

## **Script for the SAA Morning Meditation meeting**

Welcome to the SAA daily meditation meeting. In this short morning meeting, we reflect on today's reading from Answers in the Heart. During the first time around the room, we reflect only about how today's reading relates to ourselves, our lives and our recovery.

We will have an opportunity for a general check in, should there be any time remaining.

This meeting is held in memory of our friend and fellow, Eddie.

Let's begin with a moment of silence, to remember why we're here and to think about the still suffering addict.

(Ask for a volunteer to read today's reading)

Please may I have a volunteer to read today's reading?

Thank you, the meeting is open for reflections.

(To late joiners: Welcome, someone else has just joined, would you be good enough to introduce yourself)

Thank you, as everyone has reflected on the reading, I'll open up the remaining time for General Sharing.

(Friday of the week):

This is my last day as secretary this week. The tradition here is to rotate the secretary each week; may I have a volunteer to be secretary for the next seven mornings, please?

(Dismissal)

Thank you everyone for your shares, let's close by praying together the third 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. Amen.

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