

Guidance for Meeting Chairs

Thank you for chairing a meeting! Usually chairing a meeting is simple and enjoyable. Sometimes as the chair, challenging situations arise and you need to speak up.

This page provides you with some suggestions for handling difficult situations. As the chair, you have a lot of leeway and flexibility to handle difficult situations. There is no one right way. Take a deep breath and be gentle with yourself. A gentle tone is suggested.

- **An observer, spouse, or someone offering support wants to attend a meeting. They do NOT have a desire to stop living out a pattern of sex and love addiction.**
You can say: Due to the sensitive nature of SLAA, only SLAA members are allowed. All of the Lovers Lane meetings are closed meetings and observers or supporters are not allowed. This is to protect the anonymity of our members. Observers are encouraged to attend an Open AA or Al-Anon 12 step meeting.
- **Someone engages in crosstalk or interrupts another's share.**
You can say: A gentle reminder: crosstalk or interrupting another's share is not allowed.
- **Someone's share is excessively long.**
You can say: A gentle reminder: shares are limited to 3 minutes or less so others may have time to share.
- **Someone's share is long and they are emotionally upset.**
You can say: I can see that you are in a lot of pain. Would you like to talk more after the meeting?
- **Someone is sharing long and the meeting needs to close.**
You can say: Excuse me, the time for sharing has ended. Could you wrap up your share please?
- **Someone is engaging in detailing, euphoric recall, or sharing about acts involving minors**
You can say: Excuse me, please stop. This is not appropriate subject matter for these meetings. It is suggested you discuss this with your sponsor or ask someone to speak with you directly after the meeting.
- **Someone verbally or physically attacks or insults another member.**
If it is a physical attack, please call the police immediately. For any attack, please let your sponsor know and let the chair of group conscience know. The CSD director will be informed. The safety of the CSD for attendees is of utmost importance.
You can say: Stop. This is not acceptable behavior.
for insults or verbal attack: If you continue you will have to leave the meeting.
for physical attack: You must leave the meeting now.
To the group: If you need to process what has happened, please reach out to your sponsor or ask someone to speak with you directly after the meeting.

Lover's Lane Chair Script for Sunday Night Video Meetings

This is a regular Sunday night meeting of the Lover's Lane Group of The Augustine Fellowship, Sex and Love Addicts Anonymous. My name is _____ and I am a sex and love addict. We will open the meeting with a moment of silence for the sex and love addict who still suffers followed by the Serenity Prayer: *(It is suggested that you count to 10 slowly and silently)*

God, grant me the serenity
To accept the things I cannot change,
The courage to change the things I can
And the wisdom to know the difference.

Could someone read the SLAA Preamble.

Could someone read the 12 Steps.

Could someone read the SLAA 12 Tradition of the month

Could someone read the SLAA Promises.

Could someone please read the Characteristics of a Sex and Love Addict

Our meetings have moved to an online screenshare format. While attending these meetings, please conduct yourself as if you were attending an in-person meeting, minimizing walking, eating, playing with pets and all other distractions.

Logging on: Please ensure only your first name and the first letter of your last name are showing to protect your anonymity. Our meetings are password-protected to prevent the intrusion of any hackers or unwelcome guests with intent to disrupt.

Video guidelines: For the safety of our new-comers and members, we require that all participants enable their camera so you may be seen and recognized. Please use a nondescript part of your home or enable a virtual background to preserve your anonymity and eliminate movement in the background.

If for some reason, you must pause your video momentarily to eliminate distractions, please make sure a recognizable profile picture is showing while your video is paused.

Audio guidelines: Please remember to mute yourself when not speaking and consider using earbuds so others in your home cannot hear our meeting.

Chat Function: Please reserve the use of the Chat function for the host or co-hosts to share pertinent information or group announcements (Ex: payment information). If you are not the host or co-host, please refrain from messaging the group or other individuals as this disrupts the decorum and safety of our meetings (see: crosstalk).

A gentle reminder to dress with consideration for why we are here and to be mindful of your posture and position during the meeting.

