

MORNING REFLECTION MEETING 9:15AM ET (2017-Rev 2_17-0331)

Adapted from the 10:15PM Nightly Reflections Meeting (on 2/11/15)

Welcome to the Morning Reflection meeting at 9:15 AM Eastern Time. This meeting gives us a chance to review our recovery as seen through the program similar to a 10th Step Inventory at the end of the day. Each caller will have one opportunity to give a brief overview for each of the two sets of questions.

We will have a timekeeper who will inform each caller when their time is up by saying “time.” Also, let’s remember to keep our phones muted when we are not speaking. If there is no mute feature on your phone, use 4* to mute, and 4* to un-mute your phone. If your phone is un-muted, and causing a distraction to the group, it will be muted for you and you will hear a voice saying “Line Muted”. If this happens, you will need to press 4* to un-mute your phone when it is your time to share.

If you are a newcomer, we encourage you to ask questions or share more after the formal meeting concludes, during what we call the “virtual parking lot”. Everyone, please keep your sharing focused on your own thoughts and feelings. Speak in the “I” or “me” not the “you” or “we”. Focusing on yourself will benefit your recovery as well as the ones around you. Lastly, please respect the SA tradition of avoiding topics and words which can be triggers for us.

Let’s begin with a moment of silence to remember those of us who are struggling, those who have not yet found the path to recovery, and those we have harmed. We will follow this with the Third Step prayer.

God, I offer myself to Thee to build with me and to do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do thy will.

Take away my difficulties that victory over them may bear witness to those I would help of THY power, THY love, and THY way of life. May I do THY will always. Amen.

We do need someone to be our timekeeper, so think about it during the introductions. Now let’s take a minute to introduce ourselves by first name, and this will be the order of sharing. Please remember the person who comes before you, and introduce the person following you. I will start; my name is _____ from _____ and my sexual sobriety date is _____.

<<Review the list of callers and ask if others have joined the call.>>

We have two sets of questions, and a single allotment of time to answer the questions. The first set focuses on the problem, while the second set focuses on the solution.

The first set of questions refer to the PROBLEM:

1. What was your worst lust temptation in the last 24-36 hours and what did you do about it?

What could you have done about it?

What was your worst resentment or fear, or something which got in the way of your recovery?

Underlying character defect/s? What did you do about it, and what could you have done about it?

2. The second set of questions refer to the SOLUTION:

Have you prayed for other people and/or yourself in the last 24-36 hours?

Have you done something good and loving for somebody (including yourself)?

What is your recovery plan for today? For what are you grateful?

<<Check with timekeeper to determine the time allotment for each caller and
BEGIN SHARES.... Modify time allotment as required....
Following last share, **IF time allows:**>>

Has anyone else joined the call who would like to share briefly now, or in the virtual parking lot?

<< Review share order and PROCEED. Following last share:>>

Are there any announcements for the good of the fellowship? <<Typically include...>>

- a. We have a group conscience meeting the first Tuesday of each month, starting at the top of the hour -- aka 10 am ET.
- b. If you would like to join our group, would like a copy of the male or female group contact list, or have general questions regarding the group, please send an email to 915saphonemeeting@gmail.com.

Close with a moment of silence followed by the 7th step prayer.

*My Creator, I am now willing that you should have all of me, good and bad.
I pray that you now remove from me every single defect of character which stands in the way of
my usefulness to you and my fellows.
Grant me strength, as I go out from here, to do your bidding. Amen.*

Thank you everyone for allowing me to be of service this morning. We are now in the parking lot where questions and member exchange of information is allowed....