

**How to Start an**

**SCA**

**Meeting**

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It only takes two people to have an SCA meeting, but starting it is another story. These basic guidelines and questions are designed to assist you in starting a meeting of Sexual Compulsives Anonymous.

You may order a "starter kit" that includes a booklet with this material plus (a) the yellow SCA four-fold, (b) a copy of the SCA "Blue Book," and (c) a copy of Q&A. All of these materials were compiled and produced by members of SCA.

If you are interested in starting an SCA meeting in your area where there are no SCA meetings and would like to know if others nearby you are also interested, contact the SCA international meeting list coordinator at <http://www.sca-recovery.org>. In your message, please give your first name, your city or town, and an email address or phone number for others in your area to contact you. This information will be posted on a password-protected list.

### **A Quick Guide to This Material**

1. Design a format for the type of meeting you want and write it down, including a name for the meeting.
2. Get any necessary literature.
3. Find a location, a day and a time.
4. Register your location, day and time with the appropriate people.
5. Elect a Chair, Treasurer, Literature Person and Intergroup Rep.
6. Register the officers of the meeting with the appropriate people.
7. Once the meeting has built a treasury, make the appropriate donations.
8. Keep Intergroup (or ISO) and any other relevant people apprised of any changes in the meeting (i.e., location, time, name, officers, etc.).

## How Can I Create a Meeting to Suit My Needs?

That is probably the most important question you could ask yourself in starting a meeting. After all, you're the one putting the meeting together. You might as well make it work for you -- and chances are, in the long run, it's going to work for a lot of other people as well. Here are some ideas you may want to incorporate. Ultimately, the meeting's format will be decided by group conscience, under our Second Tradition.

- Pitch Meeting -- A meeting where the person who just shared picks someone else with their hand raised who is interested in sharing, and so on.
- Round Robin -- A meeting where everyone sits in a circle with each person getting an opportunity to share (if time permits).
- Women's/Men's -- These have the specific needs of either women or men in mind. Under our Third Tradition, any SCA member may attend any meeting, however.
- Feedback -- A meeting where each person who shares may ask for constructive, non-shaming feedback from people in the meeting. Feedback is optional. Feedback can simply mean identifying with the speaker, sharing words of encouragement, or relaying program slogans or tools that have helped you. Feedback is not "cross-talk." (Cross-talk is when one person, unsolicited, responds to another person's share by giving advice or criticism. Therefore, cross-talk is discouraged.)
- Open/Closed -- An open meeting is open to anyone who is uncertain whether he/she is an addict, as well as health professionals and -- unless stipulated -- the general public; whereas a closed meeting is open only to people who are, or think they might be, sexually compulsive.
- Step Meeting -- A meeting which centers on the 12 Steps of SCA. The 12 Steps can be found in the SCA four-fold or Blue Book. These meetings may vary from choosing one specific

step (e.g. a First Step meeting) or rotating the steps each time the meeting meets. Generally, step meetings involve reading a step aloud in the group (perhaps from AA's 12 Steps & 12 Traditions or from Hope & Recovery), and then having shares on that particular step. You can pass around the book and let each person read a paragraph.

- **Qualification** -- This generally means that the Chair of the meeting asks a member of SCA to speak (or qualify) at the meeting. This person usually shares part of their life's story as it relates to their addiction, including their experience, strength and hope in recovery. An average qualification lasts approximately 20 minutes. After the qualification, the speaker usually picks people with their hands raised to share, or he/she may decide to make it a pitch meeting and allow each sharer to pick the next person to share.
- **Writing Workshop** -- A meeting where people generally read literature as a guide to help them write down their feelings or past experiences, and then share what they have written. A time frame of 20-30 minutes is generally given to allow people to write (e.g. Fourth Step or Personal Inventory Workshop). Materials and questionnaires for this type of workshop are often found in 12-step workbooks.
- **Topic Meeting** -- The people at the meeting suggest topics that they would like to talk about, and then everyone votes upon which topics are of more interest to those in the group. Often, more than one topic is chosen. Or, there may be a qualification (see above) where the speaker chooses the topic. The topic might be "letting go," "keeping it simple," "rigorous honesty," "testing the addict," etc.

