

## INSTRUCTIONS TO PARTICIPANTS FOR PHONE & ONLINE MEETINGS

**DIAL-IN NUMBER:** +18487771212 (PUT US IN YOUR CONTACTS)

**CONFERENCE ID:** 7277-4866 (PASS IT ON)

### CURRENT MEETING LIST:

Monday 9:00am READ & TALK  
Tuesday 9:00am READ & TALK  
Wednesday 9:am BIG BOOK STUDY  
Wednesday 5:30pm READ & TALK  
Thursday 9:00am READ & TALK  
Friday 9:00am READ & TALK  
Saturday 9:00am READ & TALK  
Sunday 9:00am READ & TALK

**MEETING UPDATES:** Go to KingmanAA.org for updates on all phone and virtual meetings sponsored by Kingman Intergroup.

**VIRTUAL 'PASS THE BASKET':** Go to KingmanAA.org (<http://www.kingmanAA.org/images/VirtualBasket.pdf>) to download the form to continue to support your home group. Even virtual groups have bills and support our central office so be sure to contribute as always.

**PARTICIPATION:** Anyone can attend, but only those listed with the group can be called on. If you are not on the call list, only your number appears on the chair's dashboard with no name. The chair won't know who you are. To get on the call list, text your first name with last initial to 435 6810211 and put "for Kingman AA phone meetings." You only need to do it once.

### TIPS & GUIDELINES for online meetings:

- To share, tap \*5 to 'raise your hand' on your phone at any time so the chair can see you on their dashboard
  - If you change your mind, tap \*5 again to lower your hand
  - The chair will unmute you when it is your time to speak
  - The chair will mute and unmute everyone to say the opening and closing prayers
  - The line is often left unmuted at the close of the meeting so members can cross-talk a little—it can be confusing but fun!
  - Keep identifying information to yourself (don't give out emails, phone numbers or last names).
  - The ABSENCE of PROFANITY offends no one, so try not to use it, but as in a face to face meeting—if it slips out, no one will block you.
  - Limit your time to 5 minutes so more members can share
  - At the end of your share, say "DONE" so the chair may call on someone else.
- \* If you need to relay a message, we will provide that opportunity after the meeting close when everyone will be unmuted. We can socialize and make announcements'

**NOTE:** Make sure your room is quiet--dogs barking, television, and doors slamming-- make for a lot of distraction and make it hard to converse

**VOLUNTEER!** If you want to volunteer to host or read at our meetings, or start your own phone meeting, please contact us by filling out the form at [KingmanAA.org](http://KingmanAA.org) (recommended) or if you don't have a computer, call the webmaster, Shelly M. 435 6810211 or Jean An 907 231 1974 Participants

You may be asked to read at the meetings. The reading material follows.

## Chapter 5: How It Works

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average.

There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it — then you are ready to take certain steps.

At some of these we balked. thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol, cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power that One is God. May you find Him now!

Half measures availed us nothing. We stood at the turning point. we asked His protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

We admitted we were powerless over alcohol, that our lives had become unmanageable.

1. Came to believe that a Power greater than ourselves could restore us to sanity.
2. Made a decision to turn our will and our lives over to the care of God as we understood Him.
3. Made a searching and fearless moral inventory of ourselves.
4. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
5. Were entirely ready to have God remove all these defects of character.
6. Humbly asked Him to remove our shortcomings.
7. Made a list of all persons we had harmed, and became willing to make amends to them all.
8. Made direct amends to such people wherever possible, except when to do so would injure them or others.
9. Continued to take personal inventory and when we were wrong promptly admitted it.
10. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
11. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Many of us exclaimed, “What an order! I can’t go through with it.” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is,

that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventure before and after make clear three pertinent ideas:

- a. That we were alcoholic and could not manage our own lives.
  - b. That probably no human power could have relieved our alcoholism.
  - c. That God could and would if He were sought.
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The AA Promises are found on pages 83-84 of Chapter 6 (Into Action) in *Alcoholics Anonymous*

**We are going to know a new freedom and a new happiness.** People who finish the Steps will experience relief from the suffering of [addiction](#) and feel free to pursue a new life without alcohol.

1. **We will not regret the past nor wish to shut the door on it.** Those who work the program will gain a sense of acceptance that allows them to process their experiences, learn from them and move on without guilt.
2. **We will comprehend the word serenity.** Addiction can lead to a constant state of inner turmoil. The AA program helps people find a calmness that is rare during the active use of alcohol and which many alcoholics have never known in their lives.
3. **We will know peace.** The 4th Promise builds on the 3rd Promise, acknowledging that a life of peace and undisturbed tranquility will be experienced.
4. **No matter how far down the scale we have gone, we will see how our experience can benefit others.** Many individuals with a substance use disorder don't believe that other people understand what they've been through but, in [Alcoholics Anonymous](#), they often meet people who can identify with and learn from their experiences.
5. **That feeling of uselessness and self-pity will disappear.** Addiction can make people feel worthless and guilty about their actions. The Steps can help individuals feel that their lives have a meaning and a purpose, particularly through helping others.
6. **We will lose interest in selfish things and gain interest in our fellows.** Addiction can lead to many self-centered behaviors. Helping other people find recovery can bring alcoholics outside of themselves and help them develop a genuine interest in other people.
7. **Self-seeking will slip away.** The tunnel vision of focusing only on oneself and drinking usually begins to fade as people work the Steps.

8. **Our whole attitude and outlook upon life will change.** AA can shift one's perspective from hopelessness to hope. People can begin to imagine a life where they are happy.
9. **Fear of people and of economic insecurity will leave us.** [Alcoholics who recover](#) through AA don't feel like they must continue to hide or worry about how to support their addiction and maintain financial security.
10. **We will intuitively know how to handle situations which used to baffle us.** As the AA member gets deeper into the recovery process, they begin to see situations more clearly and can tap into their inner resources.
11. **We will suddenly realize that God is doing for us what we could not do for ourselves.** The concept of a higher power is central to AA. This higher power, be it God or something else, becomes a guiding force in the person's life.
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