

Albuquerque Freethinkers Group

Welcome to the Saturday morning meeting of the Albuquerque Freethinkers Group of Alcoholics Anonymous. My name is _____ and I'm an alcoholic. The Albuquerque Freethinkers Group of AA is an open meeting of Alcoholics Anonymous, and all are welcome to attend. Before we get started with today's meeting, let's take a moment of silence for the still-suffering alcoholics in and outside of the program.

Thank you. And now, I've asked _____ to read the AA Preamble.

The Albuquerque Freethinkers Group is dedicated to supporting alcoholics who have found it difficult to build a program of recovery on a foundation of religious beliefs. We acknowledge that powers greater than ourselves are an essential part of recovery, but as freethinkers we have no opinion on the truth or incorrectness of any belief system, spiritual journey, or understanding of a higher power. We welcome people of any, all, or no faith, and out of respect for all, our meetings do not include prayers. Simply put, we do not ask anybody to believe in anything except that recovery is possible. Anybody with a desire to stop drinking is welcome to join us as we seek a life free of alcohol and addiction.

Because we are an AA group, we subscribe to a Twelve Step program of recovery. We have found, however, that despite the proven effectiveness of the steps suggested by our founders, many people have difficulty relating to some of the language in those steps. In keeping with our founders' encouragement, the Albuquerque Freethinkers Group therefore uses a collection of alternative versions of the Twelve Steps in the hopes that our members may each find a version that they can easily relate to.

For this morning's meeting, _____ has selected a version of the Twelve Steps will read those for us now.

For those who are interested, you can download a PDF copy of our alternate Twelve Steps collection from the meeting materials page our web site.

Now, _____ has agreed to read (More about Alcoholism **OR** The AA Promises)

Is there anyone here who is attending their first AA meeting who would like to introduce themselves by their first name only?

Is there anyone here who is in their first 30 days of sobriety?

We celebrate anniversaries each week and recognize those whose hard work has paid off in reaching one of the following milestones. Is anyone celebrating 30 days of sobriety this week? 60 days? Three months? Six months? Nine months? One year? Eighteen months? Two or more years?

Are there any AA related announcements?

Our Group Conscious meeting is held immediately after this meeting on the first Saturday of each month. Anyone who is interested in helping us manage our group is welcome to join us in that meeting.

Because sponsorship is a key component of twelve-step recovery programs, many of us are willing to help newcomers understand how sponsorship works. If any newcomers would like to talk to someone about sponsorship please send us a note using the Contacts form on our web site and someone will reach out to you after the meeting.

Each week we begin our meeting by asking a fellow alcoholic to select a topic that deals with recovery from alcoholism or addiction, and begin a shared

discussion based on our individual experiences. As an open meeting of Alcoholics Anonymous, anyone who joins us can participate by sharing their experience, strengths, and hopes. Our only guidelines for participation are that sharing be limited to topics that deal directly with recovery from alcoholism or addiction, and that initial shares be limited to three to five minutes. To help keep track of time a timer will beep once at the three and four minute marks, then beep continuously at five minutes. We also ask that everyone avoid “double dipping” during the first 45 minutes of the meeting so that everyone can have a chance to participate, and those who do choose to share a second time are asked to respect a three-minute limit. Also, please respect whoever is speaking by avoiding interruptions and crosstalk – if you want to thank a person for sharing we ask that you wait until they have finished speaking.

This week, _____ has agreed to give us our topic for discussion and after the reading anyone is welcome to share their thoughts on the topic as it relates to their own recovery experience.

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(At end of meeting): We’ve come to the end of the hour, and before we close can we have a volunteer to select the topic during next week’s meeting?

We close the meeting by inviting everyone to join us in the spirit of fellowship by reading the Albuquerque Freethinkers Responsibility Statement. However, due to the quirks of video conference technology, we’ve found this works better when everyone but me leaves themselves on Mute. Let’s begin now:

When anyone, anywhere, reaches out for help, I want the hands of Recovery always to be there. And for that: I am responsible.