These are just some of the ideas you may wish to incorporate. Some meetings have time limits on shares and some meetings don't. But, as you can see, there is a large variety of styles you may wish to include. There are dating meetings, Higher Power meetings, Spanish/French

language meetings -- you decide which meeting would be best for you. Once you have established a format for the meeting, you may wish to get it down on paper. This will aid in the stability and success of the meeting. You can always change things as the meeting progresses, but having an outline will help keep things clear. The meeting will grow and eventually take on a shape all its own. Sample meeting formats can be found below.

It is important to give the meeting a name or a title. This establishes the general boundaries for the meeting and gives people an idea as to whether the meeting is appropriate to them. Some examples of titles are "Gay Men & Lesbian Round Robin," "Women Only Pitch Meeting," "4th Step Workshop," "Dating Workshop," "Incest Survivors," "Beginner's Meeting," etc.

## What Is the General Format for a Meeting?

The format for each meeting may vary. Here are some examples.

### Example #1 (Beginner's Meeting)

- Chair welcomes everyone to the meeting and reads the "Statement of Purpose." The Chair starts by asking those beginners present to introduce themselves by their first names only. After each beginner introduces him/herself, people in the group generally say, "Welcome." Pass around the 12 Steps. Each person introduces him/herself by first name only and then reads one of the Steps.
- Chair introduces the speaker (or qualifier).
- The qualifier tells her/his story of "experience, strength and hope" (usually lasts 15-20 minutes), after which people applaud.
- The qualifier then opens the floor to pick people with their hands raised to share. The Chair announces (if it's a large meeting), "Since this is a large meeting, please try to keep your shares between 3-5 minutes so we may get in as many shares as possible. Also, please refrain from using any graphic language. or from naming any specific people or places. Is there anyone here for the first time who would like to share first?"
- Somewhere halfway into the meeting (not during someone's share) the Treasurer will announce the Treasurer's Break.
- After the Treasurer's Break, a 5-minute socializing break will commence.
- After the break, people go back to their seats and the shares continue.
- The Chair announces 5-10 minutes prior to the closing of the meeting that the next person picked must be the last share.
- After the last share, the Chair hands "The Promises" to someone to read.

- The Chair then reads the "Closing Statement."
- Everyone joins hands in a circle and recites the Serenity Prayer and the meeting is adjourned.

### **Example #2 (Feedback Round Robin)**

- Chair welcomes everyone to the meeting and reads the "Statement of Purpose." The Chair asks everyone to introduce themselves one at a time and do a "brief check-in with a few words of how you are feeling physically, emotionally and spiritually."
- After the check-in the Chair asks if someone would like to do the reading. (The material chosen for this meeting is a daily meditation from "Answers in the Heart" -- from the Hazelden meditation series.) The Chair announces after the reading that each person will be allowed 3 minutes for feedback after their share, if they so choose. The Chair reads, "Feedback is optional. Feedback is open to anyone in the group; however, we encourage people new to the fellowship to refrain from giving feedback and to use this time for listening. Feedback is not criticism. Feedback can simply mean identifying with the speaker, sharing words of encouragement, or relaying program slogans or tools that have helped you. Please try to keep your feedback brief, non-repetitive, and to the point."
- The Chair then asks for someone to time the shares. Each share is allotted 5 minutes, with a one-minute warning. After the first person shares, he/she is allowed 3 minutes of feedback from those people with their hands raised.
- The shares move in a clockwise direction around the circle until everyone has had the opportunity to share.
- Somewhere in the middle of the meeting (not during a person's share) the Treasurer announces the Treasurer's Break. (There is no socializing break during this particular meeting.)
- After everyone has had an opportunity to share the Chair reads the "Closing Statement."
- Next, everyone forms a circle with their arms around each



other and recites the "Serenity Prayer." The meeting is adjourned.

### **Example #3 (Fourth Step Workshop)**

- Chair welcomes people to the meeting and reads the "Statement of Purpose."
- The Chair then passes around Hope & Recovery and each person introduces him/herself by first name only and then reads a paragraph from the chapter on Step 4.
- Then the Chair announces that "we will take the next 20 minutes and write our Fourth Step using the questionnaire provided."
- After the 20 minutes has elapsed each person goes around the room in a round-robin fashion and reads what they have written. (If people arrive late and have not written anything, they usually wait until the people who have written share first.)
- Somewhere in the middle -- a Treasurer's break.
- After all have shared, the Chair reads the "Closing Statement."
- People join hands for the "Serenity Prayer" and the meeting is adjourned.

