**The Welcome 01**

Welcome to this “10th and 11th Promises” meeting of Survivors of Incest Anonymous. My name is \_\_\_\_\_\_\_\_; I am a survivor. We hope you will find here the hope, camaraderie, and recovery that we have been privileged to experience.

Please join me in 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.*

In order to get to know each other, let's all introduce ourselves by our FIRST NAMES ONLY, beginning on my right.

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At this time we ask you silence all cell phones and other potential interruptions.

To any newcomers to this meeting, welcome. This meeting is for adults who were abused as children. This is a place to work on healing the wounds of incest. The specific purpose of this meeting is to share on aspects of our recovery related to our sexuality. We seek to create a safe space where survivors can serve as witnesses for one another as they explore those deep dark places within themselves which they judge and/or believe others judge them for. In this meeting we are here to share and learn from our past, including those traumas and abuses, thoughts and feelings, that may have seemed too graphic, harsh, painful, or inappropriate to share at other SIA meetings. Our goal is to sift through these in order to determine which desires and fantasies are actually ours and which we’ve unknowingly taken on as a consequence of our abuse. This meeting is for those who take seriously their recovery and the effects that their sexual decisions have on themselves and others. Would someone please read “Reclaiming Our Sexuality”?

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If you are interested in attending a regular SIA meeting, please take a meeting directory from the literature table or ask another member after the meeting.

We urge you to learn about the SIA steps. They have helped many of us find solutions that lead to serenity. As we learn to place our problems in their true perspective, they lose their power to dominate our thoughts and our lives.

Our life situations are bound to improve as we apply the SIA ideas. Without such spiritual guidance, living the victim role is too much for most of us.

The SIA program is based on the 12 Steps and 12 Traditions, adapted from AA, which we try to apply to our lives, along with our Slogans and The Serenity Prayer.

SIA is an anonymous fellowship. Everything that is said here in the group meeting, and member to member, MUST BE HELD IN CONFIDENCE. It is only in this way that we can openly and honestly share what is in our minds and hearts, for this is how we truly help each other in Survivors of Incest Anonymous.

Would someone please read “The Twelve Adapted Steps”?

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This month’s Tradition is number \_\_\_\_ , ***[Leader reads this month’s tradition:]***

**Jan 1**: Our common welfare should come first; personal progress for the greatest number depends upon unity.

**Feb 2**: For our group purpose there is but one authority – a loving Higher Power, as this one may express her/himself in our group conscience. Our leaders are but trusted servants; they do not govern.

**Mar 3**: The only requirement for membership is that there be a problem of sexual abuse in yourself, a friend, or relative.

**Apr 4**: Groups should be autonomous except in matters affecting SIA as a whole.

**May 5**: Each group has but one primary purpose -- to carry its message to the sexual abuse victim who still suffers.

**June 6**: An SIA group ought never to endorse, finance, or lend the SIA name to any outside enterprise lest problems of money, property, and prestige divert us from our primary objective.

**July 7**: Every SIA group ought to be fully self-supporting, declining outside contributions.

**Aug 8**: Survivors of Incest Anonymous twelve step work should remain forever non-professional, but our service centers may employ special workers.

**Sept 9**: Survivors of Incest Anonymous groups, as such, ought never be organized, but they may create service boards or committees directly responsible to those they serve.

**Oct 10**: Survivors of Incest Anonymous has no opinion on outside issues, hence the SIA name ought never be drawn into public controversy.

**Nov 11**: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

**Dec 12**: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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Are there any announcements?

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We will now read the Guidelines for Safe Sharing. When the text comes to you please read one to three guidelines and then pass it on to the next member.

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We will now pause for a safety discussion. Does anyone have any meeting safety issues they would like to discuss? ***[If yes, secretary will facilitate discussion.]***

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**Before Sharing: Taking Care of Yourself**

Talking about childhood abuse can be intense, and sharing on how it has affected our sexuality even more so. When we feel triggered in this meeting, it’s important to take care of ourselves. There are many ways to do this. One of the most basic is deep, slow breathing. Also, you can leave the room and come back after the current person sharing is done. You are in charge of your own process and can go at your own pace. More information on handling triggers and self-care is available at the literature table, or ask another member after the meeting. In the end, we remind ourselves that safety is an inside job. It is up to each of us to listen to, speak for, and comfort our own inner children.

In the spirit of self-care, before we share let’s take a moment to center and ground ourselves. I invite you to sit straight in your chair, with your feet flat on the ground and take three deep breaths. *[count either silently or aloud 1…..2……3]*

*… [pause for a few seconds in silence]*

Thank you. Who will volunteer to be our timer today? Will someone please flip the sign?

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Thank you. Now we will read 5 paragraphs from a piece of recovery-related literature. When the text comes to you, please read a paragraph. You can then share for a minute if you want on that paragraph or any other that’s been read. After 5 paragraphs we will move into general sharing. Currently we are reading \_\_\_\_\_\_\_\_\_\_\_ . *[Find place in reading where the meeting left off last time, then hand reading to person on your right.]*

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Ok. We will now move into general sharing. In this meeting we share in 5 minute shares. The timer will go off at 4 minutes. You will then have 1 minute to complete your share before the timer goes off again. Please wrap-up your share at this point so as many people as possible have a chance to share. The time is now \_\_\_\_\_\_. We will share until 5:20. The floor is now open for sharing, who would like to share first?