

Monday GLBT Telemeeting of SAA

Phone: (605) 313-5148 Passcode: 168672

(For the moderator: The notes in parenthesis and blue type, like this is, are guidelines and suggestions to aid you and need not be read to the group.)

(You should plan on joining the meeting a few minutes early. Until a moderator joins the meeting, all other callers will only hear music. Also, you can ask if there is anyone on the line who would like to volunteer to help with any of the readings. There are three: A Message of Hope, The 12 Steps (plus the one paragraph that follows), and The Closing. The 12 Steps and The Closing are in the Green Book. A Message of Hope is in this script and in the online list of readings only.)

Welcome to the Monday Night GLBT Group's Open Telemeeting of Sex Addicts Anonymous. My name is _____, I am a sex addict and your secretary/moderator for tonight's meeting. Sex Addicts Anonymous (SAA) is a fellowship of men and women who share their experience, strength and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction and dependency. While this particular meeting is focused on Gay, Lesbian, Bisexual, and Transgender members, sex addicts of any and all sexual orientations are welcome, as well as all who have an interest in Sexual Recovery.

We would like to remind members who are not speaking to use their phones mute function, or press star six, especially if they are in a noisy environment or using a speakerphone. We also want to let everyone know we have a dashboard which is monitored for excessive noise. If we do detect too much noise, we can mute you. If that happens you will hear a mechanical voice say "Muted". If that is the case you will *have to* press star six to un-mute yourself. In the unlikely event anyone is found to be intentionally disrupting the call they will be disconnected.

Please join me now in a moment of silence for those who are still suffering in and outside of this meeting, followed by the serenity prayer. (Pause for a few moments, but not too long)

The Serenity Prayer; those who choose to, repeat after me:

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.

Would someone like to volunteer to read “A Message of Hope”?

(“A Message of Hope for Sex addicts in the LGBT Communities” SAA Literature – SAA & the Lesbian / Gay / Bisexual / Transgendered Sex Addict.)

Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. We are grateful to A.A. for this gift which makes our recovery possible. Our Primary Purpose is to stop our addictive sexual behavior and to help others recover from sexual addiction. We find a new way of living through the SAA Program, and carry our message to others seeking recovery. Membership is open to all who have a desire to stop addictive sexual behavior. There is no other requirement. Our fellowship is open to women and men regardless of age, race, religion, ethnic background, marital status, or occupation. We welcome members of any sexual identity or orientation, whether they are gay, lesbian, straight, bisexual or transgender.

Many of our sexual behaviors produced negative consequences. These behaviors are not gender specific, and may cross lines of sexual orientation. In the recent decades of sexual liberation, we may have been encouraged to engage in some activities in order to foster a “Gay Positive” self-esteem. Yet for some of us, these behaviors ultimately backfired and left us discouraged, isolated and demoralized. For many of us, the spiral of sexual addiction led to what we called “Hitting Rock Bottom”. To Hit Rock Bottom is to reach such a low point - mentally, physically, emotionally and spiritually – that we break through our denial. We now use our sense of surrender in a healthy manner. Previously we surrendered to the destructive addictive sexual behaviors that caused great damage in our lives. Now we start to surrender and become teachable, to a more healthy way of life filled with HOPE , GROWTH and CHANGE.

Thank you _____ for that reading.

And would someone like to read the 12 steps?

The Twelve Steps of Sex Addicts Anonymous

1. We admitted we were powerless over addictive sexual behavior—that our lives had become unmanageable.

2. Came to believe that a Power greater than ourselves could restore us to sanity.

3. Made a decision to turn our will and our lives over to the care of God as we understood God.

4. Made a searching and fearless moral inventory of ourselves.

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6. Were entirely ready to have God remove all these defects of character.

7. Humbly asked God to remove our shortcomings.

8. Made a list of all persons we had harmed and became willing to make amends to them all.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

10. Continued to take personal inventory and when we were wrong promptly admitted it.

11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.

These steps are the heart of our program. They contain a depth that we could hardly have guessed when we started. As we work them, we experience a spiritual transformation. Over time, we establish a relationship with a Power greater than ourselves, each of us coming to an understanding of a Higher Power that is personal for us. Although the steps use the word "God" to indicate this Power, SAA is not affiliated with any religion, creed, or dogma. The program offers a spiritual solution to our addiction, without requiring adherence to any specific set of beliefs or practices. The path is wide enough for everyone who wishes to walk it.

