

# EL CERRITO FELLOWSHIP ONLINE MEETING SCRIPT

Updated and approved January 20, 2025

It is suggested that secretaries log on and open the zoom room 15 minutes before the meetings' start time. Before the meeting starts ask for reader/volunteers to read "HOW IT WORKS", THE TRADITIONS, THE 9<sup>TH</sup> STEP PROMISES and/or other AA Conference Approved literature.

- Hello everyone. This is the (time, description) meeting of the El Cerrito Fellowship of Alcoholics Anonymous online. My name is \_\_\_\_\_ and I am an alcoholic and your secretary.

Let's open the meeting with a moment of silence to do with as you wish, followed by the Serenity Prayer:

God, grant me the serenity to accept the things I cannot change,  
Courage to change the things I can, and Wisdom to know the difference.

- Alcoholics Anonymous is a fellowship of people 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 A.A. membership; we are self-supporting through our own contributions. A.A. Is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.
- This is an open meeting of Alcoholics Anonymous. We are glad you are all here – especially any newcomers.
- I have asked \_\_\_\_\_ to read "How It Works" from Chapter 5 of the Big Book.
- I have asked \_\_\_\_\_ to read The 12 Traditions.
- We now want to welcome anyone here for the first time and all those in early sobriety.
- 🗨️ Is there anyone here for their first (second or third) AA meeting ever? If so, please unmute and introduce yourself so that we can welcome you.
- 🗨️ Is there anyone here in their first 90 days of sobriety – or counting days? Is so, please unmute and let us welcome and support you. Optional: Or is there anyone counting days.
- 🗨️ Is there anyone attending this meeting for the first time? Please unmute and introduce yourself so that we can welcome you too!
- Are there any AA-related announcements from the floor? **Ask the tech to read significant, time-related announcements.** Refer members to the ECF website for announcements and post the link in the chat feature. <https://ecfaa.org/announcements>.
- *Introduce the speaker who shares for 10 – 15 minutes and suggests a topic. In literature-based meetings, the secretary introduces a reading taken from AA conference approved literature for discussion. After the chairperson/speaker has, shared ask for the speaker for a topic. Ask the speaker if they would like to call on members to share (continue to "chair" the meeting) or if they would prefer for the secretary to do so.*

- Ask members to raise hands, using the raise hand' button or waving their hand, to be called on to comment on the topic or reading.
- It is a custom of El Cerrito Fellowship to discourage cross-talk. We define crosstalk as any comment, negative or positive, about another's share or to call anyone by name, with exception of the speaker (lead, chairperson). This guideline is meant to support members' sense of safety in our zoom rooms.
- Please mute yourselves except when you are called on to speak.
- *If your meeting reserves the last 10 minutes for these in early sobriety to share:* We reserve the last 10 minutes for those in their first 30 (or counting days) to share. Please raise your hand if you wish to share. *If no newcomers raise their hands, ask if there are any "burning desires." (Do not call on newcomers by name)*
- The 7th Tradition states: "Every A.A. group ought to be fully self-supporting declining outside contributions." For those who are able, please go to [ecfaa.org](http://ecfaa.org) webpage to make an online contribution. You can also use the ECF address posted online to mail in a check.
- And now, I have asked (Name of reader) to read the 9th Step Promises (Page 83 in the Big Book)
- Thank you to our speaker (name), our readers (name them) and everyone who shared. Thanks to our tech, (Name) who managed our zoom room and kept us safe.
- Invite members to join in virtual hand-holding. Close the meeting with The Serenity Prayer.

**Keep the room open for up to 15 minutes after the meeting in order for members to socialize and offer support to one another.**

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