

[Please confirm the service team and offer readings to other participants.]

WELCOME TO THIS ANY-LENGTHS DAILY REFLECTION: MONDAY AND FRIDAY MEETING OF ALCOHOLICS ANONYMOUS.

My name is _____, I am an alcoholic, and I am your chairperson today. We meet here daily, at this time, to stay connected with the fellowship and to support the daily maintenance of our spiritual condition.

Now, let us begin with a moment of silence for those who still suffer in and out of the rooms, and together say the **Serenity Prayer** using god as the Higher Power of your own understanding.

PRAYER

[AFTER PRAYER]

Would everyone now please mute for the rest of the meeting, except when sharing or greeting. Mute and unmute using the microphone icon. Also, if you wish to share, please use the "Raise Hand" button under 'Reactions' or 'More' at the bottom of your screen.

And now _____ has kindly offered to read the **A.A. PREAMBLE**.

_____ has kindly offered to read **HOW IT WORKS, OR MORE ABOUT ALCOHOLISM**

_____ has kindly offered to read **THE TWELVE TRADITIONS**.

Do we have any non-A.A. Visitors, such as students? If yes, we are glad you are here; we ask that you listen but not participate in the sharing part of our meeting. Thank you.

Is anyone present new to A.A., this group, or returning to the program who would like to introduce themselves so we may welcome you?

Does anyone have an A.A. milestones or birthdays they would like to share with the group?^{CHS1}

Now, _____ has kindly offered to read today's **DAILY REFLECTION**.

[AFTER READING]

Does anyone have a TOPIC suggestion for today?^{CHS2}

Now let us discuss today's Daily Reflection, pasted in the chat window, Step One (1), this month's step, or your solutions to sobriety today.

- Please do not share more than once unless everyone has had a chance to do so.
- If you are driving, you are welcome to listen in, but we ask that you use 'Zooms' 'safe driving mode' and share only when safely parked for the duration of your share.
- When sharing, please focus on your experience, strength, and hope.
- Please avoid cross-talk, such as giving advice, criticizing, or interrupting when someone is sharing.^{CHS3}
- Any-Lengths has no opinion on outside issues, including medical treatment. Medical advice should come from a well-informed, qualified physician.

The meeting is now open for shares of up to 3 minutes.* After this, you will see the "**TIME'S UP**" image on your screen—the signal to wrap up for the next person to share.

* [Adjust the share time as needed so everyone can share.]

Our time for today is up. Thank-you to todays service team, _____ and _____. And, thank-you to "Each Reader" and everyone who attended.

If you have a year or more of continuous sobriety, have completed the steps, and are available to sponsor, please type your name in the chat box with a way to contact you.

Announcements: CHS4

- Are you interested in being of service or contributing to our group? Go to our website, <https://any-lengths.com/>, to participate. Review the service roster and download the service positions' PDFs; training is available.
- 7th Tradition contributions can be made using Zelle or PayPal.
- Celebrate your A.A. sobriety birthdays and milestones with us using the online form.
- Submit agenda items five (5) days before our business meeting, the last Saturday of each month.
- Womens Informal Meeting, Tuesdays at 17:30 Pacific Time in the Acceptance Room
- Mens Informal Meeting, Thursdays at 17:00 Pacific Time in the Acceptance Room
- And meetings here every day at 12:00 noon Pacific Time.

Business Meeting Announcements.

Are there any other A.A. or Any-Lengths related announcements?

As a reminder, we open our meeting room 15-20 minutes before every meeting and keep it open for about 15 minutes after each meeting EVERY DAY for fellowship and to provide a less formal setting where newcomers may feel at ease talking or asking questions.

For those who stay, please be considerate, avoid gossip, and do not discuss people who are not present. Anonymity and respect keep our meetings a safe place.

WHO YOU SEE HERE, WHAT YOU HEAR HERE, AND WHEN YOU LEAVE HERE, PLEASE LET IT STAY HERE.

Now _____ will read todays closing.

Now, after a moment of silence, let us unmute and close with the WE version of the **SERENITY PRAYER**, using god as the Higher Power of your own understanding.

