

The Augustine Fellowship,
Sex and Love Addicts Anonymous,
Fellowship-Wide Services, Inc.



Dear Friend:

Thank you for inquiring about Sex and Love Addicts Anonymous (S.L.A.A.). Enclosed are the materials that will enable you to start an S.L.A.A. meeting/group. There are minimal F.W.S. forms to fill out, no permissions to be obtained, or dues to pay in order to start a new group.

Included are the following:

Duplicating these documents is permitted for the purpose of starting S.L.A.A. Groups.

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 - *Local Website Guidelines for Groups and Intergroups*
 - *Supporting S.L.A.A. the 60 - 40 Way Pamphlet*
 - *Addicted to Sex? Addicted to Love? Pamphlet*
 - *What Does F.W.S. Do?*
- Group Literature Start-up Pack

It is suggested that a representative from your group sign up for electronic delivery of the free **F.W.S. Newsletter** at <https://slaafws.org/fwsnewsinfo>. This is a quarterly publication from the F.W.S. Office, Board of Trustees and Conference committees, and includes S.L.A.A. service events, opportunities and announcements.

Feel free to contact us if you have any questions or concerns. We are always happy to share our experience, strength and hope, and look forward to you doing the same. Good luck with your meeting(s) and on your path to recovery. Remember, it's a day at a time and you are not alone.

Sincerely,
F.W.S. Office Outreach

2411 NE Loop 410, Suite 122
San Antonio TX 78217 U.S.A.
Tel: 210-828-7900 Fax: 210-828-7922
<https://slaafws.org>

Suggestions on How to Start an S.L.A.A. Meeting

Abbreviated Steps to Start an S.L.A.A. Meeting:

1. Decide on a type and format for your meeting.
2. Obtain a meeting place and set a day and time.
3. Connect with and join your local Intergroup, if available.
4. Get the word out locally.
5. Register your group with F.W.S. after 3 meetings at <https://slaafws.org/registergroup>.

Why Start a Group Meeting?

Perhaps you have asked S.L.A.A. Fellowship-Wide Services (F.W.S.) for information on how to start an S.L.A.A. group in your area because you need a meeting for your recovery. You are not alone. Many S.L.A.A. groups owe their existence to the hard work of one, or a handful of people who initiated a new meeting. Driven by the need to recover these people did not let embarrassment, rejection, intrigue, obsessions, personality factors, or lack of suitable meeting places keep them from starting new groups. How will you know if you can or should form an S.L.A.A. meeting? If you are convinced that you are a sex and/or love addict, and recognize similar symptoms in others, you have an opportunity to help them and yourself. Most people have never heard of S.L.A.A. and some have misconceptions about it. This can make approaching prospective members difficult and discouraging. However, just the effort of finding a few people to start the group can help keep a person sober from sex and love addiction. There are other sex and love addicts who need and want help, and reluctance to start a new group could deny them and yourself the opportunity to recover.

Making the decision to start a meeting

There are a variety of reasons to start a meeting. The advantage of knowing why a new meeting is needed is that it will greatly assist the group conscience in making the important decisions that will need to be made. Therefore, it is suggested that there be a clear objective going into the process of starting a new meeting.

The Twelfth Step involves making recovery available to others who still suffer; so setting up a new meeting helps us do our 12th Step work. However, it is not required that all previous eleven Steps be completed before starting a meeting, especially if there is an urgent need. It does help to have some sobriety and a willingness to accept help from others' experience. By having a focus and a clear need to fill, the process of starting a new meeting will be a meaningful part of recovery.

The most pressing need to start a meeting is when there are no local meetings in an area. Whether or not there are S.L.A.A. meetings in your area, ask yourself what need is being met with this new meeting. Is there a particular time and day that is more convenient for members? Is there a meeting that is so large that many members are unable to share in the meeting? Is there a special interest subgroup that would like to meet regularly? Do you want to concentrate on the Steps, the Traditions, or help beginners or prison inmates? Having clarity for the reason to start a new group will help answer questions such as location, time of meeting, length of meeting, and time spent on reading or discussion of topic.

Who Can Help You?

