

The Opening

At 6:30PM (MST/Arizona Time) no later than 6:32PM for attendees to join:

Welcome

Hello! My name is _____ and I am a sex addict and your meeting moderator. The LGBT; **Let's Get Better Together** Group of Sex Addicts Anonymous would like to thank everyone for attending this open, LGBT-Welcoming telemeeting. We strive to make this a friendly and safe space for all.

Out of respect for everyone during the meeting we request that all participants mute their microphones when not speaking, and minimize background noise when they are speaking. Those on the phone may use their phone's mute and unmute function. (or use *6 to mute or unmute as part of the Zoom audio-phone functions.)

Opening Daily Meditation Reading

We will open our meeting with today's Daily Meditation from ***Voices of Recovery***. May I ask for a volunteer to read today's meditation? Screen sharer please share the Daily Meditation.

Available at:

<https://saa-recovery.org/daily-meditation-from-voices-of-recovery/>

Thank you _____.

Opening Silent Meditation Time

To help settle, clear, and ground ourselves, we will begin with a three-minute silent meditation. We ask that all participants remain muted throughout this time and avoid distracting movements.

May we have someone volunteer to serve as our Spiritual Timekeeper this evening? Thank you _____. Please begin the 3 minute time tracking. When the time is up, please unmute yourself and let us know the 3 minutes have completed.

Screen Sharer please share the meditation screen.

The meditation begins now.

Thank you spiritual timekeeper, that is the end of our meditation.

Opening Readings

May I have a volunteer to read the **“Twelve Steps of Sex Addicts Anonymous”**.

Thank you _____.

May I have a volunteer to read the **“Twelve Traditions of Sex Addicts Anonymous”**.

Thank you _____.

May I have a volunteer to read **“Our Addiction”**.

Thank you _____.

May I have a volunteer to read **“Defining Abstinence”**

Thank you_____.

Introduction

It is now time for introductions. If you're celebrating any recovery milestones, please share them with us. Such celebrations do not make us better than or less than other members, but they do show that recovery can and will materialize, if we follow the path laid out in the SAA program of recovery. If you're a newcomer, and have never attended an SAA meeting before, or if this is your first time at this meeting, please indicate so. 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 journey. For the safety of all participants, we encourage you to introduce yourself by first name and general location only.

As an example, I'll introduce myself first. Again, my name is _____ and I am a sex addict from _____ (My sobriety date is ___ and I'm celebrating ___ days/months/years of recovery/abstinence).

In an effort to conserve time, I will go around the Zoom screen and use the name showing under the video block to identify each person attending, please unmute and introduce yourself at that time and if you are using a different name, we welcome you to identify yourself as you choose.

If you are unable to speak during the meeting, please use the Zoom Chat to introduce yourself to the group and let us know who you are, where you are from, your milestones of recovery or anything else you would like to share with the group, either the Moderator, Timekeeper, or Screen Sharer can read those for everyone and celebrate you for attending tonight.

Do we have any newcomers here in the program tonight? A newcomer is someone who is new to the program and or working on their first thirty days of sobriety. We ask you to reintroduce yourself not to embarrass you, but to welcome you and acknowledge you for the courage it took to attend.

Reading and Discussion

We will now begin the reading and discussion portion of our meeting, which includes a few commonly agreed **Meeting Boundaries** shared throughout the program.

In this meeting, we don't crosstalk, that is, directly commenting about another person's share. We use "I" statements, rather than "you" statements. Only the moderator (or timekeeper) may interrupt the person speaking. We keep this a safe forum for all participants; we try not to use offensive language or descriptions that are too explicit, and we avoid specific references to where, when, and with whom we have acted out—this includes the names of websites and applications. A meeting is not a place to meet sexual partners, nor is it group therapy. We keep the focus on the solution, rather than the problem.

In this meeting format we read from the books *Voices of Recovery and Tools Of Recovery*. We read either the tools, reading of the day, or readings listed in the topical index such as Step topic readings or Tradition topic readings. If you do not have a physical copy both *Voices of Recovery* and *Tools of Recovery* literature can be found available at www.saa-recovery.org. The Topical Index is found on page 368 in the *Voices of Recovery* book, the PDF online version is 372/383.

