

## SA Meeting Format (Closed Meeting)

Welcome to this meeting of Suicide Anonymous. My name is \_\_\_\_\_. I am a suicide addict and your leader for this meeting. After a moment of silence, will those of you who wish to please 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.”

I have asked \_\_\_\_\_ to read “The Preamble”  
I have asked \_\_\_\_\_ to read “How it Works”  
I have asked \_\_\_\_\_ to read “The Problem”  
I have asked \_\_\_\_\_ to read “The Solution”  
I have asked \_\_\_\_\_ to read “The Twelve Traditions”  
I have asked \_\_\_\_\_ to read “The Bottom Lines”  
I have asked \_\_\_\_\_ to read “The Promises”

This is a closed meeting of Suicide Anonymous, for members only. The only requirement for membership is the desire to stop living out a pattern of suicidal ideation and behavior. Is this the desire of everyone here? “Yes”

Is anyone here for their first meeting? (If so, ask each newcomer to introduce themselves by their first name, ask regular members to introduce themselves, and ask regular members to share their experience, strength and hope.)

The first tradition states, “Our common welfare depends on SA unity.” In keeping with this tradition we request that there be no cross talking, that is interrupting or making comments about other people’s statements, or advice giving; only the sharing of our personal experiences at the group meetings. We resolve our problems by talking to our sponsors, or to one another before or after the meetings. We urge everyone to participate. Our sharing of our experience, strength and hope is the foundation of our healing process. We also ask that you try to relate to feelings instead of incidences.

Toward the end of the meeting we will have a “getting current” period for those who need it.

Does anyone have a topic? (If not, the chairperson chooses a topic and begins the discussion.) Open the topic to the floor and if no one volunteers to talk, pick someone to share.

### **Last 15 minutes**

We are self-supporting through our own contributions as the seventh tradition states. The basket is being passed quietly as we open the floor to anyone who has a need to get current. This will allow the group to provide support for anyone who feel their sobriety threatened, or who has broken a bottom-line behavior.

(Turn Over)

**Last 5 minutes**

**Are there any SA related announcements?**

**I have asked \_\_\_\_\_ to pass out the chips**

### **Closing**

I want to thank everyone for sharing today. The opinions expressed here today are our own and not necessarily those of SA as a whole. The things you heard here were spoken in confidence and should be treated as confidential. Will those of you who wish to please join me in the "Lord's Prayer" after a moment of silence for those who still suffer?

"Our Father who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread. Forgive us our trespasses as we forgive those who trespass against us and lead us not into temptation, but deliver us from evil. For Thine is the kingdom the power and the glory for ever and ever. Amen."

### **Explanation of the Chip System**

Many 12-Step programs have a chip system, essentially using white, red, blue and green or yellow poker chips. Each chip represents lengths of sobriety.

White Chip - For those just coming into the program and wishing to join our way of life. Also for those who've broken a bottom line and have returned to the meeting and their program.

Red Chip - Given to those who've gone 3 months without having broken bottom line behavior.

Blue Chip - Given to those who've gone 6 months without having broken bottom line behavior.

Green or Yellow Chip - "The Resentment Chip". If you have a resentment against any person, place or thing, take this chip and over the next two weeks and with this chip, pray for that person, place or thing that they receive the same peace and contentment you desire for yourself. After two weeks return the green chip and during the meeting, share your experience with the group.

Finally, each year of sobriety, that person's "birthday", is celebrated by giving "heavy metal". This chip should be apart from the others in design, so to be seen as special in all members' eyes.

### **A Note about Newcomers**

Newcomers often feel out of place at their first meeting. We suggest that at the end of a newcomer meeting, he/she be given a copy of the Little Book (download and print from the SA website). We also suggest current SA members who wish to do so, list their name and phone number on/in the Little Book to serve as a contact for the newcomer. Men should work with men, women should work with women. Also, give them a schedule of available meetings if available.