

Northern Lights

S.L.A.A. Hybrid Meeting Script

Zoom Platform Info

ID: 810 4615 2588

PW: 282111

<https://northernlights.neocities.org>

Call-In # (253) 215-8782

northernlights.slaa@gmail.com

Updated 02/22/23

Pre-meeting: (Before 7pm) Ask for Volunteers to read S.L.A.A. Preamble, Characteristics, the Twelve Steps, the Twelve Traditions (tradition of the month) and the Promises or Signs of Recovery.

Ask for a Volunteer(s) to lead opening Serenity Prayer, and closing Serenity Prayer.

OPENING

The Chairperson begins the meeting on time at 7PM, and announces

1. Good Evening and Welcome to Northern Lights, the Tuesday night hybrid meeting of Sex and Love Addicts Anonymous. My name is _____ and I am a sex and love addict. Thank you for allowing me to be of service as your Chair for this meeting. For those attending online, please mute your microphone when you are not speaking.
2. For the safety of our group, this meeting is closed to outsiders and those who are merely curious. However, anyone 18 years of age or older who thinks they may have this problem will be welcome, as long as the anonymity of those persons attending the meeting is respected.

3. Let us all reach out to newcomers, returning members, and each other. If you are struggling or have yet to find the recovery you seek, please don't give up before the miracle happens. Informational pamphlets and free literature can be found online at <http://www.slaa-seattle.org/resources> or here at the hall. The S.L.A.A. basic text is available for around \$18.00 from <http://www.slaafws.org> or you can purchase a copy here at the hall as well. The basic text is also available from various digital bookstores. Our readings for tonight can be found on our group website: <https://northernlights.neocities.org>.
4. Before we begin, please take a moment to silence your mobile devices if you haven't done so already. If you need to make a call, please leave the meeting and return.
5. Let's begin this meeting with 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.***



6. Could the person who has agreed to read the S.L.A.A. Preamble please read it.
7. Could the person who has agreed to read the Characteristics of Sex and Love Addiction please read them.
8. S.L.A.A. is a 12 Step oriented fellowship. Could the person with the Twelve Steps of Sex and Love Addicts Anonymous please read them.
9. There is a clip board here at the Hall if you'd like to sign in and add your phone number or sign-up for a First Step share. For anyone online who would like to add their name to the phone list please email the group at: northernlights.slaa@gmail.com.

10. This meeting meets every Tuesday evening from 7:00pm to 8:30pm, with the exception of the 3rd Tuesday which is also our group's business meeting. Our regular meeting time will end at 8:00p.m that week and the business meeting will run from 8:05pm to 8:30pm. Everyone is encouraged to attend the business meeting to participate in group conscious and take an active role in recovery together.
11. Are there any newcomers or out of town visitors with us tonight? If so, and you would like to, please raise your hand and tell us your first name so we can welcome you.

If there is a newcomer, then continue...

In The Hall: Please take one of our Newcomers packets from the Pamphlet Display here at the front of the room.

Online: If you're joining us online we encourage new members to take the "40 Questions for Self Diagnosis" <https://www.slaa-seattle.org/resources>.

Both: If you are a newcomer to S.L.A.A. we encourage you to attend at least 5 meetings so you can determine if S.L.A.A. is right for you.

12. Sponsorship is an essential part of our recovery. If you are searching for a sponsor please make contact with someone whose story you connected with during a "non-sharing" portion of the meeting.
13. Let's go around the room and online and introduce ourselves using our first names only. Please include top and bottom lines if you like, being respectful of the group's time. ***I will go first.***
14. Are there any program related announcements or any any topics of business to bring up after the meeting, or before next meeting?
15. We celebrate and hand out chips on the 4th Tuesday of every month.
If it's the 4th Tuesday say...I'd like to invite our Celebration Officer to come to the front.

16. We like to celebrate proud time each week. Proud time includes, but is not limited to the amount of time in sobriety from bottom line behaviors, or length of time in this or another program. Does anyone have proud time for the month of _____ you'd like to share?

SHARING

1. **FIRST TUESDAY**

On the 1st Tuesday of each month we read Step 1 out of the SLAA Basic Text and share afterwards. For those of you who have your own book, Step 1 begins on page 68 (or Chapter 4). I will begin reading and “pass” the book around. If you choose, you may jump in and read 1 or 2 paragraphs, and “pass” to the next member.

