

MINUTES
There Is A Solution
GROUP CONSCIENCE MEETING
Saturday, December 6, 2025 at 9:30 AM in the Zoom Room

Chair: Corinne P.

Vote Counters: Kelly T. and Steve U.

Attendance: 21 Members at 9:35 am, excluding the Chairperson.

Corinne P opened the meeting with a moment of silence followed by the Serenity prayer.

Steve U, Meag, and Kurt B read the AA preamble, 12 Steps, and 12 Traditions.

1) Length of this Meeting.

MOTION: Set a one-hour time limit for this meeting and table remaining items for the next Group

Conscience Meeting. Moved: Steve U. Seconded: Kelly T. 8 in favour; 9 opposed

Motion defeated. This meeting will continue until all agenda items are discussed.

2) Meeting Script changes.

MOTION: To accept the proposed meeting scripts. Moved: Steve U. Seconded Murray.

Discussion: So many changes to consider at once. Purpose is to shorten the scripts, allowing more time for Members to share. Removing the line where Chair asks "Does anyone has a burning desire..." could be removed. Members need to be more aware of how long they share. Chair could refrain from sharing to allow for membership to share. Chair sharing helps to start discussions. Chairs do not need to call on people to share in order of the time they arrive at the meeting. Chairs can keep readings shorter to allow more time for sharing. 8 in favour; 8 opposed. Tie vote – Chairperson's vote was to opposed the motion.

Motion defeated. To be discussed at next committee meeting.

3) Add GSR position to the TIAS Committee.

MOTION: To add a GSR service position to the TIAS Committee. Moved: Patrick D. Seconded: Steve U.

Discussion: Service should be with one's home group. In-person attendance at Assemblies may require funding from TIAS. GSR is a suggested position but is not mandatory. District can help with funding for in-person Assembly meetings. GSR position contributes to the legitimacy of TIAS. We likely have enough Members so this position can be filled. Sometimes we don't have Chairs for our meetings-Should we focus on this before reaching further out? GSR brings service information to TIAS. Page 7-9 of AA Service Manual (can get online) explains what a GSR does. 11 in favour; 4 opposed.

Motion carried. To be reviewed at next committee meeting.

4) Chairperson's Term.

MOTION: Change the Chairperson's term of service to 2 years, starting Jan 1/27 to that it is staggered with the Treasurer's 2-year term of service thus creating overlap of at least 2 committee members.

Moved: Steve U Seconded: Don B.

Discussion: This would help with continuity on the Committee. Easier to fill a one-year term. Committee members can ask questions of former committee members. If a 1-year term, spirit of rotation is in place. 3 in favour; 9 opposed.

Motion defeated. Chairperson's term of service will remain 1-year.

5) Big Book Study format.

MOTION: To change the format of the Big Book Study meetings. Moved: Jeff H. Seconded: Kelsey S. Discussion: Readings are overwhelming. Shorten readings to actually study the Big Book. No hurry to rush through the Big Book. Reading a half a chapter each week adopted from St. Vital Group. If readings were shortened, how long would it take to get through the big book? 9 in favour; 4 opposed.

Motion carried. To be discussed at next committee meeting.

6) Prudent Reserve amount.

On the Agenda it says "To Increase our Prudent Reserve to \$1,000 (currently \$500)."

REVISED MOTION: To increase the prudent reserve to \$750. Moved: Michelle R. Seconded: Kurt B. Discussion: We ran short of funds in the Fall to make payments for the WIX Website and Zoom account renewal. It made financial sense to renew WIX for a 3-year term rather than a 2-year term. WIX will renew in 2028. Costs of things will rise. 11 in favour; 1 opposed.

Motion carried. Committee to keep this in mind.

7) Contributions to the 3 arms of service.

MOTION: Delay contributions to the 3 arms of service until the Prudent Reserve topped up.

Moved: Patrick D. Seconded: Manny.