When you start a new group, much support can come from neighboring groups, your local Intergroup, and the F.W.S. office. You can also try online and telephone meetings where you can make valuable connections with experienced members. Should you find it difficult to reveal your membership in S.L.A.A. to other sex and love addicts, you may need to work through a non-addict. This might be a therapist or clergy person who would be willing to act as a contact for the group until one is established. In each community, certain people seem to be more familiar with addiction problems than others. They know others who need help and prove to be valuable allies in getting a new S.L.A.A. group established. They include addiction counselors, therapists, answering services for other 12 Step programs, and staff of hotlines and information centers. Talking to some of these people, providing them with some S.L.A.A. literature, explaining what S.L.A.A. is and what it is not, and why you want to start a group may be difficult, but is an avenue to better understanding.

Planning the Meeting Type and Format

Now, it is time to plan the actual meeting process. Tradition 4 reminds us that each group is autonomous and can structure its meeting as they see fit. Group decisions are made through a process called *group conscience*, which is the collective opinion of the group membership, sought through open discussion, unity, and seeking the guidance of a Higher Power.

Generally each meeting reads the S.L.A.A. Preamble, the Twelve Steps of S.L.A.A., and the Serenity Prayer. Most meetings read one or all of the Twelve Traditions as well. Other groups include the 12 Characteristics of S.L.A.A., the Signs of Recovery, and the Promises. Also, general ground rules are read including such points as a policy on crosstalk, 13th Stepping, 7th Tradition, anonymity, phone calls, sponsorship, length of shares, and graphic language. At the end of this document there is a sample meeting format that can be modified to meet your needs. An electronic version of this format is also provided for easy editing.

It is suggested that there be a chairperson of each meeting in order to facilitate the meeting. Some groups use a timer to keep the meeting on schedule. Each member may want to introduce themselves at the beginning of the meeting.

There are a variety of topics for meetings such as the Steps, the Traditions, getting current, reading from the S.L.A.A. literature, or a specific topic selected by the chairperson or group conscience. Some groups prefer a very specific format while others are less structured. See the attached sheet on Meeting Variations for more information. Regardless of the type of meeting, it is important to remember that our meetings focus on recovery from sex and love addiction through the use of the Twelve Steps. We are not group therapy or sex therapy and offer no treatment of any kind.

Most meetings end with the Serenity Prayer and optional hand holding.

Many groups keep their format and readings in a folder or binder between meetings and distribute the tasks at the beginning of each meeting. Literature is usually available for distribution or sale. This is usually kept in a bin or locker. Storage of these supplies needs to be negotiated when a location is selected. Supplies can be ordered through the print catalogue or purchased online at <http://store.slaafws.org>.

The 7th Tradition is collected at some point during the meeting. Most groups have a treasurer with good sobriety (usually a year or more and without money concerns) to manage the 7th Tradition, pay rent, and buy literature. The treasurer may set up a bank account specifically for the group but most groups pay their expenses monthly and maintain a small prudent reserve of 1-3 months' expenses so that the treasurer may not need a bank account. You may be asked for proof of non-profit status to open a tax-free account for your Group. The F.W.S. 501(c)3 Tax ID may not be used, but a letter can be requested at <https://slaafws.org/contact>, after your Group registers, providing documentation of registration as an S.L.A.A. Group.

Each group is independent but most groups only use S.L.A.A. Conference-approved literature and the books referenced in our **Basic Text** on pgs. 66-67: *Alcoholics Anonymous*; and *Twelve Steps and Twelve Traditions*. *If there is non-approved literature used or available at the meeting, we recommend that it be clearly identified as not approved by the Conference.* All S.L.A.A. literature is available on the F.W.S. website. Some of the literature is free and freely reproducible, but **the Basic Text, as well as booklets and pamphlets, are copyrighted.** Questions regarding copyright permission are answered at <https://slaafws.org/property>. If you need further clarification, contact F.W.S.

As time goes on, there will be a need for monthly business meetings in order to make group conscience decisions such as changes in format, paying for expenses, and electing group officers. See page 9 for more information about business meetings.

Service is an important part of recovery and everyone should be encouraged to participate in service. Tasks such as reading, setting up the room, chairing a meeting, and acting as the treasurer are all important to the life of the local meeting. The giving of service strengthens our commitment to recovery; however, since we have a disease of relationships, we need to be vigilant about being able to let go and let God. The **Basic Text**

discusses these issues in Chapters 6 and 7. By remembering the Traditions, we can better maintain healthy relationships in recovery.

