

SAINA MEETING SCRIPT – Tuesday Evening Meeting Script

Hello everyone, Welcome to the women only online Zoom 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 Zoom microphone on mute unless you are about to speak.

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

Would someone please read the Preamble of SAINA https://www.saina.uk/?page_id=426

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

And now each week we read one of the Saina Signs of Sexual and Intimacy Anorexia, one of the Tools of Recovery and one of the Saina Promises of Recovery every week.

The Signs - https://www.saina.uk/?page_id=646

The Saina Recovery Actions - https://www.saina.uk/?page_id=97

The Signs of Recovery & Promises - https://www.saina.uk/?page_id=636

NEWCOMERS WELCOME

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 read the Newcomers Welcome here: https://www.saina.uk/?page_id=406

(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 fulfilment 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 Saina Safety Suggestions section on the Meetings page of the website here: (https://www.saina.uk/?page_id=456&et_fb=1) in order to keep yourself safe. This also includes some suggestions about anonymity in Zoom meetings.)

Can someone please offer to keep time?

Format

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, PayPal fees and Zoom subscription. We need approximately £250 a year to cover these and provide us with a contingency allowance.

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.uk

On the top of the home page there is a blue "donate" button that takes you to the secure PayPal site.

While people use the donate button on the web site, would someone please read any 3 of the 12 traditions of SAINA https://www.saina.uk/?page_id=406

Literature is also available on the website and can be found on the Saina Tools page. (https://www.saina.uk/?page_id=97)

Now is the time for the telephone number exchange for anyone wishing to ask for phone numbers or share theirs.

If you are able to sponsor, please write 'able to sponsor' in the chat.

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, what 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!

(NB a group conscience when we take 5-10 minutes to discuss anything relating to the meeting can be called at any time and it is suggested that we have one very three months.