

Script for SAA Saturday Morning Queer Recovery

[Rename Myself, Disable Screen Share, Disable Waiting Room]

[Make People Co-Hosts]

[Moderator Start Screen Share]

OPENING:

Welcome to the Saturday Morning Queer Recovery Meeting for Sex Addicts Anonymous. My name is _____, and I am a recovering sex addict and your moderator for today's meeting. _____ and _____ are also co-chairs for the meeting today.

This meeting is primarily focused on issues unique to queer, lesbian, gay, bisexual, transgender, non-binary and other sexual and gender minority sex addicts. Nevertheless, this meeting is open to anyone, regardless of sexual orientation, gender identity, or gender expression. The only requirement for membership in SAA is a desire to stop addictive sexual behavior.

SERENITY PRAYER:

Following a moment of silence, please help me open this meeting with the Serenity Prayer.

Repeat after me:

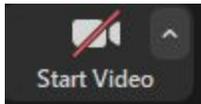
*God grant me the serenity
to accept the things I cannot change,
courage to change the things I can,
and the wisdom to know the difference.*

ZOOM INTRO:

To help keep our meeting safe and connected, we require that participants turn on their video cameras.

[say this if not all videos are on]

If your video is not on, go to the lower left hand corner and hit the icon that looks like a video camera and says "Start Video."



We will remove people from the meeting who do have their video cameras turned on to preserve the well-being of our meetings.

[say this to everyone]

If you do not want to see your own face in the Zoom window, do the following:

1. Right-click your video to display the menu (or hover over your video and click the button with three dots)
2. Choose "Hide Self View"

This will allow you to no longer see the video of yourself while allowing others in the meeting to see the video of you.

Finally, to enable an effective SAA Zoom meeting we ask the following:

- Please be mindful of your location, your attire, and your actions as they will be visible to everyone.
- We recommend not multitasking (such as eating or using your cell phone).
- Members may choose to borrow the applause sign from American Sign Language or the clapping reaction in Zoom as an alternate way of expressing our gratitude after a member shares.
- When you are not speaking, please use Zoom's mute function.

You are **unmuted** when the lower left hand corner of your screen has a microphone icon in it like this:



And you are **muted** when the microphone icon in the lower left hand corner of your screen has a red line through it:



If you forget to mute yourself, the moderator may mute you because of excessive noise or feedback. The moderator will also remove anyone being disruptive or inappropriate, if necessary. Please remember to unmute Zoom when you're ready to share.

I also want to remind everyone to "Rename" themselves to whatever name you like to be called.

READINGS:

May we now have a volunteer read **A MESSAGE OF HOPE?**

A MESSAGE OF HOPE

Sex Addicts Anonymous is a fellowship of people who share their experience, strength, and hope with each other so that they may find freedom from addictive sexual behavior and help others recover from sexual addiction. It is a spiritual program based on the principles and traditions of Alcoholics Anonymous. We are grateful to A.A. for this gift which makes 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 people regardless of gender, sexual orientation, age, race, religion, ethnic background, marital status, or occupation.

Many of our sexual behaviors produced negative consequences. These behaviors are not gender specific, and may cross lines of sexual orientation. In the recent decades of sexual liberation, we may have been encouraged to engage in some activities in order to foster a “Queer Positive” self-esteem. Yet for some of us, these behaviors ultimately backfired and left us discouraged, isolated and demoralized.

For many of us, the spiral of sexual addiction led to what we called “Hitting Rock Bottom.” To Hit Rock Bottom is to reach such a low point – mentally, physically, emotionally and spiritually – that we break through our denial. We now use our sense of surrender in a healthy manner. Previously we surrendered to the destructive addictive sexual behaviors that caused great damage in our lives. Now we start to surrender and become teachable, to a more healthy way of life filled with HOPE, GROWTH and CHANGE.

Pass.

Thank you, _____, may we now have a volunteer read **OUR PROGRAM.**

OUR PROGRAM

Attending SAA meetings starts us on a new way of life. But while the SAA fellowship supports our recovery, the actual work of recovery is described in the Twelve Steps. Meetings are forums for learning how to integrate the steps into our lives. Working the Twelve Steps leads to a spiritual transformation that results in sustainable relief from our addiction. 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 in our lives. They are the foundation of our recovery.

