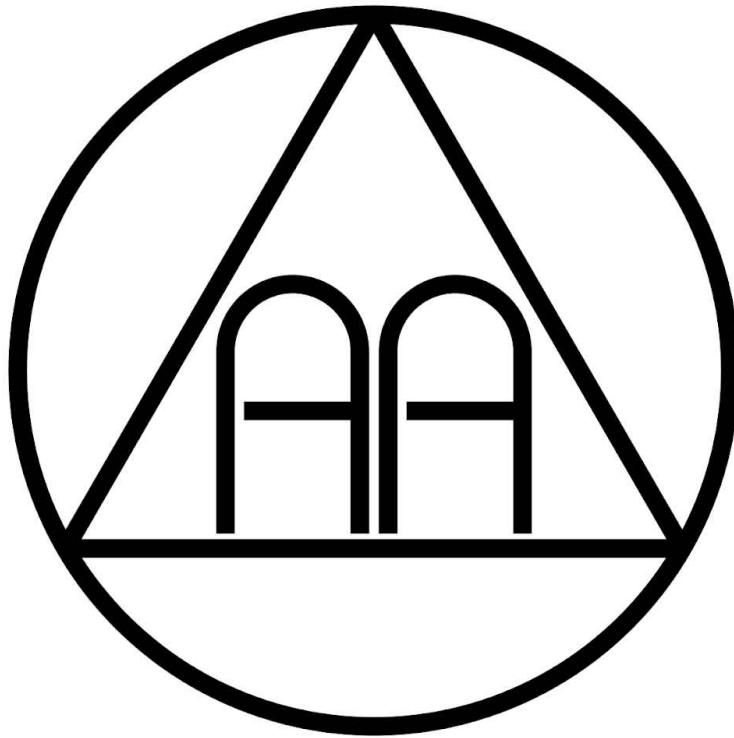


South Bay Hospitals and Institutions Panel Format



One Alcoholic Carrying the message to another.

Our Vision

The sole mission of the South Bay Hospitals and Institutions committee is to carry the message of Alcoholics Anonymous to persons confined in any facility, government or private, where there are alcoholics. All A.A. panel meetings of this Committee are to be conducted at the invitation of each facility.

This Committee takes meetings into rehab and other facilities established to help people to recover from alcoholism. If you would like to help “carry the message” of recovery through the twelve steps of A.A. by chairing a regular institution meeting, please come join us or reach out to learn more.

Note: H & I Committee Volunteers must have at least 1 year of continuous sobriety. However, all members of AA are welcome to join us at our monthly committee meeting. Meeting details are on the Home page.

South Bay Hospitals and Institutions Panel Format Material and Information

**Thank you for being of service and carrying the AA
message!**

South Bay H&I Meeting 2nd Tuesday of the month |
6:30pm Newcomer Orientation | 7:00pm Business Meeting
South Bay Alano Club 702 11th Place, Hermosa Beach
southbayhandi.com

****Panel Leaders must attend at least four business meetings per year****

Contributions/Donations Please Send to:

South Bay Hospitals and Institutions
PO Box 463 Hermosa Beach, CA 90254

Panel Format Suggestions

Thank you for committing your time to be of service with Alcoholics Anonymous' South Bay Hospitals and Institutions program. You have accepted a great responsibility to carry our message of recovery to the Alcoholic that still suffers.

The only rule that we have is to keep in mind is that our primary purpose is to carry the message of Alcoholics Anonymous. We represent an AA Panel as requested by the facility; therefore, we should conduct ourselves as such. We offer no opinion or recovery solutions for other outside issues.

The panels that we service do not have set formats. The style and tone of the meeting is to be established by the panel leader (and the facility if applicable).

Some meeting styles suggestions are (but not limited to):

Speaker meeting: invite 2 - 4 people to share their experience, strength, and hope with Alcoholism and recovery.

Book Study: read from the Big Book or the 12 & 12, then have speakers share their experience.

Participation meeting: Have speakers share and allow for the residents to share or ask questions as related to the topic.

Any combination of the above or other similar ideas

Some suggested opening readings:

- Preamble of Alcoholics Anonymous
- More about Alcoholism: Chapter 3, pgs. 30-31 of the Big Book
- How it works: Chapter 5, pgs. 58-60 of the Big Book

Some suggested closing readings:

- A Vision for You: Page 164 of the Big Book
- The Promises: pgs. 83-84 of the Big Book

Other Suggestions:

Please keep the meeting focused on recovery.
Get a variety of speakers.

Do not have shares that are merely "Drunk-a-logs".
Remember that you represent AA as a whole.

If you need a speaker...

Come to our monthly business meeting where you will meet other people looking to join H&I!

Suggested (Optional) Meeting Format

Hi, my name is _____ and I'm an alcoholic.

Welcome to the (_____)

Before we begin, let's have a moment of silence followed by the Serenity Prayer.

Read the Preamble:

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Let's go around the room and introduce ourselves, starting on my right.

I have asked (or am going to ask _____) to read a portion of chapter 3.

I have asked (or am going to ask _____) to read a portion of chapter 5.

Note to Leader: Share for 3 to 5 minutes, then introduce various panel members to share their stories.

Note to Leader: When sharing is concluded, floor may be opened for questions, or a discussion using a topic, a Grapevine article, etc.

While AA has the 12 steps, it also has 12 Traditions, which are read as reminders at every meeting. I've asked _____ to read the Twelve Traditions.

A Vision for You, or the Promises may be read before closing.

After a moment of silence for the alcoholic who still suffers, will please lead us in a closing prayer.

Preamble: What is Alcoholics Anonymous?

Alcoholics Anonymous is also a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership in the Alcoholics Anonymous Fellowship is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions.

AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

More About Alcoholism

(From Chapter 3 pgs. 30-31 of the Big Book of Alcoholics Anonymous)

Most of us have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.

We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed.

We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic ever recovers control. All of us felt at times that we were regaining control, but such intervals usually brief were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced to a man that alcoholics of our type are in the grip of a progressive illness. Over any considerable period we get worse, never better.

We are like men who have lost their legs; they never grow new ones. Neither does there appear to be any kind of treatment which will make alcoholics of our kind like other men. We have tried every imaginable remedy. In some instances, there has been brief recovery, followed always by a still worse relapse. Physicians who are familiar with alcoholism agree there is no such thing as making a normal drinker out of an alcoholic. Science may one day accomplish this, but it hasn't done so yet.

Despite all we can say, many who are real alcoholics are not going to believe they are in that class. By every form of self-deception and experimentation, they will try to prove themselves exceptions to the rule, therefore nonalcoholic. If anyone who is showing inability to control his drinking can do the right-about-face and drink like a gentleman, our hats are off to him. Heaven knows, we have tried hard enough and long enough to drink like other people!

Here are some of the methods we have tried: Drinking beer only, limiting the number of drinks, never drinking alone, never drinking in the morning, drinking only at home, never having it in the house, never drinking during business hours, drinking only at parties, switching from scotch to brandy, drinking only natural wines, agreeing to resign if ever drunk on the job, taking a trip, not taking a trip, swearing off forever (with and without a solemn oath), taking more physical exercise, reading inspirational books, going to health farms and sanitariums, accepting voluntary commitment to asylums we could increase the list ad infinitum.

The Promises

(From pages 83 - 84 of the Big Book of Alcoholics Anonymous)

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

A Vision For You

(From page 164 of the Big Book of Alcoholics Anonymous)

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us.—We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you—until then.