

# Prosperity Saturdays Meeting Format

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Realization Center, Saturdays, 11:30am-12:30pm (12:45pm when there is a business meetings)

Welcome to the Prosperity Saturdays meeting of Underearners Anonymous!

My name is \_\_\_\_\_ and I am a Compulsive Underearner.

After a moment of silence for those who still suffer, will all those who care to please join me in 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.

## Preamble

Underearners Anonymous is a Twelve Step Fellowship of individuals who have come together to help themselves and one another recover from underearning.

Underearning is many things, not all of which are about money. While the most visible consequence is the inability to provide for one's needs, including future needs, underearning is also about the inability to fully acknowledge and express our capabilities and competencies. It is about underachieving, or under-being, no matter how much money we make.

The Tools of UA include, and reinforce, the tried and true tools of recovery provided by the Twelve Steps. Members of UA utilize these Tools—both individually and with partners—to support taking actions that will create lives that are full, prosperous, and grounded in serenity.

Out of respect for other members, and to maintain an atmosphere of serenity, we refrain from **texting** and **emailing** during the meeting. At this time, we ask everyone to please silence their phones.

### **Online Meeting Guidelines**

If you are joining online please do not record, tape, screenshot or download the meeting or any associated chat sessions.

If you are joining from a computer, it is suggested that you use Gallery View to see all the meeting participants at once.

To preserve anonymity and the confidentiality of the meeting, if you are in a shared environment, we ask that you use a headset so the meeting is not audible to others.

We ask that you turn off your camera if you are moving around or have a distracting background, and please mute your phone when not speaking.

You are welcome to stay after the meeting to chat to other people.

### **Readings (all readings are located at the end of this format)**

#### **First week of the month:**

We will now read the Twelve Steps of Underearners Anonymous. Who would like to read the Twelve Steps?

#### **Second week of the month:**

We will now read the Twelve Traditions of Underearners Anonymous. Who would like to read the Twelve Traditions?

#### **Third week of the month:**

We will now read the Tools of Underearners Anonymous. Who would like to read the Twelve Tools?

#### **Fourth week of the month:**

We will now read the Vision of Earning Wellness & Wholeness. Who would like to read the Vision?

#### **Fifth week of the month:**

We will now read the Twelve Steps of Underearners anonymous. Who would like to read the Twelve Steps?

### **Welcome newcomers individually**

Before we begin, we would like to welcome any **newcomers** and acknowledge your being here. It is suggested you attend at least six UA meetings so you have time to identify with the speakers, begin to absorb the UA concepts, and learn more about the program. Would newcomers to UA or this meeting please raise your hands, and when called upon, introduce yourself by your first name only?

### **Select one or more newcomer greeters**

Who would be willing to serve as newcomer greeter after the close of the meeting?

**Contact Sheet Announcement:** if the Contact Sheet Coordinator is not present, read the following statement, and start passing the sheet around:

At this meeting, we pass around a optional contact sheet for people looking for sponsors, action meetings, action partners or program contacts.

If you are joining by Zoom, please feel free to put your name and phone number in the Chat box, along with the services you are looking for or can give.

**Appoint the time keeper**

Who would like to serve as Time Keeper for today's meeting?

**Cross-Talk Statement**

A reminder that we do not engage in **cross-talk** at this meeting: that means we do not speak out of turn, interrupt or directly address others; we try not to lecture or give advice to other members of the group; and we do not judge, invalidate or correct what other people have said. If you have a request, please wait to be recognized, and address it to the chairperson.

The meeting chair or a group member may raise their hand and ask that the cross-talk statement be read again if they feel its spirit is being violated during the meeting.

**First week of the month:**

The first meeting of the month is a **Steps Meeting**. The speaker will qualify on the Step of the Month for 15 minutes, followed by three minute shares on the Step until noon, when we will pause for **7th Tradition break** and UA announcements, followed by our **monthly business meeting**.

**Second week of the month:**

The second meeting of the month is a **Traditions Meeting**. The speaker will qualify on the Tradition of the Month for 15 minutes, followed by three minute shares on the tradition until noon, when we will pause for **7th Tradition break** and UA announcements.

**Third week of the month:**

The third meeting of the month is a **Tools Meeting**. The speaker will qualify on the Tool of the Month for 15 minutes, followed by three minute shares on the tool until noon, when we will pause for **7th Tradition break** and UA announcements.

**Fourth week of the month:**

The fourth meeting of the month is a **Vision of Earning Wellness & Wholeness Meeting**. The speaker will qualify on the Vision for 15 minutes, followed by three minute shares until noon, when we will pause for **7th Tradition break** and UA announcements.

**Fifth week of the month:**

The fifth meeting of the month is a **Speaker Meeting**. The speaker will qualify on an Open Topic for 15 minutes, followed by three minute shares until noon, when we will pause for **7th Tradition break** and UA announcements.

**Introduce the speaker:**

We will begin with a 15 minute qualification on (weekly topic), so to share their experience, strength and hope, please help me welcome \_\_\_\_\_.

### **After The Speaker Has Finished**

Thank you, \_\_\_\_\_! The meeting is now open for shares on (weekly topic). Shares will alternate between people in the room and people joining by Zoom.

