

# Suggested Meeting Format

## ***OPENING***

Welcome to SOS my name is \_\_\_\_\_. I've been asked to lead tonight's meeting. Save Ourselves is dedicated to providing a path to sobriety, an alternative to those paths depending upon supernatural or religious beliefs. We respect diversity, welcome healthy skepticism, and encourage rational thinking, as well as the expression of feelings. We each take responsibility for our individual sobriety on a daily basis. This is a sobriety meeting. Our focus is on the priority of abstaining from alcohol and other mind-altering drugs. We respect the anonymity of each person in this room. This is a self-help, nonprofessional group. At this meeting we share our experiences, understandings, hopes and feelings.

## ***ANNOUNCEMENTS***

Ask for announcements from the group. Announce new literature, meeting schedules, etc. Indicate if refreshments are available, etc.

## ***ANNIVERSARIES***

We celebrate various lengths of sobriety in these meetings. Is there anyone here with thirty days of continuous sobriety? Sixty days? Three months? Six months? Is there anyone celebrating a yearly anniversary this week? If you have an anniversary date coming up, please let me know after the meeting, and we will prepare a celebration for that date.

## **READING**

Tonight I have asked \_\_\_\_\_ to read the suggested Guidelines for sobriety:

To break the cycle of denial and achieve sobriety, first we acknowledge that we are alcoholics or addicts. We reaffirm this truth daily and accept without reservation – one day at a time – the fact that as clean and sober individuals we cannot and do not drink or use, now matter what. Since drinking or using is not an option for us, we take whatever steps are necessary to continue our Sobriety Priority lifelong. A quality of life – “the good life” – can be achieved. However, life is also filled with uncertainties. Therefore, we do not drink or use, regardless of feelings, circumstances, or conflicts.

We share in confidence with each other our thoughts, and feelings as sober, clean individuals. Sobriety is our priority, and we are each responsible for our lives and our sobriety.

## **INTRODUCTIONS**

Again, I am \_\_\_\_\_. Now, starting with the person on my left, let's introduce ourselves.

## **OPENING**

This meeting is now open. We ask that you try to keep your sharing to a reasonable length of time so that everyone can participate.

## **CLOSING**

This group is self-supporting. If you can make some contribution, we will use it to pay the cost of rent, refreshments, and other expenses. **(Pass a basket)**. Sobriety is our priority, and we each assume the responsibility for our lives and our sobriety. Thank you for coming and please come back. Let's close by giving ourselves a hand for being here to support and celebrate each other's sobriety.