

SCAA Open Meeting Script

Hello, everyone. **Welcome** to this meeting of Sugar and Carb Addicts Anonymous. My name is _____ and I am a sugar and carb addict.

A special welcome to any **newcomers**. Please feel free to put your contact information in the chat.

Can we have a **moment of silence** to remember the still-suffering sugar and carb addict inside and outside these rooms?...Thank you. Would all who wish to join me in the **Serenity Prayer**?

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Please make sure all microphones are **muted** except when we are sharing so the meeting is not disturbed.

Announcements!

We meet daily and have 21 **meetings** a week. The schedule can be seen on our website, SCAA.CLUB

PLEASE PLEASE PLEASE!! NEVER ...EVER share our SCAA Meeting Links to folks who are not members and have not been assessed. This is how we keep our meetings safe

Are there any SCAA-related announcements anyone would like to share?

SCAA Preamble

Sugar and Carb Addicts Anonymous is a fellowship of individuals who share their experience, strength, and hope with each other to solve their common problem and help others to recover from sugar and carb addiction.

The only requirement for membership is a desire to stop abusing sugar and carbs. There are no dues or fees for SCAA membership.

SCAA 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 abstinent and help other sugar and carb addicts to achieve abstinence.

SCAA is neither affiliated with nor endorsed by Alcoholics Anonymous, but we do choose to use the Big Book, *Twelve Steps and Twelve Traditions of Alcoholics Anonymous*, and other AA literature to guide us in our recovery from sugar and carb addiction.

[Leader may put the tradition of the month in the chat and ask someone to read it.]

**The tradition of the month is number _____, which states:
12 Traditions of SCAA**

1. Our common welfare should come first; personal recovery depends upon S.C.A.A. unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for S.C.A.A. membership is a desire to stop abusing sugar and bad carbs.
4. Each group should be autonomous except in matters affecting other groups or S.C.A.A. as a whole.
5. Each group has but one primary purpose — to carry its message to the sugar and carb addict who still suffers.
6. An S.C.A.A. group ought never endorse, finance, or lend the S.C.A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every S.C.A.A. group ought to be fully self-supporting, declining outside contributions.
8. Sugar and Carb Addicts Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. S.C.A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Sugar and Carb Addicts Anonymous has no opinion on outside issues; hence the S.C.A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, film, and any form of social media.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Our 12th Tradition states: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Our 7th Tradition states: *"Every SCAA group ought to be fully self-supporting, declining outside contributions."* Contributions cover our expenses and can be made through Venmo or PayPal or by check. Details are in the chat.

[Leader, copy and paste this into the chat:]

7th Tradition donations can be made in the following ways:

VENMO @SCAA-SCAA - Last 4 of Phone # 6751

PayPal [PayPal.Me/SCAA7th](https://www.paypal.com/US/mx/charity/SCAA7th)

Checks can be made payable to Sugar and Carb Addicts Anonymous and mailed to:
SCAA c/o Mark
22311 E. Rosa Rd
Queen Creek, AZ. 85142

The TOOLS OF SCAA RECOVERY are the 12 steps, AA literature, prayer, meditation, accountability to others, service, fellowship, and sponsorship. A sponsor is an SCAA member who works the SCAA Steps and will guide you through the SCAA program and the 12 Steps. If you need a list of available sponsors, just ask. If we have any Sponsors in the meeting today, please check in through the chat.

Is anyone celebrating an **SCAA Anniversary** today?

Is anyone celebrating a **milestone** today?

Let there be no crosstalk. Crosstalk is giving advice, criticizing, asking questions, or interrupting the person speaking. However, it is not crosstalk to acknowledge another speaker or talk about how you relate to their share when it is your turn to speak.

The **duration** of the meeting is 1 hour. Please limit your sharing to 3 minutes or less. If you need to leave early and want a chance to share, let the leader know.

[Meeting leaders now introduce the focus of the meeting. Please make a list of attendees and call on them to share rather than waiting for someone to come forward. This keeps the meeting flowing and allows more people to share. At the end of the meeting:]

If you did not have a chance to share or have any questions, please reach out and talk with someone at the end of the meeting or feel free to email Mark.

The Promises from the Big Book, pgs. 83-84, or similar:

"If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook on life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them."

Who you see here, what you hear here, when you leave here, LET IT STAY HERE!

[Leader may ask someone to lead the **SERENITY PRAYER** to close the meeting. The "we" or "I" version are both acceptable.]

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.