

## *Pan Fellowship Skype Saturday*

Good day, and welcome to one of three **“Pan Fellowship’s – Pan Skype Saturday meeting”**. My name is \_\_\_\_ and I’m a member of a 12 Step Fellowship.

May we have a **moment silence** to remember why we are here and for all of those in and out of 12 Step Programmes that are still suffering?

Read the **Opening Prayer.**

Read the **Pan Fellowship Preamble.**

**Announce;** Remember to mute your microphones when you are not sharing you will find the mute in the Call menu.

This is a **Pan-Fellowship Meeting**, which means that it is **open to all 12 Step Fellowships**. For that reason, AS A GROUP we cannot and do not identify ourselves with any one of those programmes exclusively. In the spirit of this it is our tradition to identify ourselves as, **“A Member of a 12 Step Fellowship, I am Cross-addicted,”** or something similar. This does NOT mean that we cannot mention our addictions at any time; it just means that since we belong to many different fellowships it is important NOT to focus on our addiction but on what we are doing about your addiction. We all can identify with the solution. Though we each may belong to different fellowships, we all use the 12 Steps of AA, and we recognise that there is really only one Twelve Step Programme with many different focuses.

Read the **12 Steps**

All of our Pan meetings are based on the **Spiritual Axiom** written in AAs’ book, **Twelve Steps and Twelve Traditions** where it says, **“... every time we are disturbed, no matter what the cause, there is something wrong with us.”** In this particular meeting we talk about the solution and how we relieve our disturbances.

Our meeting is: one hour in length, with our speaker sharing for **10 to 15 minutes on his/her experience of what life is or was like before working the Steps and what it is like when they work the Steps**. While the Speaker is sharing or any time during the meeting if anyone who would like to share can type a message to the Secretary at the

bottom of your screen, after which he/she will choose who speaks and they will share based on the speakers chair and the recovery process.

I've asked \_\_\_\_\_ to read **Speakers Choice from Step \_\_\_\_\_ (read the actual Step) of Deep Soul Cleansing** which is a study of AA's literature and experience. (approx. 2 pages)

Now please welcome \_\_\_\_\_ who's come to share his/her experience and understanding of how the Steps changed their life \_\_\_\_\_ .

Thank You \_\_\_\_\_ (START SHARING) About Sharing. Once the meeting is larger than 12 or so a timer will sound at 3 minutes; can we have a volunteer to handle the timer? Thank you\_\_\_\_\_, come in and share with \_\_\_\_\_ on your experience of working or not working the program.

(Close at 5 min. before the end)—Thank you, that's all we have time for today. Has the treasurer received enough to cover our expenses? *If not? We pass the basket again.* Greyed area does NOT Apply until expenses arrive. Thank you, ALL for a wonderful meeting today.

**Closing:** Are there any announcements? If anyone would like to assist in any way to keep this meeting going well, let us know and we will find a way for you to help.

If you **are** new to this group and wonder what we are all about our **Newcomers Rep is: \_\_\_\_\_.**

Finally, **thank you** for making this meeting possible.

### CLOSING STATEMENT

***"The opinions expressed here today are strictly those of the individuals who gave them. The things you have heard here are spoken in confidence and should be treated as confidential. We do not take outside the meetings what we hear and who we see at the meeting.***

***If you'll try to absorb what you have heard, you are bound to gain a better understanding of the way to handle your problems.***

***Talk to each other, reason things out with someone else; let there be no gossip or criticism of one another, but only Love, Understanding and Companionship."***

I turn the meeting back to \_\_\_\_\_ to close with the **Serenity Prayer**. We stand and hold hands.