

Living in the Solution

S.L.A.A. Thursday Evening Meeting Script



Updated 03/21/2024

Room Setup Check List

- Set out pamphlet holders and newcomer packets
- Setup all the chairs in a circle
(setup inner circle and outer half-circle)
- Get 7th tradition basket ready
- Check in with volunteer greeter (or assign one)
- Have greeter welcome attendee's until 7:10pm
(stay within sight of door to let in late-comers)

Pre-Meeting Check List

Ask for volunteers to read:

1. S.L.A.A. Preamble
2. The Twelve Steps
3. The Twelve Traditions (Tradition of the Month)
4. The Signs of Recovery (at the end of the meeting)

Confirm volunteer who is bringing the Topic for the meeting.

7 PM

Opening

Welcome to the Thursday evening “*Living in the Solution*” meeting of Sex and Love Addicts Anonymous. My name is _____ and I am a gratefully recovering sex and love addict. Please join me in a moment of silence, followed by the **Serenity Prayer**.

This is a closed meeting of Sex and Love Addicts Anonymous. Anyone who thinks they may have this problem is welcome. Masks are available for those interested. If you’re feeling ill, please stay home. And please take a moment to silence your phone.

1. I’ve asked _____ to read **“The SLAA Preamble.”**
2. I’ve asked _____ to read **“The 12 Steps.”**
3. I’ve asked _____ to read **“The Tradition of the Month.”**
4. *[If it’s the 3rd Thursday - Ask the Business Meeting scribe to read the agenda]*

Crosstalk is discouraged in our meeting. Crosstalk is defined as commenting on another person’s share, directly addressing a speaker, or carrying on side conversations while the meeting is in progress. If you feel someone is being too explicit or inappropriate, please raise your hand and the secretary will intervene.

Meeting lists as well as informational pamphlets are available free of charge. There is also our SLAA basic text available for \$18; however, this book is available to newcomers free of charge. Anyone interested in a book please see me after the meeting.

If you are a newcomer and feel comfortable in doing so, please introduce yourself using only your first name so that we may welcome you. *[Pause]* Welcome! Would you like a newcomer’s packet? *[If Newcomer’s packets are requested]* A newcomer’s packet will be passed around for people to voluntarily put their phone number on it.

A voluntary phone list is being passed around; on the back there are phone lists that you can take. Please help yourself. Separate phone lists for women only are in an envelope with me – please see me after the meeting if you want one. Putting your name and number on the clipboard currently being passed around means that you are willing to receive phone calls from other members. Let’s see a show of hands from people willing to take support phone calls.

Who is willing to be our timekeeper. *[Pause and wait for volunteer]* Thank you! We will do 3-minute shares with (1) knock at 2 minutes and (2) knocks at 3 minutes. Please acknowledge the timekeeper when you are alerted. The sharing portion of this meeting will end at **8:05 PM**.

This group will split into 2 groups. **Please wait until I finish before moving.** There will be a topic meeting in this room. _____ has agreed to introduce a Topic and lead tonight’s meeting. *[Ask for a volunteer to bring a topic if one hasn’t been selected]*. _____, what is the topic? Thank you.

There will be a Book Study in the library. Who would be willing to chair the Book Study? *[Pause and wait for volunteer]* What is the topic? Thank you! *[Give Book Study Script and books to*

volunteer]. Please meet back no later than 8:05 pm, and when entering back into the room, please do so quietly. You may now disperse.

[Once room is clear]

The topic presenter has no time limit. *[have topic presenter begin]*

The meeting is now open for sharing.

Approx. 7:55

7th Tradition



Let's pause here for the 7th Tradition which states "Every SLAA Group ought to be fully self-supporting declining outside contributions." We have no dues or fees, but we do have expenses for rent and literature.

Now is the time we like to leave available for any newcomers who would like to share. *[Pause. If no one shares, open the meeting back up for more sharing]*

The meeting is now open for more sharing.

8:10 PM

Closing

The sharing portion of our meeting has ended. Are there any burning desires? This is not a regular 3-minute share. Rather, this is a quick 30-second share for anyone who may have a strong desire to act out.

Thanks to all who attended, special thanks to _____ for introducing the Topic tonight, to _____ for being the timekeeper, and to all who read.

Our meeting has its business meeting on the 3rd Thursday of the month immediately following. This month that meeting will be on _____.

Business Meetings for 2024

1/18/24	7/18/24
2/15/24	8/15/24
3/21/24	9/19/24
4/18/24	10/17/24
5/16/24	11/21/24
6/20/24	12/19/24

Will anyone please volunteer to bring a topic for next week's meeting? We are asking you to prepare a 2-3 minute share on any topic related to recovery from sex and love addiction. You do not have to choose the topic right now. *[Pause. If no one volunteers you can wait until next week's meeting]*

The first Thursday of the month may be a 1st step share in this meeting. Please contact the Secretary to schedule a 1st Step share.

This fellowship has a Speaker's Meeting the last Saturday of every month. This is an open meeting, and everyone 18 or older is welcome to attend. This month's featured speaker will be _____.

Are there any other program-related announcements?

[If Last Thursday of the month, then have Coin Person start the Coin Ceremony] Are there any recovery milestones that we need to acknowledge & celebrate?

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

[Claps]

Will anyone who's willing to sponsor or temporarily sponsor please raise your hand? *[Sponsor Coordinator?]*

I have asked _____ to read the "Signs of Recovery."

[or alternatively, the 9th Step Promises on p. 95 of the SLAA basic text]

We have come to the end of our meeting. We encourage you to make contact with other members after the meeting and/or during the week for support and fellowship. Those in attendance are encouraged to stick around, many of us do fellowship at a local restaurant. Everyone is welcome and encouraged to stay. *[If this is the 3rd Thursday, direct people to go outside to talk, so the business meeting can start]*

May I please have a volunteer to close all windows? Thank you! For everyone else, please help stack the chairs, no more than 6 high against the north wall. Thank you!

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. Therefore, *who you see here, what you hear here, when you leave here, let it stay here. [HERE HERE!]*

Please join me in the **Serenity Prayer**, hand holding is optional.

*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.*



[Fellowship and room clean-up time. Thank you for your service!]