AUGUSTINE FELLOWSHIP - WOMEN'S & LGBTQ+

WELCOME: Welcome to the Women's and LGBTQIA+ Little Rock Group Meeting of Sex and Love Addicts Anonymous. My name is_____ and I am a sex and love addict and your chairperson 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, courage to change the things I can and wisdom to know the difference."

"I've asked ____ to read "The Preamble" *
"I've asked ____ to read "The Characteristics of Sex and Love Addiction" *
"I've asked ____ to read "The 12 Steps" *
"I've asked ____ to read "The 12 Traditions" *

This is a closed meeting of S.L.A.A. for members only and those who identify as women, members of the LGBTQIA+ community and who have a desire to stop living a pattern of sex and love addiction. Is this the desire of each person here?

VIRTUAL /BLENDED: To foster a safe space, we ask those online to display first name and last initial only and to please momentarily turn on video and show your faces at this time. To help reduce background noise, please mute your audio when not called on to share. You can mute your audio by going to the bottom of your screen and pressing the microphone icon or by pressing "*6" if you are calling in.

The first tradition states that our "common welfare depends on 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 sponsor or to one another before or after the meeting. We urge everyone to participate. Our sharing of our experiences, strength, and hope is the foundation of our healing process.

"I've asked ____ to read "Graphic and Legal Statement" ***MUST BE READ***

Toward the end of this meeting, we have a "getting current" period for those who need it.

ANNOUNCEMENTS: Are there any S.L.A.A. related announcements?

NEWCOMERS: Is there anyone here for their first S.L.A.A. meeting ever? / This meeting for the first time?

1. Have the chairperson and each member introduce him or herself by first name only; members may also share bottom lines and length of sobriety.
2. If the meeting becomes a newcomer meeting, each member may share their story following the format: what was I like before, what happened, what am I like now.
3. Have the newcomer give his or her first name only.

SPONSORSHIP: Sponsorship is one of five resources in recovery mentioned in our preamble. If you are willing to serve as a sponsor or temporary sponsor, would you please raise your hand? If you need a sponsor or temporary sponsor, we encourage you to make connections after the meeting with someone who raised their hand.

*Readings are conference approved.

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TOPIC: Before we turn to the topic, let's remember that our goal is to provide a safe space for all members. If at any point you feel uncomfortable during another member's share, signal me so that I may remind everyone to keep shares focused on experience, strength, and hope while remaining mindful of our graphic and legal statement. In the event that I interrupt your share to re-center the meeting, know that it is to maintain a space that is safe for all. We value everyone's presence and participation in the meeting. Please also be respectful and limit your share to 5 minutes or less so that as many people can share as possible.

Today's topic is _____.

Last 15 minutes: SEVENTH TRADITION: We are self-supporting as the seventh tradition states. The virtual basket is now being passed quietly. We now open the floor to anyone who has a need to get current. This allows group support for anyone who feels their sobriety threatened or has broken their bottom line behavior. *(Create breakout groups if ten or more need to get current.)*

I've asked ____ to do the Birthday Chips. Is there anyone who has had a birthday or is celebrating a milestone in recovery and wishes to be recognized?

I've asked ____ to read "The Signs of Recovery"

CLOSING: I want to thank everyone for sharing today. The opinions expressed here today are our own and not necessarily those of S.L.A.A. as a whole. Let there be no gossip or criticism of one another, but rather understanding and friendship. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. The things you heard here were spoken in confidence and should be treated as confidential. So who you see here, what was said here, when you leave here, stays here.

Will those of you who wish to, please join me in the _____ Prayer after a moment of silence for the addict who still suffers. Hand holding is optional.

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.

Serenity Prayer (we version): God, grant us the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference.

Morning Prayer: God, direct my thinking today so that it be empty of self-pity, dishonesty, self-will, self-seeking and fear. God, inspire my thinking, decisions and intuitions. Help me to relax and take it easy. Free me from doubt and indecision. Guide me through this day and show me my next step. God, show me what I need to do to take care of any problems. I ask all these things that I may be of maximum service to you and my fellow man. In the spirit of the Steps I pray.

3rd Step Prayer: God, I offer myself to Thee - To build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness. to those I would help of Thy Power, Thy Love, and Thy Way of life. My I do thy will always.

7th Step Prayer: My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do Your bidding.

Lord's Prayer: 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, and 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.

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