

UA meeting Saturday 10am-11am

Greeting

Hello everyone. My name is _____ and I am an underearner. Welcome to the Saturday morning meeting of Underearners Anonymous. At any time during the meeting you may press *6 to mute and unmute yourself if you are using your phone.

Before we start – a word to those dialling from a phone to the Zoom meeting. To be heard press *6 to unmute and then press *6 to mute again. In the interest of serenity, we ask all participants to remain muted whenever you are not speaking.

Please join me in saying the Serenity Prayer.

God grant me the serenity to accept the things I cannot change, 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 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, organisation 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 to do the same. We meet every week in this room to hold each other's hand, to embrace each other's soul, to soothe each other's wounds in recovery from compulsive underearning.

Meeting focus and format

Who would be willing to be timekeeper? Thank you _____(name)

We will have up to 4 minutes timed shares. At 3 minutes, the time keeper _____ (name) will say '1 minute' and at 4 minutes the timekeeper will say 'time'. Please acknowledge the one-minute signal from the time-keeper and, begin to wrap up your share so you are finished sharing when time is called.

This is a topic meeting and this week we are on _____ (read from the list below. Week 5 is a speaker meeting)

At this time of the meeting, we read from UA or AA literature as agreed at the group conscience, unless we are on week 5 and we have a speaker.

This week the topic we are reading on (select week unless 5th week has as a speaker):

Week 1: The Underearners Anonymous Pamphlet (About UA)

Week 2: The AA 12 Steps and 12 Traditions (changing the words 'drinking' to 'underearning', 'alcoholic' to 'underearner' and 'sobriety' to 'prosperity')

Week 3: The UA Symptoms and Tools

Week 4: Hiding and Biting and Shining and Receiving.

Week 5: **20 minute speaker** meeting with sharing until **11.25am**. No speaker? Select any of the 4 above

Note: at a group conscience we decided to time the length of the readings to no more than 10 minutes.

Ask for readers

Ask for readers of the topic which can be found on the ua-au.org website.

Welcome

Before we begin sharing, we would like to welcome everyone to the meeting and acknowledge you being here. Would people on the line like to introduce themselves by name only and say if this is their first meeting?

[If there are newcomers say...]

For the newcomers it is suggested that you attend at least 6 meetings so that you may 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 outreach calls.

Just a gentle reminder, to everyone, including those who are doing any service, please remember to stay muted when you are not speaking.

Sharing

Speakers are invited to discuss the reading or your recovery path, e.g.: where you have been, where you are now, your experience with the Tools of UA Recovery, and your vision of the future. We refer to this as 'Living in the Solution'

We do not engage in cross talk, which we define as interrupting or directly addressing another speaker.

It is now time for sharing who would like to share? (Chair picks someone to share if there is a prolonged silence).

If sharing finished before 10.50am make time for around the room sharing of Actions for this week. If Speaker meeting do the same if finished sharing before 11.20am

Wrap 10:55am OR 11.25am if we have a 20 minute speaker on week 5


That's all the time we have for sharing and I would like to thank everyone who shared, and _____ for time keeping time _____ and the people who did the readings. Thank you for letting me be of service.

The meeting has a Business Meeting on the first Saturday of each month.

Are there any announcements?

Seventh Tradition

UA has no dues or fees, we are self-supporting through our own contributions, but we do have expenses; for our Zoom subscription, dissemination of UA literature, the maintenance of its website, and costs incurred by the General Service Board. Contributions can be made via PayPal on the Australian UA website at www.ua-au.org or to UASat7thTrad@gmail.com. The secretary will put these details in the chat box.

Please give what you can, but if you can give nothing for now keep coming back because you are more important than your money. . Newcomers are not required to contribute and are invited to look at the newcomer welcome packs on the Underearnersanonymous.org website.

Number Exchange

Before we close the meeting, we'll exchange names for outreach. This is a wonderful opportunity to find an Action Partner and fellows for Action Meetings. If you want to contact someone you heard on today's meeting, please call out their names now and we ask those members to stay on the call, if they are able, until after we say the Serenity prayer. I will stay on the line after the meeting to facilitate exchange of numbers or e-mails. If a person's name has already been asked for, please don't repeat that person's name.

Can we confirm who is chairing next weeks meeting?

The promises

Would someone read one set of the Promises of UA Recovery that can be found on the website.

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 who 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 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.

Would you please unmute your phone or Zoom and join me in saying the Serenity Prayer:

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

Number and e-mail exchange – the meeting is now open for fellowship or the Workshop