

LEADER FORMAT

'Shining & Receiving' UA meeting format. Thursdays 7pm, The Bungalow - 237 Hill St, Santa Monica

At pm: LEADER: Good evening. Welcome to the Thursday night Santa Monica Meeting of Underearners Anonymous. My name is _____ and I am a _____.

Let us open with the "we" version of the Serenity Prayer.

If you are having problems with money and underearning, you have come to the right place. Underearners Anonymous is a fellowship of men and women who share their experience, strength and hope with each other, so that they may solve their common problem and help others to recover from compulsive underearning. The only requirement for membership is the desire to stop underearning

UA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stop compulsive underearning, one day at a time, and to help other underearners do the same.

Please take a moment to turn off your phones to avoid distracting others.

I have asked a friend to read the **"Symptoms of Underearning"**

We will now go around the room, introducing ourselves by first name only and identifying our disease.

We would like to welcome any newcomers. If you are a newcomer in your first 90 days of UA, we ask you to please raise your hand and re-introduce yourself. We ask not to embarrass you, but so that we may get to know you.

[Clap for newcomers Wahooo!]

Working the steps of the program is our way to obtain and maintain ongoing solvency and sobriety around money, debt and underearning. In working the traditions of the program, we are reminded that anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. I have asked a friend to read:

- **'The 12 Steps of UA'**
- **'The 12 Tools of UA'**
- **'The Tradition of the Month'**

I'm here this evening to share with you my experience, strength, and hope in Underearners Anonymous. *[Request time break down for 10 minutes to timer].*

< SPEAKER SHARES FOR 10 MINUTES >

Now is time for the sharing portion of our meeting. In UA, we do not engage in cross-talk—members interrupting or directly addressing another sharer with the exception of the speaker's lead, having side conversations, or being on our phones.

We ask that you keep the focus of your share on UA recovery issues, and how the program is currently working in your life. This is a tag style meeting - meaning speakers choose the next person to share. Shares are 3 minutes, there will be a 1 minute warning. We encourage people to applaud after shares.

Although there is no specific newcomer sharing time, you are encouraged to share at any time.

We will break at 7.30pm for the secretary's announcements.

At 7.55pm: LEADER: That's all the time we have for sharing. If you didn't get the chance to share, please speak to someone after the meeting. Please can we have the Treasurer's report.

I have asked a friend to read **"The Promises of UA"**

In closing, we would like to remind you that in Underearners Anonymous we practice Tradition Twelve, which is the principle of anonymity. This assures us the freedom to express ourselves at meetings and in private conversations without fear that our comments will be repeated. We keep what is shared at meetings confidential.

As we work the Steps and practice UA's Traditions and Concepts, we are reminded that recovery is possible and that we are all here for a common purpose—to recover from compulsive underearning one day at a time.

After 1 minute of timed meditation, would all those who care to join me in the "we" version of the Serenity Prayer.

Symptoms of Underearning

Symptoms of Underearning

1. **Time Indifference** – We put off what must be done and do not use our time to support our own vision and further our own goals.
2. **Idea Deflection** – We compulsively reject ideas that could expand our lives or careers, and increase our profitability.
3. **Compulsive Need to Prove** – Although we have demonstrated competence in our jobs or business, we are driven by a need to re-prove our worth and value.
4. **Clinging to Useless Possessions** – We hold onto possessions that no longer serve our needs, such as threadbare clothing or broken appliances.
5. **Exertion/Exhaustion** – We habitually overwork, become exhausted, then under-work or cease work completely.
6. **Giving Away Our Time** – We compulsively volunteer for various causes, or give away our services without charge, when there is no clear benefit.
7. **Undervaluing and Under-pricing** – We undervalue our abilities and services and fear asking for increases in compensation or for what the market will bear.
8. **Isolation** – We choose to work alone when it might serve us much better to have co-workers, associates, or employees.
9. **Physical Ailments** – Sometimes, out of fear of being larger or exposed, we experience physical ailments.
10. **Misplaced Guilt or Shame** – We feel uneasy when asking for or being given what we need or what we are owed.
11. **Not Following Up** – We do not follow up on opportunities, leads, or jobs that could be profitable. We begin many projects and tasks but often do not complete them.
12. **Stability Boredom** – We create unnecessary conflict with co-workers, supervisors and clients, generating problems that result in financial distress.

