

TUESDAY - 3rd Step One Flight Up

Beginners Meeting

Revised 2/22/2023

Before the meeting:

- 1. Ask someone to read *The AA Preamble*.**
- 2. Ask someone to read *The Promises*.**
- 3. Post *The AA Preamble & The Promises in Chat*.**
- 4. Mute All one minute before start time.**
- 5. Unmute the Chair.**

Welcome to the One Flight Up Beginner's 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 Tuesday format consists of the reading of the Promises, followed by the chairperson reading a selection from *Living Sober* or *The Beginners' Book*. The chairperson then shares, for no more than five minutes, their experience, strength and hope on that reading's topic.

We then ask if anyone has a burning desire, followed by tiered sharing, starting with anyone who has 30 days or under, then 60, 90, six months and one year. If there is time before the secretary's break, we will go to 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. There are no experts in AA, everyone's opinion is their own. Take what you like and leave the rest. 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 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.

Today we celebrate sober time of less than a year. If you would like to announce your sober time with us today, please chat your name and how many months of sober time you have to _____. Your name will be added to our list. If you can't access the Chat window, you will have the opportunity to announce your sober time later in the meeting.

I've asked _____ to read the promises.

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

Thank you. Today, I've chosen to read _____.

- 1. Read selection from *Living Sober or The Beginners' Book***
- 2. After the reading and share: Lower all hands, (if any have been raised early).**

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 tiered sharing, starting with anyone who has less than 30 days sober. If you have less than 30 days sober and you would like to share, please raise your hand. If you wish to read something during your share, please limit the reading to AA approved literature only.

Unmute and mute sharers, one by one.

Is there anyone with less than 60 days who would like to share now?

Unmute and mute sharers, one by one.

Less than 90 days?

Unmute and mute sharers, one by one.

Less than 6 months?

Unmute and mute sharers, one by one.

Less than one year?

Unmute and mute sharers, one by one.

We will now go to a general show of hands. If you would like to share, please raise your hand.

- 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.

Today we celebrate continuous sobriety of any number of months up to a year.

When your name is called, you will be unmuted so that you may announce your anniversary and sober time to the group.

- 1. Read the names from the anniversary list, one by one.***
- 2. Unmute and mute after announcing sober time.***

If there is anyone else we missed who wishes to announce their monthly anniversary, please raise your hand.

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.

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

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'd now like to ask, once again, if there is anyone with under a year of sober time 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.**