

Strengthening My Recovery, ACA WEB0120

Script Review, 2025

Our History of Change

The members of our meeting voted to review our daily meeting script in February: Motion 25-2 Daily Meeting Script Review. We, as a group, have been through this process before. Basically, we took the script apart, sentence by sentence and asked members to raise questions and comments and to suggest changes. These suggestions were addressed in batches, in different sessions over a few months. Then, the finished script was brought to the membership for adoption. We will follow a similar process.

Below is a sample of the beginning and final stages of our original revision to better illustrate the process.

Our current script formatted for review, with the **opportunity to comment** is [found here](#).

Please take the time to read, reflect and perhaps suggest.

The following was offered as an initial report to the membership, outlining the changes that were being incorporated into an improved meeting script. The entire script was updated, in batches, over 5 revision sessions. The members' suggestions were noted in highlights

Script Review, 2021

INITIAL Pending Change Log

Note: The bolded words in the script below are the the suggestions that were incorporated on July 25th, into the evolving script. After all suggestions have been discussed, and accepted or not, the script changes will be available for review and then put forth at a Group Conscience for possible acceptance.

The meeting began with 25 members. Our start was a little delayed due to a robust and supportive newcomer fellowship session. We met for roughly 90 minutes and addressed about 20 suggestions successfully. 3 script change suggestions were deferred for further discussion at a later date. There were 9 members participating at the end of the session. The meeting format and process was well received. Our next meeting will be in 2 weeks on August 8th. We will address the 8 suggestions outlined in Portion 2 on our website. This is the time for discussion, and all are encouraged to participate.

We would like to thank everyone who has participated in all the stages of the Script Review. And those who did service in attending today's meeting: Anita, Austine, Chloe, Chris J., Ds, Drew, Jean, Jim, John P., Kate NYC, Kimberly, Krista, 'nifer, Rene, Susie B, Tom, Vivienne, Wendy C. and Wendy F.

The Original Script	Suggested Changes incorporated in the first revision session
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Notes for meeting leaders: Please review, prior to starting the meeting, promptly at 7:30

Notes for the meeting Chairs:
at 7:30 AM Eastern

- Check your chat for any messages from the Tech Host or cohosts.
- Gallery view is best for viewing all participants.
- Please keep your mic muted when others are reading or sharing to reduce kickback.
- Cohosts will provide support with keeping time, lowering 'hands' and muting mics / video as needed.

You may ask for a volunteer to do the reading either before the meeting or at the time of the reading.

OPEN THE MEETING: at 7:30 a.m.
at 7:30 AM Eastern

“Good morning, Family!

Welcome to our STRENGTHENING MY RECOVERY meeting.

My name is _____ and I'll be your Chairperson today.

Let's have a moment of silence and open the meeting with the ACA People Version of the Serenity Prayer.

“... for the adult child who still suffers...”
“People Version” in quotes, or just ... the ACA Serenity Prayer.

“This is a meditation meeting.

We will have introductions of newcomers, review the comfort rules, then read the daily passage from Strengthening My Recovery, after which we have a 2-minute meditation.

comfort rules - perhaps a more appropriate terminology instead of rules.

Notes for meeting **Chairs**: Please review, prior to starting the meeting, promptly at **7:30 A.M. Eastern Time (ET)**

- Check your chat for any messages from the Tech Host or cohosts.
- Gallery view is best for viewing all participants.
- Please keep your mic muted when others are reading or sharing to reduce kickback.
- Cohosts will provide support with keeping time, lowering 'hands' and muting mics / video as needed.

You may ask for a volunteer to do the reading either before the meeting or at the time of the reading.

OPEN THE MEETING: **at 7:30 A.M. Eastern Time (ET)**

“Good morning, Family!

Welcome to our STRENGTHENING MY RECOVERY meeting.

My name is _____ and I'll be your Chairperson today.

Let's have a moment of silence and open the meeting with **the ACA Serenity Prayer.**

“... for the adult child who still suffers...”

“This is a meditation meeting.

We will have introductions of newcomers, review the comfort rules, then read the daily passage from Strengthening My Recovery, after which we have a 2-minute meditation.

Suggestions: boundaries, principles, guidelines, measures

We then go into breakout rooms for sharing on today's reading.