Discussion: TIAS was short funds to renew WIX and Zoom Account in the Fall. If group is ever in trouble, we can reach out to the Membership. Members stepped up their 7th Tradition contributions in fall. A Member can contribute up to \$2,000. Contributions to the 3 arms of service are down and much needed. 8 in favour; 1 opposed.

Motion Carried. Committee to keep this in mind.

8) Contributing to a 4th arm of service, the district level, and determining the contribution percentages.

MOTION: Start contributing to a 4th Arm of Service, the District level and, Contribute 25% to each one of the arms of Service. Moved: Steve U. Seconded: Don B.

Discussion: Current 7th Tradition contributions are made 33% to each of the 3 arms of service. We would divide our contribution 4-ways so all arms of service get the same amount, which is 25% each. This will begin after our prudent reserve of \$750 is reached. 10 in favour; 0 opposed.

Motion carried. Committee to keep this in mind.

9) Protocol for Members to have their concerns and questions considered by the Committee.

MOTION: To suggest to Members that they contact the committee by e-mail with their questions, comments and concerns. Moved: Jeff H. Seconded: Kelsey S.

Technology can be challenging for some members, making emailing difficult. If e-mail is used, all members of the committee are aware of information at the same time. Emergency committee meetings need to stop. Members can be advised, via an email response from the committee, thanking them for their email and their item will be reviewed at the next committee meeting and inviting them to attend the next committee meeting. Rather than having text, Facebook and e-mail, it would be good to stick to a single port of communication. Committee to respond quickly to member's incoming email. 10 in favour; 0 opposed. **Motion carried.**

MOTION: That a separate announcement be put in the meeting scripts that says, "The committee wants to hear from you. If you have any questions, comments or concerns, please email the committee at thereisasolutioncommittee@gmail.com." Moved: Patrick D Seconded Steve U.

Motion carried. Tech Rep to update announcements. Committee members, when approached with questions, comments or concerns, can ask the Member to email the committee.

10) Locking the Zoom Room.

MOTION: That the Zoom room be left as is - open to Members. Moved: Steve U. Seconded: Kurt B. Fellowship before and after meetings is important, relationships are formed. The women's big book study and meetings between Sponsor and Sponsee are valuable. Locking the room interferes with our primary purpose of carrying the message to the still suffering alcoholic. Group and committee meetings couldn't happen if the room were locked. 11 in favour; 0 opposed.

Motion carried. No action required.

11) Request to present on the GSR role at the next Tradition Meeting (first Monday in Jan. 2026 at 9:30 am).

MOTION: To hold an Interim Election for the GSR position on the committee at 7:30 pm on Monday, January 5, 2026, and to invite Kelly T's contact to attend this meeting.

Kelly T attended a District (GSR) meeting. At that meeting one of the GSR's asked if they could come and talk to the group for 5-10 minutes about the role of GSR. The group just voted to add a GSR position to the committee, this would be a good idea. Questions: Can the person come another day besides Monday morning on the 5th of January? Can the speaker come a few days before the Interim Election meeting so that we can have some time to think about it before running or electing? GSR position description is on our website; one could look at that if interested in the position. Can current committee members leave their position and run for GSR? Yes. 8 in favour; 1 opposed.

Motion Carried. Kelly T to invite a person from the District level who would like to present on the GSR position to our Interim Election meeting on Jan. 5/26 at 7:30 pm. Tech Rep to update announcements advising Members of the Election Meeting date and time and that the GSR Position Description can be found on the TIAS website.

MOTION: To close the meeting. Moved: Patrick D Seconded: Kurt B.

Corinne P closed the meeting at 11:27 am with the Lord's Prayer.

**There Is A Solution Group Conscience Meeting
December 6, 2025 at 9:30 AM in the Zoom Room**

Chair: Corinne P

Open the meeting with a moment of silence followed by the Serenity prayer.

Reading of the AA preamble, How it Works, 12 Steps, 12 Traditions

Group conscience meeting format:

Each item is read out loud by meeting Chair. Group members will have the opportunity to speak for or against each item. Motion is put forward and vote is taken. Majority (50%+1) is required to pass the motion. Chair will not vote unless there is a tie.

