

Sunday 8am READINGS

Time: 8:00 AM Pacific Time / 9:00 AM Mountain / 10:00 AM Central / 11:00 AM Eastern

Makeup: Mixed / this meeting is for both men and women.

Access: **Closed**. Open only to those who have a desire to stop their compulsive sexual behavior.

"Closed" means the meeting location will be printed in the directory and given out by the ISO office to anyone who seeks help, whether by phone, postal mail, or e-mail.

Call-in Number: 605-475-2875

Access Code: 5666338

Online Access: <http://hello.freeconference.com/conf/call/5666338>

Website Info: www.saataalk.info This meeting may include readings and literature that is NOT Conference-Approved. Literature will be decided upon during group business meetings, as necessary.

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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.

Our Lives Before

From <http://pugetsoundsaa.org/for-newcomers/our-program/>

Our Lives Before

We were sexually compulsive people. Despite our most heroic efforts and solemn promises, we were unable to turn away from behaviors and obsessions that were ruining our lives. We interpreted our lack of control as proof that we were bad or defective people, so we sought comfort by justifying our behaviors and sometimes reveling in them, or by denying our sexuality, and hiding in our shame. Our compulsions were at once our worst enemies and our most familiar sources of comfort.

Why We Came

We could no longer deny the pain that our compulsive sexual behaviors had caused in our lives. Many of us experienced such dramatic consequences as divorce, disease, jail, or financial ruin before seeing that our lives had become unmanageable. Others among us were confronted about our behavior by family, friends, or counselors, and were given a choice to seek help, or face yet more loss in our lives. When we learned of S.A.A., we began to hope again that our lives could be freed from our sexual compulsivity.

Our Recovery

We began to attend S.A.A. meetings. We heard stories similar to ours, and we heard how others in S.A.A. were abstaining from their compulsive behaviors. We learned of the twelve steps of recovery, and when we began to apply them in our lives, we discovered that we, too, could abstain from our compulsive behaviors, with the help of our fellow addicts. We acquired the faith and courage to make appropriate changes in our lives, and to accept our daily problems as stepping stones for spiritual growth. As we continue in our recovery from sexual addiction, one day at a time, we are developing healthier sexuality, a stronger sense of personal integrity, and an ability to truly enjoy our lives.

Twelve Steps

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 all our lives.

The Ottawa Promises

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 behavior. 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.

The AA Ninth Step Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. 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.