to a specific share or giving advice. Is there anyone willing to be the spiritual timekeeper?

Make Timekeeper a Co-Host

Thank you. 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 7:55, we will stop for a brief secretary's break, then continue with a show of hands until everyone who wishes to share has shared - no later than 8:30. The last Wednesday of the month we hold a business meeting for the weekday meetings and the first Saturday of every

month we hold an overall group business 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 a host, who can then evaluate the situation and take appropriate action.

We'd like to minimize distractions. We ask that you shut off your video if you're moving around or the hosts/co-hosts reserve the right to turn off your video.

I've asked _____ to speak. **OR** Today I will read from _____.

- 1. Speaker unmutes themselves.**
- 2. Speaker speaks. (Reminder: speaking time has been extended to 10 minutes.)**
- 3. Speaker mutes themselves.**
- 4. Lower all hands, (if any have been raised early).**

Post the St. Francis Prayer in Chat.

Thank you. It is our custom to begin with the St. Francis Prayer. Anyone who wishes to is welcome to join me.

Lord, make me a channel of thy peace.
That where there is hatred, I may bring love.
That where there is wrong, I may bring the spirit of forgiveness.
That where there is discord, I may bring harmony.
That where there is error, I may bring truth.
That where there is doubt, I may bring faith.
That where there is despair, I may bring hope.
That where there are shadows, I may bring light.
That where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort than to be comforted,
to understand, than to be understood, to love than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to Eternal Life.
Amen.

We will now meditate for ten minutes.

After the Meditation: Lower all hands.

Our first share is reserved for anyone who has a burning desire or fears that they may drink today. If you have a burning desire, and would like to share, you can raise your hand by clicking **Reactions**, followed by the **Raise Hand** button.

If you dialed into this meeting on a phone with audio-only, please press star 9 to raise your hand.

Is there anyone with a burning desire?

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

We will now go to a show of hands. If you wish to read something during your share, please limit the reading to AA approved literature only.

- 1. Unmute and mute sharers, one by one.**
- 2. At 7:55am, pause for Secretary's Break.**
- 3. Post 7th Tradition information in Chat.**

We will now pause the meeting for a brief Secretary's Break.

The 7th Tradition of AA states that we're self-supporting through our own contributions. We have no dues or fees, but we do have expenses. If you can't give, we welcome you just the same. We need you more than we need your money. We are accepting 7th Tradition donations online. The information will be posted in the chat window.

Lower all hands.

Now we would like to acknowledge any people who are new to this meeting, so we are going to lower all the hands. You'll be able to raise your hand again in a moment.

If you are new to this meeting, please raise your hand to briefly introduce yourself by name. You are then welcome to do a full share later in the meeting.

Unmute and mute sharers, one by one.

Is anyone counting days from 1 to 90?

Unmute and mute sharers, one by one.

Is anyone celebrating an anniversary of a year or more in the month of _____?

Unmute and mute sharers, one by one.

Does anyone have any AA related announcements to share?

Unmute and mute sharers, one by one.

The One Flight Up group meets both online at this link and in-person at St. John's Church. Monday is an 11th Step meditation meeting; Tuesday is a beginners meeting; Wednesday is a rotating step meeting; Thursday is a speaker meeting; and Friday's meeting focuses on the Big Book.

On Saturday we meet at 10:15am for a Third Step workshop. Also, on the last Saturday of the month we celebrate anniversaries of 90 days and 1 year and up.

For a link to the Saturday meeting and all other meetings in New York, visit NYintergroup.org.

If you are in need of any AA literature, please send an email to ofuzoom@gmail.com and let us know.

We have an interim sponsorship program and encourage newcomers and those coming back to get a sponsor. A sponsor can answer questions about the program and help you through the steps. Will everyone who has a year or more of continuous sobriety and is willing to be an interim sponsor please wave to the camera?

If you're interested in communicating with any of these people, please send a note to a host in the chat window or send an email to ofuzoom@gmail.com.

We will now ask if there are any Co-Hosts who would like to share.

Thank you. We will now continue with a show of hands until 8:30. It is this group's conscience to be mindful of others, so please keep your shares brief.

- 1. Unmute and mute sharers, one by one.***
- 2. At 8:30am, end the meeting.***

[When shares run out] There are no more hands up. If anyone else would like to share, please do so now. **[Wait a few seconds; if no hands:]** Thanks everyone, that's our meeting. Thanks to everyone who has shared or done service today. We will now unmute everyone so that we may close together with the Serenity Prayer.

- 1. Cross your fingers.***
- 2. Unmute all.***

3. *Start The Serenity Prayer.*
4. *Enjoy the cacophony of voices.*
5. *Leave everyone unmuted, with a watchful finger on the Mute All button, just in case.*