Meetings have a life of their own. We find that some groups flourish and prosper while others wither and die. Most groups wax and wane while others seem to languish for a while before they hit their stride. By attending a variety of meetings, we discover that each group has its own distinct personality. If we focus on what we all have in common rather than concentrate on our differences, recovery will happen. Trying to be unique has not been very effective for most groups.

Location, location, location

Once a meeting type and format for the meeting have been determined, then an optimal location and time need to be found. There are towns that are very receptive to 12 Step Recovery and you may have a multitude of choices. Sometimes you may encounter the opposite; there are still some lingering fears about those who struggle with addiction—especially our addiction. Since you may encounter this prejudice, it is wise to consider who will be approached and how to ask.

Originally, S.L.A.A. meetings were held in private homes and Rich describes this in the **S.L.A.A. Basic Text**. This can be very convenient but it certainly has its drawbacks. Anonymity is almost impossible to maintain and the owners of the house may feel they are also the owners of the meeting. Therefore, it is discouraged.

There are S.L.A.A. meetings in hospitals, senior centers, churches, libraries, and community centers. Considerations include access to public transportation, parking, seating capacity, quiet, maintaining anonymity, time availability, religious and other affiliations, and proximity to triggers.

Choosing a time also affects location. Do you plan to meet at night or on weekends when people are off work? Or is a lunch-time or after work meeting planned so you will want to be in the business district?

Once a list of possible locations is made, how will the landlord be approached? There is some controversy about how much information is appropriate. As the **Basic Text** states, “We want to level with people but we don’t want to level them.” Many groups use the name, Augustine Fellowship, when approaching a facility. Most people have heard of A.A. recovery so describing ourselves as a 12 Step program based on the Twelve Steps and Traditions of A.A. may open doors. The [S.L.A.A. Preamble](#) is a clear description without being graphic, so a copy of the [S.L.A.A. Preamble](#) may be provided as a description of what we do. Remember that no one speaks for S.L.A.A., and S.L.A.A. speaks for no one.

Traditions 6 and 10 remind us that we do not endorse or take a position on outside issues. We do not espouse any religious belief, political agenda, or rehabilitation program. We need to avoid controversy and conflicts of interest when we decide on a location of a meeting. Many meetings have been held for years in religious and treatment facilities without endorsing or requiring affiliation with these institutions. The only requirement of S.L.A.A. is the desire to stop acting out on our individual addictive behavior.

Our 7th Tradition states that we are fully self-supporting so we do not accept contributions from people who are not members of S.L.A.A. Therefore, accepting free rent and food is not consistent with this Tradition. Certainly when there are very few members attending the meeting it may be difficult to pay rent. In these cases, we pay rent as much as we can afford. This way we are under no obligation to anyone.

Some groups have signed leases but many have only verbal agreements that are kept as long as it is mutually beneficial. Some groups have a key and others find that the doors are unlocked for them. At all times, members are reminded to respect the landlord’s rules concerning smoking, parking, noise, heat, and electricity. Maintaining anonymity needs to be addressed from the start.

Getting the message out

After a time and place have been set, it is time to let others know about the meeting. If there is a local Intergroup near you, contact them first so they know that there is a new meeting in the area. (If you aren’t sure if there is an Intergroup in your area, visit <https://slaafws.org/meetings> to find out.) The Intergroup will have a method of distributing the information concerning the new meeting such as a published meeting list or a

website. For more information on Intergroups, go to <https://slaafws.org/what-is-intergroup/>. If you are a "lone" group, meaning there is no Intergroup near you, there are many other ways to get the word out.

Local newspapers, phone books, and community newsletters often have sections where you can post your meeting, often for free. Utilize bulletin boards and even online classifieds where permitted. If there is no free service available, and you must pay for the announcement, you can be reimbursed from the Seventh Tradition collection after the group is functioning and it has been approved through group conscience.

The following are sample ads other groups have used:

'For those suffering from sex and love addiction, there is HOPE ... Sex and Love Addicts Anonymous, Email _____ and/or telephone _____. Remember, YOU ARE NOT ALONE!'

or

"SEX AND LOVE ADDICTS ANONYMOUS
A 12 Step support group for those who are struggling with sexual compulsion and/or emotional dependency. We will share our experience, strength, and hope with you. You are not alone! No dues or fees. For more information, email or call (or "meets day, time, location").