Group Conscience Items :

1) Meeting Script changes

2) Add GSR position to the Committee

3) Change the Chairperson's term of service to 2 years, starting Jan 1/27 to that it is staggered

with the Treasurer's 2-year term of service thus creating overlap of at least 2 committee members.

4) Big Book Study format

5) Increase our Prudent Reserve to \$1,000.00 (currently \$500)

6) Delay contributions to the 3 arms of service until Prudent Reserve topped up.

7) Contributing to a 4th arm of service, the district level, and determining the contribution percentages.

8) Protocol for Members to have their concerns and questions considered by the Committee.

9) Locking the Zoom Room

Close with prayer of chair's choice



There Is a Solution

Meeting Script – Closed Meetings

Updated October 20, 2025

(Do not read any of the red instructions out loud. They are a guide for the Chairperson.)

(When choosing a reading for the meeting, please also choose a Step 1 Reading in case there is a Newcomer.)

(Claim the host key and arrange for 2 others to be co-hosts.)

A few minutes before the start of the meeting, ask for volunteers to read:

1) AA Preamble

2) How it Works

3) The 12 Steps

(The 12 Traditions are also read at the beginning of our Tradition Meetings (first Monday of the month). For Big Book Study Meetings on Sundays, only the Preamble is read by a member. These readings can be found on our website at www.thereisasolution.ca.)

Welcome to this closed meeting of There Is a Solution Group of Alcoholics Anonymous. Closed meetings are for people who have a desire to stop drinking.

My name is _____, and I am an alcoholic.

Let us begin with a moment of silence for the still-suffering alcoholic, followed by the Serenity Prayer.

(Pause for a moment of silence, then lead the prayer.)

“God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.”



Welcome to anyone visiting today. Is anyone here for their first AA meeting?

(Pause. If so, give them a warm Welcome, and read a First Step reading.)

Here are some suggestions if there is a newcomer at the meeting:

- *Big Book pages xxv–xxxii – 'The Doctor's Opinion'*
- *Big Book page 30 – 'More About Alcoholism'*
- *Big Book pages 17–29 – 'There Is a Solution'*
- *Big Book page 151 – 'A Vision for You'*
- *Any January Daily Reflections*

Could we now have the AA Preamble, How It Works, and the Steps, please?

(Members now read How It Works and the 12 Steps - and the 12 Traditions on the first Monday of each month.)

Thank you, *(Say the Readers' Names)* for helping us open the meeting.

Here is some information about this meeting:

- If needing proof of attendance, keep your camera on and message the host privately.
- Members of There Is a Solution willing to be Temporary Sponsors, please add an asterisk (*) before your name.
- Our Seventh Tradition states, "Every AA group ought to be fully self-supporting, declining outside contributions." E-transfers are accepted at thereisasolutioncommittee@gmail.com
- If others are nearby, use headphones for privacy or move to a private space.
- Please turn off your video if moving around and mute your microphone when you're not speaking, for it can be distracting to the group.



- Be respectful and avoid profanity.
- Please avoid cross talk verbally or in the chat.
- The host will call on people to share.
- Keep shares brief so everyone has a chance.
- Please know if anyone endangers another individual or disrupts the group's efforts to carry AA's message, the group will ask that person to leave the meeting.
- Meetings are one hour long; sharing closes 25 minutes after the hour to allow me to wrap up.

Read from AA approved literature.

(Call on people to share.)

(At 20 minutes after the hour, say: 'We will be wrapping up the sharing portion of the meeting in 5 minutes,' then call on 1 or 2 people to wrap up.)

(At 25 minutes after the hour, thank everyone.)

Thank you everyone for sharing your experience, strength, and hope.

Please join me in closing the meeting.

Closing Script – Closed Meetings

We celebrate sobriety milestones at There Is a Solution. Is anyone celebrating a milestone today?

