

“Rise and Shine” - Zoom Meeting Format

LEADER: Good morning. Welcome to the Nashville “Rise and Shine” meeting of Sexaholics Anonymous. This meeting meets Monday through Saturday at 6:30 AM U.S. Central Standard Time. My name is _____ and I’m a recovering Sexaholic. (*Pause for response.*) Let’s begin with a moment of silence followed by the “Serenity Prayer”. I or the Tech Host will now mute all lines. Once muted, please pray along with me, if you wish.

***Make sure all lines are muted, pause, and before beginning, say the word, “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
(Thy will, not mine, be done.)**

LEADER: This meeting is for those desiring their own sexual sobriety. As a reminder, 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.

LEADER: Would someone please read “The SA Purpose” from page 201 of *The White Book*?

LEADER: Would someone please read “What is a Sexaholic and What is Sexual Sobriety” from page 202 of *The White Book*?

LEADER: (If fewer than 20 people are online):

Let’s take a moment to introduce ourselves, and those who wish may state the length of their sexual sobriety. Should you choose not to identify yourself, you may be disconnected from this meeting. This is to ensure a safe atmosphere for sharing. I’ll begin, and I (or someone who can see all the participants) will go around the room and call out attendees:

LEADER: (If 20 people or more are online):

Since there are ~~##~~ of attendees on the call, we will wait and introduce ourselves once we divide into breakout rooms.

*****Note: the general rule is 1 breakout room per 15 attendees, but this is up to the daily discretion of the group/host/meeting chair.*****

LEADER: Before we continue, we’d like to welcome any newcomers. Is there anyone here attending their first SA meeting, or who has never attended an “SA Newcomer’s Meeting”?

****If **None** - Move on to the next “Leader” reading.

****If **Yes** -

LEADER: Welcome (Newcomer's Name) to our fellowship. In order to give you the time and space to learn more about us, we suggest you attend a Newcomer's Meeting. Essentially, this entails several more experienced members sharing their stories of "what we used to be like, what happened, and what we are like now." Afterwards, you will be given time to share whatever you'd like about yourself or your story, as well as to ask questions about the SA Program of Recovery. Would this be OK with you, (Newcomer's Name)? **(Wait for a response.)** And is there anyone willing to lead a newcomer's meeting, the format for which can be found on page 1-3 of the SA White Book? **(Wait for a response.)** Thank you. If you would like to attend the Newcomer's Meeting, please use the raise your hand function, so that the host can place you in the room.

(Continue with the normal format.)

LEADER: Would someone please read "The Problem" from page 203 of *The White Book*?

LEADER: Would someone please read "The Solution" from pages 204-205 of *The White Book*?

LEADER: I will now read the meeting guidelines:

In participation, we avoid topics which can lead to dissension or distraction. We also avoid explicit sexual descriptions and sexually abusive language. The emphasis is on honesty, recovery and healing; how to apply the twelve steps and twelve traditions in our daily lives.

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 in breakout rooms, we do require that all attendees briefly identify themselves. Should you choose not to identify yourself, you may be disconnected from this meeting. This is to ensure a safe atmosphere for sharing. We also ask that someone in each breakout room facilitate introductions by going around the grid or down the list and calling on attendees.

Please do not cross talk, meaning addressing one another directly or interrupting another's share. Please also keep your phone muted when you are not sharing. If either becomes a problem for the group, the host or co-host has the option to mute the person's line as necessary for the group's benefit.

If you feel uncomfortable with, or triggered by, what another person is sharing, please use the "raise your hand" feature and mute your device's audio until you feel the share is over.

Finally, please keep your shares to 2-3 minutes so that everyone gets a chance to share. The suggested topics are today's readings or whatever may be on your "top plate", which means whatever may be threatening your sexual sobriety.

Since today is (Day of the week), would someone please read from:

Monday - *The AA Big Book* ("Does anyone know the page and place where we left off?")

Tuesday - *The Real Connection*

Wednesday - The SA White Book ("Does anyone know the page and place where we left off?")

Thursday - The Real Connection

Friday - The Real Connection

Saturday - The Real Connection

If breakout rooms are NOT warranted: Thank you for letting me be of service. The meeting is now open for sharing until 7:25 AM.

If breakout rooms ARE warranted:

LEADER: I or the host will now randomly assign everyone to breakout rooms. Unfortunately, each user does not have the option to choose a room. If you want to change the room you're in, simply leave the breakout room, at which point I or the host will be alerted that you are unassigned. We will then return to the main breakout room to assign you to a different room.

Breakout rooms will close at 7:25AM with a one minute warning starting at 7:24 AM. If there are no further concerns, please have a good meeting.

******After Breakout Rooms Close******

LEADER: Does anyone have any SA-related announcements?

LEADER: Regarding our "7th Tradition" - If you want to contribute, go to sanashville.org and click on the "seventh tradition" button. Then check the list for the appropriate meeting you'd like to donate to.

LEADER: We would like to celebrate any sobriety birthdays today, even though we can't hand out physical chips:

Is anyone celebrating 1 week today? How about a number of weeks? How about a month or a number of months? How about a year or any number of years?

And our most important period of celebration: Is anyone celebrating 24 hours, or would like to commit themselves to this way of life for the next 24 hours?

Keep the chips you have and keep coming back for more.

LEADER: All lines will now be muted for the closing statement and prayer.

mute all lines

LEADER: Anything you have heard at this meeting is strictly the opinion of the individual participant. The principles 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. (*Pause for response "Hear, hear".*) 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, please stay on the line after the closing prayer. Additionally, if you have questions about how to chair or be of service, please stay on after the meeting.

After a moment of silence, I will now close us out with the (*Choose a 12-Step Prayer from the link below*). Please join along, since the lines are muted:

******12 Step Prayer Sheet:** <http://thetvac.org/wp-content/uploads/2019/03/AA-Prayer-Sheet.pdf>

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,
the power and the glory,
for ever and ever.
Amen.

LEADER: "Keep coming back; it works if you work it!
Thank you for letting me be of service and have a wonderful day!"

Modified as of 11/13/2021