

**Meeting Format – Spiritual Progress Group**  
**Sunday Morning – 9:15 a.m.**

Good morning! This is the regular Sunday 9:15 a.m. meeting of the Spiritual Progress Group of Alcoholics Anonymous. I am \_\_\_\_\_ an alcoholic and present secretary of this meeting. This is an open meeting of Alcoholics Anonymous – all are welcome. If you are a guest or member of another 12 Step fellowship, we ask that you save your comments for after the meeting and talk with one of us.

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 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 AA birthdays we can help celebrate?

Are there any AA related announcements from the floor?

I have a few:

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, including the parking lot. There is an area to smoke across the street near the lawn, marked by an ash can.

Only registered service animals are allowed in the building. Details are on the bulletin board.

The men's and women's bathrooms are through the door and to your left.

SPG Announcements: This meeting is a part of the Spiritual Progress group, which holds 5 meetings a week here. 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.

The group holds a monthly business and service meeting the second Sunday of each month at 10:45 a.m. in this room. Everyone is welcome to attend. The next meeting is \_\_\_\_\_ . *On the monthly meeting day, please remind people that we need extra help to clean up quickly, leaving one row of chairs in front.*

Literature on the table is free for the taking. Books are for sale at cost. If you need to purchase a book, please see our Literature representative \_\_\_\_\_ or me after the meeting.

Cleaning up after this meeting is a BIG job. We need your help. Our cleanup coordinator, \_\_\_\_\_ has some information for us.

Can we have the announcement from our Sponsorship Box coordinator \_\_\_\_\_ .

Thanks to \_\_\_\_\_ for the donuts and to \_\_\_\_\_ for the coffee and to our greeters \_\_\_\_\_ .

Please take a moment to check your cell phone and turn it off.

This is an open topic discussion meeting. The chairperson will share their experience, strength and hope and choose a topic for discussion. We ask the chairperson to limit their time to 15 minutes. When called on to share, please keep your message from 3 to 5 minutes so more people will have the opportunity to share.

I will now turn over the meeting to our chairperson \_\_\_\_\_ .

**At 10:00 read the 7<sup>th</sup> Tradition announcement and pass the baskets.**

**Pass the pink H&I cans separately.**

We will now practice the 7<sup>th</sup> Tradition silently. We have no dues or fees in AA but we do pay our own way. Your contribution is appreciated. The money collected in the H&I pink cans is used to purchase literature for hospitals and institutions.

**Close the Meeting** For those who have volunteered to help clean up, thank you!

Please help me thank \_\_\_\_\_ for a great meeting. If you'd like, please join us in the Lord's Prayer.