[#] Week of the Month - Group Request

This week we are opening for Check-In and Feedback.

As an Introduction here is **Our Purpose** from the SAA Green Book pages 1 and 2.

Our primary purpose is to stop 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 men and women,

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.

Desperation brought us together. We found in each other what we could find nowhere 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.

That is the end of the reading.

We will now continue with the sharing portion of the meeting using the Check-In and Feedback format. Please share how you are feeling tonight, today, or recently. If you would like to share a specific experience, ask for feedback, request a temporary Sponsor, or ask for help when we are struggling or feeling slippery, please state that for the group. Our hope is that this meeting is a model for healthy accountability while supporting our time and progress in sobriety. We ask for help when we need it from the experience, strength, and hope found in the group. Try to keep the "story-telling" to a minimum, so that everyone has an opportunity to share.

When you are finished, if you wish to hear feedback, please say so.

When someone is offering Feedback we ask that the Feedback be limited to 2 minutes and the Check-In be 3 minutes to maintain the focus of the sharing.

1st Week of the Month

Page numbers refer to the physical book, the Topical Index for Steps is found on page 372. The online PDF version adds 5 pages, 377/383.

Available at

<https://saa-recovery.org/literature/voices-recovery-daily-meditation-book/>

This week we are reading from the topical index for the Step of the month. This Month we are on Step __ and will begin with the reading on page ____.
Screen Sharer please bring up the Voices of Recovery text for Step __.
May I have a volunteer to read our reading?
Thank you _____.

After the reading: The floor is now open for sharing. We'll continue sharing until all have had a chance to share, at which point, if there's time, we'll move on to the next reading. After each reading the floor is always open for everyone again to share as each reading inspires and relates to all of us differently. The floor is always open after each reading.

Participants may share about the reading, anything that came to mind during the meditation, or just get current. To ensure that everybody who wishes to share gets a chance to, we will limit all shares to no more than 3 minutes. [I have asked ____ to be our timekeeper.] or [I will be the moderator and timekeeper tonight to support and keep our meeting moving.] When your time is up, they/I will use the "clock" emoji as a visual warning. If requested, or if you are on the phone, they'll/I'll also give a verbal warning by saying "time". You don't have to stop immediately but we ask that you **please wrap up as quickly as you can**. If you have more to share after your designated 3 minutes, please wait until everyone else has had a chance to share or stick around after the meeting for fellowship. If you would like to share, please raise your virtual hand, which can be found under "Reactions". If you are on the phone, use your phone's unmute function or please press *9 for the Zoom meeting audio-phone function.
Who would like to share?

If there are no more shares on this reading, we'll move on to the next reading, which is still on the topic of step of the month on page _____.

May I have a volunteer to read?

After the reading: Thank you. The floor is once again open for sharing.

At 20 minutes after the hour 7:20PM MST - We have time for anyone who has a burning desire to share, and one or two more last shares.

At 25 minutes after the hour 7:25PM MST (Arizona Time):

[Moderator go to “Meeting Fellowship and Sponsorship”]

2nd Week of the Month

This week we are reading from the Tools of Recovery

Screen Sharer please bring up the Tools of Recovery Literature

<https://saa-recovery.org/literature/tools-of-recovery-a-practical-guide-for-new-members-of-saa/>

Will 3 people pick a number between 1 and 41?

Great - we have selected #, #, and #

May I have a volunteer to read the First topic?

May I have a volunteer to read the Second topic?

May I have a volunteer to read the Third topic?

