

*(Please read slowly, calmly and loud enough for all to hear.)*

## **AA Position of Neutrality - Meeting Introduction**

We are going to get started.

Let's take a moment to pause & get calm by taking a few slow breaths. We found that pausing interrupts our thoughts and focusing on our breathing settles our emotions. (Take 30 sec.)

I asked someone to read the preamble. (Wait for preamble to be read.)

Welcome to Position of Neutrality. The name is taken from A.A.'s description of recovered alcoholics on page 85 of the Big Book which says: *"We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us..."*

If anyone is new to A.A. we would want to offer you this pamphlet (hold it up) titled "This is A.A. – An Introduction to the A.A. Recovery Program."

In it anyone can learn about what A.A. is and what it does- and most importantly how to stay sober one day at a time with the A.A. 24 hour plan. The 12 steps and 12 traditions are in it too.

This meeting has 3 sections. In each section we present a topic based on our experience with A.A. literature and then open it up for sharing.

Sharing is important because we each keep what we share and describe. You can share in any or all of the sections.

Someone has the first topic titled **Pause & Get Calm.**

*(Please read slowly, calmly and loud enough for all to hear.)*

## **Pause & Get Calm**

As we face our day, it's normal to become angry, frustrated or upset- especially when we find people or situations unacceptable to us. Strong emotions can cause us to think and act in ways which are destructive and we may find ourselves drunk. In A.A. we find ways to quiet our emotions.

Today, when we find ourselves angry or upset we can find relief if we **pause & get calm**.

By pausing we mean stop... take a moment... take a breath. Anyone can use their breathing to calm themselves down.

Our breathing is a good choice because it's always available- so we won't build a dependency on people, places, things or alcohol to quiet our emotions. When calm, our heads clear and we are in less danger of acting out on negative thoughts or emotions.

As we **pause & get calm** throughout our day we react less and start responding better. We become more aware of ourselves and the world around us. We find serenity and the power to face life sober.

Again, when agitated or doubtful we simply **pause & get calm**... take a breath... awaken to the present. Before long it becomes a prescription for peace.

The meeting is open for 20 minutes for sharing about your experiences with pausing to quiet your emotions and finding the serenity to maintain your spiritual condition. The timer is set for 3 minutes. If it beeps please try to wrap up your share in the next minute. Who is inspired to share first?

*(Please read slowly, calmly and loud enough for all to hear.)*

## **Recognizing Our Spirit & The A.A. 24 Hour Plan**

When it comes to staying sober, nothing is simpler, easier or more effective than the **A.A. 24 Hour Plan**. We try to stay sober just for today. If we feel the urge for a drink we put off taking that particular drink until *tomorrow*. This interrupts the urge and it passes.

After setting aside alcohol for today, A.A. suggests we start to live from our spirit. The spirit is the part of us called consciousness or awareness. In our spirit we can find the ease, comfort and courage that alcohol used to bring.

A simple way to get a feel for what it's like to be a spirit is to pause and quiet your emotions by focusing on your breathing. Being spiritual feels like being calm, clear headed and quietly aware.

As we grow spiritually we can observe life instead of being pushed around by it. This inner place of awareness feels safe and separate from our thoughts, emotions and personal circumstances. It's a place of serenity, power and poise.

As we **pause & get calm** throughout our day we feel more serene and in tune with our spiritual selves. With practice we begin to receive guidance and inspiration from an Unsuspected Inner Resource. Our life takes on new meaning and purpose. We lose our dependency on people, places, things and alcohol.

The meeting is open for 15 minutes for sharing about the **A.A. 24 hour plan** or **describing what it's like to be spiritual**, so we may all become more familiar with A.A.'s spiritual solution.

If you already shared in the 1<sup>st</sup> section you can still share in this one, but be mindful that someone who hasn't shared yet may want to. The timer is set for 3 minutes. If it beeps please try to wrap up your share in the following minute.

Who would like to share?

*(Please read slowly, calmly and loud enough for all to hear.)*

## **Pointing Our Imagination**

With the **A.A. 24 Hour Plan**, we can stay sober today by putting the drink off until tomorrow.

As we face our day sober we interact with people, places and things. We may become emotionally disturbed or indecisive. If we **pause & get calm** we rise above our emotions and move into our spirit. From this position of neutrality we are free to **point our imagination** to bettering our lives.

*A.A. states "...perhaps our trouble was our inability to point imagination toward the right objectives. All sound achievement rests on constructive imagination. No one can build a house until they first envision a plan for it..." 12 & 12 page 97.*

When we **pause & get calm** we become neutral and aware. From here, we are free to **point our imagination** to better thoughts and actions. Then, power begins to flow toward the things that matter most to us.

As we imagine and feel the good things we hope for we provide a wholehearted prayer that acts as a blueprint for new experiences.

The stories we imagine and feel on faith will come to pass... or they will unfold as something even better. It works, it really does.

The past no longer defines us. Present disturbances no longer prevent us from re-creating our lives. So imagine something good... feel it as if it were happening... then let go and let God.

The meeting is open for sharing about pausing & getting calm, recognizing your spirit and pointing your imagination to re-create your life. The timer is set for 3 minutes. The meeting is open. Who will share first?