

## “Lunch Bunch” - Zoom Meeting Format (v7.0)

-----  
-----

**LEADER:** Let’s begin this meeting. I will now **mute all lines** as I pray the serenity prayer. Please pray along with me, if you wish.

**LEADER ASKS SOMEONE TO READ:** “The SA Purpose”  
(page 201 - white book)

**LEADER:** Welcome to this Zoom meeting of Sexaholics Anonymous,  
sponsored by the Nashville “lunch bunch”.

My name is \_\_\_\_\_ and I’m a recovering Sexaholic. This meeting is for those desiring their own sexual sobriety. As a reminder, all phone numbers are masked, even to the host, and you can choose how your online name is displayed via the “settings” tab, in the app, at any time.

**LEADER:** Do we have any newcomers today? That is, anyone who has never been to a newcomers meeting in the SA fellowship.

*(If so, state that there will be a special breakout room for them, and ask for someone to lead that room, and others to join in support. **That leader will need to have co-host powers before the rooms split.***

**LEADER ASKS SOMEONE TO READ:** “The Problem” (p 203 - white book)

**LEADER ASKS SOMEONE TO READ:** “The Solution” (p 204-205 - white book)

**LEADER ASKS SOMEONE TO READ ONE OR MORE OF THE FOLLOWING:**

- “What is a sexaholic and what is sexual sobriety? (p 202 - white book)
- 3rd step prayer(SA p.95)...7th-step prayer, or 11th-step prayer
- 12 steps of SA (p 208 - white book)

**LEADER ASKS SOMEONE TO READ:** “The Real Connection”

**LEADER: Check for newcomers again**

*((If yes, state that there will be a special breakout room for them, and ask for someone to lead that room, and others to join in support. That leader will need to have co-host powers before the rooms split.))*

**LEADER:** Before we split into smaller breakout rooms, I will **mute all lines** as I read the “meeting guidelines.”

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. We value others by listening intently. We don’t give advice or seek to rescue. We speak in the first person, speaking from our own experience.

When you are not sharing, please keep your line muted. If background noise becomes a problem, one of the hosts may need to mute a person’s line as necessary for the group’s benefit.

If you feel uncomfortable with, or triggered by, what another person is sharing, we suggest that you temporarily mute your device’s audio until you see that the person is done sharing.

While we are an anonymous fellowship, anonymity does not imply legal confidentiality. In particular, 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.

Once into your breakout rooms, we suggest that the co-host, or someone, calls out each name, one by one, and allows each person 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 ask that all shares be kept to around 3 minutes. The topic is the reading from today’s “real connection” or whatever may be on your top plate.

((on Friday, state that one room will be a Big Book study))

**LEADER: CLICK - “OPEN ALL ROOMS”**

**\*\* AT 12:54pm**

**- click "close all breakout rooms". (This takes 60 seconds)**

**LEADER:** Let's honor our 7th tradition - This Nashville group uses the Cash app. If you're unable to download apps, go to [sanashville.org](http://sanashville.org) and click on the "7th tradition" button. Then check the list of meetings for various ways to donate.

**LEADER:** While we're "passing the basket", does anyone have any SA-related announcements?

**LEADER:** We would like to celebrate sobriety birthdays today, even though we can't hand out chips. Is anyone celebrating 1 week today? How about a number of months? Number of years? 24 hours?

**LEADER:** I will now **mute all lines** for the closing statement and prayer.

**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 and what we say here, let it stay here. Anonymity is the spiritual foundation of all of our traditions, ever reminding us to place principles before personalities.

If anyone needs a sponsor, or is willing to be a sponsor, or needs a men's phone list, please stay on the line after the closing prayer.

**LEADER:** Read "A Vision for You" (p 210 - white book)

**LEADER:** I will now close us out with the Lord's prayer, after a moment of silence. Please join along, since the lines are muted.

**KEEP THE MEETING OPEN UNTIL SPONSORSHIP NEEDS ARE MET**