

L.O.V.E.

~ Friday & Saturday at 10pm Pacific ~

Opening Prayer:

Let us begin the meeting with a moment of silence for those who are still suffering followed by a Twelve-Step prayer selected by the meeting host. First, a moment of silence. [Pause] A list of program approved prayers for this meeting is located at the end of this document.

Readings:

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.

The Twelve Traditions of SAA: (*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. Sex Addicts Anonymous 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. Sex Addicts Anonymous 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.

The format of this meeting varies. We can share on readings, topics, or Daily Sobriety Renewal questions given by the meeting host.

Additional Reading: Daily Meditation from *Answers in the Heart* or *Voices in Recovery*

The daily meditation from Voices in Recovery is available at:

saa-recovery.org/daily-meditation-from-voices-of-recovery/

Closing Prayer

Let us close the meeting with a moment of silence for those who are still suffering followed by a Twelve-Step prayer selected by the meeting host. First, a moment of silence. [Pause] Below is a list of program approved prayers for this meeting:

Prayers

A Vision for You (BB pg. 164)

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 obviously you cannot transmit something you have not 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 to 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.

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. Thy will not mine be done.”

Unity Prayer

I put my hand in yours and together we can do what we could never do alone.

No longer is there a sense of hopelessness.

No longer must we each depend upon our own unsteady willpower.

We are all together now, reaching out our hands for a power and strength greater than ours.

And as we join hands, we find love and understanding beyond our wildest dreams.

First Step Prayer

Dear Lord,
I admit that I am powerless over my addiction.
I admit that my life is unmanageable when I try to control it.
Help me this day to understand
The true meaning of powerlessness.
Remove from me all denial of my addiction.

Second Step Prayer

Heavenly Father,
I know in my heart that only you can restore me to sanity.
I humbly ask that you remove all twisted thought &
Addictive behavior from me this day.
Heal my spirit & restore in me a clear mind.

Third Step Prayer

God,
I offer myself to Thee
To build with me & to do with me as Thou wilt.
Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties,
That victory over them may bear witness
To those I would help of Thy Power,
Thy love & Thy way of life,
May I do Thy will always!

Fourth Step Prayer

Dear God,
It is I who has made my life a mess.
I have done it, but I cannot undo it.
My mistakes are mine &
I will begin a searching & fearless moral inventory.
I will write down my wrongs
But I will also include that which is good.
I pray for the strength to complete the task.

Fifth Step Prayer

Higher Power,
My inventory has shown me who I am,
Yet I ask for Your help
In admitting my wrongs to another person & to You.
Assure me, & be with me, in this Step,
For without this Step I cannot progress in my recovery.
With Your help, I can do this, & I do it.

Sixth Step Prayer

Dear God,
I am ready for Your help
In removing from me the defects of character
Which I now realize are an obstacle to my recovery.
Help me to continue being honest with myself &
Guide me toward spiritual & mental health.

Seventh Step Prayer

My Creator,
I am now willing that you should have all of me, good & bad.
I pray that you now remove from me every single defect of character
Which stands in the way of my usefulness to you & my fellows.
Grant me strength, as I go out from here to do your bidding.

Eighth Step Prayer

Higher Power,
I ask Your help in making my list of all those I have harmed.
I will take responsibility for my mistakes &
Be forgiving to others as You are forgiving to me.
Grant me the willingness to begin my restitution.
This I pray.

Ninth Step Prayer

Higher Power,
I pray for the right attitude to make my amends,
Being ever mindful not to harm others in the process.
I ask for Your guidance in making indirect amends.
Most important, I will continue to make amends
By staying abstinent, helping others &
Growing in spiritual progress.

Tenth Step Prayer

I pray I may continue:
To grow in understanding & effectiveness;
To take daily spot check inventories of myself;
To correct mistakes when I make them;
To take responsibility for my actions;
To be ever aware of my negative &
Self-defeating attitudes & behaviors;
To keep my willfulness in check;
To always remember I need Your help;
To keep love & tolerance of others as my code; &
To continue in daily prayer how I can best serve You,
My Higher Power.

Eleventh Step Prayer

Higher Power, as I understand You,
I pray to keep my connection with You
Open & clear from the confusion of daily life.
Through my prayers & meditation I ask especially for
Freedom from self-will, rationalization, & wishful thinking.
I pray for the guidance of correct thought & positive action.
Your will Higher Power, not mine, be done.

Twelfth Step Prayer

Dear God,
My spiritual awakening continues to unfold.
The help I have received I shall pass on & give to others,
Both in & out of the Fellowship.
For this opportunity I am grateful.
I pray most humbly to continue walking day by day
On the road of spiritual progress.
I pray for the inner strength & wisdom
To practice the principles of this way of life in all I do & say.
I need You, my friends, & the program every hour of every day.
This is a better way to live.

The 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 will 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 insight into our fellows. Self-seeking will slip away.

Our whole attitude and outlook will change.

Fear of people and 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 and sometimes slowly. They will always materialize if we work for them.

Through it all, we encourage you to keep coming back!