

Daily Timing (EST):

6:00am Open Zoom meeting <https://zoom.us/signin> ('Uncheck' stay logged in)

6:15 Gatekeepers do their thing

6:30 Chair mutes all and then begins meeting by reading VSS Opening Statement while secretary shares screen and mirrors website for (Weekly Schedule, Membership & Anniversary sign up, 7th tradition, Preamble, Blue Card & Twelfth Tradition)

6:40 _____ Chair & Secretary Transition to Daily Format ([Meeting](#) [Resources](#) Mon-Fri) and Secretary Zoom Share Screen for Daily reading(s)

7:25 Chair calls burning desire

7:25 Secretary reopens chat & posts verification email

7:30 Chair chooses someone to close the meeting with the serenity prayer

VSS Opening Statement Format:

6:30 AM

“Good Morning & Welcome to Virtual Sober Start! We ask that everyone mute at this time.”

“My name is _____ & I am an alcoholic! We’re all happy to have you here!”

(Secretary mirrors your comments with Zoom Share Screen for [Home](#) - Weekly Schedule)

“This meeting is based in Sea Cliff, Long Island NY and we meet here on Zoom, 6:30am EST, seven days a week. Monday is a step meeting, Tuesday-Beginners, Wednesday-Big Book, Thursday- Reflections, Friday-Promises, Saturday-(Sleepless in Sea Cliff)-closed discussion, Sunday-Meditation. The last Monday of the month is a traditions meeting. The first Friday of the month is an anniversary celebration for the previous month. Business meetings are held on the first Saturday of every month after the Closed Discussion meeting.”

“I would like to thank our two Gate Keepers ___&___ who keep us safe from Zoom Bombers. If we are Zoombombed, please stay muted. We appreciate your desire to help us find the bomber, but that actually makes it harder to find them. We ask that you stay muted to help eliminate distracting background noise and please refrain from cross-talk.”

“We’d like to welcome anyone visiting for the first time or who would like to share their day count to unmute & introduce themselves at this time.” (name, homegroup, day count).

“If you are in need of a sponsor please use the chat to contact one of our available members. Members that are available to sponsor have a green checkmark in their square.”

Please visit our website at VirtualSoberStart.org for free resources, including pdf versions of the Big Book, Living Sober and other AA-approved literature.

"We'd like to encourage anyone celebrating an anniversary this month to share with the group (name, homegroup, year)"

"We use a timer set for 2 minutes for individual sharing. Part of sharing is sharing time. _____ will let you know when your time is up. Thank you _____ for being our time keeper today."

"I would also like to thank our secretary _____ for putting up all the readings and information in the chat." (*Secretary mirrors your comments below with Zoom Share Screen for [Contact Us](#) - Membership/Anniversary Form, [7th Tradition](#) - QR Codes, [Meeting Resources](#)/Secretary - Preamble/Closed Meeting/Twelfth Tradition)*)

"If you would like to make Virtual Sober Start (VSS) your home group, we encourage you to attend our meetings regularly. Our optional membership form can be seen on the screen or by visiting www.virtualsoberstart.org. This form is only visible to the group chair and group secretary."

"If you would like to celebrate your anniversary with us, we ask that you fill out our Anniversary Celebration form as seen on the screen. We celebrate anniversaries on the first Friday of every month for the previous month's anniversaries."

"In accordance with the seventh tradition: "Every AA group ought to be fully self-supporting, declining outside contributions." Please give if you can. If you can't,

keep coming back. We want you more than your money. Contributions can be made via Venmo or PayPal as seen on the screen.

“With the preamble we have: _____”

“With the Blue Card we have: _____”

“As The 12th Tradition states: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. What happens in Zoom, stays in Zoom.” Secretary return to 'tile' view.

“Are there any other AA related announcements?”

"At 7:25 I will announce it is time for a Burning Desire. If you feel you are in danger of taking a drink and didn't get an opportunity to share here today, please take this time to share."

“The chat will now close and remain closed until 7:25 at which time the chat will be reopened for inquiries about meeting verification, we ask that you request email verification before 7:45am today. The chat will also be open for inquiries regarding group membership, sponsorship, service commitments or just good ol' fellowship.”

6:40 AM

'Today is a _____ meeting.' Transition to "Daily Format"

(Monday-Sunday below)

7:25 AM

"Now is the time for anyone with a burning desire to drink to share. If you feel you are in danger of taking a drink and didn't get an opportunity to share here today, please take this time to share."

7:30 AM

"This brings us to the end of our meeting. (Choose someone) _____ would you like to close the meeting with your choice of the we or I version of the Serenity Prayer?"

How to Log into zoom.us and start a meeting:

To start the meeting, go to <https://zoom.us/signin> ('uncheck' stay logged in)

You can watch a video here on how to do that:

<https://drive.google.com/file/d/1IRx5wCYSNRtnynmMSOgeiVmHssUJkuns/view?usp=sharing>

*Please use the login info only to start the meeting. Please do not try to add/modify meetings or make any global changes to the meeting formats etc. Any changes to the meeting format and/or global settings should only be made after being discussed with and by the group at the business meeting. And please try to communicate with your team or any regulars to make sure only one person is opening the meeting each day.