At 8:15 we have a self-care reading followed by 1-minute shares.

At :15 after the hour, we have the self-care portion of our meeting, with 1-minute shares

At 8:24 we come back to the main room for announcements and our closing prayer.

At :24 after the hour,
(add a paragraph break)

Since we self-manage our meeting participation, please have your timer ready.

Also please become comfortable with muting and unmuting your microphone and turning your video on and off.

You can use the chat feature to message the entire group or members privately.

Finally, we use the hand raise function for our initial 2-minute shares.

INTRODUCTIONS: The Chairperson will ask newcomers to introduce themselves.

"If this is your first or second time at our meeting, we'd love you to introduce yourself.

Please unmute and give us your first name, where you're calling from, and whether you are new to ACA.

WELCOME: "We welcome all of you this morning and invite you to stay after the meeting for fellowship.

Newcomers in particular may find more information about our meeting and the ACA program.

GROUP COMFORT RULES:

Change the word RULES, (see above)

We then go into breakout rooms for sharing on today's reading.

At **15 minutes after the hour**, we have **the self-care part of our meeting**, with 1 minute shares.

At **24 minutes after the hour**, we come back to the main room for announcements and our closing prayer.

Since we self-time our shares, please get your timer ready

Since we self-manage our meeting participation, please have your timer ready.

Also please become comfortable with muting and unmuting your microphone and turning your video on and off.

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INTRODUCTIONS: The Chairperson will ask newcomers to introduce themselves.

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WELCOME: "We welcome all of you this morning and invite you to stay after the meeting for fellowship.

Newcomers in particular may find more information about our meeting and the ACA program.

GROUP COMFORT RULES:

“To create safety and mutual respect in the meeting:

“Creating safety and comfort in our meeting is the responsibility of all of us. Therefore:

- We ask that there be no “crosstalk” which means interrupting, referring to, commenting on, or using the content of what another person has said.
- What you hear at this meeting should remain at the meeting.
- We do not talk about another person’s story or experiences to other people.
- Please respect the anonymity of those who share with us today.
- Please turn off your video when moving around and doing tasks besides listening.
See safety survey comments... .. beyond listening; doing tasks “in addition to” or “alongside” or “parallel to” listening; doing tasks WHILE listening.
- Mute your audio to minimize distractions or disruptions for other members.
- Use Star-6 to mute and unmute if you’re on your phone.
dialing in
Add: The room host may mute your microphone when needed to allow participants a quiet space to share.
- Your leader or moderator may mute your mic or turn off your video when necessary.
host
- You can turn them back on when you need to.
To enable easier fellowship across meeting participants, if you are dialing in from a phone the tech host may ask you if you are willing to have the number displayed changed to your preferred name.
- Note that this room is locked at 7:35 to facilitate moving to the breakout rooms.

“To create safety and mutual respect in the meeting:

- We ask that there be no “crosstalk” which means interrupting, referring to, commenting on, or using the content of what another person has said.
- What you hear at this meeting should remain at the meeting.
- We do not talk about another person’s story or experiences to other people.
- Please respect the anonymity of those who share with us today.
- Please turn off your video when moving around and doing tasks besides listening.
- Mute your audio to minimize distractions or disruptions for other members.
- Use Star-6 to mute and unmute if you’re **dialing in**.
- Your **host** or moderator may mute your mic or turn off your video when necessary.
- You can turn them back on when you need to.

at 7:35 Eastern; or "35 minutes after the hour"

READING:

"Who would like to read today's passage from Strengthening My Recovery?"

To allow more people the chance to do service, if you haven't read the daily reading in the past 30 days, who would like to read today's passage from Strengthening My Recovery?

Or

"Insert name" has volunteered to do today's reading from Strengthening My Recovery.

MEDITATION:

"Everyone, please mute your audio now, as we go into our 2-minute silent meditation.

I will mute everyone's audio as we go into our 2 minute....

I will welcome you back after two minutes.

Chairperson, set your timer for 2 minutes and mute your audio.

After 2 minutes:

"Welcome back, everyone.

It's now time for us to move into the breakout rooms for sharing.

Today's Tech Host, insert name, will tell us more about that."

Tech Host names the leader/moderators for each room and announces the check-out reading.

