

# INTERGROUP MEETING

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**January 3, 2026,**

## **OPENING - Serenity Prayer**

**Attending: Chairperson, treasurer, event committee chair, communications chair, ABM delegate, prison outreach chair, LR IGR, NLR IGR, NWA IGR**

**Not attending: Secretary, Conway IGR, Saline County IGR**

## **Service Reading:**

"Service is a vital part of the growth in recovery; it gives a sense of giving back what we have been given. We see recovery works through sharing our experience, strength, and hope. Groups that lack the willingness to do service may falter or stagnate. It has allowed us to stay sober. Service is not a requirement or burden but joy and satisfaction.

***From the How to Start an Intergroup Document, S.L.A.A. FWS, not conference approved***

## **READING: TWELVE TRADITIONS OF S.L.A.A.**

1. Our common welfare should come first; personal recovery depends upon S.L.A.A. unity.
2. For our group purpose, there is but one ultimate authority -- a loving God, as this Power may be expressed through our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. Any two or more persons gathered together for mutual aid in recovering from sex and love addiction may call themselves an S.L.A.A. group, provided that as a group, they have no other affiliation.
4. Each group should be autonomous except in matters affecting other groups or S.L.A.A. as a whole.
5. Each group has but one primary purpose -- to carry its message to the sex and love addict who still suffers.

6. An S.L.A.A. group or S.L.A.A. as a whole ought never endorse, finance, or lend the S.L.A.A. name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions.
8. S.L.A.A. should remain forever nonprofessional, but our service centers may employ special workers.
9. S.L.A.A. as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. S.L.A.A. has no opinion on outside issues; hence, the S.L.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, TV, film, and other public media. We need guard with special care the anonymity of all fellow S.L.A.A. members.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

## **I. Minutes from the last meeting - [REVIEW HERE](#)**

## **II. Written Reports - TEMPLATE AVAILABLE [HERE](#)**

- **Saline County** - usually 6 - 10 people, no IGR present
- **Little Rock (Sun, Mon, Tues, Thurs, Sat) - LR Secretary/Treasurer present**

Financials Venmo \$389, bank \$5942 - no plans for that currently  
Currently no LR chair  
Group health - Saturday and Thursday has declined in participation. Monday is strong.  
Sunday 6 - 10 people with multiple newcomers
- **North Little Rock IGR present**

December was light attendance, but normally 6 - 10 people
- **Conway Group**

**NWA Group, IGR present**  
\$210 in treasury  
Attendance 6 - 8 normally

Out of town visitors sometimes attend

Planning on forming a service board now that there are enough members

- **Treasurer -**

Venmo - \$1179.32 (Most recent transfer was from LR group for Q4)

Simmons - \$207.52 (Most recent transfer was \$120 for Canva)

- **Delegate -** No report, will reach out to FWS

- **Prison outreach -** Beginning work in 2026, no report

- **Communications Representative**

58 completed surveys

2 completed sign of recovery

Average 70 read emails and 4 engagements

Website chats 5 - 6 per month

ESH blog still need shares for Signs of Recovery numbers 2, and 5 - 12

- **Workshop/Special Events Committee Chair**

Scheduled for May 2, 2026, held a meeting with about 10 people with the CSAT presenter. Zoom will have full participation with breakout groups. Planning on doing a podcast for advertising the workshop.

Speakers meeting Saturday, January 31 at 7am. Coffee and snacks provided.

The events committee has the goal of connecting the individual groups.

All events are open meetings.

### **III. Old Business**

#### **Outreach program to therapists**

IG Chairperson will head up outreach to therapists, both CSATs and regular therapists. To be announced at the meetings.

#### **CanvaPro - Purchased and available**

#### **Visiting the groups**

Motion made and passed to visit every meeting once per year as IG reps.

#### **IV. NEW BUSINESS**

**A. Information exchange of verbiage used in groups that may be helpful to other groups.**

Encourage groups that are hybrid to use verbiage and boot those who do not turn on their camera.

**B. Should we have only one meeting ID for Zoom instead of separate ones for each meeting?**

Passed, starting February 1st new meeting ID is 771 955 1470

**C. Sunday LR meeting need a separate IGR: No**

**D. Open up the secretary position?**

Passed: Elected members need to attend at least 4 of the 6 meetings per year. Missing 3 meetings automatically dismisses an elected member. This means that the Secretary position is now open.

Passed: communicate to IGRs that we recommend that if IGRs be required to attend at least 4 IG meetings per year.

#### **Group Announcements:**

1 - January 31st speakers meeting at 7am. 4th floor conference room at Little Rock CHI St. Vincent Hospital

2 - Secretary position is open for the Intergroup

3 - Trauma and Addiction workshop May 2nd featuring Talia Black, CSAT

4 - For all hybrid meetings, beginning February 1, there will only be one Zoom login for all meetings. The meeting ID is 323 116 424

5 - All groups are encouraged to require your Intergroup rep to attend a minimum of 4 Intergroup meetings per year. This would require your group to have a group conscious vote. All elected Intergroup positions are now required to do the same.

6 - The Intergroup will be reaching out to local therapist to encourage them to suggest SLAA to their clients. If you would like to help with this, contact Jim D

7 - We are ready to begin our prison outreach. Please contact Keith J. if you would like to help.

**NEXT MEETING: March 7, 2026: Immediately following the 7 a.m. Little Rock meeting.**