



YANA MEETING F
Me d i t a t i o n m e e t i n g



Hi , my name is [_____] and I am
Alone Group of Alcoholics Anonymous 11
Step Prayer, Meditation and Discussion
contact with our God as we understand
Approved literature and appropriate
meditation, meditation by sharing the
readings and prayers.

Let us open this meeting with a moment of
serenity prayer.

Please make sure to mute the microphone
sharing. When you are ready to share
and where you are from.

If you have consumed alcohol or any other
24 hours, except as prescribed by a p
sharing today and speak to one of us

Is there anyone here for the first time?
chairperson welcomes them and changes
Step meeting. The First Step from 12

Is there anyone here in their first 30 day

Are there any AA members who have
tried to share how they did it).

Are there any AA announcements?

Will _____ please read our Preamble.

Would someone please read How It Works (
[Chairperson may pick either of these
they can ask someone to also read the

Please remember to respect the anonymity of participants and confine their discussion to alcoholism.

We ask that you conduct yourself as if you were attending a meeting in person and share your thoughts and experiences. Please be mindful of the length of your shares to around 3 to 5 minutes.

This is not a meeting that promotes any opinions on religious or spiritual practices. In sharing your experience in meditation, we encourage you to be honest about your ability. We ask that you observe the silence, remain muted and share your thoughts at the appropriate time, so as to not disturb others.

Before the meditation, we will have 10 minutes of silent meditation. I will ring the bell. We will remain in silence with ourselves for time to slowly come back to the present and I will speak after 7.

I will now read Step 11. This is actually the Prayer that W added to his essay on step 11 in The Book of David, which was written 14 years after the Book of David. "Lord, make me a channel of thy peace that where there is hatred, I may bring love; that where there is wrong, I may bring right; that where there is discord, I may bring harmony; that where there is error, I may bring truth; that where there is doubt, I may bring faith; that where there is despair, I may bring hope; that where there are shadows, I may bring light; that where there is sadness, I may bring joy. Lord, grant that I may seek rather to understand, than to be understood; to love, than to be loved. For it is better to give than to receive."

It is by forgiving that one is forgiven
It is by dying to self that one awakens

As we begin our meditation, we now reread this prayer
and trying to take in the deep meaning
drop all resistance to what our friend
We rest quietly in the thoughts of someone who
experience and learn.

As though lying upon a sunlit beach, let
atmosphere with which the grace of this
willing to partake and be strengthened
beauty of which these magnificent waves
look upon the sea and ponder what it's
horizon, beyond which we shall seek all

" Lord, make me a channel where others may pass
that where there is wrong, there may be right
discord, I may find their harmonies
where there is doubt, where may be a gift
hope that where there are shadows, I may
I may bring joy. Lord, the greatest comfort
comfort is to understand, to love, to be understood
by forgetting that one finds. It is by
dying to self that one awakens to Eternity

Ring gong one time to begin 15 minute meditation

At the end of the 15 min chair rings gong

Read Step Prayer

My Creator, I am now willing that you should
you now remove from me every single degree
of my usefulness to you and my fellows
to your bidding. Amen."