### **Example #4 (Higher Power Workshop)**

- The Chair welcomes everyone and reads "Statement of Purpose."
- Each person introduces themselves as a sex (romance, lust, relationship, etc.) addict and gives their first name only.
- The Chair announces that then will be a 15-minute period of silence for meditation.
- The Chair announces when the period of silence has ended and opens the floor for shares. The Chair picks the first person to share, and then it becomes a pitch meeting.
- Somewhere in the middle -- a Treasurer's Break.
- Prior to the end of the meeting the Chair announces, "I'm sorry, but that's all the time we have. If you didn't get to share,

please try to find someone after the meeting," and then reads the "Closing Statement."

- Then all join hands for the "Serenity Prayer" and the meeting is adjourned.

### **Example #5 (Typical New York Meeting)**

- Each meeting has a chairperson, a treasurer and a literature person.
- The meeting is opened by the chairperson with the Statement Of Purpose.
- Then each person gives their first name and identifies themselves in some way as a sexual compulsive or sex addict, usually reading a Characteristic or a Step from the literature.
- The chairperson may set up some guidelines for the meetings such as suggesting that the members try to identify with the feelings of the speaker, rather than focusing on ways in which their story differs from the speaker's. The chair may also recommend that members avoid provocative language in their share. He may also say about how long the "qualification" or speaker's share will be, and that afterwards there will be shorter shares from members. This is all done rather informally and the introductory remarks are determined by the chairperson and the tradition of the particular meeting.
- The chair introduces the speaker, usually someone he has arranged to speak several weeks before. The speaker speaks for twenty to thirty minutes, talking about how it was when he was acting out, how he came into the program, and how his recovery is proceeding. Sometimes the speaker introduces a topic, or a topic will develop from the speaker's qualification.
- At some point -- either after the qualification or about halfway through the meeting -- the treasurer will pass around a bag to collect donations to cover rent, Intergroup and International

Service Organization contributions. At this time also, people are called on who are counting days, visiting, or having an anniversary. They are applauded. Announcements are made and at most meetings there will be a five-minute break for socializing.

- After the qualification members raise their hands and get called on to share. Sometimes we have a "pitch" meeting where the person called on picks the next person to share. In these shorter shares, usually ranging from one to five minutes, the member tells how he identifies with the speaker and talks about current issues in his life.
- At the end of the meeting we thank the speaker with applause, read the Closing Statement and join hands to say the Serenity Prayer together.

### **Example #6 (Typical Southern California Meeting)**

#### **Introduction**

Leader: Good evening. Welcome to Sexual Compulsives Anonymous. My name is \_\_\_\_\_. I am a sexual compulsive and your leader for this evening's meeting.

If this is your first time with us, you may not be sure what SCA is all about, what a sexual compulsive is, or if you may belong here. We assure you that we all had the same questions at our first meeting. We encourage you to stay, make friends, and find out if this is for you. At this meeting we have readings of helpful literature, a speaker, and sharing of personal experience in dealing with this compulsion. Feel free to join in during the sharing portion. Take a copy of the literature with you. Most importantly, know that you are in a safe space to express yourself about anything you wish regarding compulsive sex. You will develop your own understanding of the term as we continue. We are glad that you're here!

Would all who care to, join me in the Serenity Prayer.

Group: (Recites Serenity Prayer)

Leader: I have identified myself as a sexual compulsive. Are there any others present? If so, please raise your hand.

(Reads the SCA Statement Of Purpose)

This meeting is for those men and women whose lives have been or are being deeply affected by their compulsive sexual behavior. Others are welcome to attend, but are asked not to participate. Members of other Anonymous Twelve Step Programs are also welcome, but are asked to confine their sharing to SCA issues.

Starting with my left, we will now go around the room identifying ourselves by our first names.

Group: (Individuals introduce themselves. Each introduction is followed by a "Hi, \_\_\_\_\_.")

Leader: I have asked \_\_\_\_\_ to read the Characteristics Most of Us Seem to Have in Common.

Reader: (Reads the Characteristics)

Leader: The SCA Program is based on the Twelve Suggested Steps of Alcoholics Anonymous. Like AA, SCA is an anonymous fellowship. Everything that is said here, in the group meeting, and member to member, must be held in confidence. Only in this way can we feel free to say what is in our minds and hearts, for this is how we help one another in SCA. I have asked \_\_\_\_\_ to read the Twelve Steps.

