

## Dry Dock (Suggested Format)

Welcome to your virtual meeting at the Dry Dock. Should you have any questions or concerns, please call Sandy at 973-592-9156 or send an email to [sandy@drydocksf.org](mailto:sandy@drydocksf.org).

A couple of suggestions:

- Please consider “muting” your phones when on the call,
  - BUT remember to “unmute” when you want to share
- If anonymity is a concern, please feel free to use an alias while in the meeting

Good \_\_\_\_\_ ladies and gentlemen, this is the “fill\_in\_meeting\_name” meeting of Alcoholics Anonymous. My name is \_\_\_\_\_. I am an alcoholic and your Secretary.

- Let us 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, the courage to change the things I can and the wisdom to know the difference.](#)
- 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 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 help other alcoholics to achieve sobriety.
- \_\_\_\_\_ will now read “How It Works” from chapter 5 of the AA Big Book, and \_\_\_\_\_ will read the 12 Steps.
- It is the custom of most groups in the San Francisco Bay Area to:
- Ask any new members to introduce themselves by their first name only. A new member is anyone with a desire to stop drinking who is within their first 30 days of sobriety. Do we have any new members?
- Ask any visitors from outside the San Francisco area to introduce themselves by their first name only and say where they are from.
- Has anyone celebrated an AA anniversary recently?
- This is an open meeting of Alcoholics Anonymous. We are glad you are all here, especially the newcomers. In keeping with our singleness of purpose and our Third Tradition which states “The only requirement for membership is a desire to stop drinking”, we ask that all who participate confine their discussion to their problems with alcohol.

- This is a crowded meeting. In order to give as many as possible a chance to share, we ask that shares not exceed 3 minutes.
- 7TH TRADITION.
  - You can make your contributions to the basket through your phone using
    - [PAYPAL](mailto:treasurer@drydocksf.org): treasurer@drydocksf.org
    - [SQUARECASH](#): drydocksf
- The 12 Traditions may be read now: “\_\_\_\_\_ will now read the 12 Traditions”.
- Ask for AA-related announcements?
- Discussions may continue at this point.
- Close the discussion. 5 minutes before the end of the meeting:
  - “I'd like to **thank** all who made this meeting possible:
    - Our readers \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,
    - Let's welcome again our visitors:
    - Let's recognize and congratulate our AA birthdays:
    - And let's welcome again our newcomers:
    - If this is a Speaker Meeting: Thanks to the speaker \_\_\_\_\_
    - \_\_\_\_\_ will now read the 9th Step Promises.
- The secretary or someone of their choice may close with their choice of a prayer.

Until we can all meet at 2118 Greenwich St -  
 PLEASE stay safe and be well.

## HOW IT WORKS

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it—then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol—cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power—that One is God. May you find Him now!

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection. Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

1. That we were alcoholic and could not manage our own lives.
2. That probably no human power could have relieved our alcoholism.
3. That God could and would if He were sought.

Reprinted from the book Alcoholics Anonymous

## **The Twelve Steps of Alcoholics Anonymous**

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## **The Twelve Traditions of Alcoholics Anonymous**

1. Our common welfare should come first; personal recovery depends upon AA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for AA membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or AA as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An AA group ought never endorse, finance or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every AA group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. Alcoholics Anonymous as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

## **Ninth Step Promises**

If we are painstaking about this phase of our development, we will be amazed before we are halfway through.

- We are going to know a new freedom and a new happiness.
- We will not regret the past nor wish to shut the door on it.
- We will comprehend the word serenity and we will know peace.
- No matter how far down the scale we have gone, we will see how our experience can benefit others.
- That feeling of uselessness and self-pity will disappear.
- We will lose interest in selfish things and gain interest in our fellows.
- Self-seeking will slip away.
- Our whole attitude and outlook upon life will change.
- Fear of people and of economic insecurity will leave us.
- We will intuitively know how to handle situations which used to baffle us.
- We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us sometimes quickly, sometimes slowly. They will always materialize if we work for them.

*3rd ed. Big Book pg. 83 & 84*