

OSAT Preamble

This is an open meeting of the One Step At A Time AA group. This AA group is distinct and separate from the outdoor club of the same name, although many of our members also belong to that club. Anyone attending this meeting is welcome to share about what is going on in their life. Remember, we follow the tradition of anonymity; who you see and what you hear should not be discussed outside of these meetings.

Most of our members are outdoor enthusiasts and we often share about our outdoor interests, because of their importance to our sobriety. We recommend attendance at other 12-step meetings where there is more discussion about the individual steps to recovery.

Our format is very simple. After the opening, we welcome newcomers to our meeting, observe special recovery dates, and allow announcements. The meeting is then opened for sharing. No one is called on. We do not pass it along, and there is no cross-talk. The meeting ends when everyone with a desire to share has done so, or when a pre-determined time has elapsed. We close the meeting with “Keep Climbing Mountains, and Don’t Slip”.