I would like to thank _____ and _____ for helping out with the readings.

It's now time to read the Tradition of the month.

(Reading of the Tradition of the Month to be done by the moderator):

This is _____ which is the ___ month and the ___ tradition says...

The Twelve Traditions Of Sex Addicts Anonymous

1. Our common welfare should come first; personal recovery depends upon S.A.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for S.A.A. membership is a desire to stop addictive sexual behavior.
4. Each group should be autonomous except in matters affecting other groups or S.A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the sex addict who still suffers.
6. An S.A.A. group ought never endorse, finance, or lend the S.A.A. name to any related facility or outside enterprise lest problems of money, property, and prestige divert us from our primary purpose.
7. Every S.A.A. group ought to be fully self-supporting, declining outside contributions.
8. S.A.A. should remain forever nonprofessional, but our service centers may employ special workers.
9. S.A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. S.A.A. has no opinion on outside issues; hence the S.A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

FOR ANY NEWCOMERS with us for their first Sex Addicts Anonymous meeting, or if it is your first time at *this* particular meeting, we acknowledge you for the courage it took to get here. After the close of our regular meeting there will be a time for you to ask questions and get contact information from others to support you in your recovery through the SAA 12-step program. You are welcome here and do please keep coming back. We hope you will find you are in a safe place in this meeting.

IT IS NOW TIME FOR GENERAL INTRODUCTIONS. We introduce ourselves by first name and geographic location only (the state, province, or country that you are calling from). You may also tell us, in just a couple of words, how you are feeling and about any sobriety achievements. Newcomers are encouraged to identify themselves as such so that we may welcome you. We do not need to go in any special order. I will go first:

Hi, my name is _____, I'm a Sex Addict from _____. I am grateful to be on the call with all of you tonight (**the next is optional**) and grateful for _____ of sobriety.

(Take note of how people are feeling, if there are newcomers, etc. This may lead to ideas for discussion/readings. When it seems everyone who desires to has introduced themselves, let everyone know there is additional introduction time after the reading, if there is one.)

THE FORMAT OF THIS MEETING is based on the needs of the participants which include topics and readings from SAA literature as well as Answers in the Heart, the SAA Green Book, Cruise Control, Hope and Recovery, and 12 Steps and 12 Traditions.

More information about SAA literature can be obtained from the International Service Organization's website, www.saa-recovery.org.

With advanced notice, we do welcome Guest Speakers and First Step Presentations when scheduled with the moderator.

(The following section may be reworded to fit the meeting.)

#1 TONIGHT I have chosen a reading from _____, page _____. After the reading we will open the meeting for general sharing.

OR

#2 TONIGHT we have some newcomers on the line and would like to

_____. (May ask newcomers if they have questions, discuss abstinence, sponsorship, 3 circles, or have participants describe what it was like for them to attend a meeting for the first time. Keep in mind newcomers are often nervous and may be reluctant or even unwilling to share.)

OR

#3 TONIGHT our Speaker is _____. They have 30 minutes to share with us. There will be time afterwards to share your comments. I will now turn the meeting over to _____.

(First Step Presenters have 20-30 minutes for their presentation. This should address what their life was like, what happened to get them here, and what is their life is like now. Their presentation should be reviewed by both their sponsor and you, the moderator, to make sure it is appropriate to share with the group.)

OR

#4 TONIGHT we will have a step meeting. Callers are invited to share about what step they are working on as well as any tools of recovery they are finding useful.

(This is an option in those circumstances where there may not have been much time for preparation. It is not recommended to use more often than is necessary as it puts all of the burden on the callers rather than the moderator.)

IT'S TIME FOR ANYONE WHO MAY HAVE ARRIVED DURING THE READING to introduce themselves. Introduce yourself by first name and geographic location only. Is there anyone who arrived during the reading?

