

11th Step Meeting Format

Opening

1.Leader: Hello, everyone and welcome to the OA 11th step meditation meeting. My name is _____ and I will be the facilitator for this meeting. *(Ask for volunteers to read the steps and "On Awakening..." taken from the big book pp86-87)* Please join me in the full version of the Serenity Prayer.

(Screen share the prayer)

2.Serenity Prayer

God, grant me the serenity to accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference,
Patience for the things that take time,
Appreciation for all I have,
Tolerance for those who have different struggles,
Freedom to live beyond the limitations of our past ways,
The ability to feel your love for us and our love for each other,
And the strength to get up and try again even when it feels hopeless.

Amen

3.Leader: Would someone read the 12 steps?

(And if there are newcomers)

3. Welcome any newcomers, if any, by saying the following:

- Is there anyone here for their 1st, 2nd or 3rd OA meeting?
- Would you like to introduce yourself with just your first name?

- Welcome _____. We are so glad you are here!
- Would you like to share how you heard about OA?
- If you have any questions, we would be happy to answer them after the meeting
- Also, people will be posting their phone numbers in the chat, which means they would welcome a call.
- We recommend that you try several meetings before you decide if OA is for you. There are several types of meetings, open discussion, literature studies, speaker, phone, hybrid and face to face.
- Who would like to share their ESH with _____?

Introduction

1. Leader:

The Eleventh Step is: Sought through prayer and meditation to improve our conscious contact with God as we understand God, praying only for knowledge of His will for us and the power to carry that out.

Eleventh Step Meditation meetings are for "anyone interested in a spiritual way of life" and are inspired by the meetings held by Bill W, Dr. Bob and Ann Smith in 1935.

This is NOT an open discussion meeting. We are here to listen to the voice of "One who has all power" to free us from our addictions.

We advocate the use of writing materials, so please get them now.

We want to record the God given thoughts and ideas that come to us during our time with our Higher Power.

The meeting will consist of 4 parts. First, Meditation (listening time), 2-Way Prayer (where those who care to, share what they have written) and a part called 3-Way prayer (Again, where those who care to, share what spoke to them). And, if time permits, open discussion.

2. Leader:

Would someone read "Upon awakening" taken from pp.86-87 of Alcoholics Anonymous? (Beginning with "On awakening..." and ending with, "It works, it really does!"

(Screen share the reading if no one has their Big Book handy)

Upon awakening, let us think about the 24 hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions, we can employ our mental faculties with assurance, for after all God gave us Brains to use. Our thought life will be placed on a much higher plane when our thinking is cleared of wrong motives.

In thinking about our day, we face indecision. We may not be able to determine what course of action to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable we are going to be inspired at all time. We might pay for this presumption in all sorts of absurd actions and ideas. Never the less, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely on it.

We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to ask for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why.

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves, many times each day, "Thy will be done." We are in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves. It works--it really does!

Procedure for Listening

1. As we prepare for meditation:

We open our hearts to our Higher Power

We are quiet and still

We relax

We listen

We write down the thoughts that come

2. We test each thought using these FOUR STANDARDS to separate Higher Power's thoughts from our thoughts.

They are:

Honesty

Purity

Unselfishness

And Love

We write down the thoughts that come.

Quiet Time: Meditation

1. Leader: We will now begin our Quiet Time for the purpose of listening to HP and writing the guidance we receive.

2. Please make sure you are muted.

3. We will resume in 10 minutes. *(Please set timer for 10 minutes)*

2-Way Prayer

1.Leader: Welcome back! Next is our time for sharing the guidance we received. We share what we have written to demonstrate that God does "disclose himself to us" and because sometimes the guidance we receive isn't solely for us but for someone else in the meeting. This is 2-Way Prayer.

2. This type of sharing has specific guidelines.
3. It is a practice of being in the present moment.
4. We share **only** what we have written during the Quiet Time **without embellishment or explanation**.
5. Share only the thoughts that pass the **Four Standards of Honesty, Purity, Unselfishness, and Love**.

(If a person starts to explain or starts talking about what is on their mind, please direct them back to the sharing guide line by saying, "I'm sorry to interrupt, but I must ask you to share only what you have written down during quiet time. Thank you.")

6. If you hear something that resonates with you too, write that down also.

7. Who would like to begin?

(After everyone has had an opportunity to share)

8. Thank you to every one

3-Way Prayer

1.Leader: This is our time for **3-Way Prayer**.

2. Now anyone who heard something during the sharing that they felt "spoke to them" in addition to the person who shared it, is asked to share that guidance with the group.
3. This is 3-Way prayer, HP speaking to us through others.
4. Again, we share without explanation or embellishment.
5. Who would like to start?

Open discussion (only if time permits)

1. **Reminder:** Please remember that cross talk is discouraged here.
2. We share only from our own experience, strength and hope. The floor is open. *(cont. next page)*
3. **If there is a newcomer, ask if they have any questions.**

Closing

1. Leader: I would like to thank each of you for participating, either by sharing or listening. Your presence here makes a difference!

2. Our 7th tradition says we are self-supporting through our own contributions. Please send your contribution to the treasurer of this meeting Angela F. via Pay Pal or send it to the Brig PO Box.

(Post this info in chat:

puppymamma@yahoo.com) or BRIG, P.O. Box 14213, Zip 70898.)

3. Any OA related announcements?

4. Please consider leading this meeting. The format is on the website, save it to your desktop so that you can be ready, if needed. Also consider serving as keyholder for the meeting. If you don't know how to do that, I can show you in about 10 minutes.

5. 12th Tradition: Anonymity-who you see here, what you hear here, when you leave here, let it stay here!

6. All who care to join me in the 11th step prayer. *(Screen share the prayer)*

Higher Power, make us an instrument of your peace,
 Where there is hatred, let us bring love;
 Where there is injury, let us bring pardon;
 Where there is doubt, let us bring faith;
 Where there is despair, let us bring hope;
 Where there is darkness, let us bring light;
 Where there is sadness, let us bring joy;

Higher Power,
 Grant that we may not so much seek
 To be consoled as to console;
 To be understood as to understand;
 To be loved as to love.

For it is in giving that we receive;
 It is in pardoning that we are pardoned;
 And it is in dying that we are born to eternal life. Amen.