

**Meeting Format – Spiritual Progress Group
Sunday Morning – 7:30 a.m.**

Good morning! This is the regular Very Early 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.

Registered service animals only 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. 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. Everyone is welcome to attend. The next meeting is

_____.

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.

We have a temporary sponsorship box. Please fill out a form if you need a temporary sponsor or if you are willing to be a sponsor. The names will be matched and you will be notified within a week.

I would like to thank our set up people _____,
_____ for the donuts and
_____ for the coffee.

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

We will now honor the Seventh Tradition. 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 cans) is used to provide literature to hospitals and institutions.

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

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

For those who have volunteered to help clean up, thank you!

Let's all thank _____ for a great meeting.

I would now like to ask all who wish to join me in the Lord's prayer as we close the meeting.