Room Hosts
self-care

IN THE BREAKOUT ROOMS:

"Welcome.

My name is... and I will be assisted by...

It's now time for sharing, on the topic of today's reading.

- Note that this room is locked at **7:35 Eastern Time** to facilitate moving to the breakout rooms.

READING:

"Who would like to read today's passage from Strengthening My Recovery?"

Or

"Insert name" has volunteered to do today's reading from Strengthening My Recovery.

MEDITATION:

"Everyone, please mute your audio now, as we go into our 2-minute silent meditation.

I will welcome you back after two minutes.

Chairperson, set your timer for 2 minutes **and click "Mute All."**

After 2 minutes:

"Welcome back, everyone.

It's now time for us to move into the breakout rooms for sharing.

Today's Tech Host, insert name, will tell us more about that."

Tech Host names the **Room Hosts**/moderators for each room and announces the **self-care** reading.

IN THE BREAKOUT ROOMS:

"Welcome. **My name is _____, and I will be your Room Host today. (And _____ is our moderator).**

We keep it loose and relaxed in this meeting.

What are we trying to say here?
Maybe say something about it being a safe or brave space, etc...

Please set your timer for 2 minutes.

If you don't have a timer, just ask, and someone in the group will keep time for you.

Please keep your mic muted when you are not speaking and turn your video off, when moving around or doing things aside from listening.

when doing anything other than facing the screen and listening?
...doing things "in addition to" or "alongside" or "parallel to" listening
Could we use the terminology, "active listening"

We go by a show of hands, in the order they are raised.

To raise your hand, click on either the Participants or Reaction tab on your screen and find the 'raise hand' label or icon.

If you are dialing in, press Star-9 to raise your hand and Star-6 to unmute.

We will share until 8:15 at which time we will have our self-care reading.

a quarter after, or, :15 after the hour the self-care portion of our meeting.

(insert paragraph break)

Please remember: we do not crosstalk in our sharing.

in our sharing or in the chat.

Also, if you are using the chat feature, please do not distract from anyone speaking at that time.

Please remember: If using the Chat feature, do not distract from anyone who may be speaking at that time. And, we do not cross talk in our sharing or chat, which means, interrupting, referring to, commenting on, or using the content of what another person has said.

It's now time for sharing, on the topic of today's reading.

We keep it loose and relaxed in this meeting.

Please set your timer for 2 minutes.

If you don't have a timer, just ask, and someone in the group will keep time for you.

Please keep your mic muted when you are not speaking and turn your video off, when moving around or doing things aside from listening.

We go by a show of hands, in the order they are raised.

To raise your hand, click on either the Participants or Reaction tab on your screen and find the 'raise hand' label or icon.

If you are dialing in, press Star-9 to raise your hand and Star-6 to unmute.

We will share until **15 minutes after the hour** at which time we will have the **self-care part of our meeting**.

Please remember: we do not crosstalk in our sharing.

Also, if you are using the chat feature, please do not distract from anyone speaking at that time.

Leaders call on participants to share.

Room Hosts

Cohosts assist in lowering hands and muting mics after a share.

NOTE: At approximately 8:00 Leaders invite the Tech Host and cohosts to share and may also share if they desire.

At the top of the hour,
Room Hosts

NOTE: At around the top of the hour, Room Hosts may share on the reading, after inviting the Tech Host or co-hosts to share. The best practice would be to invite any others in a direct chat before, so as not to put them on the spot.

I believe the cohosts can now all raise their hands. Rather than take time to ask the cohosts perhaps this can just be the host sharing if they want to?

SELF-CARE READING: At 8:15

Monday: The Promises	Friday: Feelings Chart
Tuesday: ACA Affirmations	Saturday: The Promises
Wednesday: ACA Bill of Rights	Sunday: ACA Bill of Rights
Thursday: The Solution	

If there are people who had raised hands and did not get to share for 2 minutes, you can invite them to be first to share.

“If you were unable to share, or would like to talk further to another member, you will find a contact list on our website.

You will hear more about that in our announcements.

For the self-care reading, we just chime in and read 1 or 2 items from the list (or a paragraph of the Solution).

For the self-care portion of our meeting, the floor will be open for 1-minute shares. If you have already shared, please allow others a chance to speak. At around :24 after the hour we will be asked back to the main room...

