

## Monday GLBT Telemeeting Readings

The following are the readings for our meeting. Volunteers will be requested for each section. If you have volunteered, the print in blue is the part to be read when called upon. Not all readings will be used at each meeting.

Serenity Prayer:

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

## A Message of Hope:

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

Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholic 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.

## The Twelve Steps:

“The 12 Steps” (Page 20-21; SAA Green Book)

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.

## The Twelve Traditions

I will now read the tradition of the month, this month being <xxx> of the year , Tradition <xx>  
“The tradition of the month, i.e. September = 9th tradition” (Page 77; SAA Green Book)

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 may be expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership in S.A.A. 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 addict who still suffers.
6. Our fellowship ought never to endorse, finance, or lend its name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Each group ought to be fully self-supporting, declining outside contributions.
8. Sex Addicts Anonymous should remain forever non-professional, 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. Sex Addicts Anonymous 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.

## Our 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.

Our Promises, the "Ottawa Promises", have been inspired by our own experiences of recovery and by messages of hope from our fellowship. Although these promises were created for our local groups, many other international SAA groups have adopted these promises as a part of their meeting format.

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.