

## Rule 62 Daily Check In Meeting Format

@ 8:59 am - Host mutes all Participants - Music plays for approx. 45 seconds

**HOST: Good morning & Welcome to the Rule 62 Daily Check-In meeting of Alcoholics Anonymous.**

**My name is \_\_\_\_\_ and I am an alcoholic.**

**If you are new to our meeting – Welcome! Please unmute yourself & identify by name & disease.**

**Do we have any Chip Takers or Anniversaries today? If so, please unmute and tell us how you did it.**

**Chip Person Present the chip screen for the milestone and ask the person how he did it.**

**HOST: Congratulate any milestones. If you shared yesterday or are just listening, please kindly put up a red X found in the reactions area. Please keep your mics muted if you are not sharing, and if you are using the chat for comment during the meeting, please be respectful of others. Now, I will turn the Meeting over to our Leader Picker:**

**Leader Picker: pre prepare the leader and instruct him in precisely how to lead the meeting. The Leader picker should have a copy of the reading in advance and share the reading in the chat when the leader starts.**

**Good morning – I’m \_\_\_\_\_ and I am an alcoholic. Let’s all welcome today’s Leader...**

**Morning Leader:**

**Good morning, my name is... and I am an alcoholic. Today I am going to be reading from (Title , Chapter, Page)**

**Present the pre prepared Reading text in chat. (2 minutes or less – any literature, that supports Recovery. Keep it Simple - The topic should be obvious from the reading.)**

**After the Reading, Share up to 3 minutes. When done, check the chat for names of the men to share first. When the share list is complete then choose men randomly. We recommend calling on the new members early in the meeting to get them engaged.**

**Weekdays: At 9:50, ask for Burning Desires.** If there are no Burning Desires, call on 1 more person to share. At 9:58, the Sharing ends and you turn the Meeting back over to the Secretary.

**Weekends: At 10:20, ask for Burning Desires.** If there are no Burning Desires, call on 2 more people to share. At 10:28, the Sharing ends and you turn the Meeting back over to the Secretary.

**HOST: Announce 7<sup>th</sup> Tradition; Sponsorship; Our Website ([rule62meeting.org](http://rule62meeting.org)); Other Events**

**HOST Meeting Closing:**

**Here at Rule 62, our Primary Purpose is to stay sober & help others to achieve sobriety. We embrace & practice the principles of the 12 Steps, and we welcome anyone who has a desire to remain abstinent from all mind-altering substances. Our experience shows that Recovery is available to anyone with an honest desire, including agnostics, atheists, free thinkers, Humanists, and really – Anyone!**

**We believe that enthusiasm is contagious – and we are not a glum lot. We take our sobriety seriously, but we have a good time doing it.**

**We make a genuine effort to keep “Rule 62” in mind as described in the Twelve Steps & Twelve Traditions: “Don’t Take Yourself So Damn Seriously.”**

**Play the ending music ...Souls are saved...the World is a better place...for 24 hours...**