

## **SLAA Meeting Format**

“Free At Last” Thursday 7:30 PM – virtual meetings during social distancing; in the future meeting will be held at St. Andrew’s Church, Bellevue.

### **1. BEFORE THE MEETING**

- Ask 3 people to read the SLAA preamble, 12 steps, and the 9<sup>th</sup> Step Promises or Signs of Recovery (note their names)
- Note which Thursday and prepare for one of the 5 options below.
- Welcome people to the meeting, “Welcome, we will get started soon.”

### **2. START THE MEETING**

- Welcome to “Free At Last” the Thursday evening meeting of Sex and Love Addicts Anonymous. My name is \_\_\_\_\_ and I am a sex and love addict. This is a closed meeting of SLAA but we welcome members of other 12-step recovery programs. This meeting is from 7:30-8:30pm except for the 1<sup>st</sup> & 3<sup>rd</sup> Thursdays, when the sharing ends at 8:15 and we give service by participating in the business meeting, which is how we keep this meeting running.
- I have asked \_\_\_\_\_ to read the SLAA Preamble. I have asked \_\_\_\_\_ to read the 12 Steps.
- We are now going to introduce ourselves with our first names only. If you wish, please share how you are feeling too.
- This is the (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>) Thursday of the month and
  1. Since this week is the business meeting, does anyone have an inspirational quote they want to share or topic to suggest?
  2. We will now read aloud the step of the month for 8 minutes, from the SLAA text.
  3. Since this week is the business meeting, does anyone have an inspirational quote they want to share or topic to suggest?
  4. Ask if anyone has a SLAA pamphlet that they want to read for 8 minutes.
  5. We will get current.

### **3. AFTER READING**

- The focus of this group and anything we choose to share is based on recovery, living in the solution not the problem, applying the 12 steps and traditions to our daily lives.

- Would anyone like to celebrate proud time? Proud time is any amount of sober time, one day, one week or more that you would like to celebrate with the group.
- We encourage everyone in our fellowship to get a sponsor, if anyone is available to be a sponsor, either temporary or otherwise, please state your name now.
- In participation, no cross-talk please while someone is sharing, meaning please focus on your own recovery and not comment on the testimony of other members. If you would like to comment on what someone has said, please direct your comments to that person after the meeting.
- Please be mindful of the time while sharing so that everyone may have a chance to share. We have a 4 minute share with a knock (or warning) at 3. Would anyone like to handle the timer? (Wait for someone to step forward to be timekeeper). Please acknowledge that you have heard the timekeeper. Please begin your share with 3 of your top and bottom lines. The meeting is now open to share.

4. HALFWAY THROUGH THE MEETING (8:00)

- For the 7<sup>th</sup> Tradition – you can either contribute directly to this meeting via Venmo or contribute to our intergroup at [www.slaa-seattle.org](http://www.slaa-seattle.org). Contributing to this meeting directly via Venmo helps us pay for our monthly subscription to Zoom which is \$16.48. The Venmo information is Teana8 or [hasmanyfriends@hotmail.com](mailto:hasmanyfriends@hotmail.com). (Put the website & Venmo information into the Zoom chat.)
- Are there any announcements for the good of the group?

5. WHEN ANNOUNCEMENTS ARE COMPLETE

- The meeting is now open to share.

6. JUST BEFORE CLOSING (if it's been quiet and 15 minutes before the meeting ends)

- There are 10 minutes left, are there any burning desires? (wait 2 minutes) Would anyone like to double dip? (Wait 2 minutes. If silent, skip to closing.)

7. CLOSING (5 minutes before meeting ends)

- In closing, please remember that the opinions expressed here are strictly those of the person who gave them. Take what you like and leave the rest. Everything you heard hear should be treated as confidential.
- I have asked \_\_\_\_\_ to read the Promises or signs of Recovery.
- Whatever your problems, there are those among us that have them too. If you keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered, no unhappiness too great to be lessened. Let the understanding, love and peace of the program grow in you, one day at a time. If you wish, please join me in the Serenity Prayer.