

ISA Saturday 10:15 Zoom Meeting Opening & Closing

(Begin the meeting promptly at 10:15 or when there are two people present)

OPENING: We welcome you to the Saturday 10:15 ISA Zoom meeting, a women's meeting of Infidelity Survivors Anonymous. My name is _____, I'm an infidelity survivor and your moderator for today.

Please familiarize yourself with the mute and un-mute features on your screen. I will ask you to mute yourself, except when you would like to share. In this meeting we do not engage in crosstalk. Crosstalk means to interrupt or directly respond to the shares of other members or mentioning a member's name. Only the moderator may interrupt a member who is speaking. Please keep your shares to five minutes and I ask that you time yourself.

Let's begin the meeting with a moment of silence followed by the Serenity Prayer. Please unmute so that we may speak as one. [PAUSE] "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference." Please return to mute status.

The meeting readings are found on the ISA website, isurvivors.org, under phone meetings. Please note that the first or home page of our website has a DONATE button at the bottom. Donations are used for meeting expenses and other operating costs.

Would someone please state your first name and read the 12 Steps of ISA? [Pause] Would someone please state your first name and read the ISA tradition of the month? [Pause]

NEWCOMER SECTION: (Only read if necessary) Is there anyone at this meeting for the first time? If so, please state your first name and where you're joining us from. [Pause] Welcome. We share our own feelings and experiences with recovery from infidelity. Because this program is about our own recovery, we do not concentrate on others' behaviors. We also ask that you speak in "I" statements as opposed to "you or we" statements. Please find more info about the program and our tools on the website at isurvivors.org. While sharing, please avoid mentioning the names of books, movies, treatment centers, therapists or other details because this can be viewed by some as promotion. It is OK, however, to talk about your experiences with these things. You can share more specific information after the formal meeting when fellowship begins.

INTRODUCTIONS: We will now take turns introducing ourselves by first name only and where we are joining from.

SHARING: Today we will share on a reading from the book *More Language of Letting Go* by Melody Beattie. Who would like to read and do the first share? [Pause for volunteer to read and share].

The meeting is now open for discussion. You may share on the topic, do a check in, and ask for feedback if you wish. Feedback will only be given after the formal meeting has closed and fellowship begins. Please stay muted while others share and remember to time yourself for a five minute share.

[Moderator: manage the meeting, make sure there are not long silences, and correct cross talk and

“we” or “you” statements.]

[Moderator: begin closing the meeting at 3 minutes before the end time]

CLOSING: This brings us to the end of our ISA meeting. As a gentle reminder, anonymity is the spiritual foundation of all our Traditions. What you heard was spoken in confidence and should be treated as confidential. Please keep the things you heard here in the confines of your mind. Carry no gossip and always remember to place principles before personalities.

Could someone please read the Promises of ISA? [Pause]

Are there any ISA related announcements? [PAUSE]

After the formal meeting is over, we usually reserve the first few minutes for newcomers to ask questions. A newcomer is someone in their first 30 days of meeting attendance. After that, you may receive feedback you requested. Then, all are welcome to talk. However, please refrain from giving unsolicited feedback and advice to other members.

You can provide your phone number by typing in the Zoom chat feature. Feel free to reach out to others. Thanks for joining us today.

Is there anyone who will volunteer to moderate the meeting next week? [Record in the GroupMe.] Is there anyone who will volunteer to lead (read and do the first share) next week? [Record in the GroupMe.]

Please unmute and join me in the closing Serenity Prayer; “God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Keep coming back, it works if you work it, and you’re worth it”