

Big Book Step Study - 12 Steps in 12 Weeks

tinyURL.com/bigbookstepstudy

Opening

Welcome to an SAA Big Book Step Study. Let's take a moment of silence to invite God to our meeting followed by the Serenity Prayer. "God, Grant me the serenity ... "

In order to help keep the lines clear, please mute your phone by using the "*6" feature on your phone.

To paraphrase the foreword of the First Edition of the Big Book:

WE OF Sex Addicts Anonymous are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other sex addicts precisely how we have recovered is the main purpose of this book. For them we hope these pages will prove so convincing that no further authentication will be necessary. We think this account of our experiences will help everyone better understand the sex addict. Many do not comprehend that the sex addict is a very sick person. And besides, we are sure that our way of living has its advantages for all.

Hello, everyone. My name is _____ and I am a (recovered) sex addict. I'll be the facilitator for this meeting.

Our Group Conscience has elected to use the Big Book of A.A. as its basic text. The purpose of this meeting is to study the Big Book to improve how we take the 12 Steps. This 12 week study is not a substitute for taking the steps with a sponsor in a shorter time frame—the book suggests “a few weeks” to take the steps.

During this meeting let's stay focused on finding the clear-cut directions in the study paragraph or from other parts of the book that relate to the paragraph. If you have opinions, thoughts, theories, or personal experiences that differ from the directions of the Big Book, perhaps after the meeting in fellowship or in private conversation with one of us is a better place to discuss it. Let's also keep our egos out of the meeting by avoiding personal anecdotes and histories. By group conscience, the study leader is responsible to keep the meeting focused and may interrupt for that purpose.

If you have worked the Steps for sex addiction with a sponsor by the instructions in the Big Book and had a spiritual awakening, then we would really like to hear your insights. If you are new, we want you to know you are welcome here. We hope by listening, you will hear something helpful to you. There will be a period of fellowship after the meeting for questions and comments, check-ins, and discussion of personal experiences or other literature.. Please stick around for the fellowship. This is a better time for these personal topics. Before we close the meeting, sponsors willing to help someone take the steps will also announce their names and phone numbers.

_____ from _____ will be our study leader. He/She will read a question and call upon several people to answer questions. Questions are designed so that the answer is simply to read the next sentence out of the Big Book. If you get lost or this doesn't make sense, just say "pass" and we'll call on you the next time around.

If you would like to follow along as we study but do not have a Big Book, you can find a copy online with a search for “bigbookonline”.

As we turn the meeting over to our study leader, we would like to take a minute to allow all on the line to introduce themselves. As you do so, please let [study leader] know if you would like to be on the reading list. *[Call on study leader.]*

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Closing:

Now reading from page 164 in the Big Book:

"Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come if your own house is in order. But you obviously cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

"Abandon yourself to God as you understand God. Admit your faults to Him and your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

"May God bless you and keep you until then."

Our 7th Tradition states that every group ought to be fully self-supporting declining outside contributions. Since passing a basket is not possible in a telemeeting, we ask that you make an online contribution to the Telemeeting Intergroup at saatalk.info. The Telemeeting Intergroup supports all of the SAA telemeetings by maintaining the saatalk.info website. Their costs are minimal and all excess funds go to the ISO.

Chips. Though it is not possible give out chips in our telemeeting, we would still like to celebrate milestones of recovery by acknowledging those who are celebrating 1 month, 2 months, 3 months, 6 months, 9 months and annual birthdays. Is there anyone here celebrating one of these milestones? (pause)

We would also like to acknowledge anyone who wants to commit to this way of living with desire chip to signify our desire to stop our addictive sexual behaviors for good and for all, though we stay sober just one day at a time. Is there anyone here that would like to begin their journey to sobriety tonight?

Our group conscience believes that the best place to check-in or get current is with a sponsor. After all, this is where real recovery takes place: in taking the Steps with a sponsor. If your sponsor is unavailable, or you need a temporary sponsor, if you don't have a sponsor or if you are looking to change sponsors, we believe we can help. Will those of you who have taken these steps by the directions in the Big Book and had a spiritual awakening, please announce your names and phone numbers so that those looking for help will know who they can call? (PAUSE to allow members to introduce themselves.)

- Are there any S.A.A. related announcements? (Pause)
- Are any prayer requests? (pause)
- Now let's have a moment of silence for these and the addict who still suffers followed by the Lord's Prayer or a prayer of your own choosing said in silence.