Are there any newcomers? (Leader can offer a newcomer the chance to go out with someone of the same gender who would be willing to explain how SLAA works, or the newcomer can stay in the meeting and simply observe.)

Do we have any visitors from out of town, or other SLAA groups?

Please identify yourself, first name only at random (or in alphabetical order).

Are there any SLAA related announcements? Non-SLAA announcements may be made after the closing.

Sharing: Each person is encouraged to share without interruption and our silence honors the reality of each person's path to recovery. We share in the first person stories of our own recovery from sex and love addiction.

CROSS-TALK: Cross talk is interrupting, commenting on, or belittling a person while they are sharing. Cross talk is judging, slighting, or commenting on another person when we have a chance to share. Cross talk is excessive detailing on topics not directly related to our issues or talking so long that others do not have an opportunity to share. Please keep your sharing to approximately 3 minutes, and share only once until everyone has had a chance to share.

DETAILING: Please stick to a general description of your acting out behaviors when you share in a meeting, do not repeat graphic details or illegal activities, especially those involving minors. If it is necessary for you to repeat graphic or illegal details, feel like you are going to act out, or you feel uncomfortable with anyone's behavior before, during, or after the meeting then please ask a sponsor or someone after the meeting to talk with you individually.

This is a book reading meeting. Each person can choose to read or pass, or simply talk about what they need to talk about. Does anyone have a section of the book they would like to read?

Closing

The time available for sharing has ended.

Please remember we will still practice the 7th Tradition, which says that we are self-supporting, despite attending video meetings. If this is your first meeting, please be our guest. Our suggested contribution of \$3.00 made at the end of meetings supports our ability to reach out to the addict who still suffers, allows us to continue to pay rent for our facility, and to support the North Texas InterGroup and SLAA Fellowship Wide services. There are no dues or fees for SLAA Membership and our meetings are free to all who need it. The Group Conscience wants to raise awareness that rent is \$25.00 per meeting and asks that you consider adding an additional .50 cents to your contribution.

You can contribute by visiting one of the following.

PayPal – slaadallas@gmail.com

Venmo – SLAA-LoversLane (do not verify last 4 digits)

Literature can be purchased directly from <https://slaafws.org/>

_____ has volunteered to read the Twelve Traditions.

Chips of hope. The Lovers Lane Group of SLAA is on the chip system. Due to our meetings being moved to an online platform, we now offer printable chips of hope. They can be found on the home page, under the Lovers Lane entry. We would love to recognize any sort of commitment to the program or period of sobriety and celebrate your commitment to sobriety through applause!

Chips are available to commemorate one day, one week, one month, two months, three months, six months and nine months in SLAA. These signify either time in the program or sobriety. *{Annual birthday chips are presented on the second Sunday of each month}*

At the conclusion of this meeting we will have a small "Getting current" session going till 8:30p.

(If the number of people raising their hands seems to be large then consider counting off into two or more groups that can split up and either rejoin the other groups to close or close on their own.

The following can be read for new comers: Getting current means that each person has the opportunity to share what is currently happening in his or her life. Particular emphasis is placed on sharing the stimulating or intriguing sexual and emotional situations which appear to pose the major threats, here and now, to maintaining sobriety in SLAA)

Would those staying for getting current please raise their hands?

Would those willing to be temporary or permanent sponsors please raise their hands?

Closing Statement

In closing we would like to remind you that the opinions expressed here were strictly those of the people who gave them. Take what you like and leave the rest. Also, Anonymity is the spiritual foundation of our program. If we are in recovery, we must feel free to say what is in our minds and hearts. Therefore, who you see here, what you hear here, when you leave here, let it stay here.

Should someone express an interest in attending a meeting for the first time, we ask that you first share with that person some of the literature of the program and some of your own experiences in order to give the newcomer a sense of what SLAA is all about.

Everyone is invited to join in the closing, **HAND HOLDING IS OPTIONAL**. *(The chairperson may invite someone to lead the closing prayer)*

After the closing, non SLAA announcements may be made.