Reader: (Reads the Twelve Steps of SCA)

### **Introduction of Speaker**

Leader: The speaker tonight is \_\_\_\_\_. He (she) will speak for 15 or 20 minutes, emphasizing "How it was, what happened, and how it is now in recovery in the program."

Speaker: (Describes his or her experience, strength and hope in recovery)

for approximately twenty minutes.)

### **Introduction of Newcomers, Announcements, Seventh Tradition**

Leader: Are there any newcomers in their first 30 days of meetings? We ask you to please raise your hand and introduce yourselves by your first name. We do this not to embarrass you, but to welcome you to SCA.

Newcomers: Hi, my name is \_\_\_\_\_.

Leader: Welcome to all of you. The newcomers are introduced so that we may all greet them during the break.

We will now observe the Seventh Tradition which states that each group is self-supporting through its own voluntary contributions. A portion of the amount collected goes to pay for the use of this room. The remainder goes for paying for publicity, photocopying literature, etc. The secretary, \_\_\_\_\_, will make announcements and then we will break for ten minutes.

### **Break (10 Minutes)**

Leader: I have asked \_\_\_\_\_ to read the Twelve Traditions.

Reader: (Reads the Twelve Traditions)

Leader: I have asked \_\_\_\_\_ to read (leader chooses Four Obstacles to Success or Tools That Help Us Get Better).

Reader: (Reads one)

Leader: We now come to the sharing portion of the meeting. Members are encouraged to share breakdowns and breakthroughs of the past week: How you used the SCA program to stay on your sexual recovery plan, or if you acted out, how you handled it. If you are new to SCA, you may feel like sharing how you heard of the program and why you are here. Please try to keep your share to three minutes, so that all who need to may share, and do not mention specific acting-out places.

Group: (Sharing until five minutes before the conclusion of the meeting.)

Leader: The opinions expressed here tonight were strictly those of the individuals who gave them. Take what you like and leave the rest. The things that you heard were spoken in confidence and should be treated as confidential. A few special words to those who haven't been with us long. Whatever your problems, there are those among us who've had them, too. If you try to keep an open mind, you will find help. Anyone who can handle what comes up at six consecutive meetings without retreating into denial has begun the process of recovery. Our living situations are bound to improve as we apply SCA ideas and principles. Without such spiritual help, living with the effects of sexual compulsion is too much for most of us.

We are not perfect. The welcome we give you may not show the love and warmth we have in our hearts for you. After a while you will discover that, though you may not like all of us, you will love us in a very special way -- the same way we already love you. If you identified with anyone you heard here tonight, please talk to them. In the spirit of recovery from sexual compulsion, we suggest that sex between members not be treated lightly. Sex between people new to the fellowship and other members is discouraged. Talk to each other, reason things out with someone else. Let there be no gossip or criticism of one another. Instead, let the understanding, love and peace of the program grow in you one day at a time.

I have asked \_\_\_\_\_ to read (leader chooses Just for Today or The Promises).

Reader: (Reads one)

Leader: After a moment of silence for the sexual compulsives who still suffer, would all of you please join me in the Serenity Prayer?

## What Most Meetings Have in Common

As you may have noticed, most meetings open with the SCA Statement of Purpose (found on the front of the four-fold), and close with the "Closing Statement" and "Serenity Prayer." Here are a list of things which most meetings include in their format.

**Treasurer's Break:** According to our Seventh Tradition, "Every SCA group ought to be fully self-supporting, declining outside contributions." Therefore, a Treasurer's break is generally taken somewhere during the course of the meeting. Although we are self supporting through our own contributions, we are all encouraged, but not required, to give. During the Treasurer's Break it is customary to use this time for any SCA-related announcements.

The following is an example of how a Treasurer's announcement would start the break:

"It's time to take a Treasurer's break. SCA is self supporting through its own contributions. We have no dues or fees for membership. However, we do have expenses. We ask that each person give to help cover the cost of the rent of this room. Please give what you can. If you can't give anything, don't worry. The important thing is to just keep coming back. Are there any SCA-related announcements?"

Pass around a basket, can, or paper bag to collect the money. Also, at this time the Literature Person can announce that he/she has SCA literature available if anyone would like some.

After the announcements, you may wish to ask if anyone would like to share their day counts or anniversaries (either on their sexual recovery plans, or time in SCA -- usually members applaud each other after these are announced). In addition, you may wish to have a five-minute break so that people can socialize. There are several meetings which forgo day counts and extended breaks so they can get in as many shares as possible. You decide what is best.

