



RitL Online Fellowship Meeting Format

Updated 8/11/17

Logistics:

Skype RecoveryintheLifestyle

When: Monday: 8 PM ET and Wednesday: 8 PM ET

Prior to the start of the call:

- The secretary asks for volunteers for the readings, assisting people by helping them access the Online Fellowship Meeting format on the RitL website – recoveryinthelifestyle.org
- If any of the readings go unclaimed, the secretary reads.

Meeting Text:

Welcome to the Online Fellowship meeting of Recovery in the Lifestyle. Recovery in the Lifestyle is a fellowship for people who are seeking recovery and our friends who support us. Our fellowship has been formed to bring people in the lifestyle together to share openly in their recovery.

Online Fellowship meetings are recommended only as an addition to your primary recovery program. It is suggested that your primary program include regular attendance at face-to-face meetings when possible and 12 Step work with a sponsor.

We ask everyone to mute their connection when they are not speaking to eliminate background noises that could distract from the call.

Please join me in a moment of silence followed by the Higher Power version of the Serenity Prayer. Feel free to use your preferred form of address to your higher power or none if that is your preference.

Serenity Prayer:

Higher Power, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

- _____ will read the Preamble.

Preamble:

Recovery in the Lifestyle is a fellowship of people who share their experience, strength and hope with each other, that they may solve their common problems and help others recover in the lifestyle.

The only requirement for membership is a desire to be in recovery. There are no dues or fees for membership; we are self-supporting through our own contributions. Recovery in the Lifestyle 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 in recovery and help others in the lifestyle to achieve it.

- _____ will read the 12 Steps.

The Twelve Steps of Recovery in the Lifestyle

1. We admitted we were powerless in our addictions - that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of that Power as we understood it.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to that Power, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have that Power remove all these defects of character.
7. Humbly asked that Power to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with that Power, as we understood it, praying only for knowledge of its will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to those in recovery, and practice these principles in all our affairs.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles

we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the addict, the chapter to the agnostic and our personal adventures before and after starting recovery make clear three pertinent ideas:

1. That we were addicts and could not manage our own lives.
2. That probably no human power could have relieved our addiction.
3. That our Higher Power could and would if That Power were sought.

The meeting leader will read the Tradition of the month.

The Twelve Traditions of Recovery in the Lifestyle

1. Our common welfare should come first; personal recovery depends upon Recovery in the Lifestyle unity.
2. For our group purpose there is but one ultimate authority - a loving Higher Power as it may express itself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to be in Recovery in the Lifestyle.
4. Each group should be autonomous except in matters affecting other groups or Recovery as a whole.
5. Each group has but one primary purpose - to carry its message to those who still suffer.
6. Our Recovery group ought never endorse, finance, or lend the Recovery name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every Recovery group ought to be fully self-supporting, declining outside contributions.
8. Recovery groups should remain forever nonprofessional, but our service centers may employ special workers.
9. Recovery groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Recovery in the Lifestyle has no opinion on outside issues; hence the Recovery name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Introductions:

We ask that all attendees who care to introduce themselves, indicating their primary recovery program and lifestyle affiliation.

Meeting Topic:

Does anyone have a topic or suggestion for discussion?

If no one has any suggestions, read a meditation or bring up a topic of your own. Angel Cards, ODATs and other recovery resources can also be used.

Announcements:

At the end of meeting, the leader asks if there are any Recovery related announcements.

We reminder everyone that our Online Fellowship meetings happen twice a week, on Mondays and Wednesdays.

Closing:

Thank you so much for coming, there could be no meeting if you weren't here.
Please remember that anonymity, like Recovery, is a treasured possession.
Whom you see here, What you hear here, When you leave here, Let it stay here.

Please join me in a moment of silence for anyone who suffers from any addiction, anywhere in the world, both in and out of the rooms of Recovery

Let us join together in the We version of the Serenity Prayer. Feel free to use your preferred form of address to your higher power or none if that is your preference.

We Version of the Serenity Prayer

Higher Power, Grant us the serenity to accept the things we cannot change,
the courage to change the things we can,
and the wisdom to know the difference.

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