



CHAT SERVICE DOCUMENT ANY-LENGTHS GROUP OF ALCOHOLICS ANONYMOUS

Thank You For Your Service!

Bookmark the URL for this file or keep a copy of it on the device you use for service so it is always available for the meeting(s) you support. Then, following along as the chair reads through the script, cut and paste each post at the noted time' here and in the meeting script.

BOLD text is shared.

BLUE text is instructions.

RED text is a shared text that changes.

The **Green superscript** text indicates the meeting script point for sharing messages.

Posting Tips:

Post timely group messages and announcements between participants' shares.

Do not post while the screen sharer is sharing.

Focus chat posts on what needs to be shared rather than conversations or individuals. When a chat share requires multiple posts, split the post at the end of sentences or paragraphs, not mid-phrase.

For Tech host letting people in

Per our group conscience, we ask that you have your camera on when you enter the room. You can turn it off after we see you.

CHAT SHARES

^{S1} Once the meeting has been opened click on three (3) vertical dots at the bottom of the chat sidebar or pop out to change the Chat setting to '**Host and co-hosts**' and then post:

- **Chat: Our Group decided to limit the use of Chat during the sharing part of our meetings to the daily service teams. You can use it to reach them if needed. Full chat is re-enabled in the closing minutes of the meeting for exchanging contact info, announcements, sentiments, etc.**

^{S2} When the Chairperson asks if there are any Milestones or Birthdays post:

- **Celebrate your A.A. milestones and birthdays with us! Go to:**
<http://any-lengths.com/birthdays>
- **There are no dues or fees for participating or membership, but we do have expenses! Help support our A.A. group through our 7th Tradition Contributions via Zelle or PayPal and addressed to anylengths.treasurer@gmail.com. further information at <https://any-lengths.com/contribute/>**

The following 'boxed chat shares' are all indicated by ⁵³ in the chat documents.

TWELVE STEPS AND TWELVE TRADITIONS: SUNDAY

Once the reading has concluded, post the Step and Chapter contents description of the chapter read that day.

[EXAMPLE]

Step Eight 77 "Made a list of all persons we had harmed, and became willing to make amends to them all." This and the next two Steps are concerned with personal relations. Learning to live with others is a fascinating adventure. Obstacles: reluctance to forgive; nonadmission of wrongs to others; purposeful forgetting. Necessity of exhaustive survey of past. Deepening insight results from thoroughness. Kinds of harm done to others. Avoiding extreme judgments. Taking the objective view. Step Eight is the beginning of the end of isolation.

The Last Sunday of the Month the Tradition for that month is read. It can be useful to share the long form of the tradition before the chapter's contents.

[EXAMPLE]

Tradition Eight 166 "Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers." You can't mix the Twelfth Step and money. Line of cleavage between voluntary Twelfth Step work and paid-for services. A.A. could not function without full-time service workers. Professional workers are not professional A.A.'s. Relation of A.A. to industry, education, etc. Twelfth Step work is never paid for, but those who labor in service for us are worthy of their hire.

Tradition Eight Long Form

Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we may otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. "12th Step" work is never to be paid for.

DAILY REFLECTION: Monday and Friday

Copy from that day's daily reflection reading found at <https://www.aa.org/daily-reflections>, then post as the chairperson asks for topic ideas.

EXAMPLE

"GETTING WELL

August 18

Very deep, sometimes quite forgotten, damaging emotional conflicts persist below the level of consciousness.

TWELVE STEPS AND TWELVE TRADITIONS, pp. 79-80

Only through positive action can I remove the remains of guilt and shame brought on by alcohol. Throughout my misadventures when I drank, my friends would say, "Why are you doing this? You're only hurting yourself." Little did I know how true were those words.

Although I harmed others, some of my behavior caused grave wounds to my soul. Step Eight provides me with a way of forgiving myself. I alleviate much of the hidden damage when I make my list of those I have hurt. In making amends, I free myself of burdens, thus contributing to my healing."