Room Hosts call on participants to share.

Cohosts assist in lowering hands and muting mics after a share.

NOTE: At approximately **8:00 A.M. Eastern Time (ET)** Room Hosts invite the Tech Host and cohosts to share and may also share if they desire.

It is now the top of the hour, when we invite people doing service to share.

SELF-CARE READING: At 8:15

Monday: The Promises	Friday: Feelings Chart
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If there are people who had raised hands and did not get to share for 2 minutes, you can invite them to be first to share.

“If you were unable to share, or would like to talk further to another member, you will find a contact list on our website.

You will hear more about that in our announcements.

For the self-care reading, we just chime in and read 1 or 2 items from the list (or a paragraph of the Solution).

THURSDAYS

... For the self-care reading today, we just chime in and read a paragraph from The Solution...

FRIDAYS

... For our self-care today, we take a moment to observe how we may be feeling, and with help from the list of feeling terms on the screen, we describe our feelings...

ALL OTHER DAYS

... For the self-care reading today, we just chime in and read one or two statements from the list...

...Remember to self-time for a minute or less, but there is no need to raise your hand. Simply unmute and share.

After reading, the floor is open for 1-minute shares – based on the reading passages that inspires you today.

If you have already shared, please allow others a chance to speak.

Around 8:24 we will be asked back to the Main Room.

Remember to self-time for 1 minute or less, but there’s no need to raise your hand.

Simply unmute and share.”

AFTER ANY READINGS

The floor is now open for 1 minute shares

RETURN TO MAIN ROOM: 8:24.

If you have time, thank people for sharing and remind them to return to the main session quietly as others may be processing strong emotions.

ANNOUNCEMENTS: 8:25

“A few general announcements...

- We open this room DAILY by 7:15am Eastern Time.
- The room is closed at 7:35am.

After reading, the floor is open for 1-minute shares – based on the reading passages that inspires you today.

If you have already shared, please allow others a chance to speak.

Around 8:24 we will be asked back to the Main Room.

Remember to self-time for 1 minute or less, but there’s no need to raise your hand.

Simply unmute and share.”

AFTER ANY READINGS

The floor is now open for 1 minute shares

RETURN TO MAIN ROOM: 8:24.

If you have time, thank people for sharing and remind them to return to the main session quietly as others may be processing strong emotions.

ANNOUNCEMENTS: 8:25

“A few general announcements...

- We open this room DAILY by 7:15am Eastern Time.
- The room is closed at 7:35am.

- Our Group Conscience business meeting is held after the regular meeting on the third Monday of each month.
- Everyone is invited to attend.

Training for Breakout Room Hosts and Moderators is held every Sunday at 8:45. Or, set up one-on-one training by emailing service@acamorning.org.

“Please visit our website, acamorning.org.

- There you will find newcomer information and links to the World Service websites, where you can subscribe to have our daily reading emailed to you, for free.
- You will also find all the materials we use in this meeting, including our script and slides, as well as information on meeting comfort and safety.
- We take inappropriate behavior seriously, and have added the predatory tent card to our website and ask all to become familiar with it.

The safety of our members is a primary goal of this group. We ask everyone to read the SAFETY section of our [website](#) (to understand which behaviours are considered appropriate or inappropriate).

- To receive group announcements, sign on to our mailing list.
- And we have a group contact list you can join.
- Get a copy, using the current password: (from the SLIDE, read password).
- Also, learn how easy it is to do service for the group and find the latest service schedule.
- Our Events and Resources sections list recommended meetings, upcoming recovery events, and favorite books, podcasts and websites.

- Our Group Conscience business meeting is held after the regular meeting on the third Monday of each month.
- Everyone is invited to attend.

“Please visit our website, acamorning.org.

- There you will find newcomer information and links to the World Service websites, where you can subscribe to have our daily reading emailed to you, for free.
- You will also find all the materials we use in this meeting, including our script and slides, as well as information on meeting comfort and safety.
- We take inappropriate behavior seriously, and have added the predatory tent card to our website and ask all to become familiar with it.

- To receive group announcements, sign on to our mailing list.
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- Get a copy, using the current password: (from the SLIDE, read password).
- Also, learn how easy it is to do service for the group and find the latest service schedule.
- Our Events and Resources sections list recommended meetings, upcoming recovery events, and favorite books, podcasts and websites.