**Opening/Closing:** The opening (Statement of Purpose) and closing statements define the meeting as part of the SCA Fellowship. These two statements establish basic principles and rules of SCA membership. These statements may be found in either the SCA Blue Book, or the SCA four-fold.

**Serenity Prayer:** The Serenity Prayer is generally said at the close of every meeting.

**Reading the Steps:** The Twelve Steps of SCA are often read after the opening statement. The Characteristics or Tools of SCA or other literature may also be read. Each person ordinarily introduces him/herself by first name only. Some meetings combine these; a person states his or her name, reads from the literature and passes it on to the next person.

## **What Is the General Time Frame of a Meeting?**

Meetings generally last one-and-one-half hours. You may make it any length that suits your needs (for example, one hour at lunchtime).

## **What Kind of Literature Do I Want for the Meeting?**

Pick literature that has helped you. Choose literature that would be appropriate for the kind of meeting you want. The literature you choose will probably set the mood for the meeting. Here is a small list of some literature you may find helpful.

### **Written by members of SCA**

These have been pre-approved for use at meetings and are published by SCA's International Service Organization: (See our Literature area for placing orders and prices).

- SCA: A Program of Recovery (the "Blue Book" )
- Secret Shame (now part of the "Blue Book")



- Q&A: A Guide to Newcomers
- What About Masturbation? (now part of the "Blue Book")
- For the Newcomer
- The SCA Four-Fold
- International Meeting List

## **Other 12-Step Literature**

These are not pre-approved by the members of SCA. However, many members have found them helpful and inspiring, and they are therefore listed here for use at your discretion.

- "Hope & Recovery"
- Hazelden meditation books
- "Alcoholics Anonymous" (the AA "Big Book" )
- AA "12 Steps & 12 Traditions"
- Other 12-Step workbooks and books on recovery from sex addiction.

At meetings, the SCA four-fold is generally handed out free of charge. You may wish to use the four-fold until the meeting's treasury has grown in size and the meeting can afford to purchase copies of the Blue Book, Secret Shame and Q&A. Or you may opt to front the money yourself and be reimbursed once the meeting treasury is large enough. Once people in the meeting purchase these materials, the money then goes to the Treasurer to be kept in the meeting treasury.

To order literature, visit <http://www.sca-recovery.org> or write to the following address:

Literature Orders  
SCA International Service Organization  
P.O. Box 1585, Old Chelsea Station  
New York, NY 10113-0935

## **Does Literature Need to Be Pre-Approved?**

No. However, SCA does offer and recommend pre-approved literature if you're not sure what literature would be appropriate for the meeting.

## **Will ISO or Intergroup Front the Literature at the Outset?**

No. ISO and Intergroup do not supply the money for literature purchases.

If you want to use a book or some more expensive material at the meeting, and the meeting cannot yet afford to purchase the books, you may:

- front the money yourself and seek reimbursement directly from people in the meeting;
- wait until the meeting treasury has grown and then use that money to purchase the books; or
- have each person responsible for going out and buying a copy.

## **How Do I Find a Location for the Meeting?**

You want to find a location that is convenient for you. Remember, you're starting the meeting. It may take time for the meeting to grow in size, and therefore, may take time before you are relieved of your duties as Chair.

Generally, social centers, churches, synagogues and some schools make the best locations for meetings. The people who run them are usually very happy to help you out. Choose a safe environment where people's anonymity and sobriety are not compromised. As our Twelfth Tradition reminds us, "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

Some places require a nominal rent for the space (depending on the

location). This is usually paid through the meeting collection. If they do ask for rent for the room, make sure they understand that since the meeting is just starting out, it may take a little while before there is enough money coming in on a regular basis for the rent. (Perhaps the meeting space will reduce the rent for a short period of time, e.g. four weeks.) Also, explain that meeting sizes vary and some weeks will have fewer people than others. Getting this said out in the front establishes a responsible relationship with the people you are renting from.

## **Whom Do I Tell About the Meeting?**

Once you have established a day, time and location for the meeting, register it and its officers with SCA Intergroup (or ISO). Please include a name for the meeting. Pick a name that best describes the overall context of the meeting.

