

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. 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 see next page)

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

- Is there anyone here for their 1st, 2nd or 3rd 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, speakers, phone, hybrids 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"

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. It is inspired by meetings held by Bill W., Dr. Bob & Ann Smith in 1935.

Remembering that, prayer is what we say to our HP – our requests, fears, etc. Meditation is what our HP says to us - the guidance we receive.

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

We want to record every God given thought and idea that comes to us during our time alone with our Higher Power. The meeting will consist of 4 parts. First, Meditation (listening time), 2-way prayer (where those who care to, share the guidance they received) a part called 3-Way prayer (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.86-88 of Alcoholics Anonymous

Procedure for Listening

Leader:

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. ***(Please screen share next page)***

Peace

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)**

Sharing time

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

2. This type of sharing has specific guidelines.

3. It is a practice of being in the present moment.

4. We share **only** guidance we received during the Quiet Time **without embellishment or explanation.**

5. Share only the thoughts that passed 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, **"We are so glad you are here. Just a gentle reminder to share only guidance we received during quiet time. Thank you."**)*

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

7. When sharing, please speak slowly, hesitate at the end of your sentences to give people time to write.

8. Who would like to begin?

(After everyone has had an opportunity to share)

9. 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. Leader: Cross talk, that is, commenting on other people's share, is discouraged here. We share only from our own experience, strength and hope.

2. When sharing please try to limit your share to about 3 minutes.

3. Also, we will stop sharing and begin closing at 5 minutes to the hour.

4. We ask that everyone be mindful of these time frames, as we do not have an official timekeeper.

5. The floor is open.

2. 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: **(Screen share addresses)**

BRIG, P.O. Box 14815, Zip 70808

or Venmo to @Brig-oa

3. Any OA related announcements?

4. Sponsorship is one of our keys to success. Would all abstinent sponsors please raise your hands?

5. Who would like to lead next week?

6. 12th Tradition: Anonymity-who you see here, what you hear here, when you leave here, let it stay here!

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

11th Step 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 to self that we are born to eternal life.
Amen.