**To the speaker:**

\_\_\_\_\_, would you like to make it a “pick” or a “pitch” ?

Shares are three minutes long, with a “one minute” warning after two minutes. Please raise your hand or press \*9 if you are on the phone. Who would like to start?

## 7th Tradition Break

At about 12:00pm...

We will now pause for our 7th Tradition break. Is our Treasurer here?

In the absence of the Treasurer, ask someone to get a rent envelope from the front desk if there are no spares in the meeting folder.

We have no dues or fees in UA: the only requirement for membership is a desire to stop Underearning. But as the 7th Tradition states, we are self-supporting through our own contributions, and we do have expenses.

The rent for this space is \$15 per week and our share of the Zoom fee is \$5 per month. We are also collecting towards the prudent reserve, and to send money to Intergroup and the World Service Conference.

Our Prudent Reserve target is six months rent—\$435—our current reserve is currently \_\_\_\_\_.

We ask for donations of \$2-3, but please give what you can. If you have no money to give today, please remember we value your presence more than your money—please keep coming back!

Meeting chair resumes

For the good of the Fellowship, does anyone have any UA-related **announcements**?

After announcements

Now we resume normal shares.

## End of Meeting

*At about 12:20pm (or 12:35pm after a business meeting), depending on the number of people in the room:*

Thank you all for sharing, that's all we have time for today!

Before we close, I would like to thank the speaker, \_\_\_\_\_ for sharing, \_\_\_\_\_ for serving as treasurer, \_\_\_\_\_ for keeping time, ( \_\_\_\_\_ for chairing the business meeting, \_\_\_\_\_ for serving as secretary). And thank you all for letting me be of service as chair!

### Actions

We will now go around the room, and commit to one action we intend to take this week to overcome underearning. Who would like to start the round robin?

### Closing Statement

In closing, the opinions expressed here today are strictly those of the individuals who gave them. The things you have heard at this meeting were spoken in confidence and should be treated as confidential: please do not share them outside this room. 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 one another, reason things out with someone else. Let there be no gossip or criticism, but only Love, Understanding and Companionship.

If you did not get a chance to share at this meeting, please stay afterwards to talk to other people.

We have some newcomer packets in the meeting binder. If you would like to a list of New York meetings, please go to [ua-ny.org](http://ua-ny.org), and you can find other program literature on the main UA website, [underearnersanonymous.org](http://underearnersanonymous.org).

Would those in the room please help to stack the chairs after the meeting.

Now, would all who care to please join me in a virtual circle and say 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.

## Business Meeting

We will now turn the meeting over to our monthly fifteen minute **Business Meeting**.

Is our **Business Chair** present? If not, who would like to volunteer to be Business Chair for today?

**Turn the meeting over to the Business Chair.**

Let's open with 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.

Is our Business Secretary here? If not, who will volunteer to be Secretary for today?

**Secretary:**

Will the Secretary please read the **Minutes** of the last business meeting?

Are there any questions or discussion on the minutes?

We accept the minutes by acclamation.

**Treasurer:**

Will the Treasurer please present the **Treasury** report?

Are there any questions or discussion on the report?

We accept the report by acclamation.

**Intergroup:**

Will the ISR please present the Intergroup report?

Are there any questions or discussion on the report?

We accept the report by acclamation.

**General Service Board:**

Will the GSR please present the General Service Board report?

Are there any questions or discussion on the report?

We accept the report by acclamation.

**(continued on other side)**

**Elections – March, June, August, December**

We will now hold our quarterly elections, for the three months starting next month.

**Refer to the Elections sheet, for each position:**

We need \_\_\_\_\_.

**Read the role and the requirements**

Who would like to volunteer or nominate someone to be \_\_\_\_\_?

**If there are enough volunteers/nominations, hold an election after asking the candidates to step out of the room until they are called back in. Otherwise, accept the new officers by acclamation.**

Secretary, is there any old business?

**Address the old business, then move onto new business**

Does anyone have any new business?

**After all the new business has been addressed**

I'll entertain a motion to close the business meeting

**After all the new business has been addressed**

Let's close with 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.



## 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.

## The Twelve Traditions of Underearners Anonymous

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.

## 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 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 Partners.** We connect regularly with one or more 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 leads to underearning.
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 and other Twelve Step 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.

## Vision of Earning Wellness and Wholeness

With the help of our Higher Power as our new employer, the following promises are manifested in our lives:

1. We do what must be done promptly, and we consistently use our time to support our vision and further our goals.
2. We are drawn to and quickly embrace ideas that expand our life and career and that increase our profitability.
3. We act from our consciousness of our true value and worth.
4. We release possessions that no longer serve us thus staying in the prosperous flow.
5. We work in a balanced, consistent, self-loving way.
6. We choose actions and commitments that benefit us and contribute to our prosperity.
7. We request and receive increases in compensation and also what the market will bear.
8. We work with others whenever having co-workers, associates or employees serves us.
9. We experience the physical vitality and health that supports our self-expression and expansion.
10. We feel at ease and even joyful when asking for or being given what we need or what we are owed.
11. We follow up on opportunities, leads, or jobs that could be profitable. We complete projects and tasks that we begin.
12. We work harmoniously and in a spirit of service with co-workers, supervisors and clients, generating good will that results in ever-greater financial prosperity.