

# SUNDAY MEN'S HOPE & RECOVERY TELEMEETING • READINGS

*(Last Revised 07/01/2023)*

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## **OPENING** – *SAA Green Book (Pages 1-2)*

We are sex addicts. Our addiction nearly destroyed our lives, but we found freedom through the recovery program of Sex Addicts Anonymous. In the fellowship of SAA, we discovered that we are not alone and that meeting regularly together to share experience, strength and hope gives us the choice to live a new life.

We have found, through long and painful experience, that we are unable to achieve recovery from sexual addiction through our own efforts. Sex Addicts Anonymous is a spiritual program based on the belief confirmed by our experience, that a Power greater than ourselves can accomplish for us what we could not do alone. By surrendering our addiction to a Higher Power, we receive the gift of recovery, one day at a time.

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.

Desperation brought us together. We found in each other what we not could find anywhere else: people who knew the depth of our pain. Together we found hope and the care of a loving Higher Power. Our commitment is to help others recover from sexual addiction, just as we have been helped. The SAA Green book and other related sex addiction information contain our stories and our wisdom. They are dedicated to sex addicts everywhere.

## **OUR PROGRAM (Part 1)** – *SAA Green Book (Page 20)*

When we start attending meetings of Sex Addicts Anonymous, many of us are surprised to meet people who are enjoying life, experiencing freedom from the painful, compulsive behaviors that had brought them to SAA. Listening to other members share about their recovery, we gradually realize that in order to make the same kind of progress, we need to be willing to do whatever it takes to get sexually abstinent, and to stay abstinent. We have learned from hard experience that we cannot achieve and maintain abstinence if we aren't willing to change our way of life. But if we can honestly face our problems, and are willing to change, the Twelve Steps of SAA will lead to an awakening that allows us to live a new way of life according to spiritual principles. Taking these steps allows fundamental change to occur and be sustained in our lives. They are the foundation of our recovery.

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## **THE TWELVE STEPS OF SEX ADDICTS ANONYMOUS** – *SAA Green Book (Pages 20-21)*

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.

## **OUR PROGRAM (Part 2)** – *SAA Green Book (Page 21)*

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.

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## 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.

Relating to ourselves, self-absorption will give way to self-discovery; secrecy to honesty; feelings 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!** [Altogether]

We have seen them fulfilled. They are ours, if we want them and work for them.

## THE STEP TWELVE GIFTS – *SAA Green Book, Step Twelve (Page 61, Two Paragraphs)*

The Steps are an expression of spiritual principles that can be practiced in all aspects of life. Honesty, willingness, courage, humility, forgiveness, responsibility, gratitude, and faith are just some of the names we give to the spiritual principles that gradually come to guide us in our lives.

As we progress through the program, establishing conscious contact with the God of our understanding, we become aware of these principles within us—like gifts that were always there, unopened until we were ready to receive them. Opening these gifts brings about our spiritual awakening. Continuing to apply them on a daily basis keeps us spiritually fit and growing in recovery. With the Twelfth Step we seek to consciously practice these principles in our lives, not only as ways to keep us sexually sober, although that will always remain important, but as lights to guide us in everything we do.

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.

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## THE TWELVE TRADITIONS OF SEX ADDICTS ANONYMOUS – SAA Green Book (Page 77)

1. Our common welfare should come first; personal recovery depends upon SAA 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 SAA membership is a desire to stop addictive sexual behavior.
4. Each group should be autonomous except in matters affecting other groups or SAA as a whole.
5. Each group has but one primary purpose — to carry its message to the sex addict who still suffers.
6. An SAA group ought never endorse, finance, or lend the SAA name to any related facility or outside enterprise lest problems of money, property, and prestige divert us from our primary purpose.
7. Every SAA group ought to be fully self-supporting, declining outside contributions.
8. SAA should remain forever nonprofessional, but our service centers may employ special workers.
9. SAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- 10 SAA has no opinion on outside issues; hence the SAA 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.

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## STEPS & TRADITIONS PAGE NUMBERS

*SAA Green Book, (Online Version)*

<https://saa-recovery.org/literature/sex-addicts-anonymous-green-book-saas-basic-text/>

<b>NUMBER</b>	<b>STEP (Page #)</b>	<b>TRADITION (Page #)</b>
<b>One</b>	22	78
<b>Two</b>	25	79
<b>Three</b>	28	81
<b>Four</b>	31	82
<b>Five</b>	37	84
<b>Six</b>	40	86
<b>Seven</b>	43	87
<b>Eight</b>	45	89
<b>Nine</b>	48	90
<b>Ten</b>	52	92
<b>Eleven</b>	55	94
<b>Twelve</b>	58	95