

AREA 80 MANITOBA ALCOHOLICS ANONYMOUS TREATMENT COMMITTEE

General Treatment Facility Meeting Guidelines

Meeting Attendance

- Two members are required for each meeting.
- One of the members must have a minimum of 12 months of continuous sobriety and be familiar with the Twelve Steps.

MSP Detox: Volunteers who discharged from the Women's/Non-Binary or Men's/Non-Binary Detox units within the six (6) months will not be admitted as a meeting volunteer. This policy is non-negotiable. Detox requires 2 members for all meetings (see sobriety requirements above). The meeting will not proceed if only one volunteer shows up. Women's/Non-Binary can have two women, one woman/one man but not two men. Men's/Non-binary can have two men, one man/one woman but not two women. All new volunteers are required to sign the facility guidelines one time only.

Women's AFM (1041 Portage Avenue): Access to the building is FRONT DOOR ONLY. No entry is permitted by the back door. You must sign-in and sign out.

Arrival at the Facility

- Call the phone number provided and/or use the buzzer when you arrive.
- Complete any required sign-in/sign-out forms or confidentiality agreements.
- Each facility has its own procedures. Please follow all facility protocols at all times.

Please bring your Big Book and any other A.A. conference-approved literature you plan to use. Literature may not be available at the facility.

Opening and Closing the Meeting

- Begin with the Serenity Prayer.
- Read the Twelve Steps (meeting readings are provided on the following pages).
- Meetings are one hour long. Start times vary—check with your Treatment Representative or the Facility Liaison if you have any questions.
- Help keep sharing balanced so everyone who wishes to speak has an opportunity.
- Use only A.A. Conference-approved literature, such as the *Big Book*, *Twelve Steps and Twelve Traditions*, *Daily Reflections*, and *Grapevine*.

Remember Tradition Five:

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

WHAT WE DO

- Honor your commitment. If you sign up please show up.
- If you're unable to attend, notify the A.A. Facility Liaison as soon as possible. If you arrange your own replacement, they must meet the sobriety requirements above.
- Share your experience, strength, and hope—what it was like, what happened, and what it's like now.
- Talk about the importance of sponsorship.
- Provide a current meeting schedule, recommend the Meeting Guide App, or share the Central Office phone numbers:
 - 204-942-0126
 - 1-877-942-0126 (toll-free)
- Encourage clients to share during the meeting.
- Keep the meeting focused on recovery. Avoid lengthy stories about your drinking or drug use.
- Let clients know A.A. can help them transition from treatment to the fellowship. Tell them about the Bridging the Gap program and that they can sign up online.

WHAT WE DO NOT DO

- Ask for, suggest, or arrange dates or social get-togethers with clients after they leave treatment or detox.
- Give clients your personal phone number.
- Lend or borrow money or cigarettes.
- Deliver messages to people outside the facility.
- Bring food into the facility.
- Provide anything beyond common sense and A.A.'s message of recovery.

If you're ever unsure about a procedure or a request, ask a staff member before proceeding.

A.A. PREAMBLE©

Alcoholics 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 A.A. membership; we are self-supporting through our own contributions. A.A. 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 to achieve sobriety.

Service Material from the General Service Office

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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.

LAKOTA SIOUX PRAYER

Wakan Tanka, teach me to trust my heart, teach me to trust my mind, teach me to trust my intuition, teach me to trust my inner knowing, the senses of my body & blessings of my spirit. Teach me to trust these things so I may enter my sacred space and learn to love beyond my fears and thus, walk in balance with the passing of each Glorious Sun. Miigwech

THE LORD'S PRAYER

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, now and forever. Amen.

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. We 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:

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves had returned us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.

11. Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out.

12. 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 adventures 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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