

Canyon Ranch Lenox Open 12-Step Meeting Format

Updated as of September 24, 2022

Please read the following to yourself, prior to 5PM:

Before the Meeting:

1. Please have a well-chosen topic, reading selection, story, or step, in mind. (Helpful materials in Moderators' basket.)
2. Please make sure that the room is properly set up with the serenity prayer laminates, "Recovery to Go cards," and the phone lists on the table. Be sure our "Welcome" sign is in place on the front of door. This is important because it lets guests know that they are invited to enter at any time.
3. Look in red folder for any recent changes/notices.
4. Greet people as they arrive.
5. Hand welcome chips to all 1st time attendees and returning guests who have not yet received one.

During the Meeting:

1. Have the meeting start and end on time.
2. **Important:** Discourage "cross talk," which is commenting directly to or giving advice to another person, or using the "you" pronoun rather than the "I" pronoun. Gently interrupt cross talk with an explanation that we are modeling traditional meeting protocol for newcomers and that there will be time for conversation after the meeting or at dinner. There are Crosstalk tent cards for you to place on the table if you feel it's necessary
3. Anything in *italics* or [brackets] in the format is an instruction to you, and should not be read aloud!]

After the Meeting:

1. Encourage Stockbridge Table participation (Captain's Table in Dining Room or Café.)
2. Make sure all newcomers receive handout.
3. Provide literature to newcomers, as appropriate.
4. Please use your discretion in handing out Big Books.
5. Please collect any stray comment cards and put on bottom shelf in cabinet.
6. Note attendance in calendar in red folder

Thank you for your service! Canyon Ranch and all those who visit these rooms appreciate it!

Welcome to the Canyon Ranch Open 12-Step meeting; all are welcome. My name is _____, and I am a(n) _____. I'm not a Canyon Ranch employee. I belong to a 12-step fellowship. Meetings are led every night at 5 PM.

Before we begin the actual 12-Step Meeting, we introduce ourselves **BRIEFLY** by going around the room and sharing a little about ourselves such as where we're from, how long we'll be at the Ranch, and why we're at this meeting. We encourage newcomer participation, but please feel free to pass.

We're here to share our experience, strength, and hope based on the 12 Steps so that others may find recovery. We are not here to give advice. We discourage cross-talk. If you have any questions, I'll be available after the meeting.

As in all 12-step programs, what is said here is confidential and we trust that each of us will respect the anonymity of the others. So that we can keep our attention on the meeting, we ask that you silence and put away all phones and electronic devices.

[Let people see you put your phone away.]

[Set the tone with your VERY BRIEF intro & then go around the room. Thank each person and welcome them.]

This is the Alcoholics Anonymous preamble. There are more than forty different 12-Step fellowships and each will have different introductions but the general concepts are universal.

“Alcoholics Anonymous is a fellowship of people 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 A.A. membership; we are self-supporting through our own contributions. A.A. 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 achieve sobriety.”

[Hold up “How It Works]

This is an excerpt from the Big Book (Alcoholics Anonymous.) please read a few paragraphs and pass it. If you don't care to read, just pass it.

[Pass around "How it Works" Thank people for reading.]

[The meeting is "Dealer's Choice. Use your discretion based on who is in the room. Below are some suggestions. You can use any material in the basket for topic ideas.]

Tonight...

- our topic is...
- we'll pick a topic. Does anyone here have a topic they would like to suggest.
- we'll read a meditation,
- _____ will share a brief story
- we'll read a step from (any fellowship)

...and then share.

Please remember to pace your sharing so everyone has an opportunity to participate.

[If everyone finishes early, you may start another topic, read a meditation, etc.]

[After the group shares, ask someone to read THE PROMISES (separate laminated sheet.)

Thank them for reading and continue after The Promises have been read]

Please remember to keep confidentiality. Who you see and what you hear here stays here.

We have a chip system in the 12-step program [**hold up box**] that reminds us that we're gambling with our lives. We use these chips to count our time in recovery and have chips to notate specific passages of recovery time. Is anyone celebrating 30 days? 60? 90? 1 year? Any multiple years?

We also have a special chip called a newcomer chip. Would anyone like to receive a newcomer chip to mark the start of an honest desire to stop using or to mark the beginning of your personal recovery?

The group has a library of literature including the AA Big Book for your use while at the Ranch. It can be found in the Library, adjacent to the dining room, on a shelf just to the right of the

entrance. In this room we have a variety of pamphlets and newcomers' packets from many 12-step fellowships. Please ask me if you would be interested in any of those.

We have a list of phone numbers if you would like to speak to a member of a 12-step fellowship who has been to this Ranch meeting. We also have a 12-Step Zoom meeting every evening at *5PM Mountain Standard Time [7PM Eastern standard time/8PM Eastern daylight-saving time]* live from the Mesquite Room at Canyon Ranch in Tucson. The information is on the phone list. **[Point to them on the table]**

There is a meeting every day at 5 in this room.

We have an unofficial website, 5pmmeeting.com, that will keep you up to date on everything recovery related that is happening at both Ranch locations. There is a card on the table with the web address. **[Point to "Ranch Recovery To Go cards.]**

We hope you will fill out the "How Did We Do?" form to provide feedback for this 12 Step meeting. **[hold up the slip]** Your input is greatly appreciated and important to our being able to continue to have these meetings. Please leave the completed forms in the

basket on the credenza. **[collect them afterwards and put them on the clipboard inside the cabinet on the top shelf]**

And please note, individual opinions expressed here are not, necessarily, those of A.A. or any other 12 step program as a whole.

For anyone who cares to, please join us for dinner. We have a Captain's Table reserved in the Dining Room (or Café) under the name "Stockbridge Table." We'll be going there now. Please let me know if you will be joining us so I can make sure we can accommodate all who would like to join us. If you arrive after we have been seated, simply ask the host or hostess for the "Stockbridge Table" and they will seat you with us. **[If anyone asks, non-program friends and relatives in their party are welcome.]**

Would all who care to, please join me in the closing prayer.

We use the "We " version of the serenity prayer

[PLEASE BE SURE TO NOTE THE ATTENDANCE ON THE SHEET IN THE BACK OF THE BOOK!]

[THANK YOU! THANK YOU! THANK YOU!]