Caution should be taken when listing meeting location(s) without permission from the site personnel/landlord. It is not always necessary to gain permission to advertise meeting location, and if you choose not to get permission, you may wish to add a disclaimer to the announcement stating that there is no affiliation between the site and your group.

Some Groups leave small S.L.A.A. outreach cards with permission (available free, download at <https://slaafws.org/outreach>) in places like bars where addicts may frequent. You may want to contact local health professionals and counselors with the location and time of your meeting. F.W.S. has a letter prepared specifically for these professionals at <https://slaafws.org/outreach>.

We are not affiliated with any other organization, but many communities have listings of other 12 Step programs and you may wish to be on that list. You may also contact central offices of other 12 Step Fellowships. If you have a special interest group meeting, you may wish to contact resources used by that special interest group. Be sure to update all these contacts if you have changes to your meeting information.

Group Contact Information

When listing contact information for your Group, consider the anonymity of your contact person. A personal email address or a phone number may seem like a simple idea, but this means updates to all meeting outreach avenues every time your contact person changes. Some people have regretted putting their personal information out in the public, and sometimes damage is done to reputation or career. There are free and anonymous mail, email, and phone options available, outlined at <https://slaafws.org/contactmethods>. Please note that while it is your Group's decision which contact methods you choose to use locally or via your Intergroup, personal email addresses and phone numbers are not permitted on the F.W.S. website.

Registration with F.W.S.

After your new Group has had 3 meetings, the next step is to register with Fellowship-Wide Services. Registering with F.W.S.:

- Makes it possible for people to connect with your Group through the F.W.S. Website via Intergroup listings or individual listings for Lone Groups.
- Helps F.W.S. identify your Group when assistance is needed or when you make a contribution.
- Gives your Group a voice when you participate at one of the many levels of Conference Service.

Registration updates should be done annually or as needed to keep your information up to date. Please read the form carefully and complete it as thoroughly as possible.

Register online at <https://slaafws.org/groupregform>, Update at <https://slaafws.org/groupupdate>.

MEETING VARIATIONS

There are different types of meetings your group might want to consider. These include: speaker, speaker/discussion, Step, Steps and Traditions, Literature focus, and so on. A typical format, no matter what the type of meeting often includes a moment of silence, an opening prayer (such as the Serenity Prayer), reading the S.L.A.A. Preamble and Twelve Steps and Twelve Traditions, the speaker and/or reading, a break (optional), getting announcements, a closing statement, and closing prayer. Your group conscience can decide what type of meeting. Following the meeting descriptions below, there is attached a sample of a generic meeting format that can be edited to suit your Group.

Speaker/Discussions Each meeting has a speaker who qualifies (tells their story). Usually, what it used to be like for them, what happened (how they got into the program), and what it is like now (how they work the program). The speaker often picks the topic for the group discussion related to their story/qualification and/or S.L.A.A. recovery.

Getting Current Each meeting is an open discussion for members to talk about what is going on for them “today.”

Steps/Traditions The meeting topic focuses on either or both the Steps and Traditions of S.L.A.A. Some members set up a specific schedule of how they are addressed, for example:

- Step One – Week One, Step Two – Week Two;
- Alternating a Step One week and the corresponding Tradition the next;
- Choosing a Step or Tradition based on the current month (e.g., it’s July, the 7th month, so the group focuses the topic on the 7th Step and 7th Tradition.)

The schedule can be posted and speakers can be selected to speak on the Step or the Tradition or based on the reading of a piece of literature (e.g., the **S.L.A.A. Basic Text** has the S.L.A.A. Twelve Steps in long form, the Alcoholics Anonymous Twelve Steps and Twelve Traditions book has the Traditions in long form). The group can use any type of literature they choose according to a group conscience.

Literature Study The meeting may read from S.L.A.A. literature (**Basic Text**, pamphlets, or Journal article.) for a certain amount of time (e.g., 10-15 minutes) then discuss the literature that was read. The group would then continue to read where the meeting left off at their previous meeting.

Beginner’s Meeting Each meeting has a pre-assigned topic appropriate for beginners. The speaker (usually someone with long term sobriety) shares from the program literature and/or their personal experience on the topic. Examples of topics include, “withdrawal,” “How I know I’m a sex and love addict,” “bottom-lines,” “sponsorship,” “service” – to name a few. These meetings usually include a special getting current period during the meeting for those members who are in danger of acting out.

