7 AM Online Leader's Script (daily)

1. **WELCOME to Marina Pacifica's 7 AM Attitude Adjustment Meeting of Alcoholics Anonymous. My name is _____ and I'm an alcoholic.**

2. **Let's open the meeting with the serenity prayer.**
   God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

3. **Turn the meeting over to the secretary for meeting announcements.**

4. **AA PREAMBLE**
   ***Alcoholics Anonymous is a fellowship of men and women 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 AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; and neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety*.**

5. **I've asked _____ to read a portion of CHAPTER 5 from the book of Alcoholics Anonymous.**

6. **Please join me in the 3rd STEP PRAYER.**
   God, I offer myself to thee, to build with me and to do with me as thou wilt. Relieve me of the bondage of self, that I may better do thy will. Take away my difficulties, that victory over them may bear witness to those I would help of thy power, thy love, and thy way of life. May I do thy will always.

7. **Not to embarrass you, but so we can get to know you, are there any NEWCOMERS with less than 30 days sobriety? If so, please introduce yourself.**

8. **Are there any VISITORS? Please introduce yourself.**

9. **I've asked _____ to read today's selection from DAILY REFLECTIONS.**

10. **We celebrate BIRTHDAYS, which we define as 365 days of continuous sobriety. If you are celebrating a birthday, please keep your pitch between one and three minutes. Are**

there any Alcoholics celebrating birthdays this morning? Please unmute your microphone and identify yourself.

12. I've asked _____ to read TRADITION ____(THURSDAY ONLY)

13. LEADER [READ OUT LOUD]: This is an OPEN meeting of Alcoholics Anonymous. All are welcome; however, we ask that only those identifying as alcoholics participate. If you are called on, please unmute your microphone. Keep your pitch under 3 minutes to give as many people as possible a chance to share. The online 7 AM meeting is designed to give AA members an opportunity to start their day with a rededication to sobriety and a spiritual way of life. This is not a meeting devoted so much toward reliving the past, as toward developing the appropriate attitudes for living this particular day successfully. Again, please mute your microphones. Start the meeting.

14. Pick a TOPIC from the list below or choose your own. Please keep your share under three minutes. If you ask for volunteers, please encourage attendees to click the "raise hand" icon by their screen name so you can call on them.

Acceptance	Humility	Serenity
Alcoholism	Insanity	Service
Amends	Inventory	Sex
Anger	Kindness	Spiritual experience
Carrying the message	Made a list	Surrender
Character Defects	Maintain sobriety	Today's reading
Exact nature of wrongs	Meditation	Tolerance
Fear	Principles B4 Personalities	Turning it over
Gratitude	Resentments	Unmanageability
God's will	Sarcasm	Willingness

15. Promptly end the meeting at 7:55 and turn it back to the secretary for closing announcements.

16. Close the meeting with the 7th STEP PRAYER.
My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me, every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here to do your bidding, amen.

After a moment of silence for the Alcoholic who still suffers, will _____ PRAY US OUT with the prayer of their choice?

Revised: 03/15/2021

OPENING SECRETARY ANNOUNCEMENTS

Good morning! Please pay attention to the following announcements:

1. **If you are attending this meeting in person please adhere to the CDC guidelines which require that we maintain social distance and wear our masks at all times.**

2. **If you are called on to share, please approach the microphone at the front of the room and speak loudly. Please keep your face covering on during your share.**

3. **During the closing prayer, please refrain from holding hands and hugging.**

4. **For those attending the meeting on Zoom, please adhere to the following guidelines.**
   - **Keep your video turned ON throughout the duration of the meeting.**
   - **Make sure your microphone is muted at all times unless you are reading or sharing.**
   - **Use earphones for maximum privacy and sound quality.**
   - **Make sure you are attending this meeting in a private setting to protect the confidentiality and anonymity of others.**
   - **Please use your first name as your screen name so the leader can easily identify you.**
   - **If you'd like to share, click the "Raise Hand" icon beside your name and the leader will call on you.**

5. **Please make 7th Tradition contributions by clicking on the green 7th Tradition button for this meeting at marinapacificafellowship.com**

Thanks, and I'll turn the meeting back over to the leader.