<ul style="list-style-type: none"> • You are invited to suggest listing items important to your recovery. • We accept 7th tradition contributions through both PayPal and Cash App. • Donation buttons for each are found on the website. contributions • Links for donations and other resources may be posted here in the chat. contributions <p>“We invite everyone to stay after the meeting for fellowship, especially newcomers.</p> <p>“Are there any announcements from the floor?</p> <p>Chairperson facilitates announcements and information.</p> <p>If people have questions, ask them to remain after the meeting to address their questions.</p> <p>CLOSING PRAYER: 8:30</p> <p>“With no other announcements, I invite you all to unmute and join me in the Unity Prayer, pausing at the end of each line to help us stay together.</p> <p>Lead the prayer.</p> <p>Thank everyone for being there, then enjoy fellowship.</p> <p>You did a great job and the meeting couldn’t happen without you.</p>	<ul style="list-style-type: none"> • You are invited to suggest listing items important to your recovery. • We accept 7th tradition contributions through both PayPal and Cash App. • Contribution buttons for each are found on the website. • Links for contributions and other resources may be posted here in the chat. <p>“We invite everyone to stay after the meeting for fellowship, especially newcomers.</p> <p>“Are there any announcements from the floor?</p> <p>Chairperson facilitates announcements and information.</p> <p>If people have questions, ask them to remain after the meeting to address their questions.</p> <p>CLOSING PRAYER: 8:30</p> <p>“With no other announcements, I invite you all to unmute and join me in the Unity Prayer, pausing at the end of each line to help us stay together.</p> <p>Lead the prayer.</p> <p>Thank everyone for being there, then enjoy fellowship.</p> <p>You did a great job and the meeting couldn’t happen without you.</p>
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The following was offered as a final report to the membership, outlining the entire process over 5 meetings, and the individual changes that were suggested as improvements to the script. The entire set of changes were adopted at a business meeting in the fall of 2021.

FINAL Pending Change Log

Note: The bolded words in the evolving script below are the suggestions that were incorporated during the five working sessions. The title “Comfort ____” (in red) will be selected from an email poll. The script changes are available for review. The new script will be put forth at a Group Conscience in October for possible acceptance.

In our first session: The meeting began with 25 members. Our start was a little delayed due to a robust and supportive newcomer fellowship session. We met for roughly 90 minutes and addressed about 20 suggestions successfully. 3 script change suggestions were deferred for further discussion at a later date. There were 9 members participating at the end of the session.

In our second session: The meeting began with about 30 members. We met for roughly 90 minutes and addressed about 4 suggestions successfully. 3 script change suggestions were deferred for further discussion later. There were 13 members participating at the end of the session.

In our third session: The meeting began with over 30 members. We met for 80 minutes and addressed about 4 suggestions successfully. This included:

- Offering dail-in members to change their identification from a number to a name.
- Including the Tech Host script and the placement of their announcement.
- Providing opportunity for more members to give the daily reading.
- Clarifying the language around the Self Care portion of the meeting.

Two script change suggestions were deferred for further discussion later. There were 9 members participating at the end of the session.

In our fourth session: In the approximately 70 minutes that we met, we addressed 4 suggested changes to the script:

- Added to the safety statement in the Announcements, directing members to the website.
- In the Breakout rooms, added a note about maintaining meditative silence if no hands are raised and clarified the note on inviting cohosts to share.
- Explored the Tech Host script yet did not come to a conclusion.

In our fifth and final meeting: we discussed 5 deferred changes that are now part of the document below. We began with 13 members, and we discussed the script for 3 hours. At the end we were about 7 participants. Discussion often veered away from the language of the script to the policies and practices of our trusted servants. Quite understandable. This indicates the need for more opportunities to share and discuss best practices, and training, for our members doing service.

- Finalized the Tech Host section of the script
- Addressed the phrase “doing things aside from listening.”
- Explored the meaning of ‘loose and relaxed’ and found words to more fully express the sentiment we would like to project within the Breakout rooms
- Added to the Notes for the Room Host and Tech Host

We would like to thank everyone who has participated in all the stages of the Script Review.