Chosen #	Page #	Topic	Chosen #	Page #	Topic
1	Page 2	The Twelve steps	22	Page 17	Book-Ending
2	Page 3	Sponsorship	23	Page 18	H.A.L.T.
3	Page 4	Attending	24	Page 19	The Three-second

		Meetings			rule
4	Page 5	Literature	25	Page 19	Looking at Consequences
5	Page 5	The Three Circles	26	Page 20	Thinking a Slip all the way through
6	Page 7	Getting Honest about middle circle	27	Page 21	Letting Go of Old ideas
7	Page 8	Using the Telephone	28	Page 21	Rigorous Honesty
8	Page 8	First Step Presentation	29	Page 22	Identify - don't compare
9	Page 9	One Day at a Time	30	Page 23	Progress, not perfection
10	Page 9	Fellowship	31	Page 23	Easy does it
11	Page 10	Friendship	32	Page 24	Live and Let Live
12	Page 10	Changing Old Routines	33	Page 25	Asking Questions
13	Page 11	Living through the Discomfort of Withdrawal	34	Page 25	Feedback
14	Page 12	Prayer	35	Page 26	Outside Resources
15	Page 13	Defining the God of our understanding	36	Page 26	Three Things a day
16	Page 14	Let go and Let God	37	Page 27	Handling Travel
17	Page 15	Meditation	38	Page 28	Being Positive

18	Page 15	Writing - Powerlessness	39	Page 28	Outer-circle activities
19	Page 16	Writing - Fears	40	Page 29	Getting some exercise
20	Page 16	Writing Resentments	41	Page 29	Service
21	Page 17	Writing - Gratitude List			

After the reading: The floor is now open for sharing. We'll continue sharing until all have had a chance to share, at which point, if there's time, we'll move on to the next reading. After each reading the floor is always open for everyone again to share as each reading inspires and relates to all of us differently. The floor is always open after each reading.

Participants may share about the reading, anything that came to mind during the meditation, or just get current. To ensure that everybody who wishes to share gets a chance to, we will limit all shares to no more than 3 minutes. [I have asked ___ to be our timekeeper.] or [I will be the moderator and timekeeper tonight to support and keep our meeting moving.] When your time is up, they/I will use the "clock" emoji as a visual warning. If requested, or if you are on the phone, they'll/I'll also give a verbal warning by saying "time". You don't have to stop immediately but we ask that you **please wrap up as quickly as you can**. If you have more to share after your designated 3 minutes, please wait until everyone else has had a chance to share or stick around after the meeting for fellowship. If you would like to share, please raise your virtual hand, which can be found under "Reactions". If you are on the phone, use your phone's unmute function or please press *9 for the Zoom meeting audio-phone function. Who would like to share?

If there are no more shares on this reading, we'll move on to reading the daily meditation. May I have a volunteer to reread our daily mediation?

After the reading: Thank you, _____. The floor is once again open for sharing. Who would like to share?

At 20 minutes after the hour 7:20PM MST - We have time for anyone who has a burning desire to share, and one or two more last shares.

At 25 minutes after the hour 7:25PM MST (Arizona Time):

[Moderator go to “Meeting Fellowship and Sponsorship”]

3rd Week of the Month

Page numbers refer to the physical book, the Topical Index for Traditions is found on page 372. The online PDF version adds 5 pages, 377/383.

Available at

<https://saa-recovery.org/literature/voices-recovery-daily-meditation-book/>

This week we are reading from the topical index for the Tradition of the month.

This month we are on Tradition ___ and will begin with the reading on page ____.

Screen Sharer please bring up the Voices of Recovery text for Tradition ____.

May I have a volunteer to read our reading?

Thank you _____.

After the reading: The floor is now open for sharing. We'll continue sharing until all have had a chance to share, at which point, if there's time, we'll move on to the next reading. After each reading the floor is always open for everyone again to share as each reading inspires and relates to all of us differently. The floor is always open after each reading.

Participants may share about the reading, anything that came to mind during the meditation, or just get current. To ensure that everybody who wishes to share gets a chance to, we will limit all shares to no more than 3 minutes. [I have asked ____ to be our timekeeper.] or [I will be the moderator and timekeeper tonight to support and keep our meeting moving.] When your time is up, they/I will use the “clock” emoji as a visual warning. If requested, or if you are on the phone, they’ll/I’ll also give a verbal warning by saying “time”. You don’t have to stop immediately but we ask that you **please wrap up as quickly as you can**. If you have more to share after your designated 3 minutes, please wait until everyone else has had a chance to share or stick around after the meeting for fellowship. If you would like to share, please raise your virtual hand, which can be found under “Reactions”. If you are on the phone, use your phone’s unmute function or please press *9 for the Zoom meeting audio-phone function. Who would like to share?