Topic Suggestions:

Step one (1) We admitted we were powerless over alcohol — that our lives had become unmanageable.

This month's step 8. Made a list of all persons we had harmed, and became willing to make amends to them all.

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Any Suggested Topic

Or, your solutions in sobriety today

As BILL SEES IT: TUESDAYS

Once the reading has concluded, post the reading before they offer their own experience, strength, and hope.

[EXAMPLE]

AS BILL SEES IT: #6 All or Nothing?

Acceptance and faith are capable of producing 100 per cent sobriety. In fact, they usually do; and they must, else we could have no life at all. But the moment we carry these attitudes into our emotional problems, we find that only relative results are possible. Nobody can, for example, become completely free from fear, anger, and pride.

Hence, in this life we shall attain nothing like perfect humility and love. So we shall have to settle, respecting most of our problems, for a very gradual progress, punctuated sometimes by heavy setbacks. Our old-time attitude of "all or nothing" will have to be abandoned. GRAPEVINE, MARCH 1962

STEPS 1, 2, AND 3: Wednesday

Post before the floor is open for general sharing. Usually followed by the 'sharing' post, so prepare that after posting this:

Steps 1, 2, and 3:

- 1. We admitted we were powerless over alcohol — that our lives had become unmanageable.**
- 2. Came to believe that a Power greater than ourselves could restore us to sanity. 3. Made a decision to turn our will and our lives over to the care of God as we understood Him.**

Suggestions for sharing:

What these three (3) steps meant when we came into the program

Our experience with these three (3) steps

What these three (3) steps mean to us now

The chairperson may occasionally request that the third (3rd) Step Promises and Prayer be posted. [These are by request only](#). And it is up to the chat host to determine when best to share.

3rd Step Promises: "When we sincerely took such a position, all sorts of remarkable things followed. We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing we became less and less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn."

3rd Step Prayer: "God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!"

S4 Post as the chairperson opens the floor for sharing; and at various points throughout the sharing part of the meeting:

👏 **For sharing, the chairperson may call on people randomly; anyone not wishing to share is free to pass. However, if you wish to or need to share, click "Raise Hand" (under 'Reactions' [PC] or 'More' [tablet/phone]). Raised hands will be selected in the order our chairperson determines.**

S5 Post as the chairperson begins reading the announcements:

- **Participate in Any-Lengths service! Access the roster, meeting information, A.A. literature, daily readings, and more:**
 - web: <https://any-lengths.com/>
 - email: service@any-lengths.com
- **The 7th tradition states that every group ought to be self supporting, declining outside contributions. And it makes it possible to pay for expenses, such as our website, zoom, and other important features our group provides. 7th Tradition Contributions via Zelle or PayPal and addressed to anylengths.treasurer@gmail.com. further information at <https://any-lengths.com/contribute/>**
- **Celebrate your A.A. milestones and birthdays with us! Go to: <http://any-lengths.com/birthdays>**
- **Business Meeting: Submit agenda items five (5) days before, the last Saturday of the month, 15 minutes after the daily meeting. All members can participate. <http://any-lengths.com/business/>**
- **Questions or issues? Email us: attendance@any-lengths.com**
- **Need proof you attended today's meeting? - A.A. observers, students, and anyone directed to A.A. by legal officials may use our online request form: <http://any-lengths.com/poa>**
- **Daily Meeting: Every day at 12:00 noon Pacific Time, Zoom meeting room ID 166 876 977**
- **There is an informal Womens meeting in the Serenity room and an informal Mens meeting in the Acceptance room, both Thursdays at 5pm Pacific**

When there are announcements from the business meeting, available from the main page of the website:

Other announcements:

EXAMPLE

A new service roster is now open for members to sign up for daily service.

Once all posts are made, change the chat setting to "**Everyone and anyone directly**" and post:

Chat is open.