

Welcome to the Voices of Recovery Meeting of Underearner's Anonymous. My name is _____ and I am a compulsive underearner. Will all those who care to, please join me in the Serenity Prayer:

Serenity Prayer: God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Preamble: Underearners Anonymous is a fellowship of men and women who share their experience, strength and hope with each other, 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. There are no dues or fees; we are self-supporting through our own contributions.

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.

Welcome Newcomers: Before we begin, we want to welcome any newcomers to the meeting and acknowledge you for being here. It is suggested you attend at least six meetings so you have time to identify with the speakers, begin to absorb the UA concepts, and learn more about the program by exploring the website and making some outreach calls. Are there any newcomers who like to give their first name only?

READINGS:

I have asked a fellow to read the 12 Steps of UA.

I have asked a fellow to read the Symptoms of UA

I have asked a fellow to read the Tools of UA

Will someone please volunteer to be the **timekeeper**?

Now we will listen to a 20 minute **recorded speaker qualification** from the UA Beginner's Meeting archives.

SHARING: We will now share for up to 3 mins. Please keep your share directly focussed on your own underearning recovery. We avoid crosstalk and do not refer to other members shares, or to our other programs of recovery, unless it directly relates to our UA program. Crosstalk is defined as directly referring to another member's share.

9:10 - first saturday of the month business meeting (format below).

9:20 am: That is all the time we have for sharing.

I have asked a fellow to read the tradition of the month from the UA 12 Traditions

Seventh Tradition & Announcements/reports: UA has no dues or fees, we are self-supporting through our own contributions, but we do have expenses; Our rent is \$15 per week. Please give what you can, but if you can give nothing for now, keep coming back because you are more important than your money. Treasurer announcement:

Phonelist: The phonelist is a way to use the UA tool of communication and outreach. Please add your name and number if you would like to be contacted by other UA members. Phonelist announcement:

We will now take 5 mins of **silent meditation**.

Now we will briefly go around the room and share actions we plan to take this week to aid us in our recovery.

Closing: In closing, the opinions expressed here today are strictly those of the individuals who gave them. The things you have heard here are spoken in confidence and should be treated as confidential. We do not take outside the meeting what we hear at the meeting. If you try to absorb what you have heard, you are bound to gain a better understanding of the way to handle your problems and begin to change your life. Talk to each other, reason things out with someone else. Let there be no gossip or

criticism of one another, but only Love, Understanding and Companionship.

I have asked a fellow to please read the UA Promises.

Will all who care to please join in the third step prayer:

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.

BUSINESS MEETING FORMAT:

Business meetings are scheduled for the first Saturday of each month; new items to be considered at the next Business Meeting should be submitted in writing to the Secretary at least two weeks in advance so that they may be announced one week prior to the actual meeting. We will begin This business meeting at 9:20 with the Serenity Prayer, and return to general sharing as time allows.

At 9:10: We will now begin the Business Meeting with the plural version of the Serenity Prayer. "God, grant us the serenity ..."

DO we have any elections?

-Secretary

-treasurer

-phone list

-literature

1. May we have a treasurer's report?

2. Old business items to discuss or resolve ... OR ... Present items that have been submitted.

3. Are there any urgent new business items to be brought to the group? ...

Thank you. Let's either return to general sharing until 9:20 or close the meeting.