Pass.

Thank you, _____, may we now have a volunteer read THE TWELVE STEPS OF SAA.

THE TWELVE STEPS OF SAA

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. 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.

Pass.

Thank you, _____, may we now have a volunteer read THE ABSTINENCE STATEMENT.

ABSTINENCE STATEMENT

Our primary purpose is to abstain from sexually compulsive behavior, and help others to achieve abstinence. In line with this purpose, we feel that a brief statement regarding the meaning of abstinence is in order.

First, we define abstinence in terms of behavior rather than mental states. We do not focus our efforts upon abstaining from mental lust, but from compulsive behavior. Just as AA focuses on the need to stop the behavior of drinking, and as OA focuses on compulsive eating as the point of abstinence, so SAA focuses on compulsive sexual acting out. The lust of the mind may take years to drain away as one works the twelve steps of recovery; abstinence from the destructive and addictive behaviors, however, can begin today, and is the basic foundation upon which all subsequent personal growth depends. "Progress rather than perfection" is the atmosphere for growth that we seek to promote.

Secondly, abstinence will be different for each member of SAA, depending upon what behaviors are compulsive and lead to pitiful and incomprehensible demoralization. Some addicts can engage in sexual behaviors from which other addicts find they must abstain; in SAA, we leave the choice up to the individual.

Finally, abstinence does not imply the complete elimination of sexuality from the addict's life, whether married, partnered or single; rather, it lays the foundation for learning a new approach to the experience of sex and relationships which is non-compulsive and non-destructive. Such an approach is possible to all who earnestly desire it.

Pass.

Thank you, _____.

[Moderator Stop Screen Share]

TRADITION OF THE MONTH:

I will now read the tradition of the month. This month is _____, which is the ## month of the year, so I will read Tradition ##.

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.

SOBRIETY BIRTHDAYS:

It is now the custom of this group to celebrate Sobriety Birthdays. Is anyone celebrating a Sobriety Birthday and wishes to mark this milestone?

Congratulations! How did you do it?

GENERAL INTRODUCTIONS:

Now we will allow participants to introduce themselves.

You can introduce yourself by stating:

1. Your first name only
2. Your pronouns, such as he/him, she/her, them/them, et cetera.
3. Where you are located
4. One item from your inner circle
5. One item from your outer circle
6. And a brief comment on how you are feeling today

If you are a newcomer and haven't defined your three circles, don't worry. You can just share your first name and how you are feeling today.

I'll go first.

1. My name is _____.
2. My pronouns are _____ (he/she/they/etc.)
3. I am located in _____.
4. One item from my inner circle is _____.
5. One item from my outer circle _____.
6. Today, I feel _____.

I will copy and paste the blue-highlighted text into the chat so you can remember what we're asking you to share.

Who would like to introduce themselves next?

[Moderator or Co-Host Please Copy and Paste the Blue-Highlighted Text into the Zoom Chat]

MEETING FOCUS:

1st Saturday of the Month

Topic: Selected Readings

We have now arrived at the Meeting Focus for the morning. Because today is the 1st Saturday of the month, the focus for today's meeting is...

2nd Saturday of the Month

Topic: Tools of Recovery

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

We have now arrived at the Meeting Focus for the morning. Because today is the 2nd Saturday of the month, today’s meeting will focus on the tools of recovery.

Will 3 people select a number between 1 and 41?

Great - we selected #, #, and #. I will share my screen so we can see the readings.

May I have a volunteer read the first topic?

May I have a volunteer read the second topic?

May I have a volunteer read the third topic?

