

**Meeting Format – Spiritual Progress Group
Sunday Morning – 11:30 a.m.**

Good morning ladies and gentlemen, this is the regular 11:30 a.m. meeting of the Spiritual Progress Group of Alcoholics Anonymous. My name is _____ an alcoholic and present secretary of this meeting.

Our chairperson today is _____.

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, courage to change the things I can and the wisdom to know the difference."

I will now read the preamble of Alcoholics Anonymous:

"Alcoholics 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 alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions AA 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 stay sober and help other alcoholics to achieve sobriety."

I've asked _____ to read the Twelve Traditions.

I've asked _____ to read the Promises.

I've asked _____ to read How It Works from Chapter 5 of the Big Book.

Are there any new members within their first 30 days of sobriety who would like to stand and introduce yourselves by your first name only? This is not to embarrass you, it's so we can get to know you.

Are there any visitors from outside the area or people here for the first time?

Are there any birthdays we can help celebrate?

Are there any AA related announcements or reports?

I have the regular announcements:

Any children present must be under the direct supervision of the parent at all times.

Smoking is NOT allowed on the Adult Recreation Center property. This includes the parking lot. There is an area to smoke across the street near the lawn marked by an ash can.

Out of respect for the comfort and safety of all meeting attendees, the Spiritual Progress Group has a no animal policy. Only service animals are allowed. Details are on the bulletin board.

The restrooms are out the door, women's on the left, men's to the right down the hall and then on the left.

AA literature is provided by the group for free and the books are for sale at cost.

This meeting is a part of the Spiritual Progress Group. We have a website which has useful information on our group and upcoming events. We also have an email address. See the bulletin board for details.

If you have an attendance card to be signed, please put it in the 7th Tradition basket when it passes. It will be signed and available at the end of the meeting.

The group holds a monthly business and service meeting the second Sunday of each month at 10:45 a.m. Everyone is welcome to attend. The next meeting is

_____.

There are no dues or fees for AA membership; we are self-supporting through our own contributions. The Pink can is for Hospitals and Institutions literature. Newcomers and visitors need not contribute.

This is a Spiritual Progress meeting and we ask the chairperson to share their spiritual experience with us. We also ask the chairperson to limit their time to 15 minutes. We would like to hear from as many people as possible. When called on, please keep your comments to 3 to 5 minutes.

I would now like to turn the meeting over to our chairperson _____.

Thank chairperson _____. Snacks _____.

At the end of the meeting, thank everyone and close the meeting in the usual manner with the Lord's Prayer.