

New Choice

Revised 12-30-19

Note to Trusted Servant regarding first step presentations:

- *When scheduling a first step, ask the person doing the first step who her sponsor is and ensure that the sponsor is going to be there to lead her through the first step.*
- *If you schedule a first step that will take place after the next business meeting, please let the next trusted servant know.*

Good evening and welcome to the **Monday evening New Choice** meeting for women only 18 years old or over. Our meeting is open to women sex addicts who are daily making a new choice to recover from their sex addiction using the 12 steps and 12 traditions of SAA. If you are not a woman, or if you are here for any other reason, please hang up now.

My name is _____. I am a sex addict and your trusted servant for this meeting.

Let's open this meeting with a moment of silent meditation, followed by the Serenity Prayer.

(pause)

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

To reduce static and background noise, we ask that you mute your phone or if you wish you may use the *6 feature to mute and unmute your phone. This is the best way to help keep the noise down.

Who would like to read **THE INTRODUCTION**, pgs. 1 & 2 of the SAA green book?
Would someone like to read **OUR PROGRAM**, pgs 20-22 from the SAA green book?

May we hear **THE TWELVE TRADITIONS**, pg. 77 from the SAA green book?

Now is the time that we celebrate **milestones** in sobriety. Does anyone have a milestone they would like to celebrate? Does anyone have 30 days? 60 days? 90 days? 6 months? 9 months? 1 year? 18 months? Multiples of years? How about 24 hours?

Now let's go around for **introductions**. This is not a time for getting current. Please share your first name only, where you're from, what you're feeling in one or two words, and your length of sobriety from your inner circle behaviors. Please let us know if this is your first time attending this meeting so we may welcome you.

My name is _____, I'm a sex addict from _____, I feel _____, I have _____ years _____ months _____ days of sobriety from my inner circle behaviors.

The format for this meeting varies each week. The first week of the month is a step meeting, the second week is a topic meeting, the third week is a tradition meeting, the fourth week is a check-in / feedback meeting, and the fifth week a speaker / topic meeting. First step presentations can be made any week except the last week of the month.

If you would like to present your 1st step, please arrange it with the trusted servant a week in advance and have your sponsor contact the trusted servant.

In this meeting we stay focused on the solution as presented in the 12 steps of SAA. Staying in the solution means that we stay focused on how our program is going, how we are using the steps and tools with the challenges we are facing and our experience, strength and hope. We avoid mentioning others (in or out of the program) and refrain from any specific acting out details. We read from SAA and AA literature. You are invited to share your insight and knowledge regarding the solution as it is presented in the reading. You may reference SAA Literature, the AA Big Book, 12 and 12, Hope & Recovery or Answers in the Heart when you share. We consider all else to be an outside issue. If you have things to discuss other than the solution, please share them with your sponsor, call one of the women who share their phone number after the meeting, or join us for fellowship where these issues can be brought up.

Although no detailed description is valid for all meetings, there are some general principles and guidelines followed by most groups. We listen respectfully to what others have to say and share our experience as it seems appropriate. We use the words “I” or “we” instead of “you” when sharing about our recovery. We do not interrupt or give advice unless asked. We address our sharing to the whole group, not to one or more individuals. A meeting is not a place to meet sexual partners, nor is it group therapy. We try not to use offensive language, or descriptions that are too explicit. We avoid mentioning specific names or places associated with our acting-out behavior. Our focus remains on the solution, rather than the problem.

Please be aware that if your share is not in the solution or becomes graphic or potentially triggering, you will be interrupted and reminded of our focus on the solution in this meeting. This is not meant to shame or offend anyone. We have simply found that this is best to keep the meeting safe for everyone. Should you be interrupted, please know that we are glad you are here and you are welcome and encouraged to stay through the meeting. There will be fellowship after the meeting where these things can be discussed.

Note to trusted servant: If a person’s share veers off into the problem, please read: “I’m sorry to interrupt, but your share could possibly be triggering to some members. As previously stated, we have found it best to keep the meeting safe for everyone by staying focused on the solution. This interruption is not meant to shame or offend you. If you have anything to add regarding the solution, please do so. Either way, please stick around for fellowship where these things can be discussed.”

First Step Presentation:

Tonight, _____ is going to share her 1st step with us. I will pass the meeting over to _____. (Sponsor)

Note: The sponsor reads 1st Step introduction from The First Step to Recovery booklet. First step begins. Do not stop a first step in progress.

The floor is now open for feedback for _____. (Person doing her first step.)
_____ (Person giving her first step), how do you feel?

'First steps are sometimes triggering to hear. We encourage you to stay in contact with your sponsor and support system this week.

1st Monday: This is a 12-step meeting of SAA. We will be using the SAA green book. We are on step ____, on page. _____. (Read step the step that corresponds to the current month.)

Now the meeting is open for sharing your insight and knowledge regarding the tradition we just read. Please remember that we stay focused on the solution and share no longer than 3 minutes, keeping your share SAA related and refraining from cross talk. Cross talk is interrupting a share, referring specifically to any member or their share, offering opinions on a share and giving advice.

This is not a check-in meeting or a time to "get current".

Who would like to begin?

2nd Monday: This is a topic meeting of SAA. We will be reading from _____. Tonight, I have chosen the topic _____ (state your topic), on page _____.

