

Moorpark Online Newcomer Meeting
Tuesday

Welcome to the Moorpark Online Newcomer Meeting. My name is _____ and I'm an alcoholic.

Before we begin, we have some guidelines for our meeting:

- This is an open meeting of Alcoholics Anonymous. Everyone is welcome.
- Even though this is an open meeting, we have taken measures to keep this a safe space, and will not hesitate to remove people who have come with the intention of being disruptive.
- We discourage group chats while others are sharing, it is distracting to the speakers.
- The zoom meeting room will remain open for fellowship after the meeting and all are welcome to chat and fellowship during that time.
- Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. Please do not take screenshots, photos or any recordings of virtual meetings to preserve the anonymity of those present.
- The Responsibility Statement of Alcoholics Anonymous says "I am responsible. Whenever anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible." In keeping with that Statement, we ask that you avoid talking about politics here, even before and after the meeting, as it is divisive, and we like to keep this a safe space for everyone.
- If you have a court card, we will be putting a link in the chat. You can click on the link and fill out the form, and it will send you a meeting verification that will be accepted by the courts. Please check your spam folder before you decide it didn't work. The name of this meeting is "Moorpark Online Newcomer Meeting"
- For the duration of the meeting you will be on mute. We ask that anyone who wishes to identify or share please use the virtual "raise hand" option – click on the reactions icon at the bottom of your screen to find that option. If you have trouble finding this, you can physically raise your hand. You will be asked to unmute yourself to identify or share but please remember to remute yourself when you are finished sharing.
- Birthday shares will be timed for 1 minute.
- We have a Venmo account for the 7th tradition donations which we will post in the chat. Our treasurer will make an announcement as well at the end of the meeting. You are not required to donate.

Would anyone who cares to please join me in 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

This is an open meeting of Alcoholics Anonymous, all are welcome. In the interest of anonymity, we ask that what you hear here, and who you see here, when you leave here, please let it stay here.

We are glad you are all here, especially newcomers.

Moorpark Online holds a meeting at noon Pacific seven days a week, same codes.

- Monday is a hybrid Speaker meeting where you can just listen. Hybrid means we are connected with the in-person meeting at the Unitarian Church at 12355 Moorpark St in Studio city. If you are looking for an in-person meeting, they are there Monday through Friday at noon,

as well as some other times. On Fridays at 7pm they have an in-person Newcomer Meeting, as well as at 4:30pm on Sundays.

- Today is Tuesday, and is a beginners or newcomers meeting. People with any length of sobriety are welcome, and the meeting is geared toward the newcomer.
- Wednesday we study the steps and traditions via the 12&12, also known as the book entitled The Twelve Steps and Twelve Traditions. We'll be making a literature announcement momentarily, so you know how to get your hands on the books we use.
- Thursday, Saturday, and Sunday are Speaker/Participation meetings, with a 20 minute speaker, followed by open sharing.
- Friday we study our main text, the Big Book of Alcoholics Anonymous.

Even if you are at a meeting with participation, if you get called on, you can always give your first name, that you are an alcoholic (if you believe you are), and say you'd like to pass. Many of us find some relief in letting the group know how we're doing.

If you have been here for a little while, we urge you to be in the solution so as to be more of service to the newcomer. Obviously, if you need to loosen your load, you are home, please do; and see if you can circle back to the solution. In other words, try to keep your focus on what methods and tools you are using to treat your alcoholism and aid in your recovery.

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 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; neither endorses nor opposes any causes. Our primary purpose is to stay sober and to help other alcoholics to achieve sobriety.

I have identified myself as an alcoholic, are there any other alcoholics present?

Is there anyone here for their first AA meeting?

Is there anyone within their first 29 days of sobriety? Please raise your hand under the reactions icon and identify yourself and your disease so that we might get to know you better

It is a custom at this meeting to present tokens of achievement in the first year of sobriety and thereafter, and our milestone person is _____.

We will now recognize milestones of sobriety.

- If you have celebrated 30 days today or in the last week, please raise your hand
- If you have celebrated 60 today or in the last week, please raise your hand
- If you have celebrated 90 day (three months) today or in the last week, please raise your hand
- If you have celebrated 6 months today or in the last week, please raise your hand
- If you have celebrated 9 months today or in the last week, please raise your hand
- If you are celebrating 365 days of sobriety or multiples thereof, please raise your hand

Will everyone who is a regular member of Moorpark please raise your hand (please keep them up for a moment)? If you are new and have questions, you can find one of these regulars after the meeting during fellowship or locate them on the phone list.

It is a custom in Southern California to read a portion of Chapter Five from the Big Book of Alcoholics Anonymous. Today I have asked _____ (or ask a volunteer) to read it for us.

We are posting the Venmo account for the 7th tradition to the chat again.

I have asked _____ to read the 12 Traditions.

Anything a person shares in a meeting of Alcoholics Anonymous is only their opinion. No one can speak on behalf of Alcoholics Anonymous or even any group. Our program is contained in the first 164 pages of our basic text, known as The Big Book.

We will now hear from _____ who will give their sobriety date and then tell you something of what it was like, what happened, and what it is like now, as well as how they stay sober one day at a time. After their share, we will open the meeting up for participation. We urge you to listen for the similarities (which are often the feelings), not the differences.

Leader shares for 10-15 minutes.

Suggestion for speaker: identification as an alcoholic (not necessarily events while drinking, but feelings); how you came to A.A.; recovery in the program; knowledge gained from A.A

The meeting is now open for participation; the raise hand function is under “React”. And you will be asked to unmute to share. Please remember to re-mute when you are finished sharing

We ask that you identify as an alcoholic when you share.

If you are in your first 90 days of sobriety and have a question that pertains to how the program works, we urge you to ask it, after which we will ask people with more than 90 days to offer their experience with regards to the question.

Please keep your sharing to 2-3 minutes. We have a timer. If they are not putting up a visible timer in their window, they will let you know when you have one minute left.

At 12:53: That’s all the time we have for regular sharing. We do have time for a burning desire. A burning desire is if you are going to drink or use or hurt yourself or someone else, or you have been too shy to raise your hand, but you’re feeling like you’re going to jump out of your skin.

The “zoom meeting room” will stay open for at least 15 minutes after the meeting if people want to talk to each other or exchange information.

Now it is time for the scribe report (format follows)

- *Thank the leader*
- *Welcome newcomers*
- *Point newcomers toward lacoaa.org as a resource – it is a searchable meeting directory for Los Angeles County, including online meetings that originate here*
- *Congratulate chips & birthdays*
- *Thank readers of Chapter 5 and the 12 Traditions*
- *Treasurer Announcement*
- *Literature report – please post the link to the Grapevine as well. It is the message of AA in print.*
- *Sponsorship Announcement*
- *Thank commitments: greeters, milestones, scribe, timer*
- *We are posting a link to our website, which has our meeting schedule and several resource links for newcomers <https://moorparkgroup.online>*
- *AA announcements*
- *Non-AA announcements (announcements about other twelve step programs)*

We have asked _____ to read A Vision for You (p164) and, after a moment of silence, to lead us out in the Serenity Prayer.