

All meeting formats have been approved by the IBF Business Group; we ask that all meeting secretaries respect our group conscience and follow the posted format. Thank you for your service!

IBF Online Marathon Meeting Format

Welcome everyone, this is an open meeting of Alcoholics Anonymous. We are glad you are all here, especially newcomers. In keeping with our Third Tradition which states that "The only requirement for AA membership is a desire to stop drinking", we ask that all who participate confine their discussion to their problems with alcohol.

CHAIRPERSON IDENTIFIES HIS OR HER SELF AS AN ALCOHOLIC.

MOMENT OF SILENCE FOLLOWED BY THE SERENITY PRAYER

AA 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.

HAVE A MEMBER READ THE TWELVE TRADITIONS

FELLOWSHIP ANNOUNCEMENTS:

- You can visit our website www.inbetweenfellowship.com for upcoming meeting dates, times, ID's and passwords, and fellowship FAQ's.

ACKNOWLEDGEMENTS: You do not need to be acknowledged, but it helps us to get to know you better:

- Is there anyone attending their 1st, 2nd or 3rd meeting or in their first 30 days of sobriety who would like to be acknowledged?
- Is there anyone visiting from out of town or new to the In-Between Fellowship?

THE 7TH TRADITION is being collected by these methods:

- CashApp: \$InBetweenFellowship
- Zelle: inbetweenfellowship@gmail.com
- Mail a check or Money Order payable to the In-Between Fellowship, 4710 International Blvd, Oakland, CA 94601.
- H&I (Hospitals and Institutions) is still being collected; please specify if any portion of your contribution is for H&I and that amount will be set aside.

QUALIFICATION: Chairperson/Speaker is to briefly qualify, **NOT** to exceed **5 minutes**. Pick a precise topic. Call on three members who have experience with the Steps. When new members are present, talk about the first three Steps. Ask members to keep their shares to **3 minutes**.

END THE MEETING 10 MINUTES BEFORE THE HOUR with the Lord's Prayer.