

## WGAT Host Format (as of 03/03/2025)

**6:45-6:50** Login as Host and Open the meeting

**\*\*According to group conscience, we ask you to refrain from crosstalk before and after a member shares. Do not give advice or comment on a person's share but feel free to welcome them when unmuting or thank them when they are finished.**

**6:55:** Choose someone to read the preamble, Daily Reflection (**morning only**), closing reading and prayer [**link to Daily Reflection can be found on this [website](#)**].

**7:00:** *Mute everyone (uncheck allow the participant to unmute)*

"Good morning (evening), my name is \_\_\_\_\_ and I'm an alcoholic."

Can we please open this meeting with a (**FULL**) *moment* of silence (*at least 10 seconds*), followed by the serenity prayer.....

"Can \_\_\_\_\_ please read the preamble."

Welcome to the What's Good About Today Virtual AA Meeting.

We meet here every morning from 7 to 8AM EST and **The topic is always What's Good About Today.**

We also meet every evening from 7 to 8PM. There are a variety of meetings; the links and Zoom ID for each will be posted in the chat.

Tonight's meeting is \_\_\_\_\_ **\*\*\**(check schedule for this evening's meeting)*\*\*\***

### **The tradition of the Month**

Please read the tradition of the Month:

1. Our common welfare should come first; personal recovery depends upon A.A. 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 A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. AA should remain forever nonprofessional, but our service centers may employ special workers.
9. AA., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. AA has no opinion on outside issues; hence the A.A. 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.

**Information will be posted in the chat throughout the meeting.**

Visit our website where you can find lots of useful information pertaining to our group and AA.

For questions, requests for phone lists, chips, a copy of the Big Book or to reach one of our trusted servants, please contact us [through](#) email or via the website.

The addresses will be provided in the chat.

Our Group Conscience Business meeting is held on the last Saturday of the Month. Minutes are available on request via email. Send items for the agenda via email.

**Our meeting guidelines according to the group conscience:**

We ask you to **PLEASE** keep your sharing to 2-3 minutes so more people have a chance to speak. At 3 mins the host may give a gentle reminder not to exceed this recommended time.

Please refrain from off-color material, profanity, sharing more than once or crosstalk.

We'll pause for burning desire at 7:30 But please send the host a message in the chat or wave at the screen anytime during the course of the meeting if you have an urgent need to share.

Also, one of the co-hosts (**NAME**) will be available via the chat for any newcomer, people coming back, or anyone struggling that does not want to share with the entire group.

**\*\*\* (check allow participants to unmute themselves) \*\*\*\* then ask:**

"Is there anyone here at this meeting for the first time? Please let us know so we can welcome you."

If you are new to AA or to WGAT you can visit our website for information about the AA program.

**\*\*\* (uncheck allow participants to unmute themselves) \*\*\***

**(Morning Meeting)** Can \_\_\_\_\_(or the host) read the Daily Reflection?

“Is there anyone celebrating a yearly anniversary today who would like to start the meeting?” *If no one is celebrating ask* “is there anyone who would like to start the meeting please raise your hand”.

### **During the Meeting**

**7:30:**

- We are going to pause to see if anyone has a burning desire. A burning desire means you have an “urgent” need to share or are having a problem staying **sober** today! “Does anyone have a burning desire?”
- Interested in Service? WGAT has 14 meetings a week and could use your help in service. If you want to learn more, or you’re interested in service, please contact us at [info@wgatvirtual.com](mailto:info@wgatvirtual.com)
- \*\* Remind the group that the 7th tradition will be posted in the chat \*\*
- Anyone with a year or more of sobriety willing to sponsor or speak with a newcomer please indicate your willingness by putting a virtual green check next to your name on the participant list.

**7:55:**

- If you were unable to share today, stay after the meeting for fellowship!
- I’d like to ask our trusted servants if there are any AA announcements pertaining to the WGAT group? If so, please raise your virtual hand.
- The group can also find announcements on our website.

**\*\* (check allow participants to unmute themselves) \*\***

### **Chips**

“Now we will have \_\_\_\_\_ do the chips.”

*"In lieu of giving out chips, we still want to recognize everyone on their milestones in recovery. The host is going to allow everyone to unmute themselves. If you are celebrating an anniversary, please say your name and how much time you have so we can congratulate you!"*

- *Does anyone have 0 to 29 days? New, Coming Back, or the desire to stop drinking?*
- *Is anyone celebrating 1-11 months?*
- *Is anyone celebrating 18 months?*
- *Is there anyone celebrating a yearly anniversary?*
- *Can anyone with a year or more please raise your hand to show the program works!*

*AND.....if you showed up at this meeting or haven't had a drink or drug today, give yourself and your higher power a round of applause."*

### **Closing**

***Mute everyone (uncheck allow the participant to unmute)***

*We suggest that the closing reading be taken from AA Conference Approved Literature - "Can \_\_\_\_\_ please read an AA reading of your choice?"*

**Remember** ..... "Who you see here, what you hear here, let it stay here!"

"Can \_\_\_\_\_ lead us with the Closing Prayer?"