

Meeting format for the Sunday Morning Open AA 11th Step Meditation group

Welcome

Welcome to the Sunday Morning Meditation Meeting. We are an open AA 11th Step Meditation meeting and we meet here every Sunday morning. My name is _____ *and I'm an alcoholic or a member of al-anon, compulsive overeater, sex addict, etc.*

This is an open AA meeting which means all members and guests are welcome to attend and everyone is encouraged to participate. Thank you for turning off your cell phones. The 11th Step of Alcoholics Anonymous is: "Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of His will for us and the power to carry that out." The purpose of the Tuesday night 11th Step Meditation group is to provide a setting where members of AA and all 12-Step fellowships can practice the 11th Step in a group setting. We seek to improve our conscious contact with our Higher Power. We will read a selection from 12-Step literature and then we will have a 20 minute period of silent meditation, followed by a speaker and finally sharing.

Would all who care to please join me in a moment of silence followed by the serenity prayer?

Are there any visitors to this meeting? If so, welcome, we're glad you're here.

1)Preamble

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 membership: we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, 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 to help other alcoholics achieve sobriety.

2) Do we have any announcements or business?

3) Are there any birthdays?

Chair person says: This is not a meeting that promotes any form of meditation over another. We have no opinions on religious or spiritual practices. If there is anyone here without experience in meditation, we encourage you to sit still for the 20 minutes to the best of your ability. We ask that all show respect during the 20 minute meditation by observing silence and refrain from moving around. If someone prefers a floor position, he or she should transfer to that position now. We also have some information on silent prayer that you may find helpful.

- The meditation period will be preceded by 3 bells.
- Next a short reading from 12-step literature.
- After the reading, a single bell will mark the beginning of the meditation period.
- After 20 minutes, three bells will signal the end of our meditation.
- We will remain in silence for a couple of minutes to give ourselves time to slowly adjust to our external senses.

Chairperson: Ring the gong, 3 slow rings then read the following passage slowly:

“Lord, make me a channel of the 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 is awakens to Eternal Life.”
Amen.

As beginners in meditation, we now reread this prayer very slowly, savoring every word and trying to take in the deep meaning of each phrase and idea. It will help if we drop all resistance to what our friend says. For in mediation, debate has no place. We rest quietly with the thoughts of someone who knows so that we may experience and learn.

As though lying on a sunlit beach, let us relax and breathe deeply of the spiritual atmosphere with which the grace of this prayer surrounds us. Let us become willing to partake and be lifted up by the sheer spiritual power, beauty, and love of which these magnificent words are the carriers.

“Lord, make me a channel of the 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 is awakens to Eternal Life.”
Amen.

Chairperson: Ring the gong 1 time to signal the beginning of the 20 minute period.

AFTER 20 MINUTES

Chairperson: Ring the gong 3 X’S to signal the END of the meditation period.

AFTER A FEW MOMENTS OF SILENCE:

Chairperson introduces speaker:

4) 11th Step talk (10 minutes)

Chairperson introduces the speaker who will focus on his or her experience with the 11th Step. Speaker chooses a topic for the group related to the 11th Step.

5) Group Sharing

Now is the time when we share our thoughts about the 11th Step or get current with the group. Because our time is limited, we ask you to keep your remarks limited to 3 minutes or less so that as many people as possible will have any opportunity to share before we close at 10 o'clock. For people who would like more time to share or who do not get to share, please stick around afterwards and talk with others.

6) Pass the Basket...

According to the 7th Tradition we are self-supporting through our own contribution. New comers please do not contribute as the first meeting is on us.

7) Close with the Serenity Prayer