



YANA MEETING FORMAT  
**Meditation** meeting format



Hi, my name is [ \_\_\_\_\_ ] and I am an alcoholic. Welcome to the You Are Not Alone Group of Alcoholics Anonymous in Playa del Carmen. This is an 11th Step Prayer, Meditation and Discussion Meeting where we improve our conscious contact with our God as we understand Him. We will read a selection from AA Approved literature and prayers, then we will have a 15-minute period of meditation, followed by sharing and discussion on the 11<sup>th</sup> Step and/or the readings and prayers.

Let us open this meeting with a moment of silence and then please join me in the serenity prayer.

Please make sure to mute the microphone on your phone or computer unless you are sharing. When you are ready to share, please introduce yourself with your name and where you are from.

If you have consumed alcohol or any other mood or mind altering substances in the last 24 hours, except as prescribed by a physician, we ask that you refrain from sharing today and speak to one of us after the meeting.

Is there anyone here for their very first AA meeting? (If there is a newcomer, the chairperson welcomes them and changes the planned meeting format to a First Step meeting. The First Step from 12 & 12 is read.).

Is there anyone here in their first 30 days of sobriety?

Are there any AA birthdays? (If there is an AA birthday, let them know we will ask them to share how they did it in a moment.)

Are there any AA announcements?

Will \_\_\_\_\_ please read our Preamble.

Can we have a volunteer to read Pages 85-88 of Big Book – 11th Step – Into Action

Thank you everybody for reading

Please remember to respect the anonymity of each member present and we request that participants confine their discussion to matters pertaining to recovery from alcoholism.

We ask that you conduct yourself on screen in a manner similar to what you would do if you were attending a meeting in person and be respectful to the person who is sharing. Please be mindful of the length of your share. We suggest you keep your shares to around 3 to 5 minutes, so that everyone has an opportunity to speak.

Ask those who are celebrating sobriety birthdays/anniversaries if they would take 3-5 minutes and tell us how they did it.

This is not a meeting that promotes any form of meditation over another. We have no opinions on religious or spiritual practices. If there is anyone here without experience in meditation, we encourage you to sit still for the 15 minute mediation time to the best of your ability. We ask that all show respect during this time by observing the silence, remain muted and please turn your cameras off during this time, so as to not disturb others.

Before the meditation I will read the 11<sup>th</sup> step prayer, we will start a period of 15 minutes of silent meditation. I will signal the end of the meditation period with a bell. We will remain in silence with eyes closed for a few minutes to give ourselves time to slowly come back to the room and adjust to our external senses and I will read the 7<sup>th</sup> Step Prayer

**I will now read the 11<sup>th</sup> Step prayer.** This is actually the Prayer of Assisi, which Bill W added to his essay on step 11 in The Twelve Steps and Twelve Traditions, which was written 14 years after the Big Book.

“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 the spirit of forgiveness-  
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 comfort than to be comforted-  
to understand, than to be understood-  
to love, than to be loved.

For it is by self-forgetting that one finds.

It is by forgiving that one is forgiven.

It is by dying to self that one awakens to Eternal Life. Amen”.

As beginners in meditation, we now reread this prayer very slowly, savoring every word and trying to take in the deep meaning of each phrase and idea. It will help if we drop all resistance to what our friend says. For in meditation, debate has no place. We rest quietly with the thoughts of someone who knows so that we may experience and learn.

As though lying upon a sunlit beach, let us relax and breathe deeply of the spiritual atmosphere with which the grace of this prayer surrounds us. Let us become willing to partake and be strengthened and lifted up by the sheer spiritual power, beauty, and love of which these magnificent words are the carriers. Let us now look upon the sea and ponder what it’s mystery is; and let us lift our eyes to the far horizon, beyond which we shall seek all those wonders still unseen.

“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 the spirit of forgiveness- 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 comfort than to be comforted- to understand, than to be understood- to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying to self that one awakens to Eternal Life. Amen”.

Ring gong one time to begin 15 minute meditation

At the end of the 15 min chair rings gong 3x’s to signal end of meditation.

### **Read 7<sup>th</sup> Step Prayer**

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way

of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”

## **Group Sharing**

Now is the time where we share our thoughts about the 11th Step and/or the reading(s) and prayer. Because time is limited, we ask you to be mindful of the length of your share, so that as many people as possible will have the opportunity to share before we close at 10:00. For people who would like more time to share or do not get a chance to share, please stay after the meeting and talk with us, as the meeting room will be kept open for a while.

Near the end of the meeting read:

Our 7th Tradition States that we are self-supporting through our own contributions. If you can donate, that would be appreciated. Please see the instructions being posted in the chat.

Paste following into the chat:

Text YANA to +1 202 858 1233 from US/CAN or <https://www.moneypool.mx/p/j9dImTE> in MEX or <https://givebutter.com/YANA> internationally. All info is on <https://www.aaplayadelcarmen.com>

At the end of the meeting, the Chairperson says:

Please remember: Who you see here, what you hear here, when you leave here, please let it stay here. If you did not get an opportunity to share during the meeting, or if you are looking for a sponsor, please talk to one of us afterwards the meeting.

Would those who are willing to be a sponsor please raise their hands?

Let us be reminded that when anyone anywhere reaches out for help, we want the hand of AA always to be there, and for that we are responsible.

Will \_\_\_\_\_ please read a Vision for You from our text.

**Close with the 3<sup>rd</sup> step prayer**

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”