



RitL Online Fellowship Meeting Format

Updated 06/13/18

based on updates made 04/23/18

Logistics:

- Discord Server Link: <https://discord.gg/kXwW3cZ>
- Discord Admins: @Emil's Little Beast and @Emil
- Meeting Admin: @myjourneymylife

Meeting Schedule:

- Open Meeting: Monday: 8 PM ET and Wednesday: 8 PM ET
- Closed Woman's Meeting: Sunday 3 PM ET

General Info:

- The Discord general chat is always open for anyone in need outside of regular meeting times. It's a great way to keep in touch, there is almost always someone on 24/7 and we've been known to open impromptu meetings when there is a need.

Official Discord Guidelines

- Our primary purpose includes keeping our Discord community welcoming and safe for all members and we do this by ensuring that everything is consensual.
- If you would like to message another member privately, it is our group conscience that you must first message them on the general chat and ask permission to do so.
 - During meetings the group chat is limited to short and sweet messages. Such as: asking to share, nodding, use of emojis etc. This is to limit the amount of cross talk while still maintaining the connection and fellowship we have all come to love.
 - Discussions in this fellowship are limited to sharing our experience, strength and hope relating to recovery and the lifestyle. This is a place where we can share the truest parts of ourselves, but please remember that this is also a recovery community.
 - Seeing as our membership is growing so quickly, we have instituted a new service commitment. We now have two new community liaisons, one male and one female. If you have any questions or issues feel free to message them privately. This will be a rotating commitment, so get ready to sign up people! A liaison must be nominated with a second and then voted on at the following business meeting.
 - It is not permissible to impair another member's ability to participate fully and repeated incidents will trigger a ban. Examples of an incident are: private

messaging without first requesting to do so on the general chat, making comments that make another member feel uncomfortable, etc.

- We are instituting a three strike policy to this effect.
 - The first strike gets a spoken warning from our community liaisons.
 - The second strike is a warning directly from our admins.
 - The third strike results in being banned from the group.
 - Admins reserve the right, depending on the severity of the incident, to institute an immediate ban.

Meeting Formats:

- The first week of every month is our Step meeting.
 - The topic is the Step for the corresponding month.
 - Readings from all 12 programs are welcome including AA, NA, OA, Woman's Way through the 12 Steps, Gentle Path through the 12 Steps and anything else that members want to read.
 - Each participant is asked to read 5 minutes from their favorite recovery literature and then share about it. All literature is welcome. It will be the first meeting of the month, whichever day that happens to fall on.
- The 3rd week of every month is our Speaker meeting.
 - The format is a 10 to 15 minute share - what it was like, what happened and what it is like now.
- All other weeks
 - Are general discussion meetings with topics brought forward by the members attending or the meeting leader.

Prior to the start of the call:

- The meeting leader asks for volunteers to lead the meeting and read the readings, assisting those who need assistance by helping them access the Online Fellowship Meeting format at ritl.org
- If any of the readings go unclaimed, the meeting leader reads them.

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.

Please join me in a moment of silence followed by the Serenity Affirmation.

Feel free to use your preferred form of address to your higher power or none if that is your preference.

Serenity Affirmation:

<<Preferred form of Address>>
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.

Are there any newcomers?

- *If there are any newcomers, proceed with reading the Steps and the Tradition of the month.*
- *If there are no newcomers, the meeting leader takes a quick poll, asking each attendee if they would like to hear the 12 Steps and Traditions tonight.*
- *If one person indicates that they want to hear the Steps, the Steps and Tradition of the month are read.*
- *If not, **Advance to <<Skip to Here>>**.*

- _____ 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 reads 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.

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Introductions:

If there are only regulars on the meeting, introductions can be skipped.

If there is one new person, invite everyone to introduce themselves.

We ask all attendees who care to introduce themselves to do so at this time. Please indicate your primary recovery program and lifestyle affiliation.

Request for Mute

(read only as needed, repeating when needed)

We ask that everyone please mute their connection when they are not speaking so that everyone can be heard. Thank you!

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:

Are there any Recovery related announcements?

Our Online Fellowship meetings are hosted twice a week, on Mondays and Wednesdays.

Closing:

The Meeting Leader chooses any of the following closings or another closing of their choosing.

To request additional closings be added, sent request to: info@recoveryinthelifestyle.org

RitL - Closing #1:

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.

Alanon Closing #2:

In closing I would like to say that the opinions expressed here were those of the person who gave them. Take what you liked and leave the rest.
The things you heard were spoken in confidence and should be treated as confidential. Keep them within the confines of your mind.
A few words to those who haven't been with us long: Whatever your problems there are those among us who have had them, too. If you try to keep an open mind you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened.
We aren't perfect. The welcome we give you may not show the warmth we have in our hearts for you. After a while, you'll discover that though you may not like all of us you'll love us in a very special way, the same way we already love you.
Talk to each other, reason things out with someone else but let there be no gossip or criticism of one another. Instead, let the understanding, love and serenity of the program grow in you One Day at a Time.

OA Closing #3:

Let us now form a virtual circle. I put my hand in yours and together we can do what we could never do alone! No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now reaching out our hands for power and strength greater than ours. And as we join hands we find love and understanding beyond our wildest dreams.

AA Promises - Closing #4

As God's people we stand on our feet; we don't crawl before anyone.

If we are painstaking about this phase of our development, we will be amazed before we are halfway 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 on life will change. Fear of people and 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.

Emotional Sobriety Promises - Closing #5

When we are living in a state of emotional sobriety, we are able to cope with life on life's terms. We:

- Hold on to ourselves in relationships, are emotionally balanced, and maintain a healthy perspective on things that are upsetting
- Keep the focus of our emotional center of gravity within us and stay grounded during turbulent times
- Focus on the things that we *can change*, and accept and let go of what we can't
- Accept our imperfections, and have faith in the "process of recovery"
- Know a new level of emotional freedom and peace of mind; we look at life with a sense of wonderment
- Have an illuminated gaze and vision

Serenity Affirmation:

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 Affirmation. 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 Affirmation

<<Preferred form of Address>>

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.