

Alive@5 - Online Meeting Format

[Please follow script closely for consistency]

LEADER: Let's begin this meeting with a moment of silence, followed by the Serenity prayer. We offer our prayer to the addict who is still suffering, inside and outside of these rooms.

Prayer:

[R EAD SLOWLY]

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.

LEADER: Welcome to Nashville's Alive@5 online meeting of Sexaholics Anonymous. My name is _____ and I am a recovering Sexaholic. **(pause)** This is a closed meeting. Only those desiring their own personal sexual sobriety, please.

This meeting is offered seven days a week.

All phone numbers are masked, even for the host. Online users should check to see how their name is displayed and rename themselves in Zoom, if necessary, to protect their anonymity. We suggest your first name and last initial as a naming format.

If anyone needs a sponsor, please put your phone number in the chat box. If you are willing to be a sponsor, please also put your number in the chat box, indicating you are willing.

The readings for our meeting can be found in the White Book or online at SA.org.

ASK A FRIEND TO READ:

"The SA Purpose," page 201 of the White Book.

"What is a Sexaholic and What is Sexual Sobriety," from page 202 of the White Book.

"The Problem," from page 203.

"The Solution," from pages 204-205.

[Optional]

‘How it Works’, from pages 206-207.

LEADER: Do we have any NEWCOMERS tonight?

Is there anyone here tonight for their very first SA meeting? **** (IF SO, read the following) ****

We know what a huge step it is to come to your first SA meeting, and so we have a special way of welcoming newcomers. I’m going to ask our zoom host to set up a breakout room and ask you to join some of our more experienced SA members to a newcomer’s meeting. There you’ll have opportunity to listen to people’s stories of addiction and recovery, and you’ll have a chance to share your story, if you so choose.

***** If no one is available to lead the newcomer’s meeting, then make the entire meeting a newcomer’s meeting. If someone is available to lead, then *please identify someone who knows how to access the newcomer meeting script to lead the meeting. The host will look to ensure there are at least three experienced SA members. If not, the host will text one or two members and ask if they would please join the newcomer’s breakout meeting. Suggestion is to start with xi and go through page 4 in the Whitebook.*

LEADER: I would now like to read the Meeting Guidelines

By group conscience, this meeting has developed a set of zoom meeting practices to safeguard the common welfare of this group and the personal recovery of each SA member participating.

[Optional] If your camera angle shows you: laying on a bed, wearing revealing clothing, or are engaged in activities that might cause distraction - please turn off your camera. Otherwise, we ask that you please keep your camera on (if you feel comfortable doing so).

[Optional] We speak in the first person, we speak only for ourselves using “I & me” statements, and not “we” or “you”.

Please keep your line muted when not reading aloud or sharing.

[Optional] We *do not limit* the chat function in order to enable everyone to share information. However, we do not *chat or exchange phone numbers with members of the opposite sex*. If this happens please alert me, as tonight’s chair, or the Zoom host.

If you feel uncomfortable with, or triggered by, what another person is sharing, you can say “my hand is raised” or can temporarily turn off your device’s audio until you feel the share is over.

In participation, we avoid topics which can lead to dissension or distraction, such as politics or religion. The emphasis is on honesty, recovery and healing; how to apply the twelve steps and twelve traditions in our daily lives.

We also avoid explicit sexual descriptions and sexually abusive language.

We do not cross talk, meaning addressing one another directly or interrupting another's share. This includes use of the chat. We don't give advice or seek to rescue.

While we are an anonymous fellowship, anonymity does not imply legal confidentiality. Sharing first-hand information about the abuse or neglect of a child, in which the appropriate authorities have not been notified, may result in a report to the authorities.

[If it is, Sunday, Tuesday & Thursday]

We ask that everyone introduces him or herself. If you do not identify yourself, you may be disconnected from this meeting; this is to ensure a safe atmosphere for sharing.

I will now go around the room and call out names, or the last three numbers, whatever is listed in the zoom window. Please check in with your first name, that you identify as a sexaholic, and your length of sobriety (if you wish).

Tonight, we read from SA-approved literature (**Sunday: 12&12, Tuesday: Big Book, Thursday: White Book**). On these days we will take turns reading one to two paragraphs each. Anyone is welcome at any time to share their experience, strength, and hope as it relates to the reading. *"The aim is to see how we can learn to apply, and use it in our own lives. This is not a top plate meeting."* We will read and share until 5:54pm Central Time and please keep shares to 2-3 minutes.

[Leader to assign someone as spiritual timekeeper] so that everyone has a chance to share. Who would like to start our reading (at page #...)?

[If it is, Monday, Wednesday, Friday or Saturday]

Leader: Tonight's topic is Chairperson's choice and/or whatever may be on your top plate.

[For less than 30 participants]

Leader: We have ## participants on the zoom call today; we will stay in one room.

Leader: We ask that everyone introduces him or herself. If you do not identify yourself, you may be disconnected from this meeting; this is to ensure a safe atmosphere for sharing. I will now go around the room and call out three names at a time, or the last three numbers, whatever is

listed in the zoom window. Please check in with your first name, that you identify as a sexaholic, and your length of sobriety (if you wish).

[Select between reading “The Real Connection” or “Daily Reflections” or an SA related topic of your choosing.]