The Script of the Strengthening My Recovery ACA Meeting

Notes for meeting **Chairs**: Please review, prior to starting the meeting, promptly at **7:30 A.M. Eastern Time (ET)**

- Check your chat for any messages from the Tech Host or cohosts.
- Gallery view is best for viewing all participants.
- Please keep your mic muted when others are reading or sharing to reduce kickback.
- Cohosts will provide support with keeping time, lowering 'hands' and muting mics / video as needed.

You may ask for a volunteer to do the reading either before the meeting or at the time of the reading.

OPEN THE MEETING: at 7:30 A.M. Eastern Time (ET)

“Good morning, Family!

Welcome to our STRENGTHENING MY RECOVERY meeting.

My name is _____ and I'll be your Chairperson today.

Let's have a moment of silence and open the meeting with **the ACA Serenity Prayer (pause 3 seconds)**.

“This is a meditation meeting.

We will have introductions of newcomers, review the comfort (**'guidelines' was suggested with 'agreements' also favored**), then read the daily passage from Strengthening My Recovery, after which we have a 2-minute meditation.

We then go into breakout rooms for sharing on today's reading.

At **15 minutes after the hour**, we have **the self-care part of our meeting**, with 1 minute shares.

At **24 minutes after the hour**, we come back to the main room for announcements and our closing prayer.

In this meeting we time our own shares, please get your timer ready.

Also please become comfortable with muting and unmuting your microphone and turning your video on and off.

You can use the chat feature to message the entire group or members privately.

Finally, we use the hand raise function for our initial 2-minute shares.

INTRODUCTIONS: The Chairperson will ask newcomers to introduce themselves.

“If this is your first or second time at our meeting, we’d love you to introduce yourself.

Please unmute and give us your first name, where you’re calling from, and whether you are new to ACA.

WELCOME:

“We welcome all of you this morning and invite you to stay after the meeting for fellowship.

Newcomers in particular may find more information about our meeting and the ACA program.

GROUP COMFORT **GUIDELINES/AGREEMENTS:**

"Creating safety and comfort in our meeting is a responsibility we share. So, together we ask:

- That there be no “crosstalk” which means interrupting, referring to, commenting on, or using the content of what another person has said.
- What you hear at this meeting should remain at the meeting.
- We do not talk about another person’s story or experiences to other people.
- Please respect the anonymity of those who share with us today.
- **Please be mindful. To minimize distractions, turn your video off when moving around or doing other activities, while listening.**
- Also, mute your audio when you are not speaking.
- Your **host** or moderator may mute your mic or turn off your video **to minimize distractions.**
- Use Star-6 to mute and unmute if you’re **dialing in.**
- Note that this room is locked at **7:35 Eastern Time** to facilitate moving to the breakout rooms.

READING (**CHOOSE ONE OF THE FOLLOWING**):

“Who would like to read today’s passage from Strengthening My Recovery?”

If you have already read this month, please allow others an opportunity to serve.

Or

“Insert name ” has volunteered to do today’s reading from Strengthening My Recovery.

MEDITATION:

“Everyone, please mute your audio now, as we go into our 2-minute silent meditation.

I will welcome you back after two minutes.

Chairperson, set your timer for 2 minutes **and click “Mute All.”**

After 2 minutes:

“Welcome back, everyone.

It’s now time for us to move into the breakout rooms for sharing.

Today’s Tech Host, insert name , will tell us more about that.”

TECH HOST INTRODUCTION:

"Hello, my name is _____.

To allow more people to share, we will be going into _____ breakout rooms.

In Room 1 will be _____ [Moderator or trainee may also be mentioned]

In Room 2 will be _____ “

In Room 3 will be _____ “

ETC...

SELF-CARE READINGS:

Monday: The Promises	Friday: Feelings Chart
Tuesday: ACA Affirmations	Saturday: The Promises
Wednesday: ACA Bill of Rights	Sunday: ACA Bill of Rights
Thursday: The Solution	

“In a few moments, you will be moved randomly into a breakout room.

Thank you.

NOTE: Please do not send any Broadcast messages

IN THE BREAKOUT ROOMS:

“Welcome. My name is _____, and I will be your Room Host today. (And _____ is our moderator).

It’s now time for sharing, on the topic of today's reading.

