

Updated **May 2025**

## Meeting Format - Spiritual Progress Group

### Sunday Morning 9:15 AM

Good morning. Welcome to the Sunday 9:15AM meeting of the Spiritual Progress Group of Alcoholics Anonymous. My name is \_\_\_\_\_ an alcoholic and present secretary of this meeting. Today our chairperson is \_\_\_\_\_.

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 one of us would be happy to speak with you then.

**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."

"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, How it Works.

Are there any **newcomers** within their first 30 days who would like to introduce themselves by their first name only, this is not to embarrass you, but for us to get to know you better.

*Let's hear an announcement from our **Sponsor Box coordinator**?*

**IF SPONSOR COORDINATOR ABSENT, SECRETARY PLS READ:** If you need a sponsor or willing to be a sponsor, please put your name in the **Temporary Sponsor Box**.

Are there any **Visitors** from outside the area or First Timers to this meeting who would like to introduce themselves?

Are there any **AA birthdays or milestones** we can help celebrate today?

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Are there any **AA related announcements** from the floor?

Does our \_\_\_\_\_ Rep have a report? (Intergroup 1<sup>st</sup> Weds; Gen Svc 3<sup>rd</sup> Tues; H&I 4<sup>th</sup> Tues)

**I have a few announcements:**

**Smoking and Vaping –IS NOT ALLOWED ANYWHERE IN LOS GATOS**

FOR THE SAFETY of all meeting attendees the Spiritual Progress Group has a NO ANIMAL POLICY, only trained Service Animals are allowed.

**RESTROOMS** The men's and women's are located through the main door and to the left.

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

Spiritual Progress Group holds a monthly steering committee meeting the second Sunday of each month at 10:45am everyone is welcome to attend, AA members with service commitments should attend.

Can we get an announcement from our cleanup coordinator \_\_\_\_\_

Thank you to all in service to this meeting.

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 10 to 15 minutes. When called on to share, please keep your message 3 minutes so more people will have the opportunity to share. I will now turn the meeting over to our chairperson \_\_\_\_\_.

**AFTER THE CHAIRPERSON 7<sup>th</sup> tradition:**

We will NOW honor the 7<sup>th</sup> tradition. We have no dues or fees in AA, but we do pay our own way. Your donation supports our meeting expenses, Central office and General Service.

**CLOSE THE MEETING:** Please help me thank \_\_\_\_\_ for a great meeting. Please join us as we close the meeting with the Lord's Prayer.