

Trial Format for a Group Pressure Relief Meeting:

Readings:

Opening PRM prayer.
12 Steps of DA.
3rd Step Prayer.
pp.63-64 in Big Book.

Group Reading:

“How to Keep Your Meeting Alive”
“Group Inventory: All Shapes and Sizes” without spending time answering the questions.

Goals and Purpose of Meeting:

Members consider their purposes/goals for the pressure relief meeting, concerning their vision of what an ideal DA meeting could be, what they like about the meeting, and what they would like to see improved upon.

Meditation:

A 3 minute meditation is held to facilitate this process.

Presentation:

After the meditation, five minutes are used for members to write their ideas.

Everyone present is given up to 3 minutes to read their individual hopes, concerns, or suggestions. A scribe records the ideas and suggestions.

Seventh Tradition:

At 1PM (or when everyone has finished), BDA Recovery Issues is read during 7th tradition.

Read: Spending Plan pamphlet: What is spending plan, why do we have one, what are the benefits?

Officer Reports and Spending Plan:

Reports are given by all officers; Treasurer, Literature, Phone List, etc.

Discussion:

Discuss the reports, considering how they may relate to a spending plan for the group. What is the group's financial health? How can it's financial issues be better addressed?

Core Issues:

Pressure people may suggest some “Core Issues” relevant to the health of the meeting.

Action Plan for development of the group is determined.

1) Emotional 2) Physical 3) Spiritual areas of the group are considered.

Closing:

Review purposes of PRM to see how many issues have been addressed.

Readings:

Step 5.

Last paragraph of p. 75 of Big Book beginning with “returning home we...”

Last paragraph of The First Pressure Relief Meeting closing section.

Close with Seventh Step Prayer read by all.