(Pause and congratulate anyone celebrating.)

Sponsorship is vital. If you need a sponsor, speak to the host or someone with an asterisk in front of their name after the meeting.

If you have 3 months of sobriety and want to chair, please speak to the host after the meeting.

We meet every day here at 9:30 AM and 7:30 PM.



Announcements

(Go to the TIAS home page → click Announcements under the Meeting Documents section → then return to this script.)

Responsibility Statement

I am responsible, when anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that, I am responsible.

Confidentiality Statement

Please remember: What you hear here, whom you see here, let it remain here, when you leave here!

Group Response: 'Hear, hear!'

Closing Prayer Options

(Choose one prayer to close with.)

- The Lord's Prayer
- Acceptance Prayer
- Third Step Prayer
- Seventh Step Prayer
- Tenth Step Prayer
- Saint Francis Prayer
- The Pirates Prayer



The Lord's Prayer

Our Father, who art in heaven,
 hallowed be thy name;
thy kingdom come; thy will be done;
 on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
 but deliver us from evil.
For thine is the kingdom, the power,
 and the glory, for ever and ever.
Amen.

Acceptance Prayer

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 fact 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 in my attitude.

Alcoholics Anonymous - Page 417



Third Step Prayer

God, I offer myself to Thee
To build with me and to do
with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear
witness to those I would help of Thy Power,
Thy Love and Thy Way of Life.
May I do Thy will always!

Seventh Step Prayer

My Creator,
I am now willing that you should
have all of me, good and bad.
I pray that you now remove from me
every single defect of character
Which stands in the way of my usefulness
to you and my fellows.
Grant me strength, as I go out
from here to do your bidding.

Tenth Step Prayer

I pray I may continue:
To grow in understanding and effectiveness;
To take daily spot check inventories of myself;
To correct mistakes when I make them;
To take responsibility for my actions;
To be ever aware of my negative and
Self-defeating attitudes and behaviors;
To keep my willfulness in check;
To always remember I need Your help;
To keep love & tolerance of others as my code;
and to continue in daily prayer
how I can best serve You,
My Higher Power.



Saint Francis Prayer

Lord, make me a channel of Thy peace;
that where there is hatred,
I may bring love; that where there is wrong,
I may bring the spirit of forgiveness;
that where there is discord, I may bring harmony;
that where there is error, I may bring truth;
that where there is doubt, I may bring faith;
that where there is despair, I may bring hope;
that where there are shadows, I may bring light;
that where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort,
than to be comforted; to understand,
than to be understood; to love,
than to be loved.
For it is by self forgetting, that one finds.
It is by forgiving, that one is forgiven.
It is by dying,
that one awakens to Eternal Life.
Amen.

The Pirate's Prayer

Whatever your race is,
Or your colour or creed
Whatever your faith is
It's the same colour we bleed.
So may Grace be your Harbour
and Higher Power,
your true north.
Let Faith be your Anchor
And make Love your home port.



Open/Speaker Meeting Script

Updated October 21, 2025

(Do not read any of the red instructions out loud. They are a guide for the Chairperson.)

(Claim the host key and arrange for 2 others to be co-hosts.)

A few minutes before the start of the meeting, ask for volunteers to read:

1) AA Preamble

2) How it Works

3) The 12 Steps

(These readings can be found on our website at www.thereisasolution.ca.)

Welcome to There Is A Solution's Speaker Meeting. Speaker meetings are open for all to join. We have these open meetings on the the last Friday of each month at 7:30pm.

My name is _____, and I am an alcoholic.

Let us begin with a moment of silence for the still-suffering alcoholic, followed by the Serenity Prayer.

(Pause for a moment of silence, then lead the prayer.)

“God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.”

Welcome to any family, friends, newcomers, and visitors joining us tonight.

Could we now have the AA Preamble, How It Works, and the Steps, please?

(Members now read How It Works and the 12 Steps.)

Thank you, *(____Say the Readers' Names____)* for helping us open the meeting.