If there are no more shares on this reading, we’ll move on to the next reading, which is still on the topic of tradition of the month on page _____.

May I have a volunteer to read?

After the reading: Thank you. The floor is once again open for sharing.

At 20 minutes after the hour 7:20PM MST - We have time for anyone who has a burning desire to share, and one or two more last shares.

At 25 minutes after the hour 7:25PM MST (Arizona Time):
[Moderator go to “**Meeting Fellowship and Sponsorship**”]

4th Week of the Month

This week we are reading from the topical index.

(Moderator shall pick which option to find our reading)

- A. Will someone please pick a number between 1-31
- B. Will someone please pick a number between 32-62
- C. Will someone please pick a number between 62-92

Great - we chose the topic _____, and we will start our reading on page #
(Moderator may pick 1 of any page given under the selected topic)

Screen Sharer please bring up the Voices of Recovery page #.

May I have a volunteer to read?

Topical Index Topics 1-31

Chosen #	Topic	Chosen #	Topic
1	Abstinence	16	Conflict
2	Acceptance	17	Control
3	Action	18	Courage
4	Aging	19	Creativity
5	Amends	20	Crosstalk
6	Anger	21	Daily reprieve
7	Anonymity	22	Denial
8	Awareness	23	Disease concept
9	Being stuck	24	Emotions
10	Boundaries	25	Entitlement
11	Bubble	26	Envy
12	Character defects	27	Fantasy
13	Collective Wisdom	28	Expectations
14	Compassion	29	Fear

15	Complacency	30	Fellowship
31	Forgiveness		

Topical Index Topics 32-62

Chosen #	Topic	Chosen #	Topic
32	Freedom	48	Internet
33	Friends	49	Intimacy
34	Gentleness	50	Isolation
35	Grace	51	Loneliness
36	Gratitude	52	Love
37	Grief	53	Meditation
38	Group conscious	54	Meetings
39	Growth	55	Middle circle
40	Guilt	56	Mindfulness
41	Healthy risks	57	Newcomers
42	Healthy sexuality	58	Outer of Circle
43	Higher power	59	Outreach
44	Honesty	60	Pain
45	Hope	61	Patience
46	Humility	62	Phone
47	Inner Circle		

Topical Index Topics 63 - 92

Chosen #	Topic	Page #	Topic
63	Powerlessness	78	Service
64	Prayer	79	Sexual Avoidance
65	Priorities	80	Shame
66	Prisoners	81	Sobriety
67	Progress	82	Spirituality
68	Relapse	83	Sponsorship
69	Relationships	84	Steps and Stepwork
70	Resentment	85	Surrender
71	Responsibility	86	Tools
72	Safety	87	Three Circles
73	Sanity	88	Triggers
74	Selfishness	89	Trust
75	Self-love	90	Unity
76	Self-pity	91	Willingness
77	Serenity	92	Withdrawal

After the reading: The floor is now open for sharing. We'll continue sharing until all have had a chance to share, at which point, if there's time, we'll

move on to the next reading. After each reading the floor is always open for everyone again to share as each reading inspires and relates to all of us differently. The floor is always open after each reading.

Participants may share about the reading, anything that came to mind during the meditation, or just get current. To ensure that everybody who wishes to share gets a chance to, we will limit all shares to no more than 3 minutes. [I have asked ___ to be our timekeeper.] or [I will be the moderator and timekeeper tonight to support and keep our meeting moving.] When your time is up, they/I will use the “clock” emoji as a visual warning. If requested, or if you are on the phone, they’ll/I’ll also give a verbal warning by saying “time”. You don’t have to stop immediately but we ask that you **please wrap up as quickly as you can**. If you have more to share after your designated 3 minutes, please wait until everyone else has had a chance to share or stick around after the meeting for fellowship. If you would like to share, please raise your virtual hand, which can be found under “Reactions”. If you are on the phone, use your phone’s unmute function or please press *9 for the Zoom meeting audio-phone function. Who would like to share?