SECOND TUESDAY

On the 2nd Tuesday we read the Step of the Month out of the SLAA Basic Text and share afterwards. For those of you who have your book, Step _____ begins on page _____. I will begin reading and “pass” the book around. If you choose, you may jump in and read 1 or 2 paragraphs, and “pass” to the next member.

THIRD TUESDAY

On the 3rd Tuesday of each month we read and reflect on the Characteristic of the Month. Characteristics # _____ reads (*Post Characteristic in “Chat”*).

FOURTH TUESDAY

On the 4th Tuesday of each month a member of the group has prepared a topic for sharing. This month _____ will be presenting the topic. There is no time limit. You can begin when ready.

FIFTH TUESDAY

On the 5th Tuesday of each month a member of our community shares their 1st Step. At the end of the share, members in the group may have the opportunity to ask questions, give affirmations, and share what it was like to hear their story.

Either the Meeting Chair or the Individual's Sponsor (if present) reads the 1st Step Share Introduction (reference separate sheet).

If member has not volunteered to share their 1st Step, members of the group can volunteer topics for sharing. The volunteer does not have a time limit for their initial share. Who would like to volunteer a topic for tonight's meeting? Thank you _____, you may begin sharing when ready.

2. Now is the time for Sharing. Sharing is encouraged, but not required. Sharing may include reflections on the topic presented today, other recovery tools you have found helpful in working your program and other recovery topics such as “*Working the Steps*” or getting current. Getting current means that each person has the opportunity to share what is currently happening in his/her life, with particular emphasis being placed on sharing the sexual and emotional situations which appear to pose a major threat, here and now, to maintaining sobriety.
3. Would someone like to volunteer as timekeeper? (*Depending on number of people, choose a 4-5 minute sharing time with a knock or warning when there is 1 minute left*). The timekeeper will knock or sound a warning when you have 1 minute left to share, and 2 knocks or a 2nd warning when your sharing time has ended. Please acknowledge you have heard the timekeeper and wrap up your share.
4. In this meeting we avoid crosstalk. In order to provide a safe environment for everyone, we refrain from interrupting someone when they are sharing, commenting on what someone shares, talking to someone directly in the meeting, or referencing what someone has said in this or another meeting. We also avoid excessive detailing of our acting out behaviors. If you are uncomfortable when someone is sharing please raise your hand and the meeting chair will take a group conscience to determine the next appropriate action. Any member attending online may be “muted” by the Chair, or co-leader if they feel the detailing during a share is too explicit. If a member continues inappropriate behavior or sharing, they may be removed from the meeting by the Chair or co-leader.

7th TRADITION

7:45pm

1. Let's pause here for our 7th Tradition which states, *"Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions"*. All money collected is used for meeting expenses, literature costs, and to carry the message to others in need of recovery from sex and love addiction. The suggested donation is \$2. I will post the Donation Link in the "Chat". Please give what you can. During this time, I have asked someone to read the Tradition of the Month from the 12 Traditions of S.L.A.A. (*While Tradition of the Month is being shared, please post the following links on "chat"*).

PayPal Link: <https://www.paypal.com/paypalme/macb7th>

2. *If there are any newcomers's:*
Now is the time for our newcomers to share. Sharing is optional.
3. The meeting is back open for sharing.

CLOSING

8:25pm

1. Are there any burning desires?
2. It is now time to close our meeting. I would like to thank all who read, shared, and participated in our meeting tonight. Additionally I'd like to thank _____ for being our timekeeper tonight. Everyone is encouraged to make contact with other members after the meeting and during the week for support and encouragement. If you'd like to be added to the phone list, please email the group at northernlights.slaa@gmail.com or sign-up on the clipboard here in the hall.
3. A message about 13th Stepping – 13th stepping is manipulating another person in recovery, especially a newcomer, into a sexual, emotional, or romantic relationship. This behavior is wholeheartedly discouraged in S.L.A.A.
4. Could the person with the SLAA Signs of Recovery (or 12 Promises) please read them.
5. *If it is the 3rd Tuesday of the month read:*