PRAYER

Chairperson Instructions

Any Lengths A.A. Group: <https://any-lengths.com/>

Thank You For Your Service!

Please log onto the meeting at least 10 minutes early.

RED text indicates changeable text.

GREEN text indicates another service position also has responsibility.

BLUE text indicates **READ** and **[UNREAD]** instructions.

Underlined text indicates a hyperlink.

BY-LAWS SPECIFIC TO THIS MEETING

The Daily Reflection read for that date is from the book "Daily Reflections." Copyright © 1990 by Alcoholics Anonymous World Services, Inc. SKU: b-12 <https://www.aa.org/daily-reflections>.

CHS1 Once the introductions have been offered click on three (3) vertical dots at the bottom of the chat sidebar or pop out to change the Chat setting to 'Host and co-hosts' and then post:

Chat: Our Group decided to limit the use of Chat during the sharing part of our meetings to the daily service teams. You can use it to reach them if needed. Full chat is re-enabled in the closing minutes of the meeting for exchanging contact info, announcements, sentiments, etc.

CHS2 Copy from that day's daily reflection reading found at <https://www.aa.org/daily-reflections>, then post as the chairperson asks for topic ideas.

EXAMPLE

“GETTING WELL

August 18

Very deep, sometimes quite forgotten, damaging emotional conflicts persist below the level of consciousness.

TWELVE STEPS AND TWELVE TRADITIONS, pp. 79-80

Only through positive action can I remove the remains of guilt and shame brought on by alcohol. Throughout my misadventures when I drank, my friends would say, "Why are you doing this? You're only hurting yourself." Little did I know how true were those words. Although I harmed others, some of my behavior caused grave wounds to my soul. Step Eight provides me with a way of forgiving myself. I alleviate much of the hidden damage when I make my list of those I have hurt. In making amends, I free myself of burdens, thus contributing to my healing.”

Topic Suggestions:

- 🕒 **Step one (1) We admitted we were powerless over alcohol — that our lives had become unmanageable.**
- 🕒 **This month's step 8. Made a list of all persons we had harmed, and became willing to make amends to them all.**
- 🕒 **Any Suggested Topic**
- 🕒 Or, your solutions in sobriety today

CHS3 Post as the chairperson opens the floor for sharing; and at various points throughout the sharing part of the meeting:

👉 For sharing, the chairperson may call on people randomly; anyone not wishing to share is free to pass. However, if you wish to or need to share, click “Raise Hand” (under 'Reactions' [PC] or 'More' [tablet/phone]). Raised hands will be selected in the order our chairperson determines.

CHS4 Post as the chairperson begins reading the announcements:

- Participate in Any-Lengths service as positions become available! Access the roster, our meeting information, A.A. literature, daily readings, and more:
- website: <https://any-lengths.com/>.
- email: service@any-lengths.com.
- 7th Tradition Contributions can be made using Zelle or PayPal and addressed to anylengthswebmaster@gmail.com.
- Celebrate your A.A. milestones and birthdays with us! Go to: <http://any-lengths.com/birthdays>.
- Business Meeting: Submit agenda items five (5) days before, on the last Saturday of each month, 15 minutes after the daily meeting. All members can participate. <http://any-lengths.com/business/>.
- Questions or issues? Email us: attendance@any-lengths.com.
- Need proof you attended today's meeting? - A.A. observers, students, and anyone directed to A.A. by legal officials may use our online request form: <http://any-lengths.com/poa>.
- Daily Meeting: Every day at 12:00 noon Pacific Time, Zoom meeting room ID 166 876 977
- Women's Informal Meeting: Every Tuesday at 17:30 Pacific Time, in the Acceptance Room, accessible only via the website.
- Men's Informal Meeting: Every Thursday at 17:00 Pacific Time, in the Acceptance Room, accessible only via the website.

When there are announcements from the business meeting:

Other announcements:

EXAMPLE

A new service roster is now open for members to sign up for daily service.

Once all posts are made, change the chat setting to “Everyone and anyone directly” and post:

Chat is open.