

Zoom suggested meeting format

[Join Zoom Meeting: Direct link](#)
Input zoom information here

The **Meeting Chair** asks for volunteers to read the following before the meeting begins (option to screen share). **Zoom host** for the safety of the meeting will rename all participants with first name and last initial only including all dial in members before and during the meeting (if latecomers join)

[SLAA Preamble](#)

[SLAA Characteristics](#)

[SLAA 12 Steps](#)

[SLAA Promises](#) OR SLAA [Signs of Recovery](#) (end of meeting)

"Welcome to the Thursday night Zoom Meeting of Sex and Love Addicts Anonymous. My name is _____, and I am a sex and love addict."

"This meeting will run from _____ EST. After the meeting, we will stay on Zoom for anyone to ask questions, exchange contact information or for general fellowship and sharing."

"Will _____ please read the S.L.A.A. Preamble."

"Will _____ please read the S.L.A.A. Characteristics."

"Will _____ please read the S.L.A.A. 12 Steps."

"Will _____ please read the S.L.A.A. Tradition of the Month."

"Are there any SLAA announcements?"

Can someone copy and paste in zoom chat:

All upcoming events with GDVI are at slaadvi.org/activities & if you'd like to subscribe or view our monthly newsletter you can do that by visiting slaadvi.org and clicking on newsletter. S.L.A.A. Literature is available by ordering pamphlets or books though <https://slaadvi.org/contact-gdvi-literature-coordinator/> or slaafws.org

"Are there any SLAA anniversaries of continuous sobriety?"

“We have no dues or fees, but we are fully self-supporting through our own contributions in the spirit of the 7th tradition. Since we are not in person, the best way to support the fellowship is by donations at the Delaware Valley Intergroup or Fellowship-Wide Services websites.

Can someone copy and paste in zoom chat:

<https://slaadvi.org/donation-to-intergroup/>

<https://slaafws.org/contributions>

(SAFETY REMINDERS)

“The following information is designed to make each meeting run as smoothly as possible. Please mute your microphone, or use *6 to mute and unmute if you are dialed in with audio only. Please refrain from doing chores, cooking, eating or walking around as it may be distracting. If you need to multitask during the meeting, please mute and keep your video off or our Zoom Host has the option to mute your audio and turn off your video. Thank you for your cooperation.”

(MEETING FORMAT)

Input your meeting format here (Steps/Topic/Speaker/Etc....)

(SAFETY)

“For Safety, this group does not allow crosstalk. Crosstalk is defined as interrupting another’s share, referring to other members by name in your share, or giving advice or suggestions to others during your share. Please keep the focus on your own experience, strength, and hope. Avoid being graphic, or naming specific geographic locations, websites, apps, or other acting out places by name. Be mindful that members of the group could be triggered by your share.”

(SHARING)

“If you would like to share and you are signed on through your phone only, *9 will initiate the VIRTUAL RAISE HAND on the screen. If you are on Zoom Video, you can raise your virtual hand from the participants tab.”

-----when ending meeting-----

“Our meeting has now come to an end. Everyone is welcome to stay on the Zoom for Fellowship Time, to exchange contact information, for any questions, discussion, or for those looking for a sponsor or wanting to sponsor. If you choose to share information by audio, please note that you would share it with whomever is on the line. Contact information can be exchanged privately via chat. Thanks to everyone for sharing. If you were not able to share, please reach out after the meeting to a member of the fellowship for discussion and support.”

“Please remember that anonymity is the spiritual foundation of all our traditions. Who you see here, what you hear here, please let it stay here.”
(The group responds: “Hear Hear!”)

“Will _____ please read the [SLAA Promises](#) OR [SLAA Signs of Recovery](#)?”

“We have a nice way of closing with the Serenity Prayer. Before we close, please take a moment to remember those who are still suffering from the disease.”

Together: “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. Thy will, not mine, be done.”

“Thanks to everyone who read and shared tonight, and welcome again to our newcomers to SLAA or to this meeting, keep coming back!”