

# **Phoenix Center Detox AA Meeting Format**

(Information to assist the Meeting Chairperson is in RED)

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## **(BEFORE THE MEETING)**

- Arrive at least 15 minutes before the meeting's start time.
  - 1 Member should sign in at the Nurses Station using this format:  
Group Name, Date, Number of Group Facilitators, and check the AA box.
  - Decide on a chairperson.
  - Select three volunteers from the floor to read **How it Works, The Promises, and the Twelve Traditions.**
  - Start the meeting at 6:30 p.m and end on time at 7:30 p.m.
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## **(BEGIN THE MEETING)**

My name is \_\_\_\_\_, and I am an alcoholic. I want to welcome everyone to this AA meeting at the **Phoenix Center Detox facility.**

Help me open our meeting with a moment of silence, 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.**

### **What IS AA?**

The AA **Preamble** states: "Alcoholic Anonymous is a fellowship of people 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 achieve sobriety."

### **Readings:**

At most AA meetings various items are read. They serve to remind us of what we are trying to accomplish. Each group selects its readings; most of these readings are from the Alcoholics Anonymous Big Book. Will the selected volunteers please read, in this order:

- **How It Works**
- **The Promises**
- **The Twelve Traditions**

Thanks to all who have read.

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### (FORMAT FOR MEETINGS)

These meetings will consist of a combination of sharing of local AA members' experience, strength, and hope as well as several common topics for newcomers.

*In keeping with our 3<sup>rd</sup> Tradition* and our *Singleness of Purpose*, we ask all who share to confine their discussion to their problems with alcohol and their desire to stop drinking. We do respect the fact that many of you have problems other than alcohol and would simply ask that you limit that portion of your sharing during this hour. If possible try to identify with others and not compare. All are welcome to participate in this meeting.

#### **Introductions:**

Let's now go around the room introducing ourselves by first name only. (Begin with the local AA group members, then to the floor)

### (INTRODUCE TOPIC)

Before we get started today, does anyone have a topic as it relates to the recovery of alcoholism they would like to hear discussed?

(If no one has a problem to bring up as a topic, the Chairperson should introduce a topic from the list below and lead the discussion).

Please avoid using the entire meeting as a speaker session. Where possible, limit the AA group sharing to 50% of the meeting, then move into a topic of your choosing from the list.

The real goal is to get floor participation and guide that discussion as it relates to the recovery from alcoholism.

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### (SUGGESTED PHOENIX CENTER TOPICS)

- Recovery vs abstinence-only/dry drunk
- Newcomer's meetings
- Triggers
- Relapse warning signs
- Coping skills
- Sponsorship/temporary sponsors
- Spirituality
- Steps 1 - 3
- Changing thinking patterns
- Being a part of
- Happiness vs. pleasure
- Living life on life's terms
- Forgiveness, trust, making amends
- Goal setting
- How to deal with the stigma
- Boundaries in relationships
- Gratitude
- Not picking up the first drink
- Asking for help
- Importance of meetings
- Changing people, places, and things
- Understanding powerlessness
- HOW

You may discuss another topic, not on this list, provided it deals with the AA program of recovery. Gear your content to the newcomer or those coming back for maximum effectiveness.

**(EXPLAIN THE AA CHIP SYSTEM AND PHOENIX CENTER ORANGE CHIP)**

**Many meetings pass out chips as a way of marking your time in sobriety. These chips are not handed out at the Phoenix Center. Instead, you may upon leaving the facility obtain an orange chip by asking for one at the nurse's station. This chip will have our locally staffed AA hotline number on it in the event you need to call someone until you have a sponsor. Call it as often as needed, 24 hours a day. It can be your lifeline.**

In addition, the orange chip may be redeemed for an Alcoholics Anonymous Big Book at any group in the Greater Greenville Area. The nurses' station can print off a schedule of meetings for the Upstate of SC. You can also find local meetings online at [upstateintergroup.org](http://upstateintergroup.org), [area62.org](http://area62.org), or the [Meeting Guide](#) app for Smartphones which can be downloaded from [aa.org](http://aa.org) or the app store.

We strongly encourage you to pick up the pamphlet on sponsorship and get into action as quickly as you can. We hope to see you in the rooms.

**(CLOSE THE MEETING)**

At this time, we will be closing our meeting. Most groups will end their meetings with a prayer.

Please help me close today's meeting by joining together in the Lord's Prayer or a silent prayer of your choosing.