[Read the following to close--except at last meeting of the month go directly to Group Conscience meeting.]

Now it's time for fellowship. I would like to remind everyone that this is an open call. We have no way of knowing who all is on the line. Please bear that in mind when you give out personal information.

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[The following is only for **group conscience meetings** held on the last meeting of the month]

Group Conscience

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

(Note to Trusted Servant: please review Robert's Rules of Order at <http://www.robertsrules.org/> prior to the Group Conscience Meeting. See the short version of these rules on last page of this document.)

AGENDA

Welcome to the 12 Steps SAA Big Book Step Study Group Conscience Meeting. My name is _____ and I'm a sex addict and your trusted servant for this meeting.

Would someone please prepare to read the short form of the 12 Traditions after I paraphrase from the opening of the Traditions from Alcoholics Anonymous Appendix 1?

"To those now in its fold, Sex Addicts Anonymous has made the difference between misery and sobriety, and often the difference between life and death. SAA can of course mean just as much to uncounted sex addicts not yet reached. Therefore, no society of men and women ever had a more urgent need for continuous effectiveness and permanent unity. We sex addicts see that we must work together and hang together, else most of us will finally die alone. The Twelve Traditions of Alcoholics Anonymous are, we SAAs believe, the best answers that our experience has yet given to those ever-urgent questions, 'How can SAA best stay whole and survive?'"

Would someone please read The Twelve Traditions, the short form, p. 562 in the 4110 Ed. of the AA Big Book? (p. 564 in the 3rd Ed)

(Note: If the group does not have a secretary, please skip this paragraph.)

Will the Secretary please read the minutes from last month's group conscience meeting?

In keeping with our traditions, this group rotates service positions.

- We need a Trusted Servant to lead the Big Book study section of the meeting for the next month. Suggested guidelines for this service are completion of the 12 steps in SAA using the Big Book and is currently sponsoring someone by taking them through the SAA twelve steps using the Big Book. Suggested sobriety is 90 days. Who would like to volunteer?

- We need a Trusted Servant to open and close the meeting for the next month. Suggested guidelines for this service position are to have worked the steps with a sponsor using the Big Book for sex addiction (Currently on Step 12). Who would like to volunteer? (This position may be taken by the same person who leads the Big Book study if another volunteer is not available, although rotating and shared service is preferred if possible).

You can find the opening and closing online at saatalk.org at www.tinyURL.com/bigbookstepstudy

(Note: If the group does not have an Intergroup representative, please skip this paragraph.)

(At the February group conscience we elect a new Intergroup representative)

- This group is a member of the Telemeeting Intergroup. Our Intergroup representative is elected for a one year term in February. Suggested qualifications for an Intergroup representative are as follows from p. 51 of the Group Guide:

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1. At least one year experience in the SAA program.
2. At least six months of current continuous sexual sobriety.
3. Experience in service work at the local level.
4. Endorsement of their home group - affirming that the individual has the serenity and wisdom in the program to serve at the Intergroup level. These will be read prior to selecting the intergroup representative at the February group conscience.

Intergroup Rep Report (if available)

Our current Intergroup representative is _____. May we hear the Intergroup report for this month?

In keeping with our traditions, do we have any old business to discuss? (start with any old business from minutes read then ask for any additional old business, if none, move on.)

Do we have any new business to discuss?

(Note: Old and new business should be discussed according to Robert's Rules (see Robert's Rules below)

(Note: Should a meeting format change occur, the group's intergroup representative is asked to update the format that is posted on saataalk.info (www.tinyURL.com/bigbookstepstudy)

Please help me close this meeting with the Serenity Prayer.

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.

Fellowship

Now it's time for fellowship. I would like to remind everyone that this is an open call. We have no way of knowing who all is on the line. Please bear that in mind when you give out personal information.

Robert's Rules – Very short version

- Any present member may propose a motion.
- Any other present member may second the motion.
- Motions are made and seconded, then discussed.
- All present may speak to the issue during discussion.
- All present who wish to speak must be heard.
- When the vote is called:
 - All in favor state name and say "Aye". *[pause]*
 - All opposed state name and say "Nay".
- After a vote, the members voting in minority may speak to try to convince the majority to reconsider the motion.
- A motion to reconsider can be called only by someone who voted in the majority (no second required). If the original minority loses a second time the vote stands.