The Twelve Steps of Underearners Anonymous®

The Twelve Steps of Underearners Anonymous

1. We admitted we were powerless over underearning — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive underearners, and to practice these principles in all our affairs.

Tools of Under earners Anonymous®

Tools of Underearners Anonymous

1. **Time Recording** – We must be conscious of how we spend our time. We keep a written record to increase awareness and support our focus on goals and the actions required to achieve them.
2. **Meetings** – We attend UA meetings regularly to share our experience, strength, and hope, and to listen, in order to help ourselves and others recover from underearning.*
3. **Sponsorship** – We actively seek sponsorship with someone who has worked the Twelve Steps in UA and is willing to guide us in our recovery.
4. **Possession Consciousness** – We routinely discard what no longer serves us in order to foster a belief that life is plentiful and that we will be able to provide ourselves with what we need.
5. **Service** – Giving service is vital to our recovery. It is through service to others, and to the Fellowship, that we keep what has been so generously given to us.
6. **Goals Pages** – We set goals for all aspects of our lives, write them down, measure our progress and reward achievement.
7. **Action Meetings** – We organize action meetings with other UA members to discuss our earning concerns and to generate actions that will bring more prosperity into our lives.
8. **Action Partner** – We connect regularly with action partners regarding earning concerns in order to provide each other with accountability, continuity, and support.
9. **Solvency** – We do not debt one day at a time. Debting may lead to underearning, and in turn, underearning may lead to debting.*
10. **Communication** – We contact other UA members to seek support, to diminish isolation, and to reinforce our commitments to action.
11. **Literature** – We read UA Conference Approved Literature to strengthen our understanding of this compulsive disease and the process of recovery.
12. **Savings** – Saving money demonstrates faith in the future and acceptance of the fact that money is a tool vital to our prosperous vision. We create and follow a savings plan on whatever scale we are able.

The Twelve Traditions of Underearners

Anonymous®

The Twelve Traditions of UA

1. Our common welfare should come first; personal recovery depends upon UA unity.
2. For our group purpose there is but one ultimate authority — a loving God as is expressed in our group conscience. Our leaders are but trusted servants, they do not govern.
3. The only requirement for UA membership is a desire to stop underearning
4. Each group should be autonomous except in matters affecting other groups or UA as a whole.
5. Each group has but one primary purpose — to carry the message to the underearner who still suffers.
6. A UA group ought never endorse, finance, or lend the UA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every UA group ought to be fully self-supporting, declining outside contributions.
8. Underearners Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. UA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Underearners Anonymous has no opinion on outside issues; hence the UA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The Promises of UA

The Promises of UA

We learn in Twelve Step recovery that personal understanding of the events from our past avails us nothing. In other words, the causes we have come to believe or accept for our underearning are not going to help us to change our lives.

As we work with others in the program we learn to release our past and focus on today and on the future-on our action steps and on our vision.

We begin to accept ourselves with compassion and to believe that we deserve greater fulfillment and a more prosperous life.

As a result of working all aspects of the program an expanded vision of our lives begins to emerge.

We begin to know ourselves better and think about using our true talents.

We allow ourselves to want more out of life and we become willing to take the necessary action to achieve it.

As a result, we are also able to give more to others and to our communities, contributing to something larger than ourselves.

It has been said that we cannot solve our problems with the same consciousness that created them. Through working the Steps, using the Tools, and giving Service, a shift in our consciousness occurs.

We experience more gratitude, greater peace of mind and acceptance of ourselves.

It is as if we have awakened from a deep sleep to a new life more fully realized and expressed.