Now the meeting is open for sharing your insight and knowledge regarding the tradition we just read. Please remember that we stay focused on the solution and share no longer than 3 minutes, keeping your share SAA related and refraining from cross talk. Cross talk is interrupting a share, referring specifically to any member or their share, offering opinions on a share and giving advice.

This is not a check-in meeting or a time to "get current".

Who would like to begin?

3rd Monday: This is a 12-Tradition meeting of SAA. We will be using the SAA green book. We are on Tradition ____, on page _____. (Read tradition that corresponds to the current month.)

Now the meeting is open for sharing your insight and knowledge regarding the tradition we just read. Please remember that we stay focused on the solution and share no longer than 3 minutes, keeping your share SAA related and refraining from cross talk. Cross talk is interrupting a share, referring specifically to any member or their share, offering opinions on a share and giving advice.

This is not a check-in meeting or a time to “get current”.

Who would like to begin?

4th Monday: This is a check-in/feedback meeting of SAA. Its purpose is to help us stay out of delusion and denial about our sex addiction. You may share with the group an issue that you have been struggling with and state whether or not you are open to feedback. When giving feedback we use I statements and only share about our experience and knowledge in how the steps, traditions and tools have helped us in similar situations. Who would like to begin?

5th Monday: This is a speaker meeting of SAA. Our format is 7 minutes on what it was like, 7 minutes on what happened to get you here, and 14 minutes on what it is like now. Requirements for speaking are 18 months of continuous sobriety from inner circle behaviors and completion of the 12 Steps with an SAA Sponsor.

Tonight, our speaker is _____. I will now turn the meeting over to _____. *(If there is no speaker, it becomes a topic meeting – follow Week 2 above)*

Thank you _____ for sharing your story with us tonight. I ask that everyone join us for fellowship after a short business meeting and there will be time to share your comments with our speaker.

Note to Trusted Servant: For all meetings except first step presentation meetings, sharing ends and the closing is read at 5 minutes before the hour. If sharing seems to stop before this time, please select a topic from SAA literature and/or ask members to share about the step they are working on.

Closing: Now it's time for our 7th Tradition which states that "every group ought to be fully self-supporting, declining outside contributions." 12-step meetings around the world normally pass a basket at this time to receive donations that are used to support recovery. Because this activity is not possible in our telemeeting, we encourage you to make a donation directly to the SAA Telemeeting Intergroup at SAAtalk.org or to the ISO office in Houston. The ISO also offers a Lifeline Partners program in which you may commit a set amount each month. For more information or to make a donation, go to the ISO website at saa-recovery.org or call the ISO at 800-477-8191.

It is the group conscience of this meeting that you help us all feel safe. We are a closed women's only telemeeting of SAA in order to access this meeting new members are required to speak to one of our meeting contacts. Our information can be found at saa-recovery.org. Please do not give out this phone number or passcode to anyone.

Our **group conscience meeting** is held after the last meeting of the month which is/is not tonight.

Are there any SAA related **announcements**?

Would someone please read **The Promises** which can be found on pages 83-84 in the AA Big Book, 4th Edition.

The AA Promises

1. If we are painstaking about this phase of our development, we will be amazed before we are half way through.
2. We are going to know a new freedom and a new happiness.
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity and we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.

6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves

Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

In closing, please help us move from shame to grace and join us in the Unity prayer (from the OA Promises):

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

It is now time to exchange **phone numbers**. Newcomers, please have a pen and paper ready. Will those willing to share their number please give your name, phone number, time zone, indicate whether your voicemail is private and safe to leave SAA related messages and let us know if you are a sponsor. My name is _____ and my number is _____. (*time zone, public/private, sponsor?*)

As we go into fellowship, just a gentle reminder that although fellowship is not a meeting, as such, it is still suggested that we follow the principles set forth in the traditions during this time. This is a great time to ask questions. Feel free to leave at any time. Are there any newcomers with questions?

Group Conscious Meeting Format

It is now time for the Group Conscience meeting which will be followed by fellowship. If you are new, please stick around. We'd love to talk to you.

(*Note to trusted servant: please review Robert's Rules of Order at <http://robertssrules.org/> prior to the Group Conscience meeting.*)

Group Conscience meeting agenda:

Welcome to the New Choice Group Conscience meeting. My name is _____ I am a sex addict and your trusted servant for this meeting. Would someone please read The Twelve Traditions, pg. 77 of the SAA Green Book?

In keeping with our traditions, do we have any old business to discuss?

Do we have any new business to discuss?

Trusted Servant - 60 days sobriety and completion of a first step presentation is suggested

Is there any other new business?

(Note to Trusted Servant: Should a meeting format change occur, outgoing trusted servant please make necessary changes to the format and email the new format to the new trusted servant and copy and paste the complete new format to <http://saatalk.org> under the tab "Meetings", "meeting add-update". Select "updating Script/Reading" option.)

Please help me close this meeting with the Serenity Prayer.

As we go into fellowship, just a gentle reminder that although fellowship is not a meeting, as such, it is still suggested that we follow the principles set forth in the traditions during this time. This is a great time to ask questions. Feel free to leave at any time. Are there any newcomers with questions? *(Note: if there was a speaker, don't forget to ask if anyone would like to thank the speaker.)*