

## SERVICE ROLES FOR MEETING:

LEAD SISTER- READ THE SCRIPT.

TIMEKEEPER- KEEP TIME FOR SHARES AND GIVE TIME WARNINGS WHEN APPROPRIATE.

SHARE ANNOUNCER- ENSURE THE SHARE ORDER OF THE MEETING IS BEING FOLLOWED BY CALLING ON SISTERS IN THE ORDER THEY TYPED THEIR NAMES INTO CHAT.

## READINGS:

SERENITY PRAYER- LEAD THE SERENITY PRAYER AT THE BEGINNING AND END OF THE MEETING

12 STEPS

12 TRADITIONS

FEEDBACK GUIDELINES

SIGNS OF RECOVERY

PROMISES OF RECOVERY

ALL SERVICE ROLES ARE OPEN TO ANY SISTERS WHO WANT TO VOLUNTEER TO DO SERVICE FOR THE DAY.

## SLAA 12-Step Sisterhood

9AM PST/12PM EST/6PM CEST/7PM IDT

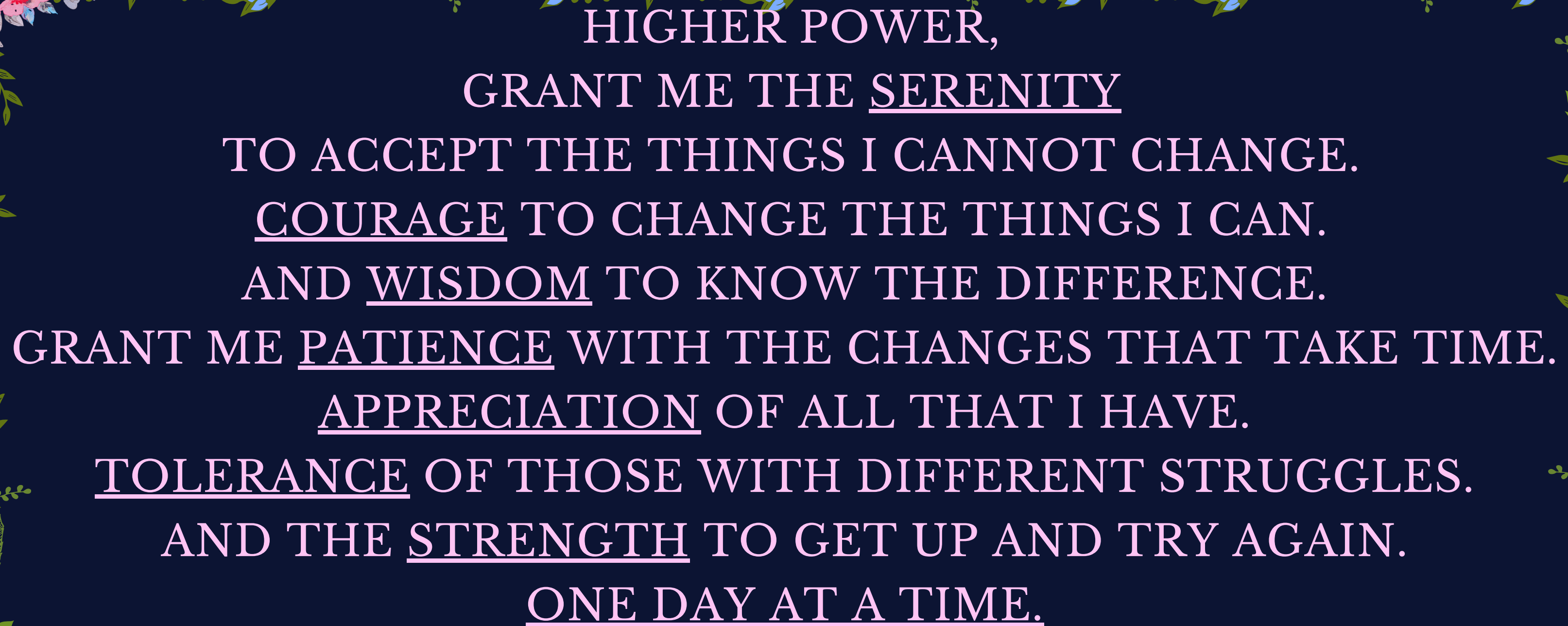
**Lead Sister:** Hello sisters, my name is \_\_\_\_\_. I am a recovering sex and love addict and this week's lead sister. Welcome to the \_(Mon, Tue, etc.)\_ day step meeting for the 12 Step Sisterhood of Sex and Love Addicts Anonymous.