If there are no more shares on this reading, we’ll move on to reading the daily meditation. May I have a volunteer to reread our daily meditation?

After the reading: Thank you. The floor is once again open for sharing.

At 20 minutes after the hour 7:20PM MST - We have time for anyone who has a burning desire to share, and one or two more last shares.

At 25 minutes after the hour 7:25PM MST (Arizona Time):

[Moderator go to “**Meeting Fellowship and Sponsorship**”]

Meeting Fellowship and Sponsorship

We thank everyone for sharing. If you have more to share, please stick around after the meeting to speak with someone.

Service to each other and phone calls are an important part of recovery. In this group we have a position available, and currently open, to serve as Trusted Servant of the Phone List.

The Phone List Trusted Servant makes announcements at this point in the meeting saying something like this:

We have a weekly phone list if you'd like to be added to communicate with other sex addicts in-between meetings. It's a great way to stay sober, keep up with the program and chat recovery.

To be added to the phone list please insert in the zoom chat your name, number, location, share if you are open to being a sponsor or need a sponsor. On that note, sponsoring is another great way we work our program to get and stay sober. If you are in need and ready to start working the steps with a sponsor please raise your hand following the close of the meeting so we can get contact information to connect you with someone. Staying in touch with fellow addicts helps us to move from shame to grace, and is a source of support in times of difficulty.

We are happy you are here!

Do we have any volunteers to serve as moderator or screen sharer for next week's meeting? If you are unsure how to carry out these services or would like to be of service in some way but don't know how, please let us know! We'd be happy to help members expand their service options, for example Trusted Servant of the Phone List, Spiritual Time Keeper, Screen Sharer, Moderator, or other service positions we haven't thought of yet!

This group conducts a business meeting following our regular meeting on a semi-regular basis, and when the group identifies a need for group business to be completed in support of our weekly meeting. All are welcome to attend and share their voice.

[POST this paragraph in the chat]

More information about SAA, including literature for purchase or free online reading, as well as fellowship announcements, are available from the SAA International Service Office at www.saa-recovery.org. In addition, virtual

meeting listings and online events can be found at the SAA Telemeetings Intergroup website, at www.saataalk.info.

[END POST]

As our fellowship is self-supporting through the voluntary contributions of its groups, financial contributions may be made to the service structure at these websites, as well.

If you need to send contributions via postal mail, please stay after the meeting to request the addresses.

Post in chat:

Contributions may be made to:

SAA ISO <https://saa-store.org/7thTradition/> or, in the U.S., text "SAA" to 91999.

Telemeetings Intergroup <http://saataalk.info/us/donate> [Should we just give the top-level web-addresses?]

Are there any other Announcements?

As we come to the end of our meeting, please remember that the assurance of anonymity is essential in our efforts to share our program of recovery with the still-suffering sex addict. Whom you see here, what you hear here, stays here, when you leave here.

[*Pause for: "Hear, hear!"*]

Whatever your problems, there are those among us who have had them too. If you keep an open mind, you will find help. Talk to one another, reason things out, but let there be no gossip or criticism of one another.

Instead, let the understanding, love, and peace of the program grow in you one day at a time.

May I have a volunteer to read **Keep Coming Back**:

Thank you, _____!

Finally, let us close the meeting with the “we” version of the Serenity Prayer. **Moment of silence**

God, grant us the serenity
to accept the things we cannot change,
courage to change the things we can,
and wisdom to know the difference.

Keep coming back,
 It works if you work it
 And we are worth it!

Fellowship

Contribution mailing addresses (updated 11/17/2023)

ISO contributions may be mailed to:

ISO of SAA

PO Box 70949

Houston, TX 77270

USA

Telemeetings Intergroup contributions may be mailed to:

SAA Telemeeting Intergroup

PO Box 62

Windsor, CO 80550

USA