



# **Early Risers AFG**

## **Organization and Chairperson Script**

Last Updated: **June 4, 2024**

~~April 5, 2023; January 16, 2022; December 16, 2021; November 18, 2021; August 1, 2021.~~

## Early Risers AFG Service Positions and Format

### Service Positions:

- **Key Holder:** **LIMITED** to specific members who have ZOOM login credentials. Person who opens ZOOM meeting and is assigned Host label in Zoom. Can be passed to others as needed AFTER meeting has started. Host **MUST close meeting by 8:45am** Eastern.
- **Host:** Volunteer position. Manages calling on members for sharing, lowers hands as needed, provides technical support, mutes/unmutes as needed, deals with interruptions, etc.
- **Co-host:** Volunteer position. Post group information links (blurbs) in chat. Provides meeting support for Chairperson and Host including technical issues, mutes/unmutes as needed, deals with interruptions, etc.
- **Chairperson:** Volunteer Position. Welcomes Members as they join. Ask for and assigns readers for intro readings (preamble, steps, traditions, concepts) after the opening of the meeting. Reads Opening Script, Introduces Topic Lead. Reads Closing Script.
- **Topic Lead:** Volunteer Position. Follows Topic per the meeting Format below. Target 5-7 minutes. Personal Share using Conference Approved Literature (CAL) ONLY.
- **Time Keeper:** times the duration of the topic lead and member's shares, with goal 5-7 minutes for the topic, and 3 minutes for shares. Timekeeper will respectfully announces "30 seconds" at the 6 ½ minute mark for the topic, and "10 seconds" at the 2 minute 50 second mark for shares, loud enough for member sharing to hear.

### Meeting Format:

#### **Tuesdays**

- 1<sup>st</sup> Tuesday of month – that month's Step
- 2<sup>nd</sup> Tuesday of month – that month's Tradition
- 3<sup>rd</sup> Tuesday of month – that date/page from a CAL Daily Reader
- 4<sup>th</sup> Tuesday of month – Topic of choice
- 5<sup>th</sup> Tuesday of month – Topic of choice

#### **Thursdays**

- All Topic of Choice

**Note: Chairperson identifies volunteers for readers and Timekeeper after the start of the meeting. Trusted servants can check SignUp Genius to see who has signed up for other service roles.**

**START PROMPTLY AT 6:30am eastern standard time.**

**Chairperson Script** (read the blue font)**(Chairperson reads: Moment of Silence & Serenity Prayer)**

Will you join me in a moment of silence, followed by the 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.

**(Chairperson reads: Suggested AI Anon Welcome)**

Good morning everyone. I'm \_\_\_\_\_, a grateful member of AI-Anon. We welcome you to the **Early Risers AI-Anon Family Group** and hope you will find in this fellowship the help and friendship we have been privileged to enjoy.

We who live, or have lived with the problem of alcoholism, understand as perhaps few others can. We, too, were lonely and frustrated, but in AI Anon we discover that no situation is really hopeless and that it is possible for us to find contentment, and even happiness, whether the alcoholic is still drinking or not.

We urge you to try our program. It has helped many of us to find solutions that lead to serenity. So much depends on our own attitudes, and as we learn to place our problem in its true perspective, we find it loses its power to dominate our thoughts and our lives.

The family situation is bound to improve as we apply the AI-Anon ideas. Without such spiritual help, living with an alcoholic is too much for most of us. Our thinking becomes distorted by trying to force solutions, and we become irritable and unreasonable without knowing it.

The AI-Anon program is based on the Twelve Steps (adapted from Alcoholics Anonymous) which we try, little by little, one day at a time, to apply to our lives along with our slogans and the Serenity Prayer. The loving interchange of help among members and daily reading of AI-Anon literature thus make us ready to receive the priceless gift of serenity.

Anonymity is an important principle of the AI-Anon program. Everything that is said here, in the group meeting and member-to-member, must be held in confidence. Only in this way can we feel free to say what is in our minds and hearts, for this is how we help one another in AI-Anon.

**(Chairperson reads: Announcements, Officer Reports & Anniversaries)**

- Are there any AI-Anon related announcements or officer reports?
- Are there any AI-Anon birthdays or anniversaries?

