

BIG BOOK TOPIC WOMEN'S MEETING FORMAT

Originally written 9/1/23. Revised 7/30/2025

Good evening!! Before starting the meeting a note about **Security** and we will review the **ZOOM ROOM Etiquette-**

First, regarding Security- if we have an intruder enter our meeting the Security Host will Suspend All Activities to remove the intruder and then will restart the meeting when it is safe.

Next, our **Zoom Room Etiquette-**

- 1. Please mute your microphone** when a woman is sharing.
- 2. Please use earphones** if there is someone else in your vicinity.
- 3. Think about your actions on camera.** Movements are distracting and can be disruptive or triggering. Please turn off video feed if you need to move around or lie down.
- 4. Dress for a MEETING.** Think “business casual.” To help create a sacred space that protects the sobriety of all recovering women, please wear something that covers your shoulders and chest.
- 5. Think about the background behind you.** Please protect the anonymity and confidentiality of the group members by covering your screen or leaving the meeting if someone enters your space or you leave the room.
- 6. All profile pictures have been disabled by the Security Host for the safety of the meeting.**

7. Video should be on Initially when you enter from the waiting room for a security check by the Security Host. The Security Host may remind you to briefly turn on your video.

“Gallery View” will display everyone in same-size images.

“Speaker View” highlights the speaker in a large center screen

Welcome to the Friday Night Women's 18 years of age or older Big Book Topic Meeting. We are a biological women's meeting with women who live permanently as a woman. My name is _____. I'm a sex addict and your Trusted Servant for this meeting. _____ from _____ is the Security Host for this meeting. To keep anonymity, please change your name to reflect first name, last initial and state you reside in. The Security Host may help with this. To ensure a quiet meeting please mute if you are not speaking. The Security Host may mute you if there is a concern with noise. You may unmute yourself at any time to speak. After entering the waiting room on video for security reasons, you can then choose whether or not you want to be on video. Please help me open this meeting with a moment of silent meditation for the addicts in and out of these rooms who still suffer, followed by the Serenity Prayer.

The God of your understanding...

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

In this meeting, we will be using the AA Big Book. If you do not have a Big Book in front of you, you may access it online at aa.org/bigbookonline.

Would someone please read "What is SAA?" which can be found on the SAA Talk website under our listed meeting name.

What is SAA?

Sex addicts anonymous is a fellowship of men and women who share their experience, strength, and hope with each other so that they may

overcome their sexual addiction and help others recover from sexual addiction. The 3rd tradition of SAA states:

“Membership is open to all who have a desire to stop addictive sexual behavior. There is no other requirement.”

SAA is open to all people regardless of age, race, religion, and gender or sexual preference. Our common goals are to become sexually sober and to help other sex addicts achieve freedom from addictive sexual behavior. SAA is supported through voluntary contributions from members. We are not affiliated with any other 12 step program, nor are we part of any other organization. We do not support, endorse, or oppose outside causes or issues. Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. We are grateful to AA for this gift which makes our recovery possible.

Sex Addicts Anonymous recognizes that people’s needs are different and thus individual recoveries are different. SAA empowers individuals to choose a program that will lead to a self affirming expression of sexuality. The core of our program is the 12 steps...

Would someone please read "How It Works" which can be found in the Big Book on page 58. (Stop after the ABC's.) Please substitute the words "sex addict" and "sex addiction" for "alcoholic" and "alcoholism" in your mind and read the Big Book exactly as written due to copyright laws.

HOW IT WORKS

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with

themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it-then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol...cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power, that One is God. May you find Him now!

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

- 1. We admitted we were powerless over alcohol — 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 Him.**

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 Him 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 Him, praying only for knowledge of His 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 alcoholics, and to practice these principles in all our affairs.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

- (a) That we were alcoholic and could not manage our own lives.
- (b) That probably no human power could have relieved our

alcoholism.

(c) That God could and would if He were sought.

Would someone please read the tradition of the month and the 12th tradition, which can be found on page 77 of the SAA Green Book?

THE TWELVE TRADITIONS

- 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 may be 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.**

Thanks readers!

Now let's celebrate milestones! Does anyone have...

30 days?

60 days?

90 days?

6 months?

9 months?

One year?

18 months?

Multiples of years?

How about 24 hours?

Yay!

(If anyone is celebrating a milestone, ask them to tell us how they did it.)

Now let's go around the room for introductions. Please introduce yourself by your first name only, where you are from, how you're

feeling, and then share your current length of sobriety from your inner circle behaviors. If you are new to SAA or new to this meeting, please let us know so that we may welcome you.

I'm ___ from __. Tonight, I'm feeling ____, ____, and ____. I've been free from my inner circle behaviors for _____. Pass.

(If there are newcomers, invite them to stay on the line for fellowship after the meeting where they can ask questions and get phone numbers.)

In this meeting we stay focused on the solution as presented in the 12 steps and 12 Traditions of SAA. We read from SAA and AA literature. You are invited to share your insight and knowledge regarding the solution as it is presented in the reading. We consider all else to be an outside issue. If you have things to discuss other than the solution, please share them with your sponsor, call one of the women who share their phone number after the meeting, or join us for fellowship where these issues can be brought up. Please be aware that if your share becomes graphic or potentially triggering, you will be interrupted and reminded of our focus on the solution in this meeting. This is not meant to shame or offend anyone. We have simply found that this is best to keep the meeting safe for everyone. Should you be interrupted, please know that we are glad you are here, and you are welcome and encouraged to stay through the meeting. There will be fellowship after the meeting where these things can be discussed.

