

Courage to Change Speaker Meeting



Meeting Script

[Updated: 01.28.23]

Speaker's Meeting Script

“Courage to Change” SLAA Hybrid Meeting 2023

Find volunteers to read up at the front of the room:

- A volunteer to read the SLAA Preamble
- A volunteer to read the 12 Steps of SLAA
- A volunteer to read the SLAA Signs of Recovery

7pm: GOOD EVENING AND WELCOME to “Courage to Change”, the Saturday evening meeting of Sex and Love Addicts Anonymous. My name is [_____], and I am a gratefully recovering sex and love addict.

Every month, on the last Saturday, we hold a special open meeting where one member of our fellowship tells their story of experience, strength, and hope. They share what it was like, how recovery was for them, and what their life is like now. Tonight, we have [_____] who has graciously agreed to share their story with us.

Please join me for a moment of silence for the addict who still suffers, followed by 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 have asked a volunteer to read the **SLAA Preamble**.

I have asked a volunteer to read the **12 Steps of SLAA**.

This meeting runs from **7pm to 8:30pm**, and tonight [_____] will share their story with us for about 45 minutes, leaving time for Q&A afterwards.

To avoid distraction, please mute yourself online. The online moderator will mute anyone who is not the active speaker. For the safety and security of the meeting, and to respect the speaker, please leave your video on if you're able to do so. Those in the room please silence your mobile devices.

[_____], you are about to share with us your experience, strength, and hope as it pertains to your recovery in SLAA. We acknowledge and affirm your courage in taking this step. If you would like, I will alert you at three 15 minute intervals to assist you in time management. We want to save plenty of time to hear how you got well in recovery. Remember, we are here for you! May God grant you serenity.

SPEAKER shares for 45min. or so

8pm: Thank you [_____]!

We'd like to pause here for the 7th tradition. *“Every SLAA group ought to be fully self- supporting, declining outside contributions.”* All money collected is used for meeting expenses, room rental, literature costs and to carry the message to others in and out of recovery. Please go to the SLAA-Seattle.org Website's contribution page for directions. In the room we will pass the basket. Please give generously to show St. Mark's our appreciation for hosting this event.

Are there any program announcements?

Our next Speaker's Meeting is on Saturday, _____ and the next Speaker is _____ !

Now is the time where we celebrate recovery milestones – can I get a volunteer to be our Coin Celebration Officer for the evening?

Coin Celebration Officer reads script on coin box and passes out coins in person and shows coins to camera for those online.

[Get another volunteer of the opposite sex to provide hugs in-person]

To show this program works, will anyone who has a year or more of sobriety please raise their hand.

Will anyone who's willing to sponsor or temporary sponsors please raise their hand? For those online, please put your contact information and who you are willing to sponsor in the chat.

8:10pm: 15min. Q&A [_____], are you open to take some questions?

8:25pm: Thank you [_____]! **<applause>**

I have asked a volunteer to read the **SLAA Signs of Recovery**.

It is now time to close our meeting. We'll keep Zoom open for online fellowship after. For those in-person, we encourage you to join us for fellowship at a local restaurant to be determined. Everyone is encouraged to make contact with other members during the week for support and fellowship.

In closing, please remember that the opinions expressed here are strictly those of the person who gave them. Take what you like and leave the rest.

We need to protect with special care the anonymity of every S.L.A.A. Member. Therefore: ***Who you see here, what you heard here, let it stay here when you leave here. "Here Here!"***

Will all who care to please join in the Serenity Prayer.

Ask SPEAKER if they'd like to lead us out in the closing 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.***