**(Chairperson reads: Meeting Format, Etiquette & Additional Details)**

- This group meets on Tuesdays and Thursdays at the same time and with the same login credentials.
- The meeting starts at 6:30am Eastern and ends at 7:30am Eastern.
- After the meeting, several members will stay on to answer questions and provide assistance.
- This meeting is for AI-Anon members and prospective members only. Anyone who has been affected by someone else's drinking is welcome.
- We ask members of other anonymous fellowships such as AA, NA, and so forth to not identify their dual membership so we can keep the focus on the AI-Anon program.
- When you are not sharing/reading, please remain muted.
- If you would like to share, please use the "Raise Hand" option in the Reactions panel. If you can't find it, please send our "Host" a chat message. The Host will call on people to share.
- We do ask that we limit our shares to 3 minutes, and our group uses a time-keeper, who will respectfully announce 10 seconds at the 2 minute, 50 second mark. This is a good opportunity for service. Who would like to volunteer to serve as our time-keeper this morning?
- If you have questions about the program or a share, ask them after the meeting.
- If you are looking for a sponsor or willing to sponsor, please post in chat.
- In accordance with Tradition 1, this group uses and reference AI-Anon Conference Approved Literature (CAL) only during the meeting.
- Our group has several important volunteer service opportunities to serve in the Host, Co-host, Chairperson, and Topic Lead roles. We are using an online calendar tool that you can access from the link posted in chat, which will take you to the Early Risers SignUpGenius. If you have questions about service, stay on after the meeting.

**(Chairperson reads: 7<sup>th</sup> Tradition)**

Tradition 7 states that "every group ought to be fully self-supporting, declining outside contributions". We have multiple methods to contribute to our Early Risers AFG, which will be posted in chat.

**(Chairperson reads: Newcomers to AI-Anon and/or our meeting, and welcomes them)**

We would like to welcome anyone new to our meeting. If you're attending one of your first 6 meetings to AI-Anon ever or if you are new to our meeting, and if you choose to, please raise your hand to briefly introduce yourself.

**(If there are Newcomers to AI-Anon, read this:)**

It is suggested that you attend six meetings before deciding whether or not AI-Anon is for you. Each meeting has its own atmosphere and personality. You may want to find a temporary sponsor who could provide some guidance early on. In AI-Anon we share our experience, strength and hope with one another and our goal is to keep the focus on ourselves, which aids us in our own individual recovery. We use the AI-Anon tools of the program, which include the steps, traditions, concepts, slogans and conference approved literature. These are all available to you. Books can be purchased from AI-Anon.org directly. Some literature is available for free download from AI-Anon.org as well. If you have additional questions, please ask them after the meeting.

**(Chairperson asks for volunteers to read, with emphasis on CAL wording.)**

At this time, we need four members to volunteer for service, to lead us in our program readings.

For the sake of unity, all members are asked to use the exact wording of the Steps, Traditions, and Concepts, as they were approved by AI-Anon's conference."

Can I get a volunteer to read...

- 1) The Preamble and 3 Legacies
- 2) The 12 Steps
- 3) The Intro and 12 Traditions ("month's" Tradition of Tues, all on Thurs)
- 4) The Intro and "month's Concept" (1 = January, 2 = February, etc)

**(Once the readings are done, the Chairperson introduces the Topic Leader.)**

Thank you to all who read. At this time, we are excited to welcome \_\_\_\_\_ who will lead our Topic for this morning.

**(At the completion of the topic presentation, the Chairperson opens it up for shares, and introduces the Host who will manage participants/raised hands.)**

Thank you \_\_\_\_\_ for the lead. We now open the meeting up for shares. Reminder we use the Raise Hand feature, and also be mindful of the 3 minute time limit. Thank you \_\_\_\_\_, who is our Host today and will call on those who want to share.

**(Host will watch the clock, and stop shares at approximately 6:27-6:28am, and turn the meeting back over to the Chairperson.)**

As we are out of time, we need end our sharing. Reminder that we will stay on after our closing for fellowship, and will continue sharing, discussion, and questions.

**(Chairperson reads Suggested Meeting Close.)**

Thank you \_\_\_\_\_ for your lead and everyone who served, shared and joined us today. Reminder for everyone, and especially for newcomers, some members will stay on after our closing for fellowship, questions, and open discussion. And a final reminder to consider volunteering on SignUpGenius.

In closing, I would like to say that the opinions expressed here were strictly those of the person who gave them. Take what you liked and leave the rest.

The things you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind.

A few special words to those of you who haven't been with us long: Whatever your problems, there are those among us who have had them, too. If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened.

We aren't perfect. The welcome we give you may not show the warmth we have in our hearts for you. After a while, you'll discover that though you may not like all of us, you'll love us in a very special way—the same way we already love you.

Talk to each other, reason things out with someone else, but let there be no gossip or criticism of one another. Instead, let the understanding, love, and peace of the program grow in you one day at a time.

**We will now close with the Serenity Prayer & the AI-Anon Declaration:****[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.*

**[AI-Anon/Alateen Declaration]**

*When anyone, anywhere, reaches out for help, let the hand of AI-Anon and Alateen always be there and let it begin with me.*