Here is some information about this meeting:

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- Please turn off your video if moving around and mute your microphone when not speaking, for it can be distracting to the Speaker and to the group.
- Be respectful and avoid profanity.

- Please know if anyone endangers another individual or disrupts the group's efforts to carry AA's message, the group may ask that person to leave the meeting.
- Meetings are one hour long; our speaker will end at 20 to 25 minutes after the hour to allow time to close the meeting.

As mentioned earlier, tonight is our Open Speaker Meeting. We are grateful to have (Name of Speaker) from the (Name of Group) here to share their experience, strength, and hope with us until about 8:20 – 8:25pm. Please unmute yourselves and join me in giving a warm welcome to (Name of Speaker)!

(This is where the speaker will take over and share their story until 20 - 25 minutes after the hour. In the meantime, while the speaker is speaking you are to make sure everyone remains muted and monitor the chat.)

(Once the Speaker is done speaking the host personally thanks the speaker and invites participants to unmute and give thanks.)

Thank you so much for sharing your story with us tonight. We really do appreciate it. It's a gift to hear your experience, strength, and hope, and we're grateful you took the time to be here with us. Thank you again! Please feel free to unmute and thank (Name of Speaker).

Now please join me in closing the meeting.

Closing Script – Speaker Meetings

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(Pause and congratulate anyone celebrating.)

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If you have 3 months of sobriety and want to chair, please speak to the host after the meeting.

We meet every day here at 9:30 AM and 7:30 PM.

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I am responsible, when anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that, I am responsible.

Confidentiality Statement

Please remember: What you hear here, whom you see here, let it remain here, when you leave here!

Group Response: 'Hear, hear!'

Closing Prayer Options

(Choose one prayer to close with.)

- The Lord's Prayer
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The Lord's Prayer

Our Father, who art in heaven,
 hallowed be thy name;
thy kingdom come; thy will be done;
 on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
 but deliver us from evil.
For thine is the kingdom, the power,
 and the glory, for ever and ever.
Amen.

Acceptance Prayer

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 fact 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 in my attitude.

Alcoholics Anonymous - Page 417

Third Step Prayer

God, I offer myself to Thee
To build with me and to do
with me as Thou wilt.

Relieve me of the bondage of self,
that I may better do Thy will.

Take away my difficulties,
that victory over them may bear
witness to those I would help of Thy Power,
Thy Love and Thy Way of Life.
May I do Thy will always!

Seventh Step Prayer

My Creator,

I am now willing that you should
have all of me, good and bad.

I pray that you now remove from me
every single defect of character
Which stands in the way of my usefulness
to you and my fellows.

Grant me strength, as I go out
from here to do your bidding.

Tenth Step Prayer

I pray I may continue:

To grow in understanding and effectiveness;
To take daily spot check inventories of myself;
To correct mistakes when I make them;
To take responsibility for my actions;
To be ever aware of my negative and
Self-defeating attitudes and behaviors;
To keep my willfulness in check;
To always remember I need Your help;
To keep love & tolerance of others as my code;
and to continue in daily prayer
how I can best serve You,
My Higher Power.

Saint Francis Prayer

Lord, make me a channel of Thy peace;
 that where there is hatred,
I may bring love; that where there is wrong,
 I may bring the spirit of forgiveness;
that where there is discord, I may bring harmony;
 that where there is error, I may bring truth;
 that where there is doubt, I may bring faith;
 that where there is despair, I may bring hope;
that where there are shadows, I may bring light;
 that where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort,
 than to be comforted; to understand,
 than to be understood; to love,
 than to be loved.
For it is by self forgetting, that one finds.
It is by forgiving, that one is forgiven.
 It is by dying,
 that one awakens to Eternal Life.
 Amen.

The Pirate's Prayer

Whatever your race is,
Or your colour or creed
Whatever your faith is
It's the same colour we bleed.
So may Grace be your Harbour
 and Higher Power,
 your true north.
Let Faith be your Anchor
And make Love your home port.