

# Sobriety First Fellowship

S.L.A.A. Daily Noon Meeting Script



## Zoom Platform Info

ID: 854 536 783

PW: 420783

<https://www.slaa-seattle.org/sobriety-first-fellowship>

Updated 05/10/24

**Ask to be co-host, then click “Mute all upon arrival”, in participants if needed.**

**12:00 PM**

## **Opening**

Welcome everyone. This is the noon meeting of Sex and Love Addicts Anonymous. My name is \_\_\_\_\_ and I’m a Sex and Love Addict. Let’s open with a moment of silence [15 sec] to reflect on why we’re here, followed by the **Serenity Prayer** **where we will do the “we” version.**

***God, grant US the serenity to accept the things WE cannot change,  
courage to change the things WE can,  
and wisdom to know the difference.***



Let’s respect each other’s recovery and not get involved in sexual or emotional intrigue with group members, so that we can maintain a safe place to meet.

In order to maintain a safe place to meet, we request you leave your video on during the entire meeting. If you are unable to do that today, please put a note in the chat to let everyone know (if possible).

There will be no recording of the meeting permitted by anyone.

In addition, if your phone does not identify you by name, we will ask that you identify yourself by first name only.

**Secretary to ask anyone on the phone for their name and then manually type into Zoom participant section for their respected phone number.**

1. I've asked \_\_\_\_\_ to read "*The SLAA Preamble.*" (Pg. 125 of the SLAA Basic Text)  
Link: <https://www.slaa-seattle.org/slaa-preamble>
2. I've asked \_\_\_\_\_ to read "*The 12 Characteristics.*"  
Link: <https://www.slaa-seattle.org/12-characteristics>
3. I've asked \_\_\_\_\_ to read "*The 12 Steps.*" (Pg. 67 of the SLAA Basic Text)  
Link: <https://www.slaa-seattle.org/12-steps>
4. I've asked \_\_\_\_\_ to read "*The 9th Step Promises.*" (Pg. 95 of the SLAA Basic Text)  
**(Monday, Wednesday, Friday, Sunday at the end of meeting)**  
Link: <https://www.slaa-seattle.org/9th-step-promises>
5. I've asked \_\_\_\_\_ to read "*The Signs of Recovery.*"  
**(Tuesday, Thursday & Saturday at the end of meeting)**  
Link: <https://www.slaa-seattle.org/12-signs-of-recovery>

If you are an out-of-towner or a newcomer to this program, here for the first, second or third time to this meeting, please introduce yourself by your first name only so we can welcome you.

**Getting Current** means that each person has the opportunity to share what is currently happening in their life. Particular emphasis is placed on sharing the sexual and emotional situations which appear to pose the major threats here and now to maintaining sobriety in SLAA. Getting current is best done on a daily basis within groups, with your sponsor, or with other members. During your share, we encourage you to list your bottom and top line behaviors.

**Every Monday, Wednesday and Friday**, we will check in with our top and bottom lines. If you care to, please let's go around the room, sharing our first name and some of your top and bottom lines.

I will start, I am \_\_\_\_\_ and my bottom lines are \_\_\_\_\_ .....

**In Participation** we avoid topics that can lead to dissension or distraction. We also avoid explicit sexual descriptions, sexually abusive, sexist or otherwise offensive language. There is no crosstalk at this meeting. Crosstalk is defined as directly addressing the speaker or conducting side conversations while the meeting is in progress. Please focus on your recovery and avoid comments about a speaker's testimony. This helps each of us to feel safe. If you have questions or comments about a speaker's testimony, please wait until after the meeting and then ask their permission to comment on their share.

If you feel someone is being too explicit, engaging in crosstalk or other disruptive behavior, you can message the host or co-host. If necessary, the secretary will intervene and ask for a group conscience as to the action to be taken. In these meetings, let the emphasis be on honesty, recovery, and healing; how to apply the twelve steps and traditions in our daily lives.

The sharing portion of the meeting will end **12:55PM**. **Fellowship is available AFTER the meeting for those interested.** We suggest that you refrain from sharing twice until every member has had a chance to share. If you would like to share please signify this by raising your hand and the secretary will call on you.

