

Guidance for Meeting Chairs

Thank you for chairing! As the chair, you have the responsibility of keeping the meeting a safe place for those seeking recovery from sex and love addiction. The need to set boundaries may arise. This page provides suggestions for handling such situations. There is no one right way to handle these - Take a deep breath, be gentle with yourself, and try to use a gentle tone if you need to set boundaries.

Potential situations and suggested responses:

Someone wants to attend a meeting to support or observe SLAA meetings or members:

Suggested Response: "Due to the sensitive nature of SLAA, meetings are closed to observers or family members. This is to protect the anonymity of our members. You may attend an open AA meeting instead."

Someone engages in crosstalk or interrupts another's share:

Suggested Response: "A gentle reminder: please do not interrupt others or crosstalk."

Someone's share is excessively long:

Suggested Response: "A gentle reminder to please limit your share to 3 minutes so others may have time to share."

Someone's share is long and they are emotionally upset:

Suggested Response: "Excuse me - it seems like you are in a lot of pain. Would you like to talk after the meeting?"

The meeting needs to close but someone is still sharing:

Suggested Response: Excuse me, the time for sharing has ended. Could you wrap up your share please?

Someone's share includes detailing, euphoric recall, or acts involving minors:

Suggested Response: "Excuse me, please stop. Sharing about _____ is not allowed. 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.

for insults or verbal attack: "We don't tolerate verbal attacks. If you continue you'll have to leave."

for physical attack: "We don't tolerate physical attacks. You must leave the meeting now."

***Call the police immediately. If they do not leave, let the other members know the meeting is ending as a safety precaution to protect the members so they can get somewhere safe. 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.**

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."

Lovers Lane SLAA
CHAIR SCRIPT FOR ZOOM MEETINGS

(Weekdays at 12:00. Saturdays at 12:30)

(For meeting chair: Zoom attendance form - <https://tinyurl.com/498rb9xp>)

Welcome to the Virtual (Noon Co-ed/ Women's/ Men's) Meeting of the Lovers Lane Group of Sex and Love Addicts Anonymous.

My name is _____ and I am a sex and love addict. Let's open with a Moment of Silence for the sex and love addict who still suffers, followed by the Serenity Prayer.

“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.”

(Ask for volunteers to read the following:)

_____ has volunteered to read the SLAA Preamble.
_____ has volunteered to read the Twelve Steps.

Zoom guidelines: While attending our online meetings, please adhere to the following guidelines for a safe and distraction-free meeting:

1. Please turn on your camera so you can be seen and recognized and use a virtual background to protect your anonymity and eliminate distractions if desired.
2. Your first name and the first letter of your last name should be displayed.
3. Please mute yourself when not speaking
4. We ask that you please pause your video if there is excess movement in the background (such as walking around, driving, etc.)
5. When your camera is off, please make sure a recognizable picture is showing.
6. Consider using earbuds to protect meeting privacy and anonymity.
7. Please reserve use of the zoom chat for the meeting chair to post pertinent group meeting information. Do not message anyone directly through the chat function as this disrupts the decorum and safety of our meetings.

Are there any newcomers to this group of SLAA?

If yes:

“Welcome to the newcomer! We are glad you're here. We offer a choice of topics for today: 'what it was like, what happened, and what it is like now, and/or Steps 123'. Would someone volunteer to connect with the newcomer after the meeting and answer any questions they may have?”

(If there are no volunteers, the Chair should, regardless of gender, visit with the newcomer after the meeting to connect them with the newcomer committee and/or offer materials needed.)

If no newcomer is present:

Since there are no newcomers present, today will be a topic meeting.

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

(Allow time for all to introduce themselves.)

As chair (and host) of this meeting, it is my responsibility to lead and maintain decorum. To provide a safe environment for everyone we adhere to the following guidelines during our meetings:

- **Time:** Each person is allowed to share without interruption for three minutes or less. Our silence honors the person speaking. We do not offer advice or feedback. Once everyone has had a chance to share, I will open the meeting for double dipping (this is sharing more than once) or getting current.
- **Crosstalk:** Do not engage in Crosstalk. Crosstalk is interrupting someone's share, addressing someone specifically, judging, slighting, belittling, or commenting on another person's share during the meeting
- **Detailing:** Do not engage in detailing. Detailing is talking on topics not directly related to our issues or talking so long that others do not have an opportunity to share.
- **Sharing Restrictions:**
 - For your safety and the safety of the group, we **do not share graphic or illegal details** in the meeting. If you feel the need to share graphic details, feel like you are going to act out, or you feel uncomfortable with anyone's behavior before, during, or after the meeting, you are encouraged to speak with your sponsor or utilize the SLAA phone list for support. If you do not have a phone list, please alert the chair of the meeting.
 - While sharing, we use a general description of our acting out behaviors, avoiding use of excessive profanity, and euphoric recall.
- **Texas law:** Texas Law requires that the abuse, neglect or exploitation of minors, the elderly, or the disabled be reported to the Texas Department of Family and Protective Services.

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

Everyone is encouraged to stay in solution, whether it's solution you have or solution you Need.

This is a topic or step discussion meeting. Does anyone have a topic on their mind?

(Allow for time here. If there are no suggestions, you may read today's excerpt from our daily reader, "State of Grace", or choose another topic.)

The topic for our meeting is _____. The floor is now open.

Closing

allow 5 minutes to close out the meeting. Ex: a 12:00 meeting should begin closing at 12:55

The time available for sharing has ended.

Please remember we 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. You can contribute by visiting one of the following:

read aloud and copy + paste the following information into the zoom chat for everyone:

PayPal – slaadallas@gmail.com

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

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

Can I get a volunteer to read the Tradition of the month?

Are there any announcements?

The Lovers Lane Group of SLAA is on the chip system. At in-person meetings, physical chips are offered for time in the program or sobriety away from bottom lines. In our virtual meetings we offer printable chips of hope! You can find these on our website listed under the “Resources” tab.

Copy + paste <http://www.slaadfw.org/chips-of-hope.html> into the chat

The Chip system begins with a One Day chip. We stay sober, one day at a time. Acceptance of this chip signifies your commitment to a day’s sobriety, and carrying the chip is a concrete reminder of that commitment. For those of us who have suffered relapse, taking a One Day chip may represent our renewed commitment to recovery. Is there anyone who wants a One Day chip?

We also award chips for periods of time in the program or sobriety away from our bottom line behavior. It starts with a One Week chip. Does anyone want a One Week chip? One Month? Two Months? Three Months? Six Months? Nine Months? Annual chips will be awarded at the birthday portion of the meeting held on the last Saturday of the month. Is there anyone here who is celebrating an annual birthday this month we can recognize?

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

Remember that anonymity is the spiritual foundation of all our traditions. What you hear here, who you see here, when you leave here, let it stay here.

Let us now join together in the “we” version of the serenity prayer:

**“God Grant us the Serenity
to accept the things we cannot change,
the courage to change the things we can,
and the wisdom to know the difference. “**

(“Keep coming back, it works if you work it and you’re worth it!”)

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