

**TUESDAYS ONLY:**

## THE AA 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 help other alcoholics to achieve sobriety.

**TUESDAYS ONLY:**

## Chapter 3

### MORE ABOUT ALCOHOLISM

Most of us have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.

We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed.

We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic *ever* recovers control. All of us felt at times that we were regaining control, but such intervals—usually brief—were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced to a man that alcoholics of our type are in the grip of a progressive illness. Over any considerable period we get worse, never better.

We are like men who have lost their legs; they never grow new ones. Neither does there appear to be any kind of treatment which will make alcoholics of our kind like other men. We have tried every imaginable remedy. In some instances there has been brief recovery, followed always by a still worse relapse. Physicians who are familiar with alcoholism agree that there is no such thing as making a normal drinker out of an alcoholic. Science may one day accomplish this, but it hasn't done so yet.

Despite all we can say, many who are real alcoholics are not going to believe they are in that class. By every form of self-deception and experimentation, they will try to prove themselves exceptions to the rule, therefore nonalcoholic. If anyone who is showing inability to control his drinking can do the right about-face and drink like a gentleman, our hats are off to him. Heaven knows, we have tried hard enough and long enough to drink like other people!

# The Into Action Home Group Meeting

## TUESDAYS AND FRIDAYS:

Begin the meeting ***promptly*** at 8:00 pm

Coordinate a member/friend to read The Preamble.

Coordinate a member/friend to read Chapter 3.

Coordinate a member/friend to present The Chips.

## FRIDAYS ONLY:

- Greet the speaker at your earliest opportunity. Answer any questions they have about the format or facilities.
- Are they going to be okay standing at the podium or would they like a chair?
- Verify with speaker that recording their talk and posting on the home group web site is okay.
- Remind speaker to please finish before 8:55 pm.
- If the speaker finishes more than 5 minutes early, pick a member to share the Step of the Month.

## **TUESDAYS AND FRIDAYS:**

**WELCOME:** Welcome to The Into Action Group of Alcoholics Anonymous. My name is \_\_\_\_\_ and I'm an alcoholic.

**SERENITY PRAYER:** A moment of silence for the still suffering alcoholic followed by 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.

**PREAMBLE:** I've asked a friend to read the AA Preamble.

### **THE AA PREAMBLE**

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**TUESDAYS ONLY (Blue Card):** This is a closed meeting of Alcoholics Anonymous. In support of A.A.'s singleness of purpose, attendance at closed meetings is limited to persons who have a desire to stop drinking. If you think you have a problem with alcohol, you are welcome to attend this meeting. We ask that when discussing our problems, we confine ourselves to those problems as they relate to alcoholism.

**TUESDAYS AND FRIDAYS:**

I've asked a friend to read from Chapter 3 of the Big Book.

## Chapter 3

### MORE ABOUT ALCOHOLISM

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## **TUESDAYS AND FRIDAYS:**

**INTRODUCTIONS:** I would like to welcome all who are new to Alcoholics Anonymous or in their first 30 days of sobriety as well as anyone who is visiting from out of town. If you would, please introduce yourself by your first name so that we can get to know you.

**HOUSEKEEPING:** We appreciate the church allowing us to use its facilities. We ask that all in attendance refrain from using profanity while in or around church buildings.

Please only smoke in designated areas disposing of all cigarette butts and litter in the provided receptacles.

Restrooms are located at the front entrance of the building.

Coffee and snacks are at the kitchen window.

AA books are sold at cost and free AA literature are available.

Recordings of past Into Action speakers can be downloaded from our website, *<https://intoaction.group>*

We ask at this time that you silence your cell phones that may distract others during the meeting.

**TUESDAYS ONLY:** This is a book study. We are on page \_\_\_\_ of the Big Book/12 & 12. We ask that you read one or two paragraphs. You can comment on what was read or pass. If there are no other comments, the next reader will proceed.

**FRIDAYS ONLY:** Turn on the recorder.

Please give a warm welcome to our speaker tonight, \_\_\_\_\_ from the \_\_\_\_\_ home group.

**TUESDAYS AND FRIDAYS:**

**SEVENTH TRADITION:** Our Seventh Tradition states that ‘Every AA group out to be fully self-supporting, declining outside contributions.’ Money collected at this meeting covers donation to the church and supplies. The rest is given to the Tidewater Intergroup, District 24 and the General Services Office.

**ANNOUNCEMENTS:** Are there any AA-related announcements?

- Besides Speaker meetings on Fridays at 8:00 PM, we also have a Big Book Study on Tuesdays at 8:00 PM

**CHIPS:** I’ve asked a friend to present The Chips.

## **TUESDAYS AND FRIDAYS:**

**SPONSORSHIP:** We at The Into Action group believe that one of the important keys to long-term, contented sobriety is effective sponsorship. If anyone here tonight needs a sponsor, please see me after the meeting and we will make sure that you have one tonight.

**HOME GROUP:** Into Action is a Home Group. If anyone here tonight is looking for a group to join, we welcome you here.

**LORD'S PRAYER:** For those of you who will, please join me in saying the *Lord's Prayer*.