

Serenity Saturdays Readings

The Serenity Prayer

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.

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.

The Twelve Steps of Sex Addicts Anonymous

[From Sex Addicts Anonymous, Page 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.

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.

A rectangular piece of light-colored wood is mounted on a wall made of vertical wooden planks. A blue and white twisted string is looped over a nail at the top center of the wood, with the ends passing through two small holes on the top edge of the wood. In the center of the wood, there is a hand-drawn blue cloud-like shape. Inside this shape, the words "Meditation" and "in Progress" are written in a dark, cursive script. "Meditation" is on the top line and "in Progress" is on the bottom line, with "in" being smaller and positioned between the two main words.

Meditation
in Progress

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]

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.

The Twelve Traditions of Sex Addicts Anonymous

[From Sex Addicts Anonymous, 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.