

# GUIDE TO RUNNING A MEETING

## **Introduction:**

Welcome

A minute's silence to remember why we are here

## **Readings:**

12 Steps to Liberation Preamble

The 12 Steps

AA Big Book Reading

## **Main meeting content:**

A chair or speaker;

A story from the AA Big Book;

A meditation

## **Time for sharing experience, strength and hope**

## **Closing:**

'The Promises' from AA Big Book

A prayer

