

## Hooper Center Meeting Format

Meeting Starts at 1:30 P.M.

*"Hello everybody, my name is \_\_\_\_\_ and I'm an alcoholic. We are from the Loyola Men's Group of Alcoholics Anonymous, which is one of over 700 A.A. meetings that meets regularly each week in the Portland Metro area. It is a tradition of this meeting that we will be offering suggestions and feedback. Please join me in a moment of silence followed by the Serenity Prayer."*

The Preamble

*"I've asked \_\_\_\_\_ to read the preamble of Alcoholics Anonymous."*

Introduction

Have everyone introduce themselves:

*"We will start the meeting by having everyone introduce themselves by their first name, their addiction, how long you have been sober, and how many times in treatment and/or detox."*

The Topic

The topic for the patients should be:

What Plans Do You Have to Live a Clean & Sober Life After Leaving Hooper Center?

Why Is This Time Going to Be Different?

- Inform them that: "This meeting will follow a format that is a little different than most AA meetings. We will be interjecting helpful and suggestive comments from time to time, and perhaps getting you back on the topic. We've been doing this twice a week since 1997, and we know this format works."
- Tell them that: "We won't be sharing "war stories" and we don't want you to either."
- Mention that: "This topic is appropriate for both men and women, and you are asked to stick to it."
- Feel free to interject an offering of suggestions to the patients you see willing to listen.
- Asking a specific person a direct question about what they plan to do differently this time is appropriate during this meeting.
- Feel free to interrupt someone to get them back on track, or if they are taking too much time.
- Recommending that they seek long-term treatment is also appropriate. Suggest they ask the Hooper counselors for help.
- Discussing slippery places, and how they should be avoided is helpful.
- Suggest that they leave Hooper with a schedule of meetings. Hold one up for them to see.

## Chairperson

- Speak loudly, and see that others do too. The ventilation system is very noisy.
- Chairperson and Loyola members are asked to please attempt to limit your talks to 5 minutes or less. (A reminder: Loyola members with less than one year will not be asked to share.)
- It is important for the patients to be able to relate to us. A majority of them are also drug addicts; if you are recovering from both, let them know.
- Talk briefly about your life before getting clean and sober. Instead, share more about what you have done to get sober and stay this way.
- Tell them of the importance of going to meetings, working with a sponsor, and learning and taking the Steps.
- Mix-up the meeting, calling on Loyola members and Hooper patients. Getting things started with a few Loyola members at the beginning should set your tone and pace. Depending on how many of us are there, you can selectively choose when to include the other Loyola members.
- Chairmen can interject short additions between speakers at this meeting, and in fact are encouraged to do so in order to better lead the discussion. Watch your words and tone, so as not to be argumentative.
- Remember don't just go around the circle; mix it up so no one knows who's next. They'll stay on their toes that way.
- Toward the start, choose people whom you see are paying more attention than others. Remember some of these men and women are very sick at this time and are finding it difficult, if not impossible, to concentrate or even stay awake.
- Give encouragement and be positive.
- We are responsible for the effort, not the results!

## Meeting Ends at 2:30 P.M.

Close with: *"If you care to, please join us in The Lords Prayer."*

## The Preamble of Alcoholics Anonymous

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 cause.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.