## **What If Nobody Comes to the Meeting?**

Be patient. Meetings can take anywhere from a few weeks to a couple of months before they start to catch on, sometimes even longer. Don't be discouraged. However, to speed up the process, you may wish to have the meeting announced at other SCA meetings, or hang flyers at appropriate locations. An example of an inappropriate place for a flyer is a telephone pole or shopping center. In smaller communities, contact therapists, hospitals, clinics; or possibly post information at other 12-Step fellowship meetings such as AA, AL-ANON, OA, NA, etc. Some publications have lists of community activities including 12-Step meetings. Since confidentiality is part of the backbone of our program, please be careful and considerate in letting others know about the new meeting.

## Who Holds the Offices of the Meeting?

You're the Chair of the meeting right from the start. This is important for two reasons: (1) you know best how meetings are typically organized and how they function, and (2) the people who are allowing you to use the space will feel more comfortable if they see your face every week -- at least until the meeting has been going awhile.

Not all cities hold the same offices for their meetings; however, here are some of the other offices which you may decide to establish: Treasurer, Literature Person and Intergroup Representative. You may start out being all of these, but don't worry. Once the meeting takes off, you'll find people interested in doing service and filling in those positions.

When you do know the names of the people holding office in the meeting, **register their names** with the Intergroup Secretary. Then, after the meeting is well on its way, it is customary to hold elections every 3-6 months, to relieve the people currently holding office of their duties. This is known as "doing service." Service is one of the tools that help us get better -- it's "a way of helping ourselves by helping others." So don't be afraid to ask for help. You may have started the meeting, but that doesn't mean that you have to carry the meeting for the rest of your life.

## What Are the Duties of the Chair or Secretary?

You run the meeting from start to finish. The Treasurer will announce when the Treasurer's Break is, but other than that, you follow the format that's been established. If it's a qualification meeting, you are responsible for finding speakers. You are responsible for seeing that the meeting starts and ends on time, and that all furniture, lights, etc., are returned in the manner in which you found them.

## What Are the Duties of the Treasurer?

If you're the Treasurer you are responsible for the money that is collected. This money is distributed in three ways: (1) paying rent, (2) making a suggested monthly donation of \$5 or 10% (whichever is larger) to Intergroup, and (3) being held as a prudent reserve for future purchases of literature or for other purposes relevant to the meeting. It is a good idea to keep a ledger for the meeting to keep accurate accounts of the meeting's money. An example of how to keep your ledger follows

### LEDGER FOR MONDAY, 7.00 P.M. BEGINNER'S MEETING

Date of Mtg.	7/25	8/1
No. of People at Mtg.	11	15
Amount Collected	\$18	\$25
Minus Expenses	-0-	\$3
Type of Expense	---	coffee
Total	\$18	\$22

**A check or money order** should be made out regularly to "SCA Intergroup" and mailed to the Intergroup Treasurer in your area. Don't forget to indicate the location and time of the meeting. If your area has not yet developed an Intergroup, a portion may be sent directly to the ISO Treasurer at the following address:

SCA/ISO Treasurer  
P.O. Box 1585, Old Chelsea Station  
New York, NY 10013-0935

## **What Are the Duties of the Literature Person?**

As literature person you are responsible for seeing that your meeting has four-folds and lists of all meetings in your area. If the meeting has purchased additional literature, such as books or telephone lists, you are responsible for that as well. During the Treasurer's Break you will have your chance to announce that you have literature if anyone is interested. You may obtain literature through your Intergroup, or if your area does not have one, you may get it directly from ISO:

### **Literature Orders**

SCA International Service Organization  
P.O. Box 1585, Old Chelsea Station  
New York, NY 10113-0935

## **What Are the Duties of the Intergroup Representative?**

If you are voted Intergroup Representative by the members of the meeting it is your responsibility to go to the regularly scheduled Intergroup meetings. Intergroup Reps have the privilege to vote on pressing issues relating to SCA in your area. Upon attending the Intergroup meeting, it is your responsibility to report back to the members of your weekly SCA meeting with any pertinent information relating to SCA, as well as any minutes from the last meeting.

## **Congratulations!**

The Twelve Traditions of SCA form the framework for all SCA meetings and our community. Our First Tradition states, "Personal recovery depends upon SCA unity." You are weaving a very important part of that unity by starting a meeting in your community. You are encouraged to read the Twelve Traditions as a means of laying the roots of a meeting and your recovery in healthy soil.

You are taking a very helpful and encouraging step toward your recovery, as well as strengthening the well-being of our program and its outreach services. So, when someone calls us and asks, "Do you have a meeting in my area?" we can proudly say, "YES!" -- all because of your efforts. Thank you!

