

SAINA MEETING SCRIPT

Hello everyone,

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

Please make sure your phones are switched off or on silent.

To maintain call quality, please keep your SKYPE microphone on mute unless you are about to speak. This is done by opening the 'call' drop down menu, then selecting the mute option. If the call drops out for technical reasons, please wait for the Secretary to redial the whole group back into the meeting.

To begin the meeting, we will start with readings of the SAINA Preamble, 12 Steps and 12 Traditions.

Would someone please read the preamble of SAINA
https://www.saina.uk/?page_id=426&et_fb=1

Would someone please read the 12 steps of SAINA
https://www.saina.uk/?page_id=406

Would someone please read any 3 of the 12 traditions of SAINA
https://www.saina.uk/?page_id=406

NEWCOMERS If there is anyone here at SAINA for the first time, please unmute your microphone and give us your first name only so we can get to know you and extend a warm welcome to you like the ones we first received. (newcomers give first names).

(If there are newcomers) 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.

At the end of the meeting you may wish to connect with other SAINA members. If so, 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.

Can someone please offer to keep time? In this meeting we have three rounds of sharing, two larger rounds and one quick check in at the end of our personal weekly action plan.

In order to create a safe and respectful environment, there is no crosstalk. This means we do not interrupt another person's sharing. Only "I" statements are used. We refrain on commenting on another person's share during or after the meeting.

Each person may now choose to speak by unmuting their microphone to share then when done re-mute their microphone. The first round of sharing is on: How you're feeling at the moment? What SAINA tools have you used and what steps have done?

The meeting is now open for sharing for ___minutes each to share on this subject. (depending on numbers: 1-3 people in meeting 5 minutes, 4 people in meeting 4 minutes, 5-7 people in

meeting 3 minutes, 8+ 2 minutes) SHARES

Thank you everyone for sharing. The next round of sharing is on what is current for you and around your Personal, Social or Sexual Intimacy recovery. Let's each take 2-5 minutes each to share on this subject. (depending on numbers: 1-3 people in meeting 5 minutes, 4 people in meeting 4 minutes, 5-7 people in meeting 3 minutes, 8+ 2 minutes) SHARES

Thanks everyone. Now we will end the sharing with a short round of one minute each taking turns to share on our personal weekly action plan to support our programme. SHARES.

Thank you. Our seventh tradition tells us that we must be 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 £50per 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.

Could I please have a volunteer to take the meeting next week, this means taking the responsibility of calling out at 7.55pm next Tuesday and reading this script. (Await reply...) Thank you _____

Literature is available on the website [saina.uk \(https://www.saina.uk/?page_id=97\)](https://www.saina.uk/?page_id=97)

If you would be happy to receive out-reach calls or texts during the week please put your number in the Skype chat. If you are able to sponsor please write 'able to sponsor' after your number.

A very warm welcome to today's newcomers/guests; _____
Thank you to today's time keeper _____ and to all those who read and shared, making this meeting possible.

Take what you like and leave the rest. And remember 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. We finish with Serenity Prayer:

"God, grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference."

Thank you everyone and see you next week!

(ONLY IF THE FIRST TUESDAY;

After meeting ends and on the first Tuesday of every month we will have group conscience. As this is the first Tuesday of the month we will now have group conscience. Let's take 5-10 minutes to discuss anything relating to the meeting. SHARES. Finish with Serenity Prayer. Thank you everyone and see you next week!)