

# THURSDAY NIGHT WEST LA MEN'S STAG

## SECRETARY'S ANNOUNCEMENT

**The meeting is starting.**

**Please raise your hand if you have an empty seat next to you.**

**Please take a moment to turn off your cell phones.**

**Help me welcome tonight's leader \_\_\_\_\_.**

## LEADER'S READING:

My name is \_\_\_\_\_ and I am an alcoholic. Welcome to the Thursday Night, West LA Men's Stag meeting of Alcoholics Anonymous.

This is a closed meeting of Alcoholics Anonymous for male alcoholics only. In support of AA's singleness of purpose, attendance at closed meetings is limited to persons who have a desire to stop drinking or who have declared themselves alcoholic. If you think you have a problem with alcohol, you are welcome to attend this meeting. We ask that when discussing our problems, we confine ourselves to those problems as they relate to alcoholism. Unless you are both male and alcoholic, another meeting would be more appropriate for you.

Alcoholics Anonymous is a fellowship of men and women 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.

Are there any newcomers here in their first thirty days of sobriety? If so, please identify yourself by raising your hand and giving your name and disease.

**(look around the room to acknowledge any new men)**

You are very welcome here.

We would also like to welcome anyone new to this meeting. Do we have anyone here tonight who is at this meeting for the first time and has not already identified himself?

**(look around the room to acknowledge anyone new to the meeting)**

This meeting was started in order to provide men in A.A. an opportunity to meet in a discussion group format, to confidentially express themselves and to receive the warmth, love and support of other men in A.A.

Each one of us is very aware of his personal responsibility to see to it that what is said here remains here. We each know that it is inconsistent with that responsibility to repeat what is heard here to another just because that person is a sponsor, a spouse or good friend. Our experience also makes it clear that even a general reference to what is said in the meeting quickly becomes specific and serves no good purpose. This is true even if the person you're speaking to was also at the meeting.

Can we all agree to make no general or specific reference outside the meeting to anything said here?

**(Leader looks around the room, making sure he has agreement.)**

A portion of the Big Book of Alcoholics Anonymous is read at this meeting. Tonight I would like to ask the man with ticket # \_\_\_\_\_ to read it for us.

**(Leader turns to section "How It Works" for the reader)**

We observe AA Birthdays at this meeting. An AA Birthday consists of 365 consecutive days of freedom from alcohol and drugs. If you wish to celebrate a birthday, simply tell the secretary before the meeting starts. A cake with a candle, presented by the leader will signify the event. Tonight we have \_\_\_\_\_ men to honor.

**(Leader calls out the name of each person celebrating a birthday together with the number of years sober. The leader presents a cake with a candle to each celebrant, starting with the man with the fewest number of years. Sing "Happy Birthday" to each man.)**

This is a discussion meeting. The leader will share for five to ten minutes about where he is in his sobriety as it applies to working the program outlined in the Big Book, then select a topic for discussion and call upon as many men as possible. Please make an effort to keep the topic of the evening in mind as you share.

Participation in this meeting is determined by drawing tickets. If you have a dire need to share, please do not wait for your ticket to be called. Raise your hand immediately. But, please be aware that a dire need is significantly greater than a strong feeling on the evening's topic or a desire to "check in".

Participation is invited from each person present. If you do participate, we ask that you speak loudly enough so that we all may hear.

There is no coffee break. Feel free to get a cup of coffee during the meeting, but don't allow the process to become a distraction.

We will now take a moment to get centered before we begin.

**(Leader now shares where he currently is in his sobriety as it relates to the 12 Steps)**

**(Leader calls on men by ticket numbers, but may also call up to three other men with long term sobriety to add to the depth and focus of the participation.)**

**(Discussion continues until 8:50pm.)**

The short form of the 12 Traditions is also read at this meeting. Tonight I would like to ask the man with ticket # \_\_\_\_\_ to read it for us.

Are there any secretary's announcements?

**(Secretary makes announcements and then turns the meeting back over to the leader.)**

I would like to thank the secretary for asking me to lead the meeting and all those who have participated.

At this time, I would like to ask the man with ticket # \_\_\_\_\_ to read "A Vision for You" and after a moment of silence to close the meeting by leading us in "The Lord's Prayer".

## Chapter 5

# 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 that 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 that we could find an easier, softer way. But we could not. With all 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) 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 were 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.

# 12 Traditions

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

# A Vision for You

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the road of Happy Destiny.

May God bless you and keep you until then.

**(after a moment of silence close the meeting with "The Lord's Prayer")**

## Secretary's Announcements

Hello everyone my name is \_\_\_\_\_ and I am an Alcoholic. Welcome to the West LA Men's Stag meeting of Alcoholics Anonymous. If you are new to AA, or to this meeting, you are especially welcome—and we hope that you will consider joining us as your home group.

The new men here tonight are: \_\_\_\_\_

The men at this meeting for the first time are: \_\_\_\_\_  
Welcome to all of you.

Please help me thank \_\_\_\_\_ for an excellent meeting.

Please help me congratulate our birthdays again: \_\_\_\_\_

This meeting gladly accepts the responsibility of being self-supporting. The suggested donation is \$3 each, or whatever you can afford. We will now observe the Seventh Tradition of Alcoholics Anonymous.

**(After the Seventh Tradition continue with the announcements)**

We have literature at this meeting. Our literature chairman is \_\_\_\_\_.

This meeting maintains a list of its regular members. We invite you to get a copy of our phone list from our List Chairman, \_\_\_\_\_.

If you have a Court Card, \_\_\_\_\_ is the man with the special court appointed pen. (\_\_\_\_\_, hold up your pen)

We have an H&I announcement from \_\_\_\_\_.

We have an announcement from our Church Liaison, \_\_\_\_\_.

We have a Grapevine announcement from \_\_\_\_\_.

Our CSR is \_\_\_\_\_.

Our GSR is \_\_\_\_\_.

We have a Treasurer's announcement from \_\_\_\_\_.

Our Kitchen Cleanup crew chief is \_\_\_\_\_.

Our Meeting Room Cleanup crew chief is \_\_\_\_\_.

Our Commitment Czar is \_\_\_\_\_.

Much work goes into making this meeting possible, **(End of the month read your list of commitments)**. We would like to thank the men we see weekly being of service, and also the men you don't see. The before and after guys that often go unnoticed; they set up, start up, clean up, and wash up. Please help me thank them all.

One of the hallmarks of this meeting is the vow we declare to keep confidential all that is said here in the meeting. Please do not discuss anything said here tonight with your sponsor, spouse, or friends. Goodnight and we'll see you next week.