

S.L.A.A. “It Works If You Work It” Hybrid Meeting Script

[10:00am] Opening

Welcome to a meeting of the “It Works If You Work It” group of Sex and Love Addicts Anonymous. My name is [secretary’s name] and I am a sex and love addict. This meeting runs from 10 to 11:15am and is open to all adult members. If you are joining online, as a courtesy to others, please mute your microphones when another person is sharing.

Let’s take a moment to reflect upon the reasons why we are here, followed by the Serenity Prayer. For those online, please mute your microphones as I lead the prayer.

[Pause for 5 to 10 seconds]

*God, grant me the serenity to accept the things I cannot change,
courage to change the things I can, and wisdom to know the difference.
Thy will, not mine, be done.*

[On a 4th week] As this is the fourth week of the month we’ll be accepting ideas for today’s meeting topic. I will ask for suggested topics later in the meeting.

Can someone read the **S.L.A.A. Preamble**?

Can someone read the **Twelve Steps of S.L.A.A.**?

Can someone read this month’s tradition from the **Twelve Traditions of S.L.A.A.**?

Can someone read the **Characteristics of Sex and Love Addiction**?

Is there anyone new to this meeting today? If so, tell us your first name only so we can welcome you. [If there are newcomers, pause to welcome them]

[If no newcomers, skip to Meeting Topic section]

[If they are new to recovery] Read **What Is Sex and Love Addiction?** from the reading materials.

We encourage anyone new to the program to attend at least five meetings so you can determine if S.L.A.A. is right for you. There are free resources online at slaafws.org. The S.L.A.A. basic text is for sale on the website or we have some for sale here in person at the church.

[Meeting Topic section]

Since it is the (1st, 2nd, 3rd, 4th, 5th) week of the month, our meeting topic is...

[1st week]: the [current month] step from the **Twelve Steps of S.L.A.A.** We’ll begin by reading this month’s step from the S.L.A.A. basic text. [Begin reading from the text]

[2nd week]: the daily reading from SLAA’s *A State of Grace*.

[3rd week]: the [current month] characteristic from the **12 Characteristics of Sex and Love Addiction**. Can someone read the characteristic again?

[4th week]: an open topic. Does anyone have a suggested meeting topic? [If none are offered, you may choose from *A State of Grace*, **The Signs of Recovery**, or other sources]

[5th week]: An extended First step or program qualification sharing. [member name] will begin today by sharing some of their story for about 15 minutes. Afterwards each of us is encouraged to respond with how we identified with something they shared. This is an exception to our usual “no cross talk” tradition.

Meeting guidelines: In participation, we share our experience, strength and hope of recovery from sex and love addiction. [Skip cross talk statement on 5th week] Cross talk is discouraged at this meeting. Cross talk is defined as speaking while another person is sharing or making direct comments about another’s share. If you feel that someone is being too explicit, you may temporarily lower or disconnect your volume if you are online. Or if attending in person, you may step out of the room and then return at a later time. When you are sharing, we encourage the use of “I” statements over the use of “you” statements to better relate your personal experiences. Feel free to share about the topic or getting current. We will be using a four-minute timer displayed on the screen, if you see the timer has expired please wrap up your share.

The meeting is now open for sharing.

[10:45am] Seventh Tradition and Announcements

Let’s take a moment to honor the Seventh Tradition which states that every S.L.A.A group ought to be fully self-supporting, declining outside contributions. Details on contributing online with Venmo have been posted to the group chat on the GroupMe app. The suggested donation is 2 dollars per meeting but give what you can. The money we collect pays for rent, literature, and contributions to the Puget Sound SLAA Intergroup and Fellowship Wide Services. If you are new to SLAA please withhold your contribution until you decide SLAA is right for you.

As a reminder our monthly business meeting is on the last Saturday of the month immediately following the regular meeting. All are welcome to attend.

Does anyone have any announcements for the benefit of the group?

The meeting is open again for sharing.

[11:10am] Closing

That’s all the time we have for sharing.

Could someone read the **S.L.A.A. Signs of Recovery**?

Could someone read the **S.L.A.A. Ninth Step Promises**?

We encourage everyone in our fellowship to get a sponsor. If you don't already have a sponsor, we suggest you approach someone you identified with at a meeting to ask if they will sponsor you. Most of our meeting members stay in touch using the GroupMe app. If you would like to be added to our group chat on the GroupMe app, you can approach any member of our group and ask to be added. If you're online, you can request using the chat function in the Zoom meeting.

Are there any sobriety dates or anniversaries to celebrate this week? [Pass out coins as appropriate]

This has been a regular meeting of the "It Works if You Work It" group of Sex and Love Addicts Anonymous. In closing, please remember the opinions expressed here are strictly those of the person who gave them. Take what you like and leave the rest. "We need protect with special care the anonymity of every S.L.A.A. member." Therefore, who you see here and what you hear here, let it stay here when you leave here.

We will now end the meeting with Serenity Prayer.

Please mute your microphone if you are online.

*God, grant me the serenity to accept the things I cannot change,
courage to change the things I can, and wisdom to know the difference.
Keep coming back, it works if you work it and you're worth it.*