

12 Step Virtual Meeting (Please read first post)

Posted by Lizhensk - 29 Nov 2015 20:57

Want to really start healing? Want to Break Free? Want to share your experiences on the 12 steps with others? Then join the

GYE Virtual 12 Step Meeting

Meeting Guidelines

Copied from the White Book

We can benefit from the unwritten guidelines that have contributed so profoundly to the success of other Twelve Step program meetings and have proven as valuable in our own.

1. Leaders of meetings are servants of that meeting. They don't "carry" the meeting; they merely facilitate it. A common mistake of those who have no prior Twelve Step meeting experience is to feel they must comment on everything that is said or "help out" in some way by giving "the answer." The effective leader surrenders this impulse and lets the meeting work itself.
2. In line with our common tradition, a good meeting is one where the leader's presence is inconspicuous and non-controlling.
3. Most groups stick with a certain basic set of readings that are read at every meeting, adding to this to suit the particular meeting. A list of suggested readings from which to draw is included in the Suggested Meeting Format. We use authorized SA and AA literature only, both for use during meetings and for distribution on the literature table.
4. Participation guidelines:
 - There is no cross talk. We don't answer other people's shares. However, the leader has the right to remind the person sharing of guidelines, time consumed, etc.
 - We don't give advice. We talk in the "I," not the "we" or the "you," speaking from our own experience. If we want to respond to what someone has said, we do so only in terms of our own experience. "I can only speak for myself, but whenever I did such and such, this is what happened in my life ..."
 - We don't get carried away analyzing what caused our behavior or attitudes. If we were victimized in early life, we slowly learn to face and work through it in acknowledgment, acceptance, and forgiveness. We talk as those who are now

responsible for our attitudes and actions and are willing to take responsibility for our lives and recovery.

- In sharing, rather than displaying our knowledge or insights, we lead with our weakness and give of ourselves.
- We avoid politics, religious dogma, and other divisive issues. We also avoid explicit sexual descriptions and sexually abusive language.
- We avoid dumping, self-pity, and blaming others.
- We don't take the "inventories" of others; that is, we uncover and work on our own defects, not those of others. We refer to our own experiences.
- We do speak honestly of where we really are today. We try to develop transparent honesty of complete self-disclosure, letting the other members know where we are currently, regardless of length of sobriety.
- We do lead with our weakness and take the risk of total self-disclosure.
- By attending on time and sharing regularly, we give of ourselves to others in the group. We get back recovery.

The schedule will work as follows:

- On Sunday, we will start the meeting with the regular format from the White Book and have introductions.
- 24 hours later on Monday, the Serenity Prayer will be posted. At that point it is asked that nobody introduce themselves with a separate post. You may share based on the reading and introduce yourself there
- We will then post the weekly reading and share based on the reading. Please stick to the guidelines above when sharing. The focus is on healing and recovery.
- The sharing will last until Wednesday Night (48 hours). At that point we will open the floor to general shares on getting current and how we apply the 12 steps and 12 traditions in our daily lives
- On Thursday Night we will move on to finish the meeting with posts of specific readings and the 7th tradition
- The "Meeting" will end on Friday
- All times will go according to where the current secretary lives. (For now, It's Israeli Time)
- We have no affiliation to Sexaholics Anonymous. This is not to be used as a replacement for the real thing. This thread is for us to share our experience, strength and hope based on the Twelve Steps.

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Re: 12 Step Virtual Meeting (Please read first post)

Posted by Lizhensk - 03 Dec 2015 17:40

Hi, I have been working on my surrender in my daily live. Saying the serenity prayer often. I find

it helps me in amazing ways. I also utilize the CODA serenity prayer which goes like this: "God grant me the serenity to accept the PEOPLE I cannot change, the courage to change the ONE that I can, and the wisdom to know that it is ME."

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Re: 12 Step Virtual Meeting (Please read first post)
Posted by Lizhensk - 04 Dec 2015 13:13

It's time for our **Seventh Tradition**. We have no dues or fees but we are self-supporting through our own contributions. Click [Here](#) to donate.

A VISION FOR YOU

We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you-until then.

(Alcoholics Anonymous, p.164)

See you all next week!!!

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Re: 12 Step Virtual Meeting (Please read first post)
Posted by Lizhensk - 06 Dec 2015 18:26

Join week 2 [Here](#)

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Re: 12 Step Virtual Meeting (Please read first post)

Posted by cordnoy - 06 Dec 2015 19:44

[Lizhensk wrote:](#)

Join week 2 [Here](#)

Why a different thread for week 2?

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Re: 12 Step Virtual Meeting (Please read first post)

Posted by serenity - 07 Dec 2015 02:54

[cordnoy wrote:](#)

[Lizhensk wrote:](#)

Join week 2 [Here](#)

Why a different thread for week 2?

New meeting, new people. New topic. Maybe

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