Will someone volunteer to be the timekeeper? **[Wait for Volunteer]**. We will do 3 minute shares. Usually, the timekeeper will give a verbal alert to the speaker at 2 minutes and another at 1 minute, defining the end of the share.

Does anyone have topics for today's meeting? **If you propose a topic, you will be asked to share first. After all initial shares, the meeting will be open for others to share.**

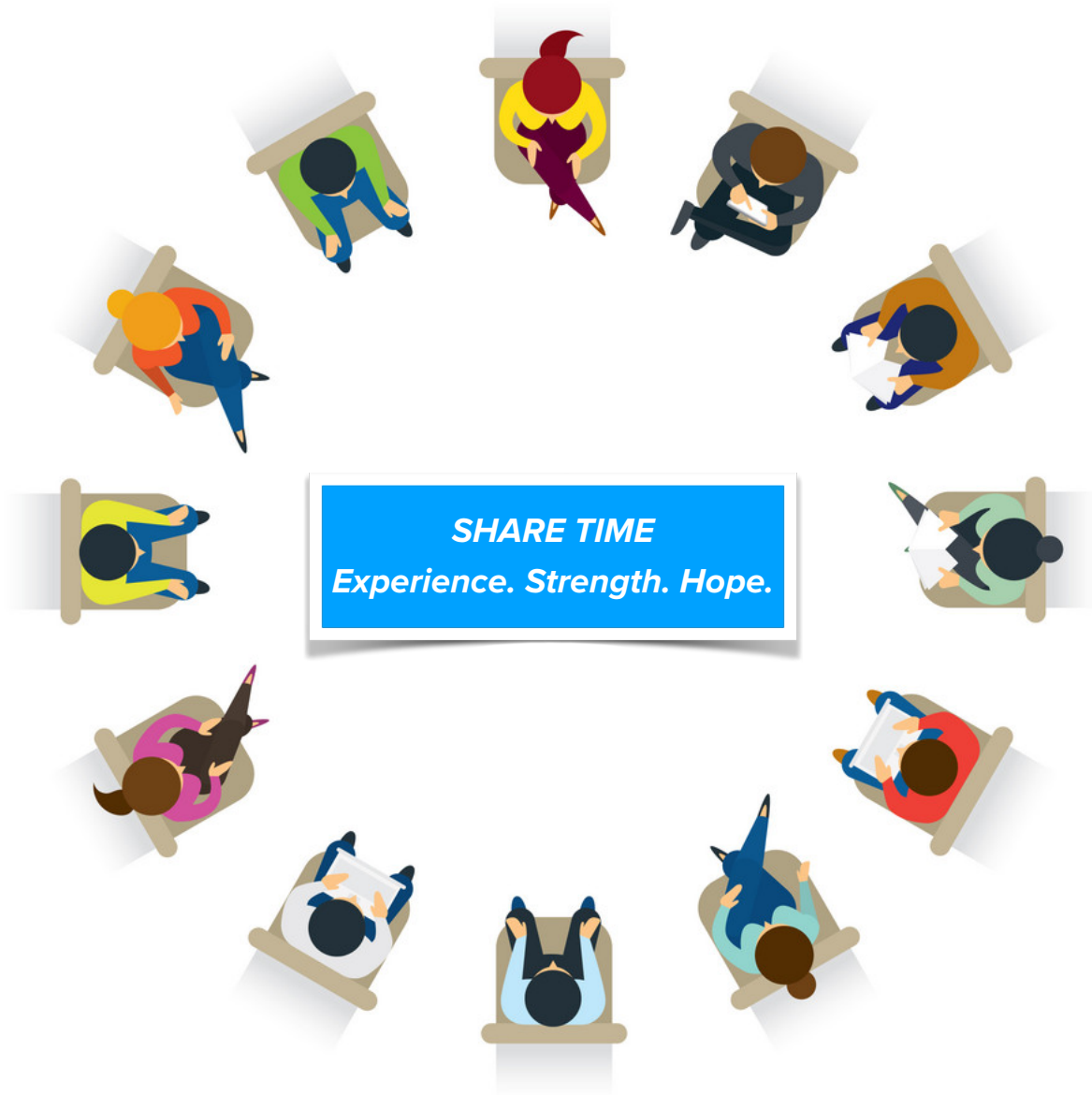
**If needed, ask someone to write the topics into chat.**

**Have those who suggest topics share first, then read the following:**

Before the meeting is open for all to share, we'd like to remind everyone that in order to maintain a safe place to meet, we request you leave your video on during the entire meeting. If you are unable to do that today, please put a note in the chat to let everyone know.

