

District 22 Newsletter | March 2018 -Every month an A.A. meeting is spotlighted and described by one or two of its members

Meeting Name: Saturday Morning Fever

Where: Mercy Commons Covenant Church, 4201 W 50th Street, Edina

When: Saturdays, 10:00am-11:00am

Format: closed, men's only meeting, speaker/participation

Tell me a little bit about your meeting:

The six founding members knew each other from a popular, Saturday morning speaker meeting that we all attended together for a few years. For several of us, those were our first few years of recovery, and the six of us grew quite close and shared an enthusiasm for the program of AA. Although we loved the other meeting, we thought it would be a great experience to start something new with our core group that allowed for greater member participation, discussion, and sharing.

One of our founding members previously lived on the West Coast and said the speaker/participation format was common there and one he really enjoyed. That format wasn't too common in the Twin Cities, so we thought it would be a welcomed addition. I personally love this format because it encourages all attendees to listen carefully to the speaker, so they can share on how they related afterwards. The main speaker shares his story for twenty minutes and when he is done, anyone can voluntarily share for up to three minutes. Participants are asked to piggy-back off the speaker's share, as to stay on some sort of meeting theme. Group participation allows for greater variety in topics discussed, such as "what it was like", spirituality, a step, or a tradition. We limit everyone's sharing to three minutes per person so more members have an opportunity to share.

The meeting has a relaxed and comfortable vibe, and many of us meet beforehand for breakfast down the street where all are welcome to join. The church is an ideal venue. Aside from comfortable seating and a hearthside venue for our meeting, the church is also equipped with ping pong and foosball tables in the basement. So post-meeting fellowship is a must and spirited competition typically ensues. We also have a 'Fellowship Coordinator' that arranges a 'guy's night' once a month where a lot of the guys from the meeting hang out at a cigar shop, bowl, or do something fun. We definitely wanted to encourage fellowship since it provides an opportunity to connect with like-minded, sober people and helps build long lasting relationships with other people in the program.

We celebrated our one-year-anniversary last September and washed the meeting down with an absurdly delicious cake. We always provide coffee during the meeting and occasionally have breakfast treats. The meeting has grown quite a bit in its first year; we started with about 5-10 attendees weekly and have grown to 15-20 regular attendees. The anniversary marked our first meeting with 20 attendees, and we hope all you AA men will come visit us soon.