SECRETARY FORMAT - BUSINESS MEETING

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'Shining & Receiving' UA Business meeting format. Thursdays 7pm, The Bungalow - 237 Hill St, Santa Monica

Notes:

- *Business meetings take place directly after the speaker's lead, on the first Tuesday of the month.*
- *The scribe takes minutes in the business meeting notebooks.*
- *Elections for the new positions are held at the business meeting of the month before the current term ends.*
- *The secretary has the power, once the motion is voted in, to organize putting the motion into effect.*
- *Provide any and all reports detailing numbers to the scribe prior to giving verbal reports. This facilitates the process of record-keeping for our meeting.*

At 7:30pm: SECRETARY:

Hi, I am _____, your secretary for this meeting.

It is now time for the 7th tradition [*pass basket*]. Is the Treasurer her to make the announcement? (If not, read the below)

"U.A. has no dues or fees. We are self-supporting through our own contributions. Our weekly rent is \$40, and we keep a prudent reserve. After our group's needs are met, we contribute the balance to Intergroup and the General Service Office to cover the cost of staff, administration, website upgrades and maintenance, new literature, and literature translations. Please give as generously as you can. However, if you cannot, please keep coming back."

There is a phone list going round the room [*phone list passed*] - adding your name to the phone list means you are willing to receive UA related calls, and you can indicate your availability for sponsorship and Action Meetings.

Today is the first Thursday of the month, so it's a business meeting.

Will the scribe please identify themselves? [*Hand notebook to scribe.*]

Let us open with the Serenity Prayer: *God grant me the serenity...*

Reports: (Limited to 3 minutes each and are timed by the timer)

- Secretary reads the minutes from the last meeting
- GSR report - still need
- Intergroup report: still need
- Treasurer's report: Micheline
- Literature report: (No literature until we have 3 months prudent reserve)

Are there any other UA related announcements?

Rev 5/01/25

Old Business: (any motions tabled from the previous business meeting)

New Business: (new motions) - timed at 1 minute each

Elections: (when applicable, held after new business)

Can I have a motion to close the business meeting please?

[After the motion passes to close the business meeting]

Let us conclude the business meeting with the Serenity Prayer, *God, grant me the serenity...*

Thank you for allowing me to be of service.

Please raise your hand if you are available:

- For sponsorship.
- For Action Groups.

Thank you for everyone who gives service at this meeting [clap]

- Secretary: Percy
- Our Treasurer: Micheline
- Speaker Seeker: Sarah
- Literature: NA
- Phone list: Joe
- Intergroup rep:
- GSR:
- Timer: Irvina
- Set-up _____
- Greeter _____
- And last but not least, _____ for their lead tonight.

We have have to be out of this room at 8.00pm so please help by:

- Putting the chairs back in the other room
- Throwing away any trash
- And please take fellowship outside

We will now return to regular sharing until **7:55pm**.

SECRETARY FORMAT (REGULAR MEET)

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At 7:30pm: SECRETARY:

Hi, I am _____, your secretary, along with _____ for this meeting.

It is now time for the 7th tradition [*pass basket*].

It is time for **announcements:**

- Treasurer

"U.A. has no dues or fees. We are self-supporting through our own contributions. Our weekly rent is \$40, and we keep a prudent reserve. After our group's needs are met, we contribute the balance to Intergroup and the General Service Office to cover the cost of staff, administration, website upgrades and maintenance, new literature, and literature translations. Please give as generously as you can. However, if you cannot, please keep coming back."

- Literature: NA (after three months prudent reserve)
- Phone list:

There is a phone list going round the room [*phone list passed*] - adding your name to the phone list means you are willing to receive UA related calls, and you can indicate your availability for sponsorship and Action Meetings.

- Intergroup Rep:
- GSR:

Our monthly business meeting is held on the first Thursday of the month, and service commitments for this meeting begin in January and July.

Are there any other UA related announcements?

Please raise your hand if you are available:

- For sponsorship.
- For Action Meetings.

Thank you for everyone who gives service at this meeting [clap]

- Our Treasure: Micheline
- Speaker Seeker: Sarah
- Literature: N/A
- Phone list: Joe
- Intergroup rep:
- GSR:
- Timer: Irvina
- And last but not least, _____ for their lead tonight.

Rev. 3.06.25

We have have to be out of this room at 8.00pm so please help by:

- Putting your chair in the side room
- Throwing away any trash
- And please take fellowship outside

We will now return to regular sharing until **7:55pm**.