

Steppin' Out Meeting Format

St. Bart's, Wednesdays, 12:30pm-1:30pm

Welcome to the Steppin' Out 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.

UA Preamble

Underearners Anonymous is a Twelve Step Fellowship of people 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 additional Tools—both individually and with partners—to support taking actions that will create lives that are full, prosperous, and grounded in serenity.

Read the Steps

We will now read the Twelve Steps of Underearners Anonymous. Would someone like to read the Twelve Steps?

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 under-earners, and to practice these principles in all our affairs.

Read the Vision

We will now read the Vision of Earning Wellness and Wholeness.-Would someone like to read the Vision?

Vision of Earning Wellness and Wholeness

With the help of our Higher Power as our 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 serve our needs and contribute to our prosperity, in accordance with our Higher Power's will for us.
7. We request and receive increases in compensation and also what the market will bear.
8. We embrace working 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.

[Online Meeting Guidelines](#)

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.

[Appoint the time keeper](#)

Before we go on, 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 do not 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.

We will pause for the **7th Tradition break** and announcements at 1:00pm.

First week of the month only:

This is the first week of the month, so the 7th Tradition break will be followed by our **monthly business meeting**. *(format below)*

The format this week is that we go round the room in round robin fashion, reading from the 12&12 and sharing on what we have just read.

This week, we are reading from Step Number _____. Please read one or two paragraphs, substituting the word “underearning” for “alcohol” and “drinking,” and the words “recovery” and “prosperity” for “sobriety.” When you are finished, please share for three minutes on what you have just read, and then pass the book on to the next person. Who would like to begin?

Second week of the month:

The second week of the month is a Goals meeting in which we go around the room in round robin fashion sharing our intermediate goals for the next 2, 3 or 4 months. We each share for three minutes on our goals, what actions we have taken since last month, and what actions we are planning to take in the coming month.

Who would like to begin?

Third week of the month:

The third week of the month is a Speaker meeting

The speaker will qualify on Visions, Goals and Steps for 15 minutes, followed by three minute shares until noon, when we will pause for 7th Tradition break and UA announcements.

Please help me welcome _____, who will share their experience, strength and hope!

Fourth week of the month:

The fourth week of the month is a Vision meeting in which we go around the room in round robin fashion sharing for three minutes about our Vision.

Who would like to begin?

Fifth week of the month:

The fifth week of the month is a Step meeting, so we go round the room in round robin fashion, reading from the 12&12 and sharing on what we have just read.

This week, we are reading from Step Number _____. Please read one or two paragraphs, substituting the word “underearning” for “alcohol” and “drinking,” and the words “recovery” and “prosperity” for “sobriety.” When you are finished, please share for three minutes on what you have just read, and then pass the book on to the next person. Who would like to begin?

7th Tradition Break

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

In the absence of the Treasurer, read the following, and pass around an envelope for the rent

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 Zoom meetings is \$5.50 per month, and we ask for donations of \$3-4. If you have no money to give today, please remember we value your presence more than your money—please keep coming back!

Welcome newcomers individually

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?

Announcements

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

Open the meeting up for sharing

Now we will return to sharing.

End of Meeting

At about 1:25 pm

Thank you all for sharing, that's all we have time for today! Now we go around the room, committing to the actions we intend to take this week to overcome underearning. Who would like to start?

When people have finished

Before we close, I would like to thank everyone who shared, _____ 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!

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. If you would like to obtain a UA meeting list or other literature, please see the literature person after the meeting.

Now, would all who care to please join me in a circle and say the "we" version of the Serenity Prayer?

God, grant us the Serenity to accept the things we cannot change, the
Courage to change the things we can, and the Wisdom to know the
difference.

Business Meeting

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

Appoint a time keeper if one hasn't been selected already

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 "we" version of the Serenity Prayer:

God, grant us the Serenity to accept the things we cannot change, the
Courage to change the things we 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, September, 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 motion has been passed

Let's close with the "we" version of the Serenity Prayer

God, grant us the Serenity to accept the things we cannot change, the
Courage to change the things we can, and the Wisdom to know the
difference.

Notes for the Treasurer

The rent for the Zoom meeting is shared with Prosperity Saturdays and Upper West Side Visions, and our portion is currently \$5.50 per month.

Please send payments via PayPal to prosperitysaturdays.com.