

# REVIEW SESSION 6

Thursday, September 4

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- Adopted suggested changes to the script
  - Suggestions highlighted in green will be addressed at another session
  - (\* Suggested deeper look at this part of the script)
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## SELF-CARE READING:

If there are people who had raised hands and did not get to share for 2 minutes, you can invite them to be first to share.

“If you were unable to share, or would like to talk further to another member, you will find a contact list on our group website, [acamorning.org](http://acamorning.org).

Suggestion: Add something about the ability to directly contact fellow members.

~~You~~ We will hear more about that when we return to the main room for announcements.  
~~in during our announcements,~~

Suggestion: Note that the Newcomer Session is after the meeting - for newcomers to ask questions or share. All are welcome.

For the self-care part of our meeting, the floor will be open for 1-minute shares.

If you've already shared, please allow others ~~a chance to speak~~ an opportunity to share.

At around :24 after the hour we will be asked back to the main room...

Suggestion: Add - automatically moved back (John M).

## THURSDAYS

... For the our self-care today, we ~~just chime in and read~~ (jump in, take turns) participate (is welcomed) by reading\* a paragraph from The Solution.

[After the reading...]

Suggestion: Add: thank people for their service (John J).

Please ~~remember to~~ self-time for a minute or less, but there is no need now to raise your hand.

Simply unmute and share.

The floor is now open.

### FRIDAYS

... For our self-care today, we practice sharing our feelings in this moment with help from the feelings list.

Suggestion: To be edited - Feelings slide - note the layout and content of the slide.

[After the reading... Note - the Chart does not require reading ]

Remember to self-time for a minute or less, but there is no need **now** to raise your hand.

Simply unmute and share.

The floor is now open

### ALL OTHER DAYS

... For the self-care reading today, we just chime in and read one or two statements from the list.

... For ~~the our~~ self-care today, we ~~just chime in and read~~ (jump in, take turns) participate (is welcomed) by reading\* a paragraph from The Solution.

Suggestion: Add: 'or three statements', if the list is long.'

Suggestion: Add: ...from the list, 'whatever you are comfortable with'.

[After the reading...]

Suggestion: Add: thank people for their service (John J).

Please ~~remember to~~ self-time for a minute or less, but there is no need **now** to raise your hand.

Simply unmute and share.

The floor is now open.

***Thought - change close of Breakout room to a 30 second countdown - Tech Settings?***