In addition, if your phone does not identify you by name, we will ask that you identify yourself by first name only.

The meeting is now open for sharing. If you would like to share please raise your hand using the “Raise Hand” function in zoom, which is located under Reactions. You can share on the topics presented, get current or share anything that relates to our program of recovery.



**12:45 PM**

## **Seventh Tradition**

Let's take a moment to observe the Seventh Tradition. It states that *“Every SLAA meeting group should be fully self-supporting, declining outside contributions.”* If this is your first, second or third meeting, please let it be on us. We make regular contributions to the Puget Sound Intergroup and pay for the use of the Zoom platform for our meetings. Please make your donations at [slaa-seattle.org/contribute](https://www.slaa-seattle.org/contribute). You can add a note on your contribution that it is for the “Sobriety First Fellowship”.

**Donation Link:** <https://www.slaa-seattle.org/contribute>

**Post link in chat.**

### **Announcements**

Are there any announcements for SLAA?

We have a business meeting on the first Tuesday of each month at 1:00 PM - 1:30 PM. All are invited to participate.

SLAA literature is available at SLAA Fellowship Wide Services: [slaafws.org](https://www.slaafws.org)

Here are more links to SLAA resources:

### **SLAA Links & Resources PDF:**

<https://www.slaa-seattle.org/s/SLAA-Links-and-Resources.pdf>

### **Sobriety First Meeting Page:**

<https://www.slaa-seattle.org/sobriety-first-fellowship>

### **Sobriety First WhatsApp Group:**

<https://chat.whatsapp.com/Btr45934lxqFVYWJ3HbsDG>

**Post Links in chat.**

If you are in need of sponsorship, outreach, or are available for outreach, please add your name and number in the chat.

**This is not read aloud, but can be given to newcomers if needed or upon their request:**

**Nancy K.** is our women and non-binary newcomer outreach person:  
**(206) 898-9208**

**Joel B.** is our men's newcomer outreach person:  
**(541) 579-6610**

### **Special Announcement about Sobriety Milestones**

We celebrate sobriety milestones once a month on the last Monday of the month, allowing 10 minutes to celebrate at the end of the meeting.

The meeting is now open again for sharing.

12:55 PM

## Closing

Are there any burning desires? 🔥❤️

That's all the time we have for sharing today.

If you have worked the 12 steps and are available for sponsorship, please put your name and contact information in the chat. We recommend maintaining the safest possible boundaries when exchanging contact details, and only exchange details with those who are safe contacts for you and your recovery.

### Monday, Wednesday, Friday, Sunday

I've asked \_\_\_\_\_ to read "*The 9th Step Promises.*" (Pg. 95 of the SLAA Basic Text)

### Tuesday, Thursday & Saturday

I've asked \_\_\_\_\_ to read "The Signs of Recovery."

Link: <https://slaafws.org/download/core-files/Signs-of-Recovery.pdf>

In closing, the opinions expressed here are strictly those of the person who gave them. Take what you like and leave the rest. The things you heard here were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind.

A few special words to those of you who haven't been with us long: whatever your problems, there are those among us who have had them too. If you try to keep an open mind you will find help. You will realize that there is no circumstance too difficult to be bettered and no unhappiness too great to be lessened. We aren't perfect. The welcome we give you may not show the warmth we have in our hearts for you. After a while you will discover that, though you may not like all of us, you'll love us in a very special way—**the same way we already love you.**

Talk to one another. Reason things out with someone else. But let there be no gossip or criticism of one another. Instead, let the understanding, love and peace of the program grow in you **one day at a time!**

Would all who care to, please join with me in the **Serenity Prayer** **where we will do the "we" version.**



**God, grant US the serenity to accept the things WE cannot change,  
courage to change the things WE can,  
and wisdom to know the difference.**

