

Serenity Saturdays Zoom Meeting of SAA

Phone: 312-262-6799

Meeting ID: 845 9720 3980

Passcode: 123456

(For the moderator: The notes in parenthesis and blue bold type, like this, 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. Also, you can ask if there is anyone who would like to volunteer to help with any readings. There are three: the Introduction, The 12 Steps and paragraph following, and the Closing. All readings are included in this script in case you need to read them. Be familiar with the script before the meeting.)

Welcome to Serenity Saturdays. A meeting of SAA to connect with your higher power and energize yourself in recovery. My name is _____, I am a sex addict and your moderator for tonight's meeting. This is a mixed meeting of Sex Addicts Anonymous. Open to all those who have a desire to stop their addictive sexual behaviors as well as those who believe they may be a sex addict but have yet to make up their mind. It is suggested to attend at least six meetings to determine if this program is right for you.

During the meeting, we ask you please keep yourself on mute unless you're introducing yourself or sharing. If you're calling in by phone, please use *6 to mute and unmute or use the mute function on your phone. If needed, you may be muted during the meeting if there is unnecessary noise.

You can send a message in the chat if you need any assistance and you're using the zoom app. At this time the chat function is open but we do request that messages be kept to the group as a whole and related to the meeting only. If we find anyone is misusing this feature, it may be turned off or they may be removed from the meeting.

We strive to make a safe, inclusive space for all.

To get started, please join me in a moment of silence for those who are still suffering, followed by the serenity prayer. **(Pause for a few moments.)**

The Serenity Prayer

All together:

God grant me the ***Serenity***,
To accept the things I cannot change,
Courage to change the things I can,
And the ***Wisdom*** to know the difference.

(If no one has volunteered to read What Is Sex Addicts Anonymous, ask again for one now.)

I have asked _____ to read the "Introduction".

Introduction

[from "Sex Addicts Anonymous", Page 1-2; Paragraphs 4-6]

Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. Although we are not affiliated with AA or any other organization, we are deeply grateful to AA for making 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 members, 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.

In our groups, there is a collective wisdom that has grown and been handed down over the years. We learn many new solutions to old problems. Central to these are the Twelve Steps, a spiritual program of recovery. Following these steps leads to freedom from addictive sexual behaviors and to the healing of our minds, bodies, spirits, relationships, and sexuality.

(If no one has volunteered to read The 12 Steps, ask again for one now.)

I have asked _____ to read The 12 Steps of Sex Addicts Anonymous.

The Twelve Steps of Sex Addicts Anonymous

[from "Sex Addicts Anonymous", Page 20-21; Steps and 1st Paragraph that follows]

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. 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 for this month's Tradition. The Traditions of SAA embody the spiritual principles necessary for the healthy functioning of our groups.

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

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

The Traditions of Sex Addicts Anonymous

[From Sex Addicts Anonymous, Page 77]

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.

NEWCOMERS

For any newcomers with us for their first SAA 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. You are welcome here and please keep coming back. We hope you will find you are in a safe place in this meeting.

[This could be a chance to offer a breakout group to welcome newcomers.]

GENERAL INTRODUCTIONS

If you feel comfortable, now is the time to introduce yourself. We introduce ourselves by first name and geographic location only. Newcomers are encouraged to identify themselves as such so that we may welcome you. As an example I will go first:

Hi, my name is _____, I'm a sex addict from _____.

Let's start with names beginning with A - H.

[Members introduce themselves]

Now names beginning with I - P.

Now names beginning with Q - Z or anyone else who wishes to introduce themselves.

CELEBRATIONS

If you are celebrating an anniversary of sobriety (sobriety being defined as time away from your inner circle) or if you are celebrating a birthday, anniversary or other milestone in life that you would like recognition and a virtual high five for, please unmute yourself now & share.

THE FORMAT of this meeting rotates on a weekly basis and we start each week with a short meditation. At the end of the meeting there will be time for check ins and shares. Our business meeting is held on the last Saturday of each month.

This is the _____ Saturday of the month so tonight we will be _____.

(Just focus on current week)

Week 1 - Serenity Prayer Focus **(Readings focused on what we ask for in the Serenity Prayer)**

Week 2 - Tools of Recovery **(Pick 3 tools of recovery to read & discuss)**

Week 3 - Speaker or Step Lead **(Preference is focused on the current step the group is working)**

Week 4 - Topic Discussion/Reading **(Choose 3-4 topics to have focused discussions about)**

Week 5 - Moderator's Choice

Before we begin, we're going to take a moment to slow down, center ourselves and step away from our busy lives and focus on the present. If you are in a safe space to do so, get comfortable and we will start our meditation.

<THIS WILL BE A SHORT 3-5 MINUTE MEDITATION>

- Guided Meditations
 - This could be led by a person or through other audio resources.
 - If canned audio, it should be reviewed for appropriateness before the meeting.
- General Meditations
 - This could involve background music / sounds or just be a silent reflection.

Examples for each week format

Week 1 - Serenity Prayer Focus

- Reading/s focused on the 7 things asked for in the ACA/DF Serenity Prayer.
- Serenity, Courage, Wisdom, Patience, Appreciation, Tolerance, Strength.
- Readings should be short & rotate through the 7 & then start over with new readings.

