

FORMAT - McNABB SUNDAY MORNING MEETING
Revised August, 2009

(Do not write on this sheet, please use the worksheet)

1. WELCOME

- a. **Welcome** to the regular Sunday Morning Meeting of Alcoholics Anonymous here at McNabb Community Centre. This meeting is sponsored by Ottawa Area Intergroup of Alcoholics Anonymous and this month is being hosted by _____
- b. **A Special Welcome** to newcomers, to those who are coming back, and to out of town visitors.

2. OPENING

It is customary in the Ottawa area to open our meeting with a **MOMENT OF SILENCE**, followed by the **SERENITY PRAYER**. May I have that moment now please?

3. READING AND SEVENTH TRADITION

- a. **PREAMBLE** will be read by the chairperson.
- b. Chapter 5 "**HOW IT WORKS**" will be read by _____
- c. **TWELVE STEPS** for our personal recovery will be read by _____
- d. **SELF-SUPPORT ("green") card** will be read by the chairperson.
The 7th Tradition states: "Every A.A. group ought to be fully self-supporting, declining outside contributions." While contributions cover each group's rent and other expenses, the 7th Tradition is essential at every level of A.A. service. It is both a privilege and a responsibility for groups and members to ensure that not only their group, but also their Intergroup/central office, local services, district, area, and the General Service Office remain self-supporting. This keeps A.A. free of outside influences that might divert us from our primary purpose – to help the alcoholic who still suffers. The amount of our contribution is secondary to the spiritual connection that unites all groups around the world. (Service Material from the General Service Office F-42)

The **Seventh Tradition** baskets will be circulated during the reading of the traditions. Members are reminded that the Seventh Tradition from McNabb Sunday Morning Meeting is a source of income for the Ottawa Area Intergroup of Alcoholics Anonymous.

- e. **TWELVE TRADITIONS** for group unity will be read by _____

f. **ANNOUNCEMENTS**

- 1) Read any **flyers** for upcoming events – request input from committee members.
- 2) Are there any **AA announcements** from the floor?
- 3) Are there **any out-of-town visitors** who wish to identify themselves?
- 4) **Pamphlets, newsletters, and Meeting Lists** are free.
- 5) **Books** are for sale at prices charged to groups, **(If the chair wishes to reduce prices for the books it is at the expense of the chair of the hosting group and not Intergroup)**

4. **THE SPEAKER**

- a. Chairperson is to **qualify briefly** before introducing the Speaker.
- b. Chairperson is to **Introduce** the Speaker.
- c. Chairperson is to **Thank** the Speaker.

5. **CLOSING**

- a. **Thank** the participants.
- b. Invite members to stay for **coffee and fellowship**.
- c. **Request help** to stack chairs and tables and clean up cups.
- d. For those who wish, please help me close the meeting with the **Responsibility Pledge** and the **Lord's Prayer**