

## **SCA Online Intergroup**

### **Group Conscience: Acting In Meeting**

- This meeting encourages members to keep the Four Obstacles to Success in mind when they share.

### **Four Obstacles to Success**

All SCA meetings are intended to be constructive, helpful, loving and understanding. In striving toward those ideals, we avoid matters that can distract us from our goals and that can cause dissension.

#### 1. Discussion of Religion

SCA is not allied with any sect or denomination; it is a spiritual program, based on no form of religion. Everyone is welcome, no matter what their affiliation, or none. Let us not defeat our purpose by entering into discussions concerning specific religious beliefs.

#### 2. Gossip

We meet to help ourselves and others to learn and to use the SCA approach to achieve freedom from our sexual compulsion. In such mutual support, gossip cannot be permitted. We do not discuss other members; our dedication to anonymity guarantees the safety of our program for those in pain. Careless repeating of matters heard in meetings can destroy the very foundation of our work together. Let us be ever vigilant in resisting the temptation to criticize others, to judge others, or to make comparisons to others.

#### 3. Dominance

Our leaders are chosen not to govern, but to serve. No member of SCA should direct, assume authority, or give advice. Our program is based on suggestions, sharing of experience and personal insight, and rotation of leadership. Everyone makes progress in their own way and pace. Any attempt to manage or direct is likely to have disastrous consequences for group harmony.

#### 4. Sensational Language

In the First Step of the program, we admitted our powerlessness over sexual compulsion. In SCA we seek to recover the power to choose responsibly when and where we wish to be sexually aroused. Therefore, it cannot help our common efforts to use language or descriptions calculated to arouse sexual desire in others. We also avoid specifically identifying locations where persons can "act out" their sexual compulsion. Such identification may defeat the efforts of others seeking freedom from sexual compulsion.

- All sexual compulsives are welcome at this meeting. Please keep the focus on SCA recovery here. There are other forums for discussing recovery in other

'S' fellowships, co-'S' or other Twelve-Step groups. Many of us are cross addicted, and while some of us may at times also need to share about other problems that may be affecting our sexual sobriety or well-being, please remember our primary purpose in SCA is to stay sexually sober and to help others to achieve sexual sobriety. Therefore, our main focus should always be on recovery from sexual compulsion. Off-topic sharing beyond a certain point is discouraged, and may result in intervention by the Trusted Servant.

- Anyone qualifying under SCA's Third Tradition is welcome to attend our meetings. The Third Tradition states that "The only requirement for SCA membership is a desire to stop having compulsive sex." In our collective experience, this includes not only impulsive and harmful sexual behaviors, but also problems such as romantic obsession, addiction to people, love or relationships, addiction to sexual or romantic fantasy, and the constant search for intimacy. SCA is open to all those with a desire to recover from sexual compulsion in any and all of its manifold forms of expression, including the use of technology to avoid intimacy and the compulsive avoidance of sex, also known as sexual anorexia. You are a member of SCA when you decide you are.
- This meeting is where members can share Experience, Strength and Hope on subjects relating to acting-in behaviors connected with sexual compulsion as they choose. Members may also request and allow feedback, or not, as desired. Feedback is not advice or criticism. It can simply mean identifying with the poster, sharing words of encouragement, or relaying program slogans or tools that have helped the responder. If you wish to go further in responding to a member's share, please socialize in the Recovery Lounge.
- Replying to or commenting on your own posting is discouraged, other than for adding brief explanatory information. Usually that would be done in one reply, or possibly two supplementary replies.
- In keeping with the "Sensational Language" guideline above, we ask that you do not mention any specific location where you have acted out sexually, including websites, apps and TV channels. "Websites" as a reference encompasses even the more general sites, and common social media sites. Specific identification of acting-out locations or avenues is cause for posts to be deleted at the Trusted Servant's discretion.
- Explicit or triggering sexual language, or abusive or offensive comments, including obscenities and swear words, or abbreviations for them, are cause for posts to be deleted at the Trusted Servant's discretion.
- Multiple originating posts beyond a reasonable number in one day are discouraged. Members may feel the need to share more some days than other days, but please remember this is an ongoing SCA meeting and not a personal blog space. As a general guide, depending on the length and

content of the posts, up to around five originating posts in a day could qualify as a reasonable number. Multiple posts exceeding the norms may be deleted at the Trusted Servant's discretion. The aim is to avoid the monopolizing of sharing and excessive posting by any one member. Replying to other members once or twice in a thread on various posts is not considered multiple posts. Beyond that, please socialize in the Recovery Lounge.