This is a topic meeting of SAA. We will choose a topic from the AA Big Book and discuss how we may apply it to our recovery from sex addiction.

Please feel free to refer to SAA literature as well as Big Book or other AA literature in your share.

Is there anyone who would like to read a short passage, up to a couple of pages, from the Big Book, that we could use as a topic for our discussion?

(If no one shares a topic, then the Trusted Servant picks a topic to read).

Thanks _____. Now the reading is open for discussion. You may share your own experience, strength, and hope about how this reading applies to your recovery from sex addiction. Please state your first name before you share and say "I pass" after so that we may thank you. Who would like to begin?

(Note to trusted servant:

If a person's share veers off into the problem, please read: "I'm sorry to interrupt, but your share could possibly be triggering to some members. As previously stated, we have found it best to keep the meeting safe for everyone by staying focused on the solution. This interruption is not meant to shame or offend you. If you have anything to add regarding the solution, please do so. Either way, please stick around for fellowship where these things can be discussed.")

(About 5 minutes before the hour...)

Closing: Now it's time for our 7th Tradition which states that "every SAA group ought to be fully self-supporting, declining outside contributions." Information has been placed in the chat regarding how to donate.

SECURITY HOST place this message in Chat- We encourage you to make a donation directly to the ISO office in Houston at www.saa-recovery.org under the CONTRIBUTE tab. Also, in the US you may text SAA to 91999 to donate. You will receive a link to donate securely. The ISO also offers a Lifeline Partners program in which you may commit a set amount

each month. For more information go to the ISO website at saa-recovery.org or call the ISO at 800-477-8191.

It is the group conscience of this meeting that you help us all feel safe. We are a closed women's only Zoom meeting of SAA. In order to access this meeting, new members are required to speak to one of our meeting contacts. Our information can be found at saa-recovery.org. Please do not give out this link to anyone.

Our group conscience meeting is held after the last meeting of the month which is/is not tonight.

Are there any SAA related announcements?

Would someone please read the last 3 paragraphs on page 164 in the Big Book, starting with "Our book...".

Our book is meant to be suggestive only. 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 haven't 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.

Are there any prayer requests?

Please join us in a moment of silence for these prayer requests and for the sex addicts who still suffer, followed by the St. Francis Prayer.

The God of your understanding...

Higher Power, make me an instrument of your peace; where there is hatred, let me sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

Higher Power, grant that I may not so much seek to be consoled, as to console; to be understood, as to understand; to be loved, as to love; for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. Amen.

KEEP COMING BACK!

Now is the time to share phone numbers. Please get a pen and paper. Sharing your phone number is completely voluntary. Please let us know

your first name, where you are from, your phone number, time zone, and whether your phone is private and safe to leave SAA related messages. Please let us know if you are a sponsor. You may also leave your information in the CHAT feature.

*(If it is **NOT** the last Friday of the month:)*

The meeting is now open for fellowship. This is a great time to ask questions. Are there any newcomers with questions?

*(If it **IS** the last Friday of the month:)*

It is now time for the group conscience meeting. Please stay on the line for fellowship after this meeting.

Group Conscience Meeting Format

It is now time for the Group Conscience meeting which will be followed by fellowship. If you are new, please stick around. We'd love to talk to you.

(Note to trusted servant: please review Robert's Rules of Order prior to the Group Conscience meeting. We follow those loosely.)

Welcome to the Big Book Topic Women's Group Conscience meeting. My name is _____ I am a sex addict and your trusted servant for this meeting.

Would someone please read The Twelve Traditions, p. 77 of the SAA Green Book?

In keeping with our traditions, do we have any old business to discuss?

Do we have any new business to discuss?

This meeting is in need of 3 service positions. One Trusted Servant- 60

days sobriety suggested. 2 Security Hosts, one main Security Host and one back-up – 30 days sobriety, having a sponsor, and trained on our security functions. Training will be provided if you are interested in serving in this capacity. Are there any volunteers willing to do this service for the next month?

Is there any other new business?

(Note to Trusted Servant: Should a meeting format change occur, please make necessary changes to the format and email the new format to Nancy F, who has the username and password needed to post the newly revised format to www.saataalk.info)

Please help me close this meeting with the Serenity Prayer.

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

As we go into fellowship, just a gentle reminder that although fellowship is not a meeting, as such, it is still suggested that we follow the principles set forth in the traditions during this time. This is a great time to ask questions. Feel free to leave at any time. Are there any newcomers with questions?

Added to script 3/21/25 but not to be read at meeting/added to description on SAA Talk per group conscience:

We are a biological women's meeting with women who live permanently as a woman. The meeting contact will screen all potential women to the meeting by speaking to each woman on the phone and asking these questions? Are you a biological woman? Do you live permanently as a woman? Are you 18 years of age or older? Do you identify as a sex addict

and want help for it? Ask them to explain. This is a closed meeting voted on by group conscience to be for biological women who live permanently as a woman, 18 years of age or older, who identify as a sex addict and want help. We can help you find other meetings if this meeting is not right for you. Thank you.