

U.A. Serenity & Prosperity Meeting of Underearners Anonymous

[Note: Items in brackets are not meant to be spoken aloud]

[Pass out readings: *Symptoms, What Is Recovery?, Tools, Traditions, Promises*]

[At 6:00pm]

Hello, everyone. Welcome to the *U.A. Serenity & Prosperity* open meeting of Underearners Anonymous here at the Council on Recovery. My name is _____, and I am a recovering underearner.

At this time, please turn off or silence all cell phones and electronic devices.

Let's open the meeting with a moment of silence, followed by the 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."

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 underearning. The only requirement for membership is a desire to stop underearning. There are no dues or fees for U.A. membership; we are self-supporting through our own contributions. U.A. is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any cause. Our primary purpose, as stated in our literature, is to more fully actualize our potential, create a life grounded in gratitude and serenity, and to help other underearners do the same.

I will now read a paragraph from the *About UA* pamphlet:

What is Underearning?

Underearning is many things, not all of which are about money. Underearning is about underachieving, or under-being, no matter how much money we make. It is about the inability to fully acknowledge and express our capabilities and competencies. The visible consequence is the inability to provide for one's needs, including future needs. Our underearning can result from many things, including not acknowledging our talents. It can result from living on the edge by not making enough money, spending most of the money we have, avoiding healthy risks that can move our lives forward, and not preparing for the future. Underearning is about not living up to our unique potential, not following through on our dreams and goals. It's about giving up on ourselves.

I've asked a friend to read the *Symptoms of Underearning*.

I've asked a friend to read *What is Recovery in UA?* and the Twelve Steps of U.A.

I've asked a friend to read the *Tools of U.A.*

A. Is there anyone attending their very first U.A. meeting- anytime, anywhere? If so, would you please share your first name, so that we may welcome you?

Welcome. Please know that sharing and adding your info to the contact sheet that will be passed are optional. It is suggested that you attend a few different meetings so you have time to identify with the speakers, begin to absorb the U.A. concepts, and learn more about the program before deciding if U.A. is right for you.

B. Is there anyone attending this particular meeting for the first time?

Welcome.

In this meeting, we ask that no crosstalk or feedback be given. Crosstalk is a direct verbal response to what another person has said while the meeting is in progress. During the meeting, commenting on what someone else has said or offering advice or criticism is discouraged. Feedback is similar to crosstalk, as it is a direct response to what another person has said during the meeting.

Sharing will end at 6:50, so that we have time for announcements and to briefly state actions we intend to take this week in order to overcome underearning.

Our 7th Tradition reminds us that our meetings are self-supporting, and we accept no funds from outside sources. While U.A. is free to all who need it, we depend upon the contributions of our members to help with our commitments to rent, literature, and the General Service Office (GSO). Please give what you can, but if you can give nothing for now, keep coming back because your presence is more important than your money.

To best facilitate sharing, we will need a timekeeper. Who would be willing to do that service?

The lead share is up to ten minutes, with a warning at eight minutes. Regular shares are up to five minutes, with a warning at four. When seven or more are in attendance, regular share time is reduced by one minute (four minutes, with a warning at three). Please acknowledge the timekeeper when you hear the notification.

By group conscience, meeting leaders read from U.A. and A.A. conference-approved literature only.

[Introduce the Speaker or Topic for the meeting]

[After the lead, pass contact notebook and envelope for contributions]

[At about 6:50pm]

The time for sharing has ended, unless there is a burning desire.

I've asked a friend to read the Tradition of the month and the Twelfth Tradition.

I've asked a friend to read the Promises of U.A.

Are there any U.A.-related announcements?

In order to better apply the principles of the U.A. program to our day-to-day lives, we will now go around the circle and mention one action we intend to take this week to recover from underearning, and to enrich our fiscal and spiritual solvency. Participation is encouraged, but voluntary. Hi, I'm _____ and I'm a recovering underearner. This week I will_____.

[Pause while each member either names an action or passes.]

All are encouraged to make contact with other members after the meeting or during the week for support and encouragement. A phone list has been passed for this purpose.

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 who we see or 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 to 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.

Will those of you who wish please join me in closing the meeting with the Serenity Prayer. Hand-holding is voluntary.

"God, grant me the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference."

[Discussion topics are taken from U.A. literature. The suggested schedule of topics is:

First Mondays: One of UA's Twelve Steps

Second Mondays: One of UA's Tools

Third Mondays: One of UA's Traditions

Fourth & Fifth Mondays: A reading from any of the UA literature

The leader has choice on specific items in all cases.]

Symptoms of Underearning

*UA has defined twelve Symptoms of Underearning that help us to determine if we suffer from compulsive underearning. As we work the program, we see our awareness of these symptoms deepen and, in time, experience signs of recovery from them.**

- 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 enlarge 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 Underpricing** - 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 coworkers, 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 for us. 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.

**from About UA*

What Is Recovery in UA?

Recovery in UA means developing and exercising spiritual muscle, which is at the core of any Twelve Step program. Specific to 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.

*Recovery is about becoming visible in a positive way. It is about being prepared to show up and do a good job--wanting to do a good job and not create difficulties for ourselves or for others. It is about the willingness to be visible and to serve to the best of our ability whatever our given direction.**

The Twelve Steps of UA

- 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.

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*from *About UA*

Tools of UA

- 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 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 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.** UA 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.

What Are 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.**

*From About UA