CHOSEN #	PAGE #	TOPIC
1	Page 2	The Twelve Steps
2	Page 3	Sponsorship
3	Page 4	Attending Meetings
4	Page 5	Literature
5	Page 5	The Three Circles
6	Page 7	Getting Honest about Middle Circle
7	Page 8	Using the Telephone
8	Page 8	First Step Presentation
9	Page 9	One Day at a Time
10	Page 9	Fellowship
11	Page 10	Friendship
12	Page 10	Changing Old Routines
13	Page 11	Living Through the Discomfort of Withdrawal
14	Page 12	Prayer
15	Page 13	Defining the God of Our Understanding
16	Page 14	Let Go and Let God
17	Page 15	Meditation
18	Page 15	Writing - Powerlessness
19	Page 16	Writing - Fears
20	Page 16	Writing - Resentments
21	Page 17	Writing - Gratitude List

CHOSEN #	PAGE #	TOPIC
22	Page 17	Book-Ending
23	Page 18	H.A.L.T.
24	Page 19	The Three-Second Rule
25	Page 19	Looking at Consequences
26	Page 20	Thinking a Slip All the Way Through
27	Page 21	Letting Go of Old Ideas
28	Page 21	Rigorous Honesty
29	Page 22	Identify - Don't Compare
30	Page 23	Progress, Not Perfection
31	Page 23	Easy Does It
32	Page 24	Live and Let Live
33	Page 25	Asking Questions
34	Page 25	Feedback
35	Page 26	Outside Resources
36	Page 26	Three Things A Day
37	Page 27	Handling Travel
38	Page 28	Being Positive
39	Page 28	Outer-Circle Activities
40	Page 29	Getting Some Exercise
41	Page 29	Service

3rd Saturday of the Month

Topic: Speaker Presentation - Either a First Step Presentation or an Experience, Strength, and Hope Presentation.

Today we have a very special meeting presentation. _____ will be providing [a First Step Presentation OR an Experience, Strength, and Hope presentation] about their recovery journey with all of us today.

Because today is a special meeting, we will skip General Introductions so we have enough time to hear _____'s whole story and share our congratulations and reflections with them.

You have up to 30 minutes to share your recovery story with us today. Afterwards, members will be able to share their impression of your recovery journey and congratulate you on your sobriety.

[If applicable, turn over to participant's Sponsor]

_____, you are about to share your recovery and sobriety journey with us. We acknowledge and affirm your courage in giving this talk. And I suspect your talk will provide much hope to many of our fellow addicts today.

Remember, we are here for you! May God grant you serenity. Without further adieu, take it away!

[Assign the Speaker as Co-Host]

[Security → Don't allow people to unmute themselves]

[Participants → "Mute all" at bottom]

[Participants → "Mute participants upon entry" at bottom under the ... button]

[Right click on the Speaker's video and "Spotlight Video"]

Thank you so much, _____, for sharing your recovery journey with us.

The meeting is now open for discussion and sharing. Today, we ask that you do NOT get current. But instead, we ask that you focus and reflect only on what it was like hearing _____'s presentation. We have a responsibility to be loving, caring, and accepting of _____. We will avoid judging and giving advice.

Today's reflections are limited to # minutes. Would someone be willing to be our timekeeper for today's meeting? In this role, we would like you to message the entire chat when time is up. By simply writing "Time" in the chat.

Since there are so many of us here today, please post PUBLICLY in the chat saying that you would like to share, and someone will unmute your microphone and ask you to share. If you do not get a chance to speak, there will be time after the meeting for fellowship, and hopefully _____ can stick around. I will help moderate the meeting. Keeping the aforementioned in mind, _____ will begin.

4th Saturday of the Month ONLY IF there is a 5th Saturday of the Month

Topic: Moderator's Choice

Last Saturday of the Month

Moderator: Robert

Topic: The Step Reading of the Month

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

We have now arrived at the Meeting Focus for the morning. Because today is the 4th Saturday of the month, the focus for today's meeting is the step of the month. Because it is <Month>, the <#> month of the year, we will read the # step.

I will share my screen and can we have volunteers read 1 or 2 paragraphs please? I'll start.

DISCUSSION-SHARING-BOUNDARIES:

The meeting is now open for discussion and sharing. As this is a queer-focused meeting, we would really like to hear your experience, strength and hope as to what recovery is like as an LGBTQ+ sex addict. Let's concentrate on the solution, not the problem.

You may comment on the material that was just read or briefly check-in about how you have been doing recently.

To keep the meeting safe, we do not make direct comments about another person's share nor do we give advice. It is recommended that you speak in "I" statements rather than "you" statements.