Beyond One Year The speaker who qualifies has a year or more of self-defined sobriety and focuses on a topic related to living without dependence upon sex and love addiction beyond one year. They talk about what it used to be like, what happened, and what it’s like now.

The meeting variations listed here are suggestions based on what other groups have developed through a group conscience and use on a regular basis. You can modify, add, and delete any piece your group conscience feels is necessary for the meeting. If you find a particular format that has worked for you, please feel free to share it with us so we can share it with other groups that are beginning and are seeking other people’s experience, strength, and hope.

For even more meeting variations, see <https://slaafws.org/download/Meetingtype-index.html>.

Group Growth – What and Who Can Help

A thriving group does not depend upon an ideal meeting site. More important is that the group uses the Twelve Steps and Twelve Traditions, achieves and maintains sexual and emotional sobriety, and connects with other S.L.A.A. groups and members.

Usually a new group has only a few members. It can take the spirit out of a group if the same peoples' stories become over-familiar to the group. Some solutions tried in established areas are:

1. Two meetings a week can be held: one a Step study, one a speaker/discussion meeting.
2. If the distance is not too great, visiting a neighboring area and asking for guests speakers can be an option.
3. Some meetings could be devoted to study of the **S.L.A.A. Basic Text**. Different members of the group can rotate leadership for the evening.
4. Ask a well-established S.L.A.A. group to “adopt” your group, exchanging taped meetings and corresponding with members.
5. Keep a supply of all available S.L.A.A. literature and suggest that members subscribe to the **F.W.S. Newsletter, the Journal** and the S.L.A.A. meeting in print.

Refer to the Meeting Variations on page 5 for other ideas.

S.L.A.A.'s collective experience with the Traditions is especially pertinent to a group's growth. Tradition Three states that the only requirement for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. To join a group, one simply attends meetings. Instituting a screening procedure for prospective members before giving out meeting information may place us in the position of judging what is in another's heart. Also, an S.L.A.A. meeting in correctional or treatment facilities should avoid appearances of affiliation with particular therapeutic approaches or with state support. Tradition Six suggests that we not affiliate with any other organization, no matter how worthy.

Once started, it is essential to provide continuity for the meeting time and to see to it that at least one person is at the meeting place every week on the day and time designated, even if it takes a long time for another sex and love addict to show up. Enthusiasm and happiness about our own progress in S.L.A.A. can help the group succeed and become understood and accepted in the community.

Safety in Meetings

S.L.A.A. groups should always strive to foster a meeting environment where members can share and feel safe. Disruptive or inappropriate behavior can be avoided by clearly explaining the expected conduct in the meeting format and ensuring that newcomers understand it. These guidelines will be specific to your group and are developed through group conscience. Examples of discouraged conduct might include vivid descriptions of acting out, which can be triggering, members trying to date or flirt with other members, (especially with newcomers, which is known as *thirteenth stepping*), cross-talk, which is giving advice or interrupting someone when they are sharing, or discussing things shared in the meeting with others outside the meeting. Some groups discourage other things that can be distracting for their members. These may include revealing clothing, perfume, hugging, food, smoking, cell phones, foul language, or political/religious opinion.

Another group safety issue that can arise is if a member shares about dangerous or illegal activity toward themselves or others. The document on page 13, *Anonymity, the Law, and S.L.A.A.*, addresses this serious topic.

SAMPLE MEETING FORMAT FOR SEX AND LOVE ADDICTS ANONYMOUS

An editable version of this document is available at
<https://slaafws.org/download/SampleMeetingFormatSLAA.rtf>

(You may use any or all of these suggestions)

Pre-meeting: Hand out the S.L.A.A. Preamble, the Twelve Steps, the Twelve Traditions, and the Promises to be read.

OPENING

- The Chairperson begins the meeting on time, and announces **“Welcome to Sex and Love Addicts Anonymous. My name is _____ and I am a sex and love addict.”** Please join me in a moment of silence, 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. Your will, not mine, be done.

