

We Agnostics Group Format

**711 St Mary's Rd
Lafayette, CA 94549
Mon 5:30PM**

Good evening everyone. Welcome to the We Agnostics group of Alcoholics Anonymous. My name is _____ and I am your secretary. This is an open meeting of A.A. The stories you hear are told in confidence. They should not be repeated outside this meeting. This group maintains a tradition of free expression. We neither oppose nor endorse any particular religious or philosophical point of view. We encourage everyone to follow whatever path is most consistent with their own background, experiences and personal beliefs.

If you are new to this meeting we would like to get to know you. Usually, members identify themselves by their first name only. Is there anyone attending their first, second or third A.A. meeting that would like to introduce themselves?

Anyone in their first 30 days of sobriety?

Anyone from outside the area or at this meeting for the first time?

Are there any A.A. birthdays this week?

Are there any A.A. related announcements?

I have asked _____ to read our opening excerpt from Chapter 3 of the big book, *Alcoholics Anonymous*.

The format of this meeting is for the secretary or another member to speak briefly or share something on a topic relevant to recovery from alcoholism. This is followed by open discussion. No one will be called on. We do allow crosstalk but not interruptions.

We will now observe our 7th tradition. There are no dues or fees for A.A. membership. The money collected in the basket is used to pay the expenses of this meeting and to support the Central Office and General Services. The H&I pink can is passed separately. H&I donations are used to provide literature for people in hospitals and institutions who would otherwise not have access to it.

I have asked _____ to read our closing excerpt from Chapter 5 of the big book, *Alcoholics Anonymous*.

For those who would like to join us we will now close the meeting by reciting the First Tradition of Alcoholics Anonymous: *"Our common welfare should come first, personal recovery depends upon A.A. unity."*

OPENING READING
From Chapter 3 “More About Alcoholism”

We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic *ever* recovers control. All of us felt at times that we were regaining control, but such intervals - usually brief – were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced that alcoholics of our type are in the grips of a progressive illness. Over any considerable period we get worse, never better.

We are like people who have lost their legs; they never grow new ones. Neither does there appear to be any kind of treatment which will make alcoholics of our kind like other people. We have tried every imaginable remedy. In some instances there has been brief recovery, followed always by still worse relapse. Physicians who are familiar with alcoholism agree there is no such thing as making a normal drinker out of an alcoholic. Science may one day accomplish this but it hasn't done so yet.

Despite all we can say, many who are real alcoholics are not going to believe they are in that class. By every form of self-deception and experimentation, they will try to prove themselves exceptions to the rule, therefore nonalcoholic. If anyone who is showing inability to control their drinking can do the right-about-face and drink normally, our hats are off to them. Heaven knows, we have tried hard enough and long enough to drink like other people!

- adapted from *Alcoholics Anonymous, 4th Edition, pp 30-31*
(gender specific language changed to gender neutral language)

CLOSING READING

From Chapter 5 “Into Action”

And we have ceased fighting anything or anyone – even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality – safe and protected. We have not even sworn off. Instead the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. This is how we react so long as we keep in fit spiritual condition.

- *Alcoholics Anonymous, 4th Edition, p 85*