

Alcoholics Anonymous
Steps in St Kilda
Group

7:30pm Tuesdays

Cora Graves Centre
38 Blessington Street,
St Kilda



Steps in St Kilda Group

General Guidelines

Our primary purpose to stay sober and to help other alcoholics to achieve sobriety.

The aim of the Steps in St Kilda Group is to carry the A.A. message by presenting the Twelve Step Program to members of A.A. in a series of meetings focused on the Program as described in the 'Big Book of Alcoholics Anonymous' and the 'Twelve Steps and Twelve Traditions'.

Our meetings involve reading from the books and members sharing their Experience, Strength and Hope in the Program.

Series Format

Meetings are held as a series over 13 weeks. Each week, one or two steps are examined. (See: *Series Program and Suggested Readings*)

General Meeting Format

The Secretary starts the meeting and introduces the Chairperson who controls the meeting. (See: *Meeting Rundown*)

Selected passages appropriate to the particular step are read from the 'Big Book' and/or 'The Twelve Steps and Twelve Traditions'. The passages are selected at the discretion of the chairperson. (See: *Series Program and Suggested Readings*.)

Members are asked to share their experience or impressions regarding the passages read and the step in general.

Notes:

Members are encouraged to ask questions and make relevant comments through the chair.

Members should feel comfortable to decline reading or sharing.

The meeting should stay focused on the particular step being discussed.

The meeting is about sharing Experience, Strength and Hope. It is not about expressing opinion or argument.

"There are no fees to pay, no axes to grind, no people to please, no lectures to be endured - these are the conditions we have found most effective."

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Meeting Rundown – Opening

The meeting starts on time at 7:30pm and runs for 1¼ hours

Secretary

- Introduction and Welcome
- Read the **Preamble**:

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 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.

(Reprinted From "AA Grapevine" Inc.)

- Read the **Open Meeting Statement**:

This is an open meeting of Alcoholics Anonymous. We are glad you are here, especially newcomers. In keeping with our singleness of purpose and our Third Tradition which states "The only requirement for AA membership is a desire to stop drinking", we ask that all who participate confine their discussion to their problems as they relate to alcoholism.

(The 1987 General Service Conference made this statement available as an A.A. service piece for those groups who wish to use it.)

- Reminders:
 - The sharing part of this meeting goes to 8:45pm. Then we will pass the basket and make announcements. So we will be finished well before 9:00pm.
 - The Group requests that mobile phones be turned off or switched to silent.
 - Introduce the **Chairperson** and hand over the meeting.

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Meeting Rundown - Chairperson

Chairperson

- Introduction and welcome to members.
- Briefly explain the format of the meeting.
 - The series is run over 13 weeks covering all of the twelve steps
 - Tonight we are looking at step _____
 - During the meeting I will be asking members to read passages out of the two books – ‘The Big Book of Alcoholics Anonymous’ and the ‘12 Steps and 12 Traditions’.
 - After each passage is read, I will be asking members to share their experience strength and hope about the passage read or generally about their experience with this particular step.
 - Please feel comfortable to pass if you would rather not read or share.
- Reminders:

- Members are welcome to share if they identify as an alcoholic and have not had a drink today.
 - Speakers should be brief and should stay focused tonight’s step.
- Ask each member to introduce themselves by first name and **Home Group** (if they have one). Take a note of the names so that you can keep track of who has read and shared.
- Read out the step being studied and give a brief introduction to put the step in context.
- Try to include as many members as possible for reading and/or sharing.
- If members arrive late: at an appropriate break ask them to identify.
- Maintain orderly discussion.
- At the end of the sharing part of the meeting - 8:45pm - close the discussion.
- Hand meeting back to the **Secretary** for announcements.

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Meeting Rundown – End of Meeting

Secretary

➤ Pass the basket

Tradition 7. Every A.A. Group ought to be fully self-supporting, declining outside contributions.

After expenses such as rent, tea, coffee, literature and our own **Twelfth Step** activities, the group contributes the remainder to support the **National Office of AA**, the local **Area Assembly** and the **City Contact Centre**.

➤ Read Announcements

- Highlight events from AATimes. More information from www.aatimes.org.au
- Ask for any other announcements from the 'floor' for the benefit of A.A.
- Ask the Sponsorship person to make their announcement.

- It would be appreciated if members can help out with the tables and dishes after the meeting.

➤ Thank members for attending

Anonymity is the spiritual foundation of all our principles. What you see here, what you hear here, when you leave here, please let it stay here.

Remember: you can leave this room and need never drink again, if you so desire.

➤ Close the meeting with the **Serenity Prayer**.

**God grant me the
Serenity to accept the things I cannot change,
Courage to change the things I can,
and Wisdom to know the difference.**

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Series Program and Suggested Readings

Week	Step	Suggested Readings
1	One	'The Doctor's Opinion', 'There is a Solution', 'More about Alcoholism' 'Step One' of the 12 x 12
2	Two	'We Agnostics' 'Step Two' of the 12 x 12
3	Three	'How it works' up to page 64 'Step Three' of the 12 x 12
4	Four part (a)	'How it works' pages 64 to 71 'Step Four' of the 12 x 12
5	Four part (b)	'How it works' pages 64 to 71 'Step Four' of the 12 x 12
6	Five	'Into Action' up to page 75 'Step Five' of the 12 x 12
7	Six and Seven	'Into Action' page 76 'Step Six' and 'Step Seven' of the 12 x 12
8	Eight and Nine	'Into Action' pages 76 to 84 'Step Eight' and 'Step Nine' of the 12 x 12
9	Ten	'Into Action' pages 84 to 85 'Step Ten' of the 12 x 12
10	Eleven	'Into Action' pages 85 to 88 'Step Eleven' of the 12 x 12
11	Twelve part (a)	'Working With Others' 'Step Twelve' of the 12 x 12
12	Twelve part (b)	'Working With Others' 'Step Twelve' of the 12 x 12
13	Spiritual Concept Meeting	'Parts of 'We Agnostics', Appendix II 'Spiritual Experience', Parts of 'A Vision for You'

The above readings are suggestions only and are selected at the discretion of the chairperson. Very often there is not sufficient time to cover all of the pages suggested. Other sections of the Big Book, for example, parts of 'Bill's Story' and 'A Vision for You' can also be used.

Because of the amount of information on Steps 4 and 12 they are each split over two weeks.

Step 4 is often split to look at '*resentments*' in the first week and '*fear and harms done*' in the second week. An alternative to this is to look at '*Why we need to take the 4th Step?*' and '*Why do we avoid it?*' in the first week – reading from the 12x12. Then '*How to take a 4th Step?*' in the second week – reading from the Big Book.

Step 12 is often split up into '*a spiritual awakening... and ...practicing the principles*' in the first week and '*carrying the message*' in the second week.