[If reading from “The Real Connection” or “Daily Reflections”]

Leader: May I have a volunteer to read “The Real Connection” / “Daily Reflections” for today.

[If introducing an SA topic] **Leader:** Tonight’s topic is ...

Leader: We will share until 5:54pm Central Time and please keep shares to 2-3 minutes so that everyone has a chance to share. Once everyone has had a chance to share, you may share again. We encourage that the first 3 shares are from members with 30 days or more of sobriety. May I have a volunteer to serve as spiritual timekeeper? Let’s do, # minutes with a 30 second warning.

[For 30 or more participants]

Leader: We have ## participants on the zoom call and we will create # number of breakout rooms.

Leader: Once into your breakout rooms, we ask that someone volunteers to lead the breakout room and help everyone to introduce him or herself. If you do not identify yourself, you may be disconnected from this meeting; this is to ensure a safe atmosphere for sharing. We will share until 5:54pm Central Time, and then we will be brought back to the main room, to close out the meeting together. Please keep shares to 2-3 minutes so everyone has a chance to share. Once everyone has had a chance to share you may share again. We encourage that the first 3 shares are from members with 30 days or more of sobriety. We also ask for a volunteer to serve as a spiritual timekeeper for each room. Let’s do, # minutes with a 30 second warning. *[Leader, ensure there is a zoom host / co-host and a leader assigned to each breakout]*

[Select between reading “The Real Connection” or “Daily Reflections” or an SA related topic of your choosing.]

[If reading from “The Real Connection” or “Daily Reflections”]

Leader: May I have a volunteer to read “The Real Connection” / “Daily Reflections” for today.

[If introducing an SA topic] **Leader:** Tonight’s topic is ...

Leader: We will now randomly assign everyone to the breakout rooms. Unfortunately, each user does not have the option to choose a room. If you feel triggered by the room you are in, you can disconnect your call. Once you call back in, we will attempt to manually assign you to a new room.

***Create “2-4” breakout rooms (if needed) and choose “automatic assignment.”*

****AT 5:54pm** Central Time

- click “close all breakout rooms” (This takes 60 seconds)

LEADER: Does anyone have any SA-related announcements?

LEADER: Unless otherwise noted, on every last Friday meeting of the month, the Alive@5 will be broadcasting a speaker meeting live out of the Nashville Portable and it will be available on this zoom link.

LEADER: It is now time for **our 7th tradition**. We have no dues or fees but are self-supporting through our own contributions. If you want to contribute online, go to sanashville.org and click on the “7th tradition” button. Then check the list for the appropriate meeting you would like to donate to. The Alive@5 meeting uses **the CashApp ID: \$aliviatfive** and **PayPal ID: aliveatfivenashville@gmail.com**. If you wish to donate to SAICO directly, go to sa.org and click on ‘Contribute’ button. We appreciate the large donations, but every \$1.00, \$2.00, and \$5.00 donation makes a big difference!!! These donations support SA efforts worldwide.

LEADER: We would like to celebrate any **sobriety birthdays** today. Is anyone celebrating 1 week today? 1 month? 3 months? 6 months? 9 months? 12 months? 2 or more years?

Is anyone celebrating 24 hours, or would like to commit to the next 24 hours?

LEADER: Anything you have heard at this meeting is strictly the opinion of the individual participant. The principals of SA are found in the “Twelve Steps & Twelve Traditions”. Please keep the personal info you have heard today, to yourselves.

What we say here, let it stay here. **"HERE! HERE!"**

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

If anyone needs a sponsor or is willing to be a sponsor, please check the chat box and/or stay on the line after the closing prayer.

[Optional] **Leader:** May I have a friend to read “A Vision For You” from p. 210 of the SA White Book.

A Vision for You

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously

you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you -- until then.

Leader: I will now close us out with the _____ [select any program prayer from the list below] after a moment of silence. Please join along if your line is muted.

The Lord's Prayer

Our Father who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.
For thine is the kingdom and the power, and the
glory, forever and ever.
Amen.

Serenity Prayer

God grant me the serenity to accept the things I
cannot change; courage to change the things that
I can; and wisdom to know the difference.

Third Step Prayer

God, I offer myself to Thee to build with me & to
do with me as Thou wilt. Relieve me of the
bondage of self, that I may better do Thy will.
Take away my difficulties, that victory over them
may bear witness to those I would help of Thy
Power, Thy love & Thy way of life, May I do
Thy will always!

St. Francis Prayer

Lord, make me a channel of thy peace;
that where there is hatred, I may bring love;
that where there is wrong, I may bring the spirit
of forgiveness;
that where there is discord, I may bring harmony;
that where there is error, I may bring truth;
that where there is doubt, I may bring faith;
that where there is despair, I may bring hope;
that where there are shadows, I may bring light;
that where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort than
to be comforted;
to understand, than to be understood;
to love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to eternal life.
Amen

Seventh Step Prayer

My Creator,
I am now willing that you should have all of me,
good & bad. I pray that you now remove from
me every single defect of character which stands
in the way of my usefulness to you & my
fellows. Grant me strength, as I go out from here
to do your bidding.

Keep Coming Back!!! It works if you work it!!

****wait online for sponsorship needs****