- Avoid crosstalk please. Crosstalk is considered direct posting to another member or replying to another member using a separate post instead of using the reply thread provided with the original post. This form would look like this on the Subject line: "To Mike" or "In reply to Mike's post." Replies should consist of sharing on the subject of the post. Extended back and forth conversations between members, essentially excluding others, are not acceptable.
- A second area of crosstalk is if a member does not activate the feedback button -- it is encouraged not to post to this person even though it appears feedback is welcome. The member may repost if the member finds that the "no feedback" button was activated in error.
- A second area of crosstalk is if a member disallows feedback or indicates that feedback is not welcome. It is encouraged not to post to this person even though it may appear as if feedback is welcome. The member may repost or clearly indicate that feedback is welcome if the member later decides that feedback is desired.
- This meeting prohibits the listing of telephone numbers, last names or email addresses. If you wish to provide other members with your email address, please send it to [addresses@onlinesca.org](mailto:addresses@onlinesca.org) for addition to the Address List in the Bulletin Board area. Please be aware that any member of the group or other member who has access to the meeting may read the Address List. All telephone numbers, last names and email addresses will be edited out of postings.
- This meeting encourages everyone to post using his or her first name only, with a last initial to distinguish one name from another. We discourage the use of more than one posting name, or using the name "Anonymous," or equivalent identifiers. This is the online equivalent of a face-to-face meeting, at which members use first names when sharing. Online meeting etiquette should mirror face-to-face meetings to the extent possible. The Trusted Servant may delete posts where the same individual appears to be posting under different names or aliases.
- The posting of links to outside websites is generally discouraged. Exceptions are for links to SCA and other recovery literature or resources directly related to or explaining a post, for instance where an SCA pamphlet or book is mentioned. YouTube and similar non-recovery or off-topic type links are not

acceptable, and are cause for posts to be deleted at the Trusted Servant's discretion.

- This meeting has adopted the Guidelines for Conducting Meetings from Online Intergroup, which have been adapted, updated and incorporated together with the summary Meeting Guidelines into this Group Conscience. This Group Conscience supersedes previous versions and prevails over other guidelines. Trusted Servants may intervene where the Group Conscience is not followed, and take action according to the Group Conscience and Meeting Guidelines using their individual discretion. Trusted Servants may post reminders and warnings, edit posts, or delete posts in their entirety.
- Members who wish to draw the attention of the Trusted Servant to questionable or offending posts may press the "Report" button for a post, or send an email to the responsible Trusted Servant at the relevant email address listed in the Bulletin Board area, or send an email (Ops. List members only) to the Online Intergroup Ops. List email address [opslist@onlinesca.org](mailto:opslist@onlinesca.org).
- As stated above, Online meetings essentially follow the same guidelines for behavior and protocol as face-to-face meetings. In addition to the "Four Obstacles to Success" and Meeting Guidelines mentioned and outlined above, the following are to summarize the basics and help those unfamiliar with the various guidelines:
  - Use of specific religious terms, other than the word "God" is strongly discouraged. SCA is a spiritual program, which respects all religions, but does not endorse any single religion. Our Group Conscience discourages discussing religion.
  - Discussion of politics, political matters and political personages is strongly discouraged.
  - Non-recovery private conversations are strongly discouraged.
  - Advice should be avoided. We share our Experience, Strength and Hope (ES&H) with each other.
  - Toxic or triggering language is specifically not allowed. The naming of sexual partners is specifically discouraged. If a person finds a share triggering, they should press the "Report" button for a post, or send an email to the responsible Trusted Servant at the relevant email address listed in the Bulletin Board area, or send an email (Ops. List members only) to the Online Intergroup Ops. List at [opslist@onlinesca.org](mailto:opslist@onlinesca.org) drawing attention to the post. The Trusted Servant will then address the situation in line with Group Conscience guidelines. Inappropriate sharing or harassing of people privately may result in posts being deleted or a person being suspended from the meeting for a period of time at the Trusted Servant's discretion.

- SCA's Seventh Tradition states that "Every SCA group ought to be fully self-supporting, declining outside contributions." All meetings are self-supporting. Therefore, it is suggested that members contribute something for each meeting they attend. In view of service fees that are deducted by the funds transfer agencies, it is suggested that members accumulate their contributions and pay in lump sums periodically. The suggested minimum lump-sum contribution amount is US\$10.00 or more. Contributions are voluntary. To make a Seventh Tradition contribution to Online Intergroup, please click on "Donate" at the top of any page of our website.
- SCA's Closing Statement, to be read at each meeting, is as follows. Please bear this in mind when attending and leaving the online meetings:

The opinions expressed here today are strictly those of the individuals who gave them. The things you have heard here are given and spoken in confidence and should be treated as confidential. If you try to absorb what you have heard, you are bound to gain a better understanding of the way to handle your problems.

In the spirit of recovery from sexual compulsion, we suggest that sex between members not be treated lightly. Sex between people new to the fellowship and other members is discouraged. Talk to each other, reason things out with someone else, let there be no gossip or criticism of one another, but only love, understanding and companionship.