

A Suggested Format for Conducting an S.E.A. Meeting

Open 15 minutes before the Meeting starts

- Inform all participants to make their names anonymous if they have not already done so.
- Instruct how to “raise hands” and keep their shares to 3 minutes so everyone gets time to share
- Mention other Meetings and Times
- Anyone interested in being a speaker and sharing your story, let the Secretary know before or after the meetings, If you do not get what you need, please stay after and the Secretary will be available to speak with you
- There is no crosstalk or giving advice on any subjects during the meeting

1. Good Afternoon/Evening . This is the regular meeting of the _____ group of S.E.A. My name is _____ and I am a Spiritual Emerger and your Secretary.

2. Let us open the meeting with a moment of silence to do with as you wish followed by the 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.

3. S.E.A. is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from the effects of Spiritual Emergence. The only requirement for membership is a desire to seek sanity. There are no dues or fees for S.E.A. membership; we are self-supporting through our own contributions. S.E.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sane and help other Spiritual Emergers to achieve sanity.

4. _____ will now read The 12 Steps of Spiritual Emergence Anonymous (Some groups ask other members to read in addition to the Steps, The S.E.A. Traditions, S.E.A. Promises, Just for Today, S.E.A. Concepts)

5. If it is the custom of the group to start the Meeting with a “Check In” Please state your first name, where you are from if you wish (state, country), if you are new to the S.E.A. meeting and how you are feeling and/or what you are struggling with today. Keep all shares to under 3 minutes to enable everyone the opportunity to share. If you wish to pass, please just state “Pass.”

6. Introduce the Speaker for the meeting, or Step Number. If yours is a discussion type meeting, the Secretary conducts the discussion. Raise your hand to share. Keep all shares to 3 minutes

7. Thank the Speaker as well as, any others who read.

8. Make regular announcements about group business, events and announcements from The Treasury Report, and information about the availability of literature. Ask for announcements from the floor.

9. "Pass the basket(s)." The Secretary can say something like:

- We have no dues or fees in S.E.A. We are entirely self-supporting, declining outside contributions. This self-support includes: Zoom, Website and Pay Pal
- Explanation of Pay Pal
- Contributions are optional and not mandatory, no one is turned away due to lack of funds

10. Close the meeting in the manner determined by the group conscience/Serenity Prayer

(NOTE: Make every effort to open and close the meeting on time.)