Please avoid mentioning the name of a book, movie, treatment center or the like in your share because this can be viewed by some as promotion. It is okay, however, to talk about your own experience with these items.

Please do not interrupt, nor speak while another member is sharing. By group conscience, only the moderator may interrupt a member who is speaking.

Also, today's shares are limited to # minutes. Would someone be willing to be our timekeeper for today's meeting? In this role, we would like you to message the entire chat when time is up. By simply writing "Time" in the chat.

I will help moderate the meeting. Keeping the aforementioned in mind, who would like to begin?

(Begin closing the meeting 5 minutes before the hour.)

7th TRADITION AND LITERATURE:

Well that's all the time we have for discussion today, and thank you everyone for sharing, and thank you to today's timekeeper _____. (For those who didn't get a chance to share but wish to, there is time at the end of this meeting for fellowship where you can share, chat, or ask questions).

Now it's time for the 7th Tradition which states, "Every SAA meeting ought to be fully self supporting, declining outside contributions." SAA is supported through voluntary contributions from members. Because this meeting has no dues or fees, we encourage you to support the SAA International Service Office (ISO).

One of the major services SAA's ISO provides is freely available literature, which can be found at this link: <https://saa-recovery.org/literature/>

The ISO also provides LGBTQ+ specific literature: <https://saa-recovery.org/literature/saa-and-the-lesbian-gay-bisexual-transgender-sex-addict/>

To send your 7th tradition from the U.S., you can text "SAA" to 91999. You will receive a responding text with a link to donate at a secure website. Alternatively, you can donate at <http://igfn.us/form/GDovAg>

In Canada, you can donate at <http://igfn.us/form/foGy5A>

Internationally, you can donate at http://igfn.us/form/Q_2d_g

[Moderator or Co-Host Please Copy and Paste the Blue-Highlighted Text into the Zoom Chat]

SPONSORS:

It's now time to discuss service and sponsorship.

Will all who are willing to help a fellow addict **define their three circles**, please say so in the chat window or raise your hand?

Will all who are willing to **sponsor** a fellow addict, please say so in the chat window or raise your hand?

We encourage you to start looking for a sponsor right away. One suggestion is to find someone who has the recovery you want and ask them if they will help you get it too. We encourage you to reach out to anyone in this room, including people who have not raised their hand today, as they might be able to work with you on a short-term basis as a temporary sponsor. Another suggestion is to announce that you are looking for a sponsor in every meeting you attend, because there may be someone there who would be excited to sponsor you on your recovery journey.

CONTACT INFORMATION:

It's now time to share contact information. If you wish to share contact information, please post your contact information in the chat. Feel free to use phone, WhatsApp, or email, whatever you prefer.

[While we don't want to discourage you from sharing your contact information, we do want to let you know there may be predators who listen for these phone numbers and may contact you and encourage you to act out. However, I doubt that this is happening in today's meeting.

Nevertheless, we strongly encourage you to block such people from calling you again. If you will also let one of the moderators know the name and number of any such person, we can try to prevent them from entering future meetings.]

ANNOUNCEMENTS:

Are there any SAA-related announcements?

ANONYMITY:

As a gentle reminder to all of us, anonymity is the spiritual foundation of all our traditions. What you heard was spoken in confidence and should be treated as confidential. Please keep the things you heard in the confines of your mind. Whatever problems you have, there are those among us who have had them too. If you keep an open mind, you will find help. Let us talk to one another and reason things out; but let us not gossip or criticize each other. Instead let the understanding, love, and peace of the program grow in each of us one day at a time.

[Moderator Start Screen Share]

CLOSING READING:

May I have a volunteer to read OUR CLOSING?

OUR CLOSING

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.

Pass.

[Moderator Stop Screen Share]

Thank you, _____.

CLOSING PRAYER:

Let us close with the Serenity Prayer.

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.*

NEWCOMERS:

It is now time for newcomers to ask questions. We define a newcomer as anyone new to the SAA program or who has less than 30 days of sobriety. Are there any newcomers with questions or comments?

[wait for 10 seconds of silence before moving on]

FELLOWSHIP:

Zoom is now open for fellowship. Thank you everyone for participating today. Please feel free to share your stories, questions, or check in on your recovery.