

# N.E.I. S.L.A.A. VIRTUAL FALL RECOVERY GATHERING

SATURDAY, NOVEMBER 7, 2020

11:00AM – 6:00PM EST

VIA ZOOM

**Registration Deadline is 9:00AM EST on  
Saturday November 7, 2020**



## 12-Step S.L.A.A. Meetings

Join us for sharing on a variety of 1 one-hour Topic Meetings

**Cost to Register:** Suggested \$25 for all sessions, which helps to support the [New England Intergroup \(NEI\)](#) to continue to work to carry the message to the Sex and Love addict who still suffers—More if you can, Less if you can't.

For more information or to register navigate to <https://slaanei.org/event/fall-gathering-2020> or [CLICK HERE](#).

**Pick Topics:** When you register you will be asked to choose the topic you would like to attend at each session.

**Service opportunities:** are available including topic speakers, break-out room meeting facilitators.

### Schedule:

11:30AM - 12:00PM	Welcome/Opening Speakers	2:45-3:45PM	<u>Session 3:</u> Accountability Meetings: Steps 10-12 focus, Setting Bottom Lines, Dating in Recovery
12:15 - 1:15PM	<u>Session 1:</u> Beginner's Meeting, A Way of Life (AWOL): Steps 1-4 focus, Facing Love Addiction	4:00- 5:00PM	<u>Session 4:</u> LGBTQ meeting, People of Color Meeting, Men's Meeting, Women's Meeting, Getting Current Meeting
1:30 -2:30PM	<u>Session 2:</u> Sponsor/Sponsee Relationship, Anorexia, Healthy Relationships	5:15- 6:00 PM	Keynote Speakers, Gratitude Meeting and Closing



### Included with registration is:

- Opening speakers, closing speakers, and all four topic sessions.
- An opportunity to grow in your recovery.
- Opportunities to meet other recovering people.
- Q&A/Practice session on Friday November 6, 2020 EST from 7:00PM to 8:00PM EST to test your zoom connection or to ask any questions. You can join the call starting at 6:45PM EST. Zoom details will be sent to you once you register.

**The Gathering is open to anyone who is recovering from sex and/or love addiction or wants to find out more about Sex and Love Addicts Anonymous.**

***Please help spread the word about this event by announcing at your meetings***

# N.E.I. S.L.A.A. VIRTUAL FALL RECOVERY GATHERING

Saturday, November 7, 2020 - 11am – 6pm EST

Registration Deadline: Thursday, November 5 @ 11:59pm EST



## Topic Descriptions:

### Session 1: 12:15-1:15pm EST

**Beginner's Meeting:** How do I know I belong here? What do I need to do to get started? What do all these terms mean? How do I get a sponsor? What is a bottom line, topline, protective line? What are the tools to use to help me change my life? These questions will be addressed through literature and input from other recovering members. You Are Not Alone!

**A Way of Life (AWOL): Steps 1-4 focus:** Some people have found the book A Gentle Path Through the 12 Steps, by Patrick Carnes, helpful (Please note this is a non-SLAA literature.) The discussion for this session will be focused on 5 of the 7 topics listed below. Each leader will share for 5 minutes and then there will be open discussion for the participants.

1. Avoiding personal responsibility / Taking personal responsibility
2. Misuse of anger / Positive expressions of anger
3. Paralyzed by fear / Respect for fear
4. Falling into self-sabotage / Taking healthy risks
5. Beliefs about our unworthiness / Self-affirmations
6. Losses in painful events / Learning from sadness
7. Shameful events / Pride in our achievements

**Facing Love Addiction:** A "love addict" is someone who becomes dependent on, and enmeshed with, a relationship and the attention of another, to the extent that their life becomes unmanageable. In S.L.A.A. we find that love addiction can be the core of our obsessive-compulsive behavior. It can be the flip side of the coin—sex addiction & love addiction often go hand in hand. If I face this fact, how will it change my life? How do I recover from this? Member's will share their experience, strength, and hope regarding their addiction and recovery from it.

### Session 2: 1:30-2:30PM EST

**Sponsor/Sponsee Relationship:** A sponsor and sponsee relationship is an important tool in S.L.A.A. recovery. The leaders will speak 7 minutes each and will discuss the role of a sponsor & sponsee, the challenges, joys, pains, and successes they have encountered. The building of this relationship is more than someone helping us to work the program, it is an opportunity to learn about healthy relationships, connections to other humans, and building trust and friendship. This tool supports our guiding principle of our recovery--that we cannot do this ourselves and We Are Not Alone.

