

2025 Unity Conference: *Happy, Joyous, and Free* Three Obstacles to Success in SA / S-Anon

All SA / S-Anon discussions should be constructive, helpful, loving, and understanding. In striving toward these ideals, we avoid topics that can lead to dissension and distract us from our goals.

1. **Discussions of Religion:** *Both SA & S-Anon are not allied with any sect or denomination. These are spiritual programs, based on no particular form of religion. Everyone is welcome, no matter what 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 learn and use the SA / S-Anon philosophy. In such groups, gossip can have no part. We do not discuss members or others. Our dedication to anonymity gives people confidence in both our programs. Careless repeating of matters heard at meetings can defeat the very purposes for which we are joined together.*
3. **Dominance:** *Our leaders are trusted servants; they do not govern. No member of SA or S-Anon should direct, assume authority or give advice. Our program is based on suggestion, interchange of experience, and rotation of leadership. We progress in our own way and pace. Any attempt to manage or direct is likely to have disastrous consequences for group harmony.*

Meeting Etiquette

While in meetings during the conference, please practice the following:

1. *Speak in "I" statements rather than "you" statements.*
2. *Keep the focus on yourself and your own recovery.*
3. *Avoid giving criticism or advice in response to someone's share.*
4. *Abstain from naming someone when you relate to their share.*
5. *Refrain from crosstalk and interrupting someone's share.*

To keep our conference gatherings safe and comfortable, please practice the following:

1. *Wear your conference nametag to all meetings and only attend ones you qualify for.*
2. *Avoid mention of specific therapies, treatment centers, other programs, etc.*
3. *Generalize mention of specific religious organizations and institutions (Some alternatives: "...my faith community," "...my religious services," "...my faith tradition," "...my beliefs," etc.).*
4. *Respect the personal space and welfare of others in consideration of all in attendance from both fellowships.*
5. *Be mindful of how you dress, minimizing the use of perfume or cologne and not wearing clothing that is shorter than knee-length or may be triggering to others in attendance (Some examples: tank tops, spaghetti straps, excessively tight clothing like yoga pants, low-cut tops, shorts, sandals / flip flops, inappropriate logos, etc.).*