

LIVING SOBER CHEAT SHEET

GOOGLE DRIVE FILES: [Public Meeting Information](#)

In this file you will find a variety of helpful information that will support you in your service position.

MEETING CHAT DROPS

=====DROP # 1 INTO CHAT=====

If you would like a copy of our phone list for building connections or finding a sponsor please reach out to the appropriate sponsorship coordinator based on the gender you identify with:

Jess:

Email: poetterjess@gmail.com

Mobile: (425) 236-3526

Mark C:

Email: mark.chrisman@gmail.com

Mobile: (206) 450-9430

=====DROP # 2 INTO CHAT=====

Living Sober Online Daily Line Up

<https://www.lsbellevue.com/zoom-info>

=====DROP #3 INTO CHAT=====

SERVICE OPPORTUNITIES

<https://www.lsbellevue.com/service/service-opportunities>

=====DROP #4 INTO CHAT=====

VENMO FAQ'S AND INSTRUCTIONS

<https://www.lsbellevue.com/donations/venmo>

@livingsober (picture is a snowy sign from the Alano Club)

Verification Number: 2736

<http://www.lsbellevue.com>

Please go to our website for a Venmo QR Code

Thank you for your contributions to our self-support!

=====DROP INTO #5 CHAT=====

AA FREE LITERATURE

https://aa.org/pages/en_US/aa-literature

AA GRAPEVINE

<https://www.aagrapevine.org>

BIG BOOK https://www.aa.org/pages/en_us/alcoholics-anonymous

=====DROP #6 INTO CHAT=====

MEETING ID: 641-284-772

For VERIFICATIONS for court or for treatment please send me an email message at , <<insert your email address here>> and I'll get a verification out to you by the end of the meeting or shortly thereafter.

OPTION: You can opt to enter your own email address if you want the requests coming directly to you. Otherwise, they will be pushed to Summer's email account. Please email summer@regularrhino.com with the topic for the evening if you want her to do them.

=====EMAIL=====

COURT/TREATMENT VERIFICATION

Hey <<NAME OF PERSON VERIFICATION IS FOR>> ! 😊 So glad you joined us tonight! This is to verify that you attended tonight's 5:30pmPT AA Living Sober Meeting based out of Bellevue, WA. Our topic tonight was on <<TOPIC OF THE MEETING>>.

Kind regards,

<<NAME OF PERSON DOING VERIFICATION>>

<<PHONE NUMBER>>

=====EMAIL=====

MEETING RESOURCES

ALL THREE OPENING READINGS

- _____ How It Works
- _____ The Twelve Tradition
- _____ The Promise

SECRETARY'S SCRIPTS

OTHER RESOURCES:

[Big Book](#)

[Twelve Steps and Twelve Traditions](#)

[Living Sober Book](#)

[AA Daily Reflections](#)

OTHER HELPFUL LINKS:

[AA Meeting Finder App](#)

[AA World Services Literature Listing](#)

[Big Book Step Index](#)

[A prayer for each step](#)

[Online List of 24 Hour Meetings](#)