

GLENDALE UA SCRIPT

** Text in black: Read aloud **

** *(Italicized in Blue: Instructions for the script reader only)* **

(Optional: Ask for a timer and/or assign the readings of the Symptoms of Underearning and the Tools of UA before the meeting.)

Hello everyone, my name is _____ and this is the Glendale UA meeting of Underearners Anonymous. This is a Closed meeting open only to those who identify as Underearners or believe they are having problems related to Underearning. Please join me in a moment of silence followed by the “Us/We” version of the Serenity Prayer.

(Serenity Prayer)

Underearners Anonymous® is a fellowship of men and women who share their experience, strength, and hope with one another that they may solve their common problem and help one another recover from underearning. Members of UA use the support and power of a Twelve Step fellowship, as well as the Tools of UA, to more fully actualize their potential and create lives grounded in gratitude and serenity.

(If you haven't already asked for a volunteer): May I have a volunteer to be a spiritual timekeeper?

We start this meeting with a 90 second silent meditation, so would the timer please set the timer for 90 seconds now?

(Meditation)

As it says in the About UA pamphlet, “We come to UA because our lives are not working. We don’t earn enough money to provide for ourselves adequately. We may feel frustrated and unfulfilled in our work. We may be experiencing chronic fits and starts with creative projects that fizzle out. Or we may be exhausted from overworking. We don’t know what to do.”

So What is Recovery in UA? “Recovery in UA means developing and exercising a spiritual muscle, which is at the core of any Twelve Step program. Specifically in UA, recovery is also about developing a prosperous vision and being willing to take bite-sized actions to bring that vision alive through active participation in the program.”

Is there anyone new to this meeting who would like to introduce themselves by first name and last initial only?

(Pause for Newcomers)

Welcome. As a reminder to all, please be mindful of triggering language and crosstalk. While we encourage expressions of identification, we do not comment on what people say or tell them what to do, and we do not interrupt one another or engage in discussions.

(If you haven't already asked for a volunteer): May I have a volunteer to read the Symptoms of Underearning? *(see binder)*

(Symptoms of Underarning)

(If you haven't already asked for a volunteer): May I have a volunteer to read the Tools of UA? *(see binder)*

(Tools of UA)

In this meeting, we read for 10 minutes from the 12 Steps and 12 Traditions of Alcoholics Anonymous, followed by shares from members of the group.

(Check the last page of the script for the page and paragraph where we ended last week.)

Please read 2 or 3 paragraphs and pass, starting on page _____, paragraph _____, where it says, "_____". Who would like to start?

(Read from the 12 and 12)

Okay thank you. The floor is now open for 3 minute shares with a 1 minute warning after 2 minutes. I will call on the first person to share, and that person will call on the next from members with their hands raised. We will pause at 6:40pm for newcomers to share, however newcomers can share at any time. We will start the close of the meeting at 3 minutes to 7pm. Who would like to share?

(6:40pm): We will now pause for newcomers. If you are in your first 30 days of the program, please raise your hand and I will call on you.

(Resume regular sharing after newcomers, if there is time)

(6:57pm): That is all the time we have for sharing.

In closing, we would like to remind you that the opinions expressed here were strictly those of the person who gave them. Take what you like and leave the rest. Also, anonymity is the spiritual foundation of our program. If we are to recover, we must feel free to say what is in our minds and hearts. Therefore, who you see here, what you hear here, when you leave here, let it stay here.

(Thank members who were of service)

Finally, please join me in a moment of silence, followed by the “Us/We” version of the Serenity Prayer.

Thank you, everyone, for coming.

(Meeting end)