The 4th week at Northern Lights is a Book Topic meeting. You may reference the SLAA Basic text, Recovery Tools, SLAA literature and pamphlets or reference “other” appropriate recovery literature. Can I have a volunteer who would like to bring a topic next week? [Pause...] Thank you _____! [Name of Volunteer]

6. In closing, we would like to remind you that the opinions expressed here were strictly those of the person who gave them. Take what you like and leave the rest. Also, anonymity is the spiritual foundation of our program. If we are to recover we must feel free to say what is in our hearts and minds. Therefore, who you see here, and what you hear here, when you leave here, let it stay here.
7. Would all who are comfortable please join us and reciting the Serenity Prayer followed by “*Thy Will, not mine, be done.*” Feel free to unmute your microphone if you’re online.

***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.***

Thy Will, not mine, be done.



The S.L.A.A. Preamble

Sex and Love Addicts Anonymous is a Twelve Step, Twelve Tradition oriented fellowship based on the model pioneered by Alcoholics Anonymous.

The only qualification for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. S.L.A.A. is supported entirely through the contributions of its membership and is free to all who need it.

To counter the destructive consequences of sex and love addiction, we draw on five major resources:

1. **Sobriety.** Our willingness to stop acting out in our own personal bottom-line addictive behavior on a daily basis.
2. **Sponsorship/Meetings.** Our capacity to reach out for the supportive fellowship within S.L.A.A.
3. **Steps.** Our practice of the Twelve Step program of recovery to achieve sexual and emotional sobriety.
4. **Service.** Our giving back to the S.L.A.A. community what we continue to freely receive.
5. **Spirituality.** Our developing a relationship with a Power greater than ourselves which can guide and sustain us in recovery.

As a fellowship S.L.A.A. has no opinion on outside issues and seeks no controversy. S.L.A.A. is not affiliated with any other organizations, movements or causes, either religious or secular.

We are, however, united in a common focus: dealing with our addictive sexual and emotional behavior. We find a common denominator in our obsessive/compulsive patterns, which transcends any personal differences of sexual orientation or gender identity.

We need protect with special care the anonymity of every S.L.A.A. member. Additionally we try to avoid drawing undue attention to S.L.A.A. as a whole from the public media.

The Twelve Steps of S.L.A.A.

1. We admitted we were powerless over sex and love addiction - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with a Power greater than ourselves, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to sex and love addicts and to practice these principles in all areas of our lives.

The 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.

Characteristics of S.L.A.A.

1. Having few healthy boundaries, we become sexually involved with and/or emotionally attached to people without knowing them.
2. Fearing abandonment and loneliness, we stay in and return to painful, destructive relationships, concealing our dependency needs from ourselves and others, growing more isolated and alienated from friends and loved ones, ourselves, and God.
3. Fearing emotional and/or sexual deprivation, we compulsively pursue and involve ourselves in one relationship after another, sometimes having more than one sexual or emotional liaison at a time.
4. We confuse love with neediness, physical and sexual attraction, pity and/or the need to rescue or be rescued.
5. We feel empty and incomplete when we are alone. Even though we fear intimacy and commitment, we continually search for relationships and sexual contacts.
6. We sexualize stress, guilt, loneliness, anger, shame, fear and envy. We use sex or emotional dependence as substitutes for nurturing, care, and support.
7. We use sex and emotional involvement to manipulate and control others.
8. We become immobilized or seriously distracted by romantic or sexual obsessions or fantasies.
9. We avoid responsibility for ourselves by attaching ourselves to people who are emotionally unavailable.
10. We stay enslaved to emotional dependency, romantic intrigue, or compulsive sexual activities.
11. To avoid feeling vulnerable, we may retreat from all intimate involvement, mistaking sexual and emotional anorexia for recovery.
12. We assign magical qualities to others. We idealize and pursue them, then blame them for not fulfilling our fantasies and expectations.

