

Hello, and welcome! This is a closed, women only telemeeting of Sex Addicts Anonymous for women 18 years and older. My name is _____. I am a sex addict and your trusted servant for this meeting.

Please join me in a moment of silence for the addicts in and out of these rooms who still suffer, followed by 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.*

Would someone please read Our Program found on page 20-22 of the SAA green book?

The tradition of the month is _____.

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 non-professional, 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.

Is there anyone at this meeting for the first time? If so, please state your first name only and where you are from, so we may welcome you.

Welcome, everyone!

Now is the time we celebrate milestones in sobriety. Is anyone celebrating 30 days? 60 days? 90 days? 6 months? 9 months? 1 year? 18 months? Multiples of years? How about 24 hours?

Now let's go around for introductions. You may share your first name, where you are from, how you are feeling, and your current length of sobriety from inner circle behaviors.

My name is _____ and I am from _____. I feel _____. I have _____ of sobriety.

In regards to literature: At this meeting, we use any SAA approved literature, the big book of AA, the AA 12 steps and 12 traditions, and Answers in the Heart. All of the SAA literature can be read online at saa-recovery.org. The AA big book and the 12 and 12 can be read online at www.aa.org.

Regarding sponsorship: We, as a group, believe that completing step work with a sponsor is an integral part of gaining and maintaining sexual sobriety. If you do not have a sponsor, or have questions about what a sponsor is, please talk to someone after the meeting.

Regarding phone numbers: The phone can be an important tool during recovery. Everyone is encouraged to get phone numbers of individuals to use as part of a support system. Please be sensitive when using the phone and understand that sharing your phone number is completely voluntary.

Introduction

SAA's message is that freedom from sexual addiction is possible through working the 12 steps of SAA. SAA has no opinion on other programs or outside issues. In this meeting, we delve into how to speak our thoughts, feelings, and desires for "establishing and sticking to healthy boundaries in our relationships" (SAA green book pg 64). We respect that each group is autonomous except in matters affecting other groups or SAA as a whole.

Safety guidelines for sharing

Anonymity and mutual respect of boundaries are essential to providing a healing experience to each of us. Most of us have had great difficulty establishing our boundaries, assertiveness, and personal space. We are sensitive to crosstalk. Our purpose is not to give advice or try to fix one another, but rather to create a safe environment where we can

share experience, strength, and hope. We have found that:

1. It is OK to feel.
2. It is OK to make mistakes.
3. It is OK not to agree with others, but it is important for us to act and speak respectfully. As we do this, we value the group and the people in it.

We will now read from _____ on page ____
(note to trusted servant: readings may be chosen from the following: any SAA-approved literature, the big book of AA, the AA 12 and 12, or Answers in the Heart).

Now the meeting is open for discussion on what was just read or on how the program is working in your life. Please keep in mind the safety guidelines. Who would like to begin?

It's now time for our 7th tradition, which states that "every SAA group ought to be fully self-supporting, declining outside contributions." We have no dues or fees, but our International Service Organization (ISO) does have expenses. For contributions and to obtain SAA literature, contact ISO of SAA, P.O. Box 70949, Houston, TX 77270 or by phone: 1-800-477-8191 or via the internet: www.saa-recovery.org.

Phone number and passcode:

We are a closed, women-only telemeeting of SAA. Our number and passcode are now published on the website.

Business meetings are held on the third Tuesday of the month after the regular meeting. (Note to Trusted Servant: Encourage women to stay on the line on this day.)

Are there any SAA-related announcements?

Would someone like to read The Twelve Promises found on pages 83 and 84 of Alcoholics Anonymous?

The Twelve Promises

If we are painstaking about this phase of our development, we will be amazed before we are halfway thru. 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. 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 interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life 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, sometimes slowly. They will always materialize if we work for them.

In closing, please help us move from shame to grace and join us in the “We” version of The Serenity Prayer:

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

Keep coming back!

It's now time to exchange phone numbers. Since the telephone number for this meeting is published on the website, please bear in mind your privacy needs before sharing your number. Please state your time zone and whether your voicemail is private or shared.

My name is _____ from _____. My number is _____.

The phone line is now open for Fellowship. Please state your name before you share and say “I pass” after, so we may thank you. Are there any newcomers with questions?

3rd Tuesday Business Meeting

Let's start this business 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.*

May we have someone to take minutes for this meeting?

May we hear who is present today?

Our guiding principle is Tradition 2 "For our group purpose there is but one authority—a loving God as expressed in our group conscience. Our leaders are but trusted servants, they do not govern." The green book says, "As we listen to one another while drawing on our relationship to a loving God for guidance, an understanding of how to solve the issue according to spiritual principles begins to arise within the group. We call this group conscience." Please keep in mind that "group conscience is not the same as unanimity, consensus, majority vote, or compromise."

Do we have minutes from last month? (If so, read and adopt minutes)

Is there any old business to discuss?

Is there any new business to discuss?