THE MEETING IS NOW OPEN FOR SHARING. To keep the meeting safe, we do not make direct comments about another person's share nor do we give advice. Please avoid mentioning the name of a book, movie, treatment center or the like in your share because this can be viewed by some as "promotion". It is okay, however, to talk about your own experience with these items. You can reference tonight's reading or just get current with your share. It is also safe to speak in "I" statements rather than "you" statements. If you have any other LGBT related issue or topic, feel free to bring it up in the fellowship portion of our meeting so we can discuss it then. By group conscience, only the moderator may interrupt a member who is speaking. Also, if deemed appropriate by the moderator, shares are limited to three (3) minutes.

(For moderator only – a pause here to check the number of callers on the line is a good idea. Please do not hesitate to interrupt the meeting or a speaker should line noise be excessive, speaker goes overtime or for any other reason you deem

necessary. We know this can feel uncomfortable, but remind you that the welfare of the group as a whole takes precedence over the needs of any one individual member.)

If, during the discussion, you find yourself feeling triggered, we encourage you to do the following:

1. Put down the phone and say the Serenity Prayer several times.
2. Say the word “triggered” to yourself, but please do not interrupt the speaker.
3. Call your sponsor or seek support from someone afterwards.

When you are not sharing, remember to keep your phone on mute or press star six and then un-mute or press star six again, when you wish to share. I will help moderate the meeting. Keeping the aforementioned in mind, who would like to begin?

(If there are long moments of silence, the moderator should offer encouragement as needed to keep things moving. Remind callers they can share about the reading/topic or just get current, provide a synopsis of the topic or reading for anyone who may have arrived late, etc.)

(Once people have stopped sharing or the top of the hour is reached, the moderator should move to the next section. However, if it seems there are still members who wish to share and, at the moderator’s discretion, sharing can be extended beyond the top of the hour.)

SHARING IS NOW OVER and I will begin to close the meeting. If you did not get a chance to share but would still like to, please stay and talk with us during our fellowship.

IT IS NOW TIME FOR THE 7TH TRADITION. All SAA Groups practice the 7th tradition which states: “Every S.A.A. group ought to be fully self-supporting, declining outside contributions.”

Voluntary contributions support SAA recovery for all of the telemeetings. Make your donations at www.saatalk.info. Excess funds are given to the International Service Organization of SAA. You can visit them online at www.saa-recovery.org. Both websites offer a variety of resources to support your recovery.

ANNOUNCEMENTS

- Currently there is one full time and two part time moderators for this call. If there is anyone else who would like to participate in moderating this call, please stay and talk with us during fellowship.

- Our business meeting is held on the last Monday of the month, which is/is not tonight.
- The Intergroup meets the second Sunday of the month at 1pm Pacific time. All are welcome to attend. The intergroup supports all of the telemeetings that are registered with them.
- [\(If you know of any other SAA announcements, make them here\)](#)
- Does anyone have any other SAA-related announcements?

ANONYMINITY STATEMENT: Before Closing I would like to remind you that the opinions expressed here were strictly those of the person who stated them. Take what you like and leave the rest. Anonymity is the spiritual foundation of our program ever reminding us to place principles before personalities. Therefore, what you hear here let it stay here.

OUR CLOSING [\(At the discretion of the moderator, the Ottawa Promises, below, can be used instead\)](#)

Would someone like to read the closing?

[\(From the last two paragraphs in: The SAA Green Book- Step 12- Page 61\)](#)

Practicing these principles in our lives means applying program principles at home, at work, and wherever else we gather with others for a common purpose. As we grow spiritually, we find opportunities for service in virtually any situation. Our closest relationships may offer the most challenges to our honesty, compassion, and integrity, but we are often rewarded beyond our expectations. We find that spiritual principles can guide us in the everyday challenges of life, and they can help us face even loss, grief, and death with fortitude and grace. What we gain in this program is a blueprint for full and successful living, whatever may come.

We maintain our recovery by working a daily program, in the knowledge that although we can never be perfect, we can be happy today. We can live life on life's terms, without having to change or suppress our feelings. Our serenity and sobriety grow as we continue to live according to spiritual principles. We enjoy the gifts that come from being honest and living a life of integrity. We ask for help when we need it, and we express our love and gratitude every day. We realize that everything we have been through helps us to be of service to others. We learn that the world is a much safer place than we had ever known before, because we are always in the care of a loving God.

