

# SEX AND LOVE ADDICTS ANONYMOUS

(SUGGESTED FORMAT FOR LITTLE ROCK GROUP MEETINGS)

Welcome to the 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 the wisdom to know the difference."***

I've asked a friend to read "**The Preamble**"

I've asked a friend to read "**The Characteristics of Sex and Love Addiction**"

I've asked a friend to read "**The 12 Steps**"

I've asked a friend to read the [TRADITION FOR CURRENT MONTH] from "**The 12 Traditions**"

This is a closed meeting of S.L.A.A. for members only. The only requirement for membership is 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. Please leave your cameras on until we finish the Graphic and Legal reading. If you are attending from a location which would prevent you from turning on your camera, please explain that in the chat or text someone in the meeting.

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.

**NO CROSS-TALK:** 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 are the foundation of our healing process.

I've asked a friend to read the "**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?

[IF SO, TRANSITION TO THE SUGGESTED FORMAT FOR NEWCOMER'S MEETING]

Is there anyone attending this meeting for the first time?

[IF SO, HAVE EACH MEMBER PRESENT INTRODUCE THEMSELVES BY FIRST NAME AND LAST INITIAL, THEN SHARE THEIR LENGTH OF TIME IN THE PROGRAM AND THEIR BOTTOM LINES.]

**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 connection after the meeting with someone who raised their hand.

**TOPIC:** Today's topic is \_\_\_\_\_. [CHAIRPERSON OPENS DISCUSSION. NOTE: CHAIRPERSON HAS THE OPTION OF ASKING IF THERE ARE ANY BURNING DESIRES THAT COULD SERVE AS THE TOPIC OF THE MEETING.]

## **LAST 15 MINUTES:**

**SEVENTH TRADITION:** We are self-supporting as the seventh tradition states. We encourage you to contribute using our Venmo account, if possible. The information on how to do that is on the screen.

The physical basket is now being passed quietly as we open the floor to anyone who has a need to get current.

**GETTING CURRENT:** This allows group support for anyone who feels their sobriety threatened or has broken their bottom-line behavior. **[IF THERE ARE 10 OR MORE IN ATTENDANCE HAVE THEM GATHER IN GROUPS OF 5 OR LESS IN THE SAME ROOM TO GET CURRENT AND THEN RE-GATHER IN A LARGE GROUP FOR THE REMAINDER OF THE MEETING.]**

**RECOGNITION:** I've asked a friend 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 a friend to read "**The Signs of Recovery**"

**CLOSING:** I want to thank everyone for sharing today. The opinions expressed here 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.

**[PLEASE SELECT ONE OF THE FOLLOWING PRAYERS TO CLOSE WITH.]**

**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. Amen.