- **I have asked someone to read the S.L.A.A. Preamble...**
- **For the safety of our group, this meeting is closed to outsiders and those who are merely curious. However, anyone who thinks they may have this problem will be welcome, as long as the anonymity of those persons attending the meeting is respected.** *[Meetings can also be open to anyone, your Group Conscience will decide this.]*
- **I have asked someone to read the Twelve Steps of Sex and Love Addicts Anonymous...**
- **In order to provide a safe environment for everyone, we avoid cross-talk in our meetings. Cross-talk is interrupting someone when they are sharing, commenting on what someone shares, talking to someone directly in the meeting, or referencing what someone has said in this or another meeting. We also avoid excessive detailing of our acting out behaviors**
- **If there are any newcomers present, welcome! Please introduce yourself using your first name only, sharing is optional.** *[Distribute Newcomer Packets at this time]*
- **It is now time to open the floor for sharing:** The leader will now announce the topic of the meeting, length of sharing time, and ask for a volunteer timekeeper if needed

CLOSING

- The Chairperson thanks the speaker/meeting members/time-keeper, etc.
- **7th Tradition:** We now pass the basket according to our 7th Tradition which states, “Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions”. All money collected is used for meeting expenses, literature costs, and to carry the message to others in need of recovery from sex and love addiction. During this time, I have asked someone to read the Twelve Traditions of S.L.A.A.
- **Are there any program-related announcements?**
- **A message about 13th Stepping – 13th stepping is manipulating another person in recovery, especially a newcomer, into a sexual, emotional, or romantic relationship. This behavior is wholeheartedly discouraged in S.L.A.A.**
- **It is now time to close our meeting. Everyone is encouraged to make contact with other members after the meeting and/or during the week for support and encouragement. In closing, we would like to remind you that the opinions expressed here were strictly those of the person who gave them. Take what you like and leave the rest. Also, anonymity is the spiritual foundation of our program. If we are to recover, we must feel free to say what is in our minds and hearts. Therefore, who you see here, what you hear here, when you leave here, let it stay here.**
- **End the meeting with a prayer, e.g. the Serenity Prayer, Lord’s Prayer, Moment of Silence, etc. Some meetings are hand-holding or non-hand-holding meetings.** *Group conscience should decide.*

BUSINESS MEETINGS

Business meetings are usually at the end of the meeting or during the break (if there is one) at the regular meeting time. The meeting is held to deal with the group's business of administering the meeting. The agenda may include: previous business meetings actions, upcoming service positions necessary to facilitate the group, a treasurer's report and recommendations regarding how to distribute the group's 7th Tradition donations; e.g. paying rent, buying literature, donating monies to the local Intergroup and F.W.S. (see "Supporting S.L.A.A. The 60/40 Way" © 1989) as well as meeting format changes. The secretary of the meeting usually chairs the meeting. The following is a suggested format.

SUGGESTED OUTLINE FOR THE BUSINESS MEETING AND GROUP SERVICE POSITIONS

1. Begin the meeting with a moment of silence and group conscience choice of prayer (Serenity Prayer is most common).
 2. Optional reading about service.
 3. Read minutes of the previous business meeting.
 4. Create an agenda.
 5. Officer's reports. (The Treasurer and Literature person may often be the only ones presenting a report.)
 6. Discuss Old Business ('Old Business' are items or issues that were either tabled or not discussed at the last business meeting, but remain on the agenda. This may include an ongoing discussion on certain topics).
 7. Discuss New Business. ('New Business' is items that have just been placed on the agenda at the current meeting or since the last business meeting).
 8. Adjourn the meeting. Optional to review decisions and actions to be taken.
 9. Close with a prayer (again, the Serenity Prayer is the most common).
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Service is a vital part of the growth in recovery; It gives a sense of giving back what we have been given. Through sharing our experience, strength, and hope we see that recovery truly works. Groups that lack willingness to do service may falter or stagnate. Use of service for many of us has helped to overcome the hardships of withdrawal and has given us an opportunity to *stay* sober. Service is not a requirement or burden, it is a joy and satisfaction.

SUGGESTIONS FOR THE BUSINESS MEETING

GROUP SERVICE POSITIONS

Service positions are usually for a certain length of time and the individual who serves in the position usually has a required amount of sobriety. This is decided by group conscience. Some groups choose the position length of time in terms of months, which goes from business meeting to business meeting. For example, "Suggested length of sobriety is 6 weeks minimum."