**Anorexia:** Many of us find we are powerless over a wide variety of patterns that we describe as sexual anorexia, social anorexia, and/or emotional anorexia. These patterns however they manifest in our lives, create unmanageability. Perhaps we have not had a romantic or intimate relationship for years (some of us have never had one). Or maybe we have had success addressing our sexual “acting out” only to discover that we also had a history of “acting in”. This session explores what anorexia is and how to recover from its effects.

**Healthy Relationships:** In S.L.A.A. creating and maintaining healthy relationships is a challenging adventure. During early recovery we often focus on getting uninvolved from addictive partners and staying uninvolved to avoid triggering our addictive patterns. This session explores what constitutes a healthy relationship, the positive attributes of partnership in recovery and how to maintain relationships. We will also consider the conscious choice of living alone with satisfaction, happiness, and fulfillment as a way of life.

### Session 3: 2:45-3:45PM EST

**Accountability Meetings: Steps 10-12 focus:** This session will focus on Accountability groups & partnerships. Leaders will share for 10 minutes each on how the use of these partnerships have helped their recovery and how to they work. Accountability is an important part of our path to sobriety and maintaining our recovery—Step 10. Through prayer and meditation with our accountability partners we learn to trust the process—Step 11. As members of an accountability group or partnership we are sharing our experience, strength, and hope and creating a spiritual awakening—Step 12. Discussions on how to set up an accountability group what it is how effective is it. How to set up accountability partners. The accountability tool reminds us We Are truly Not Alone!

**Setting Bottom lines:** In S.L.A.A. we must define our own sobriety by setting a bottom-line. Bottom-line behaviors are “self-defined activities which we refrain from in order to experiences our physical, mental, emotional, sexual and spiritual wholeness.” (Welcome Pamphlet) This session will explore how to define personal bottom-line behaviors and how this defines our sobriety and recovery from sex and/or love addiction.

**Dating in Recovery:** Once we have gone through withdrawal and come to a new self-awareness, it can be daunting to begin the dating process as a recovering person. Leaders will share for 10 minutes each on their experience with looking at their past patterns, tightening up bottom line behaviors, creating a dating plan, using the tools of the program (sponsorship, accountability partners, Steps) to venture into the world of developing new, healthy romantic, intimate relationships.

### Session 4: 4:00-5:00PM EST

The following sessions are considered special interest meetings. Some people find it helpful to share in groups where they find the most identity. We offer these sessions to our participants to learn more within these group categories.

Tradition 5 states, “Each group has but one primary purpose – to carry the message to the sex and love addict who still suffers.” The S.L.A.A. Preamble states “We are, however, united in a common focus: dealing with our addictive sexual and emotional behavior. We find a common denominator in our obsessive/compulsive patterns, which transcends any personal differences of sexual orientation or gender identity.”

**Men's Meeting:** The leaders will speak for 10 minutes each sharing their experience of going to men's retreats and breaking down the contemporary song *Desperado* to highlight how the words fit in with addiction recovery and hope.

**Women's Meeting:** Sometimes, as a person who identifies as a woman, it can be difficult to talk in a mixed meeting. This session will allow "women" the opportunity to share about their experiences as a sex and/or love addict, how this works for them in the real world and in meetings, and how to manage working their individual program as a woman. This session seeks to provide an environment that allows members who identify as a woman to share in a place where they feel welcome and safe, we endeavor to look beyond our differences and allow everyone an equal opportunity to recover.

**LGBTQ Meeting:** Sometimes, as a person who identifies as lesbian, gay, bi-sexual, transgender, queer, it can be difficult to talk about the specifics that they face as sex and/or love addicts and the nature of their compulsions, societal and personal biases, and community pressures. This session will allow members who identify as LGBTQ the opportunity to share about their experiences as a sex and/or love addict, how this works for them in the real world and in meetings, and how to manage working their individual program. This session seeks to provide an environment that allows members who identify as LGBTQ to share in a place where they feel welcome and safe, we endeavor to look beyond our differences and allow everyone an equal opportunity to recover.

**People of Color Meeting:** Sometimes, the color of one's skin can make one feel separate and cause difficulty in talking about the specifics that they face as sex and/or love addicts and the nature of their compulsions, societal and personal biases, and community pressures. This session will allow members who are a person of color the opportunity to share about their experiences as a sex and/or love addict, how this works for them in the real world and in meetings, and how to manage working their individual program. This session seeks to provide an environment that allows members who identify as people of color to share in a place where they feel welcome and safe, we endeavor to look beyond our differences and allow everyone an equal opportunity to recover.

**Getting Current Meeting:** "Getting current" gives us a place where we can process our emotional reactions to situations in our lives and our relationships as they occur. "Getting Current" means that each person has the opportunity to share what is currently happening in his/her/their life. It takes practice and cooperation to learn how to respond to the needs of others without fearing sacrifice of our own dignity, and to be open and honest without defensiveness or destructiveness.