

HOUR OF POWER 8:00 AM MEETING FORMAT

(Reminder: Before the meeting starts, ask someone to read How It Works, the Promises and the Daily Reflection)

Welcome to the 8 AM Daily Reflections meeting hosted by the Hour of Power Group of Rockland County AA. My name is _____ and I am an alcoholic. Thank you for joining us!

A.A. PREAMBLE: Alcoholics Anonymous is a fellowship of people 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.

The short form of Tradition One states: “Our common welfare should come first; personal recovery depends upon A.A. unity.” Recognizing the importance of group unity, our group strives to create a safe meeting environment in which alcoholics can focus on achieving sobriety.

This is an open meeting of Alcoholics Anonymous. We are glad you are all here — especially newcomers!

I’ve asked _____ to read How It Works.

I’ve asked _____ to read The Promises

The 7th Tradition states that every AA group should be fully self-supporting. Please check the chat during this meeting and our website (hourofpowerrockland.com) for ways to donate to the group and information regarding the Hour of Power.

Is there anyone new, coming back, or counting days who would like to introduce themselves so that we can get to know you.

The “Hour of Power” celebrates anniversaries on the last Sunday of the month at the 8 am Daily Reflections meeting and the 6 pm Beginner’s Meeting. Anyone is welcome to celebrate.

Is there anyone celebrating an anniversary this month that would like to share it with us?

Are there any AA-related announcements?

This is a Daily Reflections meeting and this is how the meeting will work. _____ will read today’s Daily Reflections, then we’ll open up the meeting for those who would like to share. In order to share you will need to raise your virtual hand. Please keep your shares to under 3

minutes so more people have time to share, and we do discourage cross-talk and the use of profanity.

5 minutes before the end of the meeting:

Does anyone have a burning desire to drink today?

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. I have the right to say that I am an alcoholic and attended this meeting but I do not have the right to say that you are or that I saw you here.

We have a nice way of closing. Please unmute yourself if you would like to join in the Serenity Prayer.

Close with the serenity prayer.