(Here is the alternate reading for the closing):

- *Through a renewed relationship with God/our Higher Power, the healing force of recovery will take hold in our hearts. By giving ourselves over to God/our Higher Power and working our program, our lives will become manageable and we will be restored to sanity. We will receive the inner strength and support needed to face our anxieties and fears and to deal with the painful feelings that feed our addiction.*
- *Relations with others will improve as we learn to respect our boundaries and allow others freedom to be themselves. Reaching out in trust and connecting with others will come easier, dispelling our sense of isolation and loneliness. Degrading fantasies and obsessive sexual thinking will diminish.*
- *In relating to ourselves, self-absorption will give way to self-discovery; secrecy to honesty; feeling of unworthiness to dignity and shame to grace. A restored integrity will guide our behaviour. We will feel more alive and regain a sense of happiness. We will hear ourselves laugh again and rediscover play. We will embrace change and will grow.*
- *A spiritual awakening will free us from the tyranny of our addiction. An awareness of being guided by a Higher Power and supported by caring friends will sustain us. Regret for the past and worry for the future will give way to living for today. We will open ourselves to the amazing possibilities of a life worth living - our life.*
- *Are these extravagant promises? **"WE THINK NOT"** We have seen them fulfilled. They are ours, if we want them and work for them.*

Thank you _____ for helping out with that reading.

WE WILL NOW CLOSE OUR MEETING with the SERENITY PRAYER. Those who wish to repeat after me:

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.

The SHARING OF CONTACT INFORMATION has always been a basic premise of SAA. This allows members to contact each other for support and can be, in the case of telemeetings, a source of finding a sponsor. While we do not wish to

discourage members from sharing their contact information, there is some degree of risk in doing so. There are those who may listen in to our telemeetings to gather these numbers, then contact members and encourage them to act out. Therefore, we suggest that newer members early in their recovery, refrain from sharing their own number, and only contacting those who did share that they consider responsible. If anyone is contacted by someone with the intent to act out, we strongly encourage you to block them. If you also will let a moderator know the name and number of any such person, we can disconnect them should they call in to a future meeting. So, with all of that having been said, would anyone like to share their number?

(Pause for exchanges. As a moderator, it is suggested to share your own number as well.)

NEWCOMERS are now invited to ask questions if you want to; or to just hang out and listen if that's more comfortable for you. In any case, please do keep coming back! Are there any newcomers with questions or comments?

(Proceed to Fellowship or Business Meeting Agenda, whichever is appropriate.)

FELLOWSHIP: The phone lines are now open for fellowship. The lines will remain open as long as the moderator feels people are legitimately engaging in fellowship. Please feel free to share your comments, stories, questions, suggestions or just check in on your recovery. Anyone who did not get a chance to share earlier may also do so now. At this time, I would like to thank you all for allowing me to be of service. And with that fellowship has now begun.

BUSINESS MEETING AGENDA

(Last Monday of the Month. Review meeting minutes from the prior business meeting to determine old business and possible new business items that should be brought up).

Welcome to the Monday Night GLBT Business Meeting of Sex Addicts Anonymous. My name is _____. I am a sex addict and your secretary for tonight's meeting.

(If you know of any old business on the agenda, bring it up here.)

Do we have any other Old Business?

(Pause for any old business that may be brought up. Make sure all old business issues are resolved before moving on.)

(If you know of any new business on the agenda, including any business left over from the previous meeting, bring it up here.)

Do we have any other New Business?

(Pause for any new business that may be brought up. Make sure it is resolved before moving on.)

Would anyone like to help moderate the meetings next month?

With no other business, the meeting is closed and we will move into fellowship.

(Proceed to Fellowship, above)

Following are stories in the SAA Green Book that are GLBT Related:

Chapter	Page	Story Title
4	125	Making A Choice (G)
27	228	Powerless Priest (G)
5	129	Her Dreams Are Coming True (L)
30	240	A Time To Grow (B)
12	154	Tragic Consequences, Great Rewards (G)
33	255	A Life Calling (G)
15	167	Two Worlds Collide (G)
39	285	One Of The Chosen People (G)
21	198	Out Of The Parking Lots (G)
42	299	The Gift Of Sobriety (G)
25	215	From Insanity To Serenity (L/B)
43	303	The Key To Healing (L)