S.L.A.A. Signs of Recovery

1. We seek to develop a daily relationship with a Higher Power, knowing that we are not alone in our efforts to heal ourselves from our addiction.
2. We are willing to be vulnerable because the capacity to trust has been restored to us by our faith in a Higher Power.
3. We surrender, one day at a time, our whole life strategy of, and our obsession with the pursuit of romantic and sexual intrigue and emotional dependency.
4. We learn to avoid situations that may put us at risk physically, morally, psychologically or spiritually.
5. We learn to accept and love ourselves, to take responsibility for our own lives, and to take care of our own needs before involving ourselves with others.
6. We become willing to ask for help, allowing ourselves to be vulnerable and learning to trust and accept others.
7. We allow ourselves to work through the pain of our low self-esteem and our fears of abandonment and responsibility. We learn to feel comfortable in solitude.
8. We begin to accept our imperfections and mistakes as part of being human, healing our shame and perfectionism while working on our character defects.
9. We begin to substitute honesty for self-destructive ways of expressing emotions and feelings.
10. We become honest in expressing who we are, developing true intimacy in our relationships with ourselves and others.
11. We learn to value sex as a by-product of sharing, commitment, trust and cooperation in a partnership.
12. We are restored to sanity, on a daily basis, by participating in the process of recovery.

The Ninth Step Promises of S.L.A.A.

(Found on pages 95 & 96 of the S.L.A.A. Big Book)

Now we were truly feeling some sense of deep release from the past! We were free of much guilt for our misdeeds, from the shame of having fallen short of our inner values. In many instances the values we had thought were ours had turned out to be someone else's, and we had shed or changed these to allow the seeds of our own personal wholeness to take root and grow.

We were indeed living new, positive, unfolding lives, Whether in partnership with others or in solitude, we had truly been granted a spiritual release from our sex and love addiction. While vigilance was still important, the choices we had to make now seemed easier. We felt increasing confidence in our developing partnership with God, and were full participants in the Fellowship of S.L.A.A. We enjoyed solitude and were unafraid of honesty and openness with others. We could comprehend what it means to have dignity of self.

NEWCOMERS MEETING SCRIPT

Because we have a newcomer with us tonight, we will be conducting a Newcomer's Meeting. Coming to an S.L.A.A. Meeting for the first time can be a daunting experience. We all remember our first meetings (digital or otherwise), and would like to welcome you and make you feel as comfortable as possible. Generally, during our meetings, there is a different format wherein everyone shares what is going on in their lives at the time, as well as the topic of discussion. There is no feedback or cross talk. Today, in order to help you feel that you are not alone, that you may be in the right place (or not), group members will briefly share their stories. This is similar to doing a first step presentation, but today several people will share a short synopsis of their story. The first step of the twelve steps of S.L.A.A. reads "*we admitted we were powerless over sex and love addiction, that our lives had become unmanageable.*"

A story consists, basically, of some description of the pattern that the person's sex and love addiction assumed, what the person was like before they reached S.L.A.A, and what has happened since. The general guidelines of a story are that the story be told in such a way that it reflects the experience, both of the active addiction and of the recovery process, of the person who has lived it.

For today only, while group members are sharing their stories, the newcomer is not only allowed, but also encouraged to ask questions. The newcomer may ask specific questions concerning the member's story being shared, or general questions which anybody or everybody may answer. The newcomer may ask these questions anytime during the meeting. Of course, for the group member, sharing of one's story is optional but encouraged. Members who feel they need to get current may do so during the burning desires.

The meeting is now open for sharing.

7:45PM: *Read 7th Tradition section of main reading format.*

8:15PM: If you, the newcomer has any specific questions or concerns at this time, or if you would like to share, you are welcome to do so.

If no further questions, proceed with other members' stories.

8:25PM: *Read Closing section of main reading format.*

INTRODUCTION TO FIRST STEP PRESENTATION

_____, you are about to share with us your First Step. We acknowledge and affirm your courage in taking this step. The primary purpose for you giving this formal First Step presentation is to aid you in your program of recovery. It need not be done to please the group, or to gain status. There is no right or wrong way to give a First Step. Any effort you make is legitimate.

Here are some suggestions which others who have gone before have found helpful. We encourage you to be specific about your behaviors and to speak from your heart in order for you to be in touch with the pain and reality of your addiction. Try not to bury yourself in shame. Let us hear you, not your addict, speaking.

The group has a responsibility to be loving, caring and accepting of you. The members will avoid judging you, giving advice to you, or taking care of you. I will let you know when 20 minutes of the meeting time remains. This will allow you a few minutes to complete your presentation and with your permission, members of the group can give you feedback about what it was like sharing your First Step with you. Remember, we are here for you. May your Higher Power grant you serenity.