

**Trans & NBI Joy AA Meeting
Tuesdays at 5pm PST**

Hi Everybody! Welcome to the Trans & NBI Joy Alcoholics Anonymous Meeting

We meet every Tuesday at 5 PM pacific time.

At this meeting we celebrate trans and gender diverse people, but allies are welcome.

My name is _____ and I am an alcoholic and your secretary for this evening.

My pronouns are _____.

We encourage you to post your pronouns next to your zoom name.

We ask that you mute yourself if you are not speaking. At this meeting, we ask that you please refrain from crosstalk, which is defined as talking during another person's share or addressing or commenting directly on another person's share.

We do encourage people to share openly about their gender journey and we are sex positive, which means that we celebrate and hold space for people exploring their identity in an embodied capacity. We ask that you be your own judge of boundaries and appropriateness around sharing on these topics. The general rule of thumb is: if it provides you with gender euphoria and joy and contributes to your ability to live a fulfilling, sober life, we're here for it.

Let us open the meeting with a moment of silence followed by the Serenity Prayer:

God, 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.

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 AA membership; we are self-supporting through our own contributions. AA 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 to achieve sobriety.

I have asked a friend to read "Acceptance is the Answer" from pages 417-418 the Big Book.

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation – some face of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment.

Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.

Shakespeare said, "All the world's a stage, and all the men and women merely players." He forgot to mention that I was the chief critic. I was always able to see the flaw in every person, every situation. And I was always glad to point it out, because I knew you wanted perfection, just as I did. A.A. and acceptance have taught me that there is a bit of good in the worst of us and a bit of bad in the best of us; that we are all children of God and we each have a right to be here.

When I complain about me or about you, I am complaining about God's handiwork. I am saying that I know better than God. For years I was sure the worst thing that could happen to a nice guy like me would be that I would turn out to be an alcoholic. Today I find it's the best thing that has ever happened to me. This proves I don't know what's good for me. And if I don't know what's good for me, then I don't know what's good or bad for you or for anyone. So I'm better off if I don't give advice, don't figure I know what's best, and just accept life on life's terms, as it is today – especially my own life, as it actually is. Before A.A. I judged myself by my intentions, while the world was judging me by my actions.

Are there any newcomers in their first 30 days of sobriety who would like to introduce themselves by their first name only and state their day count?

Are there any visitors from outside the LA area?

Are there any people with birthdays in the month of _____ who would like to share their birthday with us? Thanks everybody!

This meeting is a speaker meeting. Our speaker shares for 15 mins on their experience, strength, hope as a sober, trans or gender expansive person.

After the share, we will move to sharing. Sharing is limited to 3-5 minutes so everyone gets a chance, our timer tonight will be _____. We welcome folks to share their pronouns. Does anyone want to start us off? If not, our leader can pick the direction.

Let me introduce our speaker, _____

[speaker shares]

Thank you so much! We will now move to sharing. ____ (the speaker), would you like to select a topic?

I'm sorry, that's all the time we have. We have time for a 1 minute burning desire, which is defined as a share for someone who thinks they will drink or use today if they do not share, or who wants to share something coming up for them that they are really struggling with and need to say out loud.

Thanks, _____ (speaker) for sharing and thanks everyone for coming. That's all the time we have.

In closing, I have asked _____ to share A Vision for You, from the Big Book page 164 and, after a minute of silence, help us close with a prayer of their choice.

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us. Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the spirit, and

**you will surely meet some of us as you trudge the Road of Happy Destiny. May
God bless you and keep you-- until then.**