

## **S.E.A. Meeting Script (revised 09/01/24)**

**(See Secretary Meeting Guidelines below if you are new to leading a meeting)**

1. Good Afternoon/Evening. This is the regular meeting of S.E.A., Spiritual Emergence Anonymous. My name is \_\_\_\_\_ and I am a Spiritual Emerger and your Secretary. We are glad you are all here. In keeping with our singleness of purpose we remind you of our Third Tradition which states that "The only requirement for S.E.A. membership is a desire to integrate spiritual emergence." In our SEA meeting we endeavor to maintain a tradition of full unrestrained expression, where all feel free to express and share their own personal form of spiritual experience and emergence. We ask that you keep your sharing to 3 minutes, so we will ask for a volunteer to be our time keeper. (Get a volunteer & announce how the wrap up signal is to be conveyed). If you feel you need more time to share, we encourage you to stay after the meeting, when you also can ask questions, continue the discussion informally, and to get contact information from our members.

2. Let us open the meeting with a moment of silence to do with as you wish, followed by the WE version of the Serenity Prayer:

**God, Grant us the serenity to accept the things we cannot change,  
Courage to change the things we can, and Wisdom to know the  
difference.**

3. I'd like to extend a warm welcome to any newcomers and anyone who's just coming back. Is this anyone's first meeting, or is anyone returning after an absence that would like to introduce themselves?

4. S.E.A. is a fellowship of people who share their experience, strength and hope with each other that they may meet their common challenges and help others to rebalance from the effects of Spiritual Emergence. The only requirement for membership is a desire to seek stability and clarity. There are no dues or fees for S.E.A. membership; we are self supporting through our own contributions. You can donate money by using the "donate" button on our website. 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 well and help other Spiritual Emergers to achieve stability & clarity.

5. We will now read the 12 Steps of Spiritual Emergence Anonymous. Who has the list of Steps in front of them? (secretary assigns order of readers, then reads the first step).

6. 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), what time of day it is for you, and if you are new to the S.E.A. meeting. Then you can share how you are feeling and/or what you are struggling with today. Keep all shares to under 3 minutes. If you wish to pass, please just state "Pass." We practice simply speaking from our own experience and do not do cross-talk nor give advice. We practice anonymity by not sharing last names or occupations, and practice confidentiality. What is said in this meeting today stays here. OK, I will start. "I am \_\_\_\_\_ from \_\_\_\_\_, and today . . ."

7. Secretary announces today's meeting format: [Speaker (see guidelines below), Discussion Topic, S.E.A Literature- Step, Tradition, Concept, Promises, open discussion or attendee suggested topic].

(After speaker or topic is complete)

If anyone has something they would like to share inspired by our (topic or speaker), you may share that now. Please keep sharing to \_\_\_\_ minutes (depending on time remaining until the top of the hour).

8. (A few minutes before the top of the hour):

We dedicate our last few minutes of each meeting as our "Check Out" time. Please feel free to share any final thoughts, inspirations, or SEA announcements, or just state "Pass" if you don't want to share. Please keep your sharing to \_\_\_\_ minutes (depending on number of meeting attendees) so that everyone who wishes to do a wrap up will have time to do so.

9. (Right before the top of the hour:) Time for sharing has come to an end. We have no dues or fees in S.E.A. We are entirely self-supporting, declining outside contributions. Our costs include: Zoom, Website, PayPal, and sometimes support for people traveling to speak about SEA. Contributions are optional and not mandatory, no one is turned away due to lack of funds. You can use the Donate Button on the SEA website for contributions.

10. We will close the meeting with the WE version of the Serenity Prayer:

**God, Grant us the serenity to accept the things we cannot change,  
Courage to change the things we can, and Wisdom to know the  
difference.**

11. Thank you all for being here! The regular meeting is over. You are free to stay and chat as long as you like.

## **Secretary Meeting Guidelines**

- Secretary should arrive several minutes before the meeting starts. Please make every effort to open and close the meeting on time.
- For new participants: Inform participants to make their last names anonymous if they have not already done so [on computer screen: click rename in dropdown list (1) in upper right-hand corner of their personal small pic screen, or (2) on participants icon at lower center of the main screen. Both can be found by scrolling the cursor over the areas.
- Time Keeper: The Time Keeper is a volunteer selected by the Secretary. They should set an alarm on their phone for the amount of sharing time determined and announced by the Secretary. This will usually be 3 minutes, but can vary based on the number of people attending the meeting and what part of the meeting is taking place. The Time Keeper should stay unmuted if using an audible alarm, or wave their hands, hold up their phone or point to their watch until the speaker acknowledges the alarm and knows to wrap up their sharing- the Time Keeper need not say anything. If the person sharing continues to talk beyond a reasonable wrap up time, the Secretary should gently interrupt at their discretion, and ask the person to wrap up so that everyone will have time to share. Secretary could also remind them they will have more time to share during the “check-out” at the end of the meeting, and after the meeting as well.
- Two ways we share: (1) narrative for 5-10 minutes called sharing our stories, and (2) 3 minute (+/-) segments, that we call “check-in” early in the meeting, general sharing later in the meeting, and “check-out” at the end of the meeting.

- For newcomers: We ask that there be no crosstalk, that is we don't give feedback or advice, we don't comment on a person's share or interrupt. This means we speak only about ourselves and our own personal experience—we do not speak directly to others. If we are inspired to say something in response to what someone says, we can say something like, "Jeff, what you said reminds me of what happens for me when I . . ." or "What Sally just shared brought me to a memory of . . ." No giving advice during the meeting, neither personal advice nor professional advice. It is usually best to not share information about one's occupation, even after the meeting. Please be particularly careful, if you are in a helping profession, to not give professional advice, and especially not to offer professional services. If someone seeks professional services, it is important to refer them to people outside of SEA, so as not to promote ourselves, and not to risk a client relationship within meetings.— Mention other Meetings and Times.

- Speaker outline: Five to ten-minute narrative with these elements:  
1. Personal experience of spiritual emergency or some aspect of the challenge of spiritual emergence. 2. How aspects of God's intervention, 12-Step practices, or 12-Step themes helped us to move forward through the challenge we faced. Twelve-Step themes include things found in our literature or learned from fellow SEA members such as the Serenity Prayer, "Let go, let God", "Take One Day at a Time", "Turning over our will", "conscious contact with God", "not placing labels", "God as we understand God", "serving others, etc. 3. The positive outcome for us in the situation we chose to share. The purpose is to inspire others to persist through difficulty to reach the rewards promised to us by continuing to pursue our course of spiritual transformation.

- After the meeting: This is the time to talk more directly with each other. After the meeting is also a good time to get to know each other, respond to things people said during the meeting, exchange contact info, etc.