We hold a gentle and respectful space in this meeting.

Please set your timer for 2 minutes.

If you don’t have a timer, just ask, and someone in the group will keep time for you.

Please keep your mic muted when you are not speaking and turn your video off, when

moving around or doing other activities, while listening.

We go by a show of hands, in the order they are raised.

To raise your hand, click on either the Participants or Reaction tab on your screen and find the 'raise hand' label or icon.

If you are dialing in, press Star-9 to raise your hand.

Also, if you are dialing in you are represented by a partial phone number.

If you would like to change that listing to a name please speak up now.

Use Star-6 to unmute. **(Pause)**

We will share until **15 minutes after the hour** at which time we will have the **self-care part of our meeting**.

Please remember: If using the Chat feature, do not distract from anyone who may be speaking at that time. And we do not cross talk in our sharing or chat - which means, interrupting, referring to, commenting on, or using the content of what another person has said.

Room Hosts call on participants to share.

Cohosts assist in lowering hands and muting mics after a share.

NOTE: The Room Host does not time each participant.

NOTE: When there are no hands raised, the Host may inform the members that we sit in silent meditation until someone is moved to speak.

NOTE: At the top of the hour, Hosts and Cohosts who are unable to raise their virtual hand may be invited to share.

NOTE: We simply say “Thank you” at the end of a share, if anything at all.

SELF-CARE READING:

If there are people who had raised hands and did not get to share for 2 minutes, you can invite them to be first to share.

“If you were unable to share, or would like to talk further to another member, you will find a contact list on our website.

You will hear more about that in our announcements.

For the self-care portion of our meeting, the floor will be open for 1-minute shares. If you have already shared, please allow others a chance to speak. At around :24 after the hour we will be asked back to the main room...

THURSDAYS

... For the self-care reading today, we just chime in and read a paragraph from The Solution. Remember to self-time for a minute or less, but there is no need to raise your hand. Simply unmute and share. The floor is now open.

FRIDAYS

... For our self-care today, we take a moment to observe how we may be feeling, and with help from the list of feeling terms on the screen, we describe our feelings. Remember to self-time for a minute or less, but there is no need to raise your hand. Simply unmute and share. The floor is now open.

ALL OTHER DAYS

... For the self-care reading today, we just chime in and read one or two statements from the list. Remember to self-time for a minute or less, but there is no need to raise your hand. Simply unmute and share. The floor is now open.

RETURN TO MAIN ROOM: 8:24.

If you have time, thank people for sharing and remind them to return to the main session quietly as others may be processing strong emotions.

ANNOUNCEMENTS: 8:25

"A few general announcements...

- We open this room DAILY by 7:15am Eastern Time.
- The room is closed at 7:35am.
- Our Group Conscience business meeting is held after the regular meeting on the third Monday of each month.
- Everyone is invited to attend.

"Please visit our website, acamorning.org.

- There you will find newcomer information and links to the World Service websites, where you can subscribe to have our daily reading emailed to you, for free.
- You will also find all the materials we use in this meeting, including our script and slides, as well as information on meeting comfort and safety.
- **The security of our members is important to this group. To understand appropriate behavior, we encourage everyone to read the SAFETY section of our website.**

- To receive group announcements, sign on to our mailing list.
- And we have a group contact list you can join.
- Get a copy, using the current password: (from the SLIDE, read password).
- Also, learn how easy it is to do service for the group and find the latest service schedule.
- Our Events and Resources sections list recommended meetings, upcoming recovery events, and favorite books, podcasts and websites.
- You are invited to suggest listing items important to your recovery.
- We accept 7th tradition contributions through both PayPal and Cash App.
- **Contribution** buttons for each are found on the website.
- Links for **contributions** and other resources may be posted here in the chat.

“We invite everyone to stay after the meeting for fellowship, especially newcomers.

“Are there any announcements from the floor?”

Chairperson facilitates announcements and information.

If people have questions, ask them to remain after the meeting to address their questions.

CLOSING PRAYER: 8:30

“With no other announcements, I invite you all to unmute and join me in the Unity Prayer, pausing at the end of each line to help us stay together.

Lead the prayer.

Thank everyone for being there, then enjoy fellowship.

You did a great job and the meeting couldn't happen without you.