Week 2 - Tools of Recovery

- Best to pull directly from the Tools of Recovery booklet as it already has readings associated with each topic.
- Read 3 or so Tools from the book, choosing so that one is not repeated until they have all been discussed. If needed, there is a log in the Google Drive.

Week 3 - Speaker/Step Lead

- Please try to plan this in advance.
- Step Lead should be focused on the step the group is currently focusing on unless there is a special request for a 1st step lead.
- Speakers could be on any topic as it relates to recovery from sex addiction.
- A group conscience could even be taken to determine what would currently suit the needs of the group.

Week 4 - Topic Discussion/Reading (Read daily meditation & choose 2 topics)

- Have participants suggest 2-3 topics relating to recovery for the discussion.
- Use daily meditation from Voices of Recovery or Answers in the Heart if needed.
- During sharing, there will be no cross talk however, if people would like to discuss more openly they may do so in fellowship.

Week 5 - Moderator's Choice

- This would only arise when there are five Saturdays in one month.
- This could be as simple as repeating one of the other week formats.
- This could also be a unique time that doesn't happen often for something special.
- Leading the group through a longer, focused meditation, then discussing.
- Have a more interactive workshop style meeting.
- Allowing more time in business to discuss the functionality of the group or even plan for fellowship events.

Now is the time for anyone who has joined the meeting during our meditation or focus to introduce themselves, if they wish, by name and geographic location only.

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 unless we are in breakout groups designated for such. Please avoid mentioning the name of a specific website, app, book, movie, treatment center or the like in your share. It is okay, however, to talk about your own experience with these items and more information may be shared in fellowship.

You can reference tonight's focus, share any thoughts you had during your meditation or as always just get current. It is also safest to speak in "I" statements rather than "you" statements.

(For moderators only – a pause here to check the number of members 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 remember that the welfare of the group as a whole takes precedence over the needs of any one individual member.)

As a courtesy, please do not interrupt someone as they are speaking. During the discussion, if you begin to feel triggered, we encourage you to do the following:

1. Step away and say the Serenity Prayer.
2. Say the word "triggered" to yourself.
3. Call your sponsor or seek support from someone after the meeting.

At this meeting we share by show of hands. Use the participants tab in zoom or press *9 on your phone to raise and lower your hand. The meeting host will call on you in order of appearance. When called upon, unmute yourself and begin your share. Please remember to mute yourself when you are done and if you need help with the raise hand function, please send a chat to one of the hosts.
[If there is a large group, a timekeeper may be needed.]

Keeping everything mentioned in mind, I will help moderate the meeting. 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.)

(Do not make comments like "Good share" or the like. This can make it seem like their share was better or more important than someone else's share. Just simply thank them for sharing.)

(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 fellowship.

PHONE NUMBERS

The sharing of contact information has always been a basic premise of SAA. This allows members to contact each other for support. If you would like to share your number please add it to the chat or stay around for fellowship and do so at that time. We also keep a phone list of those who regularly engage in fellowship. If you would like to be added to this please indicate that as well.

SEVENTH TRADITION

The Seventh Tradition states that "every group ought to be fully self-supporting, declining outside contributions." You can make donations via check by mailing a check to the Telemeeting Intergroup at:

P.O. Box 62

Windsor, Colorado 80550 USA

Or you can donate via PayPal at saatalk.info. The Telemeeting Intergroup supports all of the telemeetings and some zoom meetings. All excess funds are sent to the SAA ISO office.

ANNOUNCEMENTS

- If anyone would like to participate in moderating, please stay and talk with us during fellowship.
- Our business meeting is held on the last Saturday of the month, which is/is not tonight.
- **(If you know of any other SAA announcements, make them here)**
- Does anyone have any other SAA-related announcements?

SPONSORSHIP

Our Program strongly believes in sponsorship. If you're available to sponsor or able to help those seeking a sponsor, please take yourself off mute and identify yourself now.

(Pause for people to identify)

If you are looking for a sponsor, please see one of these people after the meeting.

ANONYMITY 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, reminding us to place principles before personalities. Therefore, what you hear here let it stay here.

(If no one has volunteered to read The SAA Promises, ask again for one now.)

I have asked _____ to read the Closing...

Closing

[from Sex Addicts Anonymous, Chapter 3, Step 12, Page 61; Last 2 Paragraphs]

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.

The Extended Version of the Serenity Prayer [ACA/DF]

After a moment of silence for those who still suffer we will now close the meeting with the extended version of the serenity prayer. **(PAUSE)**

Those who wish to please unmute and repeat after me:

God grant me the **Serenity**,
To accept the things I cannot change,
Courage to change the things I can,
And the **Wisdom** to know the difference;

Grant me **Patience** for the changes that take time,
An **Appreciation** for all that I have,
Tolerance for those with different struggles,
And the **Strength** to get up and try again one day at a time.

(IF IT IS THE LAST SATURDAY OF THE MONTH, THERE IS A BUSINESS MEETING)

FELLOWSHIP

I want to thank everyone who helped with the readings and for all of you being here tonight. It was a pleasure to be of service and the meeting is now open for fellowship.