

PACIFIC UNITARIAN'S FORMAT

Welcome to the 7/12 meeting. I am _____ and I am leading the meeting today.

Chalice lighting - As someone lights the chalice, the leader reads an inspirational reading he or she has selected for the meeting.

Preamble (Leader reads aloud)

The 7/12 Connection is a fellowship of men and women who share our experience, strength and hope with each other that we may solve our common problems and help others to recover from addiction to substances and compulsive behaviors. We believe that addiction and compulsive behaviors involve and affect the entire family and that changed attitudes can aid recovery. Our primary purpose is to help ourselves and our families transform from cultures of misuse, misunderstanding and/or abuse into cultures of healing, wholeness, and health. We do this by practicing the 12 Steps and 7 Principles and by welcoming and giving comfort to all those affected by addiction. We do not wish to engage in any controversy; we neither endorse nor oppose any causes. We are a group established by the Addictions & Recovery Ministry of _____ Church, a Unitarian Universalist community. We welcome, support, and celebrate all who join us in furthering our primary purpose, members and non-members alike.

Check-in and introductions - We will now introduce ourselves and have a short check in. Why are we here today? One to three minutes per person, with no cross-talk.

Conduct during the meeting (Leader reads the following aloud)

In conducting this group, it is our desire to create a safe place for all. To that end, we respect and affirm anonymity. Therefore, who is here at the meeting and what is said here stays here. We do not engage in cross-talk during the meeting, do not give advice and make no judgments on others' sharing. It is also very important that everyone gets a chance to share, so please be conscious of the amount of time you are taking so we can accomplish this goal. Of course, if there are only a few people attending, there is more time for each person to share. Because this is a new meeting format, we will evaluate the meeting on a quarterly basis (the first meeting in the months of January, April, July and October) to decide if we want or need to make changes.

The Lead

The leader for the meeting selects a topic related to a step (whichever version he or she prefers), tradition, principle, or source, and shares his or her experience, strength and hope on that topic, i.e., how to deal with life on life's terms. 10 min.

Sharing

Leader determines the method of sharing. (For example, leader can choose who will share, simply open it up for sharing, or select a method of sharing [e.g., going around the circle, etc.].) 5 minutes each. No cross-talk.

Conclusion (Read the following aloud)

Please remember that who you saw here and what was said here, stays here. After a moment of silence for those who are still suffering due to addiction, will you join me in the

Group's closing followed by the Serenity Prayer.

Group's Closing:

This group is dedicated to the proposition that behind all our differences and beneath all our diversity there is a unity which makes us one and binds us forever together in spite of time and death and the space between the stars. We pause in silent witness to that Unity.

Serenity Prayer.

[God], grant me the serenity
To accept the things I cannot change;
The courage to change the things that I can;
And the wisdom to know the difference.