



ANONYMOUS ANONYMOUS FORMAT

Hi, my name is _____, and I'm human. Welcome to our home-group of Anonymous Anonymous.

Let's start our meeting with a moment of silence followed by the "Serenity Prayer". After the prayer, please greet your neighbor in a way that is comfortable to y'all.

Our group meets here every Saturday at 5:00pm. This is an open meeting with a different topic, chosen by the chairperson, and a short reading to allow everyone the ability to share. Sign up here if you would like to chair the meeting in the future.

Some notes about meeting etiquette.

- This is a non-smoking meeting, the Hospital asks that there is no smoking or tobacco use on Hospital property please.
- At this time please silence any electronic devices you may be carrying. Please refrain from using them while we meet together, it can be distracting for yourself or others and one may miss something they need to hear.
- If you must hold a conversation, kindly take it outside!
- There is no cross-talk at this meeting, which means not directly addressing another person in your share, or interrupting anyone else's share. Also please refrain from reflecting on another person's share directly.
- Please be mindful that many of us would like to share, so keep your shares between 3 to 5 minutes. If you notice Riley the Unicorn is lit up, it means it is time to wrap up your share!
- Thanks for joining us, please keep coming back!

At this time we would invite everyone to introduce themselves so that we may get to know each other better!

Welcome everyone!

Would someone please read:

- Our Welcome
- How It Works?
- Our Best Practices
- Our Twelve Steps
- Our Twelve Traditions
- Anonymity and Respect
- Safety Statement



Are there any recovery announcements? Check out this folder of local flyers or events relating to clean and sober activities.

Is there anyone celebrating an achievement, milestone, or item of joy that they want to share with everyone briefly?

Are there any sorrows or struggles anyone would like to announce briefly, so that we can talk with you after the meeting and lend you our support or thoughts and prayers?

Format

Chairs Choice Topic - Choose a topic (or several) and discuss.

The meeting is now open for discussion. We suggest that you share your own experiences about your journey – and not give advice or directions to others – as we are not here as professionals but as peers! Please limit your share to 3-5 minutes. If you near the five minute limit, you may notice this lamp will be lit. We ask that you close your share quickly after noticing it!

CLOSING (10 MINUTES BEFORE MEETING ENDS)

I would like to thank everyone for attending today's meeting. We can do together what we could never do alone: find a new way of living.

I will now pass the basket in keeping with the Seventh Tradition of Anon-Anon which states, "Every group ought to be fully self-supporting, declining outside contributions." We support ourselves and pay our own way. The money we collect from 7th Tradition donations goes to pay for: Rent, Literature, Service Committee supplies, Refreshments, Activities, etc.

The 12th Tradition states, "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities". Part of what this means is that what you hear here, and who you see here, let it stay here!!! Let there be no gossip or criticism of one another! Feel free to share the message, but not the names of the messengers. Go forth and be kind in your thoughts, motives and actions.

Let's close our meeting in a circle with a moment of silence for those suffering and those seeking serenity and the Serenity Prayer.