



Meetings to Go Guidelines Tool Kit

Prepared by
Area 83 Accessibilities Committee

ATTENTION

Due to Covid19 all members that are willing to participate in Meetings to Go are **REQUIRED** to follow all local Public Health Guidelines.

- Wear a mask
- Keep your Distance
- Wash your hands or sanitize frequently

Please review your local Public Health Guidelines before attending the meeting.



Meetings-to-Go Mobile Meetings Guidelines

Thank you for volunteering to bring an AA meeting to AA members who are not able to attend regular meetings due to an accessibility barrier.

As a volunteer you

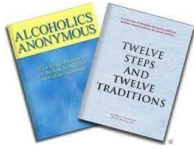
- will attend in a team of at least two. It is recommended that one of you have at least 2 years of continuous sobriety.
- will have made your availability known (days/evenings, day of week, in-person or zoom meeting).
- will provide a mobile meeting with another volunteer.
- will be provided with the format the member has chosen and readings of their choice.
- will contact the AA member prior to your visit.
- will familiarize yourself with the AA Accessibility Tool-Kit online area83aa.org (Resources > Accessibilities).
- are aware of adapted materials, such as the Big Book in American Sign Language/closed captioned (ASL/CC) on DVD, CD audio format, or in Braille. These are also located online @ area83aa.org (Resources >Accessibilities).
- will assess if there is a systemic obstacle keeping that member from going to a meeting/establishing a home group. If so, work with the accessibilities committee to address the concerns and get them connected.
- May be requested to verify full vaccination.

The AA member you are meeting

- has provided information about the type of meeting they requested, such as a step discussion or Big Book discussion.
- has decided how to open and close the meeting, such as with the Serenity Prayer, or Responsibility Declaration, or Unity Declaration

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- is relying on you, so please be on time, and be courteous. (The Mobile Meetings Chair will follow up with the member sometime after the meeting for their feedback.)



The Meeting

- Bring a Big Book, readings the AA member has requested. (eg: the 12 &12, and a “Grapevine” if you have one.)
- Mobile meetings are just like regular meetings concerning AA approved literature and length of the meeting. (Unless otherwise noted, meeting length is one hour with a few minutes of fellowship.)
- Do not offer medical advice regarding medication, alternative therapies, & such.
- Do not administer any medications or perform other caretaking tasks. You are there as a support – an AA member sharing with another AA member.
- Do not bring drink (sealed water only) to the mobile meeting.
- Keep information private (name, address, phone, email) and **always** keep the AA member’s anonymity
- Be genuine and pay attention to the member. This is **their** meeting, so let them talk. You are their link to AA whether the meeting is in-person or online
- Face Masks - Members are required to follow local public health guidelines to protect yourself and the member you are visiting.



Contacting the person in need.

If someone calls the Telephone answering service in your district requesting a meeting to go, please collect their information the same as you would for a 12-step call, and let them know someone will be in contact with them within 24 hours.

- Their address
- Their gender expression/pronouns
- The preferred gender of team members arriving
- Are you vaccinated?
- Do you prefer if members attending a meeting in your home are vaccinated?

Upon identifying that the caller is looking for a Meeting to Go, please direct the call to your district Accessibilities Chair. In the absence of an Accessibilities Chair, you could have members in your district designated for meetings to go.



Accessibility

Meetings-to-Go Mobile Meeting Format

Meeting Format:

Please call the member shortly before your scheduled meeting.

When arriving at the member's home, please do not shake hands or hug the member as we try to maintain social distancing as per government policies until the government determines it is safe to do so. Two volunteers visiting with a member should be safe, but we should make sure they feel safe during this difficult time.

Introduce yourself:

Begin the meeting with a Moment of Silence followed by the Serenity Prayer: (unless the member has requested not to, or has requested to leave out the word God)

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

Read "How it Works" and the Twelve Steps: page 58 in the Big Book.

Read any additional AA approved literature requested by the AA member you are visiting: (e.g: the Promises taken from pages 83 and 84 of the Big Book or Acceptance on page 417 of the Big Book.)

Begin the discussion meeting the AA member you are visiting has previously requested: a section of the Big Book or one of the steps from the 12 Steps and 12 Traditions.

Keep in mind the time, and after an hour close the meeting with the selection the AA member has chosen, Serenity Prayer, or Responsibility Declaration, Unity Declaration.

(If agnostic or secular the Mobile Meetings Chair will make you aware of the member's choice.)

Say goodbye and make sure you have taken all the materials you brought. Set another meeting time if the member wishes. Try to ensure, as a volunteer, that you can return for another meeting. You are not only a vital link to AA, but also, the member you are visiting. We want all our AA members we visit to feel important, by offering consistent meetings and familiar volunteers.



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AA Member and Volunteer

Meeting Format

Hi I am an alcoholic, member of the _____ group and my name is

_____ and this is (other volunteer)

It is our pleasure to meet with you today. If we could begin with a moment of silence and the Serenity Prayer (or what the member has chosen)

Next, we have a few readings: **What is AA?** 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 A.A. membership; we are self-supporting through our own contributions.

A.A. 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.

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.

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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.

And the **Twelve Traditions**:

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.

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9. AA, as such, ought never be organized; but 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.

What portion of the Big Book or the Steps would you like to discuss today? (Let the member have the opportunity to speak the most, while also providing your input as volunteers).

Thank you for allowing us to meet with you today. Would you like to meet again next week? (By continuing to meet this will build a rapport with the member and help them feel connected to you and Alcoholics Anonymous.)

We will now close the meeting with the Responsibility Declaration (or another closing the member as chosen.)