GROUP SERVICE POSITIONS

Secretary - Runs the business meetings which are usually held once a month unless group conscience has decided that there is need for additional meetings in between the regularly scheduled meeting. Suggested length of sobriety: minimum 6 weeks. Suggested length of term for position: 6 months.

Treasurer - Collects the money, pays the groups expenses (rent, literature, Intergroup and F.W.S. donations). They are also responsible for finding someone in the group to collect the 7th Tradition and get the money to them when they are unable to attend the meeting. Suggested length of sobriety: 1 year minimum. Suggested length of term: 3 months minimum.

Literature Person - Provides a constant supply of S.L.A.A. Conference-approved literature by requesting money from the group's Treasurer, reporting the literature status to the group's business meeting, and orders the necessary literature. This person should be someone who attends the group regularly. If they cannot attend on a specific date, they would need to find someone to bring the literature to the meeting in their absence. Suggested length of sobriety: 1 day minimum. Suggested length of term: 3 months minimum.

Group Contact – If there is no Intergroup rep, this person receives any mailings from the local intergroup or F.W.S. for their group. They may also be responsible for answering newcomer calls referred by a local intergroup or F.W.S. This usually means letting them know about the program and/or where to find the meeting. This person can be a member of the group who consistently attends the meeting and is a committed member of the meeting. Suggested length of sobriety: minimum 6 weeks. Suggested length of term: until they are no longer able to attend the business meeting on a regular basis.

Chairperson - Runs the regular meeting by following the group's format. This person may also book speakers to qualify at the meeting. This position is sometimes split into two when there is a large meeting. One person would be responsible for chairing the meeting. The other person would be responsible for booking the speakers for the meeting. Suggested length of sobriety: minimum 6 weeks. Suggested length of term for position: 1 month.

Greeter - Welcomes members/newcomers arriving at the meeting. Comes at least 10 minutes prior to the start of the meeting and stands at the door welcoming those who come to the meeting. Suggested length of sobriety: no minimum required. Suggested length of term: 1 month minimum.

Refreshment Coordinator - This is an optional position. This person sets up coffee, tea and other refreshments, which are paid for by the group. NOTE: Refreshments are a group conscience decision, they are not necessary, just a nicety the group may choose to make available to their members. Suggested length of sobriety: no minimum required. Suggested length of term: 1 month minimum.

INTERGROUP SERVICE POSITIONS (Elected at the group level)

An Intergroup is a regional service center made up of elected representatives from local S.L.A.A. Groups.

Intergroup Representative(s) and Alternate - Attend local Intergroup meeting as representative(s) of their meeting. They bring their group's conscience and represent the group in matters affecting S.L.A.A. in their area. Suggested length of sobriety: 6 months minimum required. Suggested length of term: 2 years maximum. Minimum is usually 1 year, but will depend on the Intergroup's suggested minimum requirement.

Please note: An Intergroup Representative usually attends all the Intergroup meetings with the Alternate, but the Alternate would act as Intergroup Representative in that person's absence.

CONFERENCE LEVEL (Elected at the Intergroup level)

Delegate - Attends the Annual Business Conference Meeting (ABCM) and is chosen by the local intergroup to represent 5 to 10 local meetings. This person has the responsibility of voting at the ABM expressing the conscience of the groups that they represent. They may also serve on Conference committees that help address the Fellowship's issues affecting S.L.A.A. as a whole. Required length of sobriety: 6 months minimum by the time of the ABM. Suggested length of term: 2 years minimum.

BOARD OF TRUSTEES (BOT) (Elected at the ABM)

BOT Member - Acts as a guardian of the Twelve Steps and Twelve Traditions of S.L.A.A. and helps ensure that there are no alterations to the Steps and Traditions except by action of the F.W.S. S.L.A.A. Conference. This person supervises and guides public information and attraction efforts of the Fellowship; provides counsel and guidance to member groups and new groups; furnishes a medium for interchange of ideas between groups and arranges for the Annual Business Meeting; and oversees, with the entire Board, the operations of the F.W.S. office. Ultimately the BOT is also responsible for ensuring the laws of Texas (place of incorporation) are abided by as stated in The Augustine Fellowship, S.L.A.A., Fellowship-Wide Services, Inc. By-Laws. Required length of sobriety: 3 years. Scheduled length of term: 3 years.

the Journal

S.L.A.A.'s Meeting in Print

the Journal is a bimonthly publication prepared by members of Sex and Love Addicts Anonymous. This valuable recovery tool offers personal stories, writings on important recovery topics, poetry and humor, as well as Fellowship announcements and event listings. Writings are submitted by members and others interested in sex and love addiction.



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<http://store.slaafws.org/ctgy/JSUB.html>.

You can also write for *the Journal*

There is no sobriety requirement to write for *The Journal*. If you have one day, one month, or ten years away from your bottom line, *The Journal* welcomes your writing and encourages your contributions.

To submit your written contribution to *the Journal*, visit <https://slaafws.org/journalsubmit>.

the F.W.S. Newsletter and F.W.S. e-News Bulletins

The quarterly F.W.S. Newsletter is full of important information from F.W.S. to keep you informed of what's happening in the Fellowship. Issues contain reports from the Board of Trustees, the General Manager, Board Committees, F.W.S. financial reports, Steps and Traditions articles, Conference news, and other valuable information.

F.W.S. e-News Bulletins are sent periodically as needed and contain updates on F.W.S. Office hours, new items on the Online Store, price changes, new literature and documents, and much more.

To subscribe to these newsletters, visit <https://slaafws.org/fwsnewsinfo>

(You will select which newsletter emails you want to receive here)

View current & previous F.W.S. Newsletter issues at <https://slaafws.org/fwsnews-previous>

If you are unable to use the internet for any reason, use this link to set up a print subscription, https://slaafws.org/forms/news_subs.pdf

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MORE S.L.A.A. RESOURCES ONLINE

Documents may not be stored at other websites for downloading, but you may provide links to them at the F.W.S. website

The Eight Core Documents of S.L.A.A.

- The 12 Steps of S.L.A.A. https://slaafws.org/download/core-files/The_Twelve_Steps_of_SLAA.pdf
- The 12 Traditions of S.L.A.A. https://slaafws.org/download/core-files/The_Twelve_Traditions_of_SLAA.pdf
- The 12 Concepts of S.L.A.A. https://slaafws.org/download/core-files/The_Twelve_Concepts_of_SLAA.pdf
- The S.L.A.A. Preamble https://slaafws.org/download/core-files/The_SLAA_Preamble.pdf
- Characteristics of Sex and Love Addiction <https://slaafws.org/download/core-files/Characteristics-of-Sex-Love-Addiction.pdf>
- 40 Questions for Self-Diagnosis https://slaafws.org/download/core-files/The_40_Questions_of_SLAA.pdf
- Signs of Recovery <https://slaafws.org/download/core-files/Signs-of-Recovery.pdf>
- Recommended Media Guidelines <https://slaafws.org/download/core-files/Guidelines-for-Dealing-Media.pdf>

Important Group Files

- Anonymity, the Law, and S.L.A.A. <https://slaafws.org/download/AnonymityTheLawandSLAA.pdf>
- Local Website Guidelines for Groups <https://slaafws.org/download/policy/LocalWebsiteGuidelines.pdf>
- Addicted to Sex? Addicted to Love? Pamphlet <https://slaafws.org/pamphlets/addicted.pdf>
- Supporting S.L.A.A. the 60 - 40 Way Pamphlet <https://slaafws.org/pamphlets/6040.pdf>
- What Does F.W.S. Do? <https://slaafws.org/fwsinfo>

store.slaafws.org

Visit the F.W.S. Online Store to purchase the S.L.A.A. Basic Text, literature, and supplies.

If you would like to place a mail order, download the Print Order Form available on the front page of the Store.

<https://slaafws.org/contributions>

To make a contribution to Fellowship-Wide Services

<https://slaafws.org/meetings>

To find S.L.A.A. meetings worldwide, visit the F.W.S. Meeting Directory.

<https://slaafws.org/groupregform>

The Group Registration Form helps keep your group information current with F.W.S.

<https://slaafws.org/groupupdate>

Update an Existing Group Online or by Mail/Fax

<https://slaafws.org/outreach/>

Outreach

<https://slaafws.org/newcomers/>

Newcomers

<https://slaafws.org/knowledge/tradqal>

Knowledge Base

<https://slaafws.org/events/>

S.L.A.A. Events Calendar