In this section, we are reading \_(current stepwork)\_\_\_\_\_.

At this time, would all sisters please unmute their microphones and join one another in the extended Serenity Prayer.

We now take a moment of silence to reflect on our individual human experience and why we are here, as well as the addicts who still suffer all over the world; those still lost in addiction, those in withdrawal, those who have died as the result of this disease, followed by the extended Serenity Prayer. \_\_\_\_\_ has volunteered to lead the prayer today.





HIGHER POWER,  
GRANT ME THE SERENITY  
TO ACCEPT THE THINGS I CANNOT CHANGE.  
COURAGE TO CHANGE THE THINGS I CAN.  
AND WISDOM TO KNOW THE DIFFERENCE.  
GRANT ME PATIENCE WITH THE CHANGES THAT TAKE TIME.  
APPRECIATION OF ALL THAT I HAVE.  
TOLERANCE OF THOSE WITH DIFFERENT STRUGGLES.  
AND THE STRENGTH TO GET UP AND TRY AGAIN.  
ONE DAY AT A TIME.



**Lead Sister: \_\_\_\_\_ has volunteered read the 12 Steps**

**12 Steps of S.L.A.A**

1.) We admitted we were powerless over sex and love addiction - that our lives had become unmanageable.

2.) Came to believe that a Power greater than ourselves could restore us to sanity.

3.) Made a decision to turn our will and our lives over to the care of a Higher Power as we understood It.

4.) Made a searching and fearless moral inventory of ourselves.

5.) Admitted to our Higher Power, to ourselves and to another human being the exact nature of our wrongs.

6.) Were entirely ready to have our Higher Power remove all these defects of character.

7.) Humbly asked our Higher Power to remove our shortcomings.

8.) Made a list of all persons we had harmed, and became willing to make amends to them all.

9.) Made direct amends to such people wherever possible, except when to do so would injure them or others.

10.) Continued to take personal inventory and when we were wrong promptly admitted it.

11.) Sought through prayer and meditation to improve our conscious contact with a Power greater than ourselves, praying only for knowledge of our Higher Power's will for us and the power to carry that out.

12.) Having had a spiritual awakening as the result of these steps, we tried to carry this message to sex and love addicts and to practice these principles in all areas of our lives.



# Lead Sister: \_\_\_\_\_ has volunteered to read the 12 Traditions

## The 12 Traditions of SLAA

1) Our common welfare should come first; personal recovery depends upon S.L.A.A. unity.



2) For our group purpose there is but one ultimate authority – a loving Higher Power as this Power may be expressed through our group conscience. Our leaders are but trusted servants; they do not govern.



3) The only requirement for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. Any two or more persons gathered together for mutual aid in recovering from sex and love addiction may call themselves an S.L.A.A. group, provided that as a group they have no other affiliation.



4) Each group should be autonomous except in matters affecting other groups or S.L.A.A. as a whole.



5) Each group has but one primary purpose – to carry its message to the sex and love addict who still suffers.



6) An S.L.A.A. group or S.L.A.A. as a whole ought never endorse, finance, or lend the S.L.A.A. name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.



7) Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions.



8) S.L.A.A. should remain forever nonprofessional, but our service centers may employ special workers.



9) S.L.A.A. as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.



10) S.L.A.A. has no opinion on outside issues; hence the S.L.A.A. name ought never be drawn into public controversy.



11) Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, film, and other public media. We need guard with special care the anonymity of all fellow S.L.A.A. members.



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



**Lead Sister:** In order to keep a smooth sharing order we type our names into chat.

**Please type your name into the chat now so we can call on sisters in the order of their names posted in the chat. This will be the share order for the rest of the meeting. If you are not ready to share when called upon, we will circle back. The Share Announcer will call out sisters names in the order they were typed into chat.**

**\_\_\_\_\_ has volunteered to be the Share Announcer.**

**Let's take a moment to introduce ourselves and how we are feeling. We will have a designated portion for timed personal shares later in the meeting.**

## **INTROS**

**Lead Sister:** This meeting finishes when ALL sisters are satisfied with the work that has been accomplished. After which we will go into parking lot for any sisters who want to stay behind and connect after the meeting.



**Lead Sister:** Now it is time for the Step Sharing part of the meeting. Today, we will be going over \_(current stepwork)\_. We will take as much time as needed for sisters to get through the work. There is no rush to get the work done. We are working on practices that could change the rest of our lives. Such a task should always be treated with care and dilligence.

### **SCREEN SHARE RELEVANT LITERATURE**

**Lead Sister:** This brings us to the end of step sharing. If you were unable to share everything you wanted to during the meeting, you can also stay for fellowship. Sisters who can stay will hold space for you. Alternatively, the Study Hall is open every day, 24 hours a day, for any sisters who need extra time. If you are open to feedback, please say so at the end of your share.

**\_\_\_\_\_** has volunteered to read the Feedback Guidelines



## Feedback Guidelines:

- Feedback should always come from a place of love and support.
- We are not here to offer advice or solve each other's problems. We can share based on our personal experience, but never tell one another what to do. Please keep your feedback focused on how you can relate.
- Never judge or invalidate a sister's experience. We are all sharing things that are difficult, some of us may have even buried them over time, keep this in mind when offering feedback.

**DO NOT SEND UNSOLICITED FEEDBACK!**  
**Always respect our sisters' wishes.**

If anyone is having an issue with unwanted feedback, please bring it to the attention of the Group Secretaries and they will help. All sisters in the Sisterhood are safe to be themselves without criticism, judgement, or invalidation. These feedback guidelines should be followed in all interactions between sisters, however they MUST be followed in any 12-Step Sisterhood space. These guidelines are vital to the safety in this sacred space. For sisters who find themselves in ANY dynamic where these guidelines aren't being followed, it is suggested that healthy boundaries are clearly stated. If this does not help, limiting contact with the other person(s) in the dynamic should be considered if possible.



**Lead:** The meeting is now open for personal shares, using the sharing order from the meeting. We will each have 3 minutes with a 1 minute warning. Who would like to be our timekeeper today?

## Personal Shares

**Lead:** The links being posted now are for our 7th Tradition, Microsoft Teams group and the sisterhood email.

Email: [12stepsisterhood@gmail.com](mailto:12stepsisterhood@gmail.com)

Microsoft Teams Link: (for literature) <https://teams.live.com/j/invite/FAAtJ8It6xr-mzfYwQ>

7th Tradition link: <https://paypal.me/12StepSisterhood>

Please donate to the sisterhood's 7th Tradition when you can COMFORTABLY manage a donation.

**SELF CARE TAKES PRIORITY!!**

Are there any other SLAA related announcements or sobriety birthdays?

Would a volunteer please read the Signs of Recovery?

# 12 Signs of Recovery

1. We seek to develop a daily relationship with a Higher Power, knowing that we are not alone in our efforts to heal ourselves from our addiction.

2. We are willing to be vulnerable because the capacity to trust has been restored to us by our faith in a Higher Power.

3. We surrender, one day at a time, our whole life strategy of, and our obsession with, the pursuit of romantic and sexual intrigue and emotional dependency.

4. We learn to avoid situations that may put us at risk physically, morally, psychologically or spiritually.

5. We learn to accept and love ourselves, to take responsibility for our own lives, and to take care of our own needs before involving ourselves with others.

6. We become willing to ask for help, allowing ourselves to be vulnerable and learning to trust and accept others.

7. We allow ourselves to work through the pain of our low self-esteem and our fears of abandonment and responsibility. We learn to feel comfortable in solitude.

8. We begin to accept our imperfections and mistakes as part of being human, healing our shame and perfectionism while working on our character defects.

9. We begin to substitute honesty for self-destructive ways of expressing emotions and feelings.

10. We become honest in expressing who we are, developing true intimacy in our relationships with ourselves and others.

11. We learn to value sex as a by-product of sharing, commitment, trust and cooperation in a partnership.

12. We are restored to sanity, on a daily basis, by participating in the process of recovery.



**Lead:** Who would like to read the Promises of recovery?

## **Promises of Recovery:**

### **S.L.A.A. Promises**

**If you have decided to follow the suggestions of this program, a new life will begin to unfold within you. Along with this new life are promises that will guide and sustain you.**

**They are manifesting among us, sometimes quickly, sometimes slowly.**

**1. We will regain control of our lives.**

**2. We will begin to feel dignity and respect for ourselves.**

**3. The Loneliness will subside and we will begin to enjoy being alone.**

**4. We will no longer be plagued by an unceasing sense of longing.**

**5. In the company of family and friends, we will be with them in body and mind.**

**6. We will pursue interests and activities that we desire for ourselves.**

**7. Love will be a committed, thoughtful decision rather than a feeling by which we are overwhelmed.**

**8. We will Love and Accept ourselves.**

**9. We will relate to others from a state of wholeness.**

**10. We will extend ourselves to nurture our own spiritual growth and that of others.**

**11. We will make peace with our past and make amends to those we have harmed.**

**12. We will be thankful for what has been given us, what has been taken away and what has been left behind.**

Lead: We close our meeting with the “We’ form of the serenity prayer.

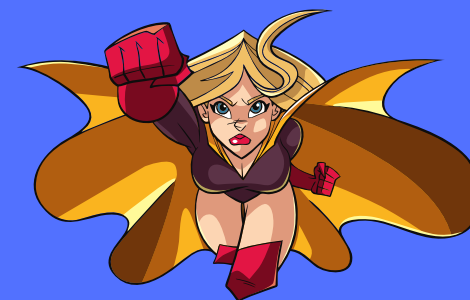
Would a volunteer like to lead us out?

Higher Power

Grant us the Serenity to accept the things we cannot change

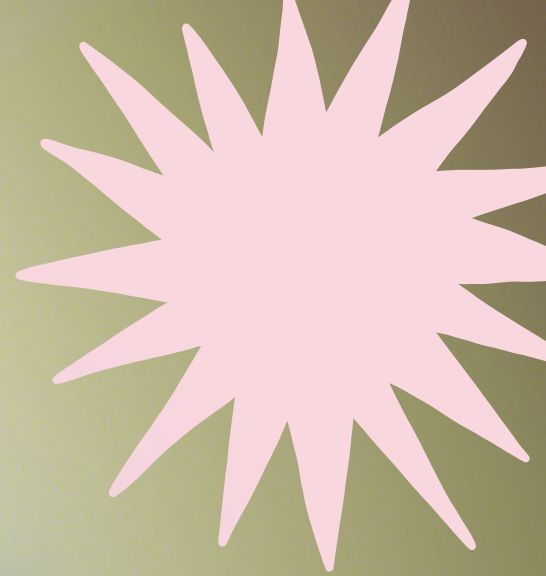
Courage to change the things we can  
and Wisdom to know the difference.

Thy will, not OURS, be done





You are No Longer Alone!







THE MEETING IS NOW OPEN FOR NEWCOMER  
QUESTIONS AND "PARKING LOT".  
PLEASE BE MINDFUL OF CROSSTALK AND  
THE SISTERHOOD FEEDBACK GUIDELINES,  
EVEN IN THIS FREEFORM SPACE.

WE ARE ALL IN THIS TOGETHER!

