

Monday Morning 11.45
Westbourne Grove Meeting
Temporary Skype
SAINA MEETING FORMAT

1) OPENING

Welcome to the Monday morning Women only meeting of Sexual & Intimacy Anorexics Anonymous. My name is _____ and I'm recovering from Sexual & Intimacy Anorexia and your secretary for this meeting.

To maintain call quality, please keep your SKYPE microphone on mute unless you are about to speak. This is done by selecting the microphone at the bottom of the screen so there is a line through to demonstrate 'no speaker' or mute. If the call drops out for technical reasons, please wait for the Secretary to redial the whole group back into the meeting.

Please can we have a moment of **silence** to remember why we are here.

Could I please have a volunteer to read The **Definiton** of Sexual & Intimacy Anorexia? https://www.saina.uk/?page_id=426

2) PREAMBLE

Sexual & Intimacy Anorexics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help to recover from sexual & intimacy anorexia. The only requirement for membership is the desire to stop being sexual & intimacy-anorexic. There are no dues or fees; we are self-supporting through our own contributions. SAINA is not allied with any sect, denomination, politics, organisation or institution, does not wish to engage in controversy, neither endorses nor opposes any causes. Our primary purpose is to recover from sexual & intimacy anorexia and help other Sexual & Intimacy anorexics achieve recovery.

Could I please have a volunteer to read The **Twelve Steps** of Sexual & Intimacy Anorexia? https://www.saina.uk/?page_id=406

Could I please have a volunteer to read The **Twelve Traditions** of Sexual & Intimacy Anorexia? https://www.saina.uk/?page_id=406

3) WELCOME TO NEWCOMERS

Are there any newcomers or people in their first six meetings? Please introduce yourself by your first name only so we can extend a warm welcome to you like the ones we first received.

(If there are newcomers in the room, make note of their names on the Secretary Roster for later reference. And read the following;

Welcome to Sexual & Intimacy Anorexics Anonymous. We are a twelve-step fellowship based on the 12 Steps of Alcoholics Anonymous.

We understand the courage it takes to come to your first meetings and we would like to welcome you. Many of us came to our first meeting feeling despair, we had been looking for love and unable to receive it.

By following the suggestions of the programme and with the help of a power greater than ourselves, we found we were recovering, often despite ourselves, and we came to experience more joy, intimacy and fulfillment in our relationships with ourselves & other people. Welcome to Sexual & Intimacy Anorexics.

We use the skype chat like a meeting “We Care Book”, to support your SAINA recovery. It is suggested (particularly in early recovery) that you read our safety suggestions (https://www.saina.uk/?page_id=456&et_fb=1) in order to keep yourself safe. This also includes some suggestions about anonymity in Skype meetings. This can be viewed in the link in the Skype chat box.

You might share, first name, mobile number, if you are looking for a sponsor, or if you can sponsor, please feel free to add and take names and phone numbers.

4) WEEKLY FORMAT

This is week __so;

Week 1; Could I please have a volunteer to read Tool _____ then, after sharing, we will close the meeting early for our business meeting.

Week 2; I would like to introduce _____ who is **today’s chair**. She will give an extended account of how SAINA developed, and how she is recovering. Please share for up to ten minutes.

Would someone volunteer to be the timekeeper?

Then ask the chairperson: How would you like to be timed?

<i>Week 1 = Tool & Business meeting</i>
<i>Week 2 = Chair</i>
<i>Weeks 3, 4 = Step</i>
<i>Weeks 5 = Alternate tools</i>

Weeks 3, 4; We will now read from where we left on Step _____ in the 12&12. Read as much as you wish (one sentence, one paragraph, one page) then share for 2 minutes. This will finish after 1 round.

(Here is the link https://www.aa.org/pages/en_US/twelve-steps-and-twelve-traditions or share the screen)

Would someone volunteer to be the timekeeper?

And who would like to start?

Week 5; Could I please have a volunteer to read Tool _____.

5) HOUSEKEEPING

6) SHARING (check time and number of people;

Sharing is limited to 4 minutes, and will have the opportunity to go round again with any time remaining. Would someone volunteer to be the time-keeper? The meeting is now **open** for general sharing for 4 minutes each until 12.35pm. (**OR** 12.25pm **on week 1** as we have a business meeting.)

4 = 16min
5 = 20min
6 = 24min

6) SHARING (continued)

(Once everyone who wants to has shared, Secretary check time and if another round is possible split time accordingly.)

(And remind about “We Care Group Chat” for a second time.)

We have now come to the **end of sharing**. If you needed to share more but were unable to, then please talk to someone after the meeting. The programme continues between meetings, so if you need support, please feel free to ask for phone numbers or refer to the contact book.

7) SEVENTH TRADITION

It is now time for our **seventh tradition**. We have no dues or fees, we are fully self-supporting through our own contributions. While this meeting itself cost nothing. There is a cost for the website hosting, domain and paypal fees, so we need to cover just over £50 per year. You can donate to the maintenance of the website that allows people to find this meeting and access the free literature, by going to www.SAINA.co.uk On the top of the home page there is a blue “donate” button that takes you to the secure PayPal site. We now take a few minutes to allow people to donate. Please donate what you can but if you cant please keep coming back.

On week 1 only) BUSINESS MEETING

I hand over to _____ (the business meeting secretary) who will take the business meeting till 12.35.

8) ANNOUNCEMENTS

Are there any SAINA-related **announcements** while the pot goes round?

As an extra element to Tradition 5, we now send a silent but solid prayer for the SAINA message to be carried to the Sexual & Intimacy Anorexic who still suffers. That they may find us or the help they need.

Please could everyone pick up their own chair? Chairs are stacked at the side of the room.

A very warm welcome to today’s newcomers/guests _____ (*say names*).

All newcomers are welcome to receive a Newcomers Welcome Pack. This is with the literature in the corner. All other literature is £1 per handout, payable to the literature person _____.

9) ACTION POINTS FOR THE WEEK

We now go round the room sharing an **action** we did last week for our SAINA recovery and a new action for this week.

10) AFFIRMATIONS

I will now pass around the **positive affirmations**, please feel free to read one and we will reflect it back to you. (https://www.saina.uk/?page_id=97)

11) SERVICE

I would like to thank all those who helped with today’s meeting:

- To for doing todays chair
-for being our tea & setting up person (*start date*.....
-for being co-secretaries (*start date*.....
-for being our treasurer (*start date*.....
-for being our literature person (*start date*.....
-for being our business meeting secretarty (*start*
-for being our chair finder (*start date*.....

And Thank You to everyone for being here, for sharing, and making this meeting possible.

Service positions that need filling in the meeting are

12) CLOSING STATEMENT

As we bring this meeting to a **close**, I would like to remind you that SAINA is an anonymous programme and we ask that you respect the anonymity and confidentiality of each person in this meeting. Who you see here, what is said here, when you leave here, let it stay here.

We close with group members joining VIRTUAL hands to say the **'we'** version of the Serenity Prayer? *Secretary choose someone to 'lead us out'*