

**Meeting Format – Spiritual Progress Group
Sunday Morning – 9:30 a.m.**

Good morning! This is the regular Sunday morning Newcomers Step Study meeting of the Spiritual Progress Group of Alcoholics Anonymous. My name is _____ an alcoholic and present secretary of this meeting. Our chairperson this morning 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 a portion of chapter five from the Big Book.

Since this meeting is dedicated primarily to the newcomer, we also read a portion from chapter three of the Big Book. I have asked _____ to read the first six paragraphs of "More about Alcoholism" up to "ad infinitum."

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 better.

Are there any visitors from outside the area or new to this meeting?

At this time I would like to introduce our chipmunk _____ to acknowledge and celebrate milestones in recovery.

Are there any AA related announcements from the floor? (*Read any pertinent messages from Central Office, Spiritual Progress Group or AA flyers.*)

I have a few 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 registered service animals are allowed.

AA literature on the table is free for free taking. Books are for sale at cost. If you need to purchase a book, please see me after the meeting.

We have a temporary sponsorship program. Please fill out a form and drop it in the box. Your name will be matched and you will be notified as soon as possible.

This meeting is a part of the Spiritual Progress Group. The group holds a monthly business and service meeting the second Sunday of each month at 10:45 a.m. downstairs. Everyone is welcome to attend. We have a website which has useful information on our group and upcoming events. We also have an email address. Please see me for more information.

I wish to thank _____ for setting up. May I have a few volunteers to help clean up after the meeting?

We will conclude the meeting at 10:30.

This group honors the 7th Tradition after the chairperson speaks. We have no dues or fees in AA but we do pay our own way. Your contribution will be appreciated. Newcomers and visitors need not contribute. The money collected in the H&I pink can is to help provide literature for hospitals and institutions. If you have a court card to be signed please place it in the basket.

Please check your cell phones to make sure they are in silent mode.

This is a step study meeting 1-5. We ask the chairperson to share their experience, strength and hope. We also ask the chairperson to limit his/her time to 15 minutes. We are here especially for the newcomer and would like to hear from as many people as possible. If you are called upon, please try to keep your comments to around 3-5 minutes.

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

CLOSE THE MEETING: Please help me thank _____ for a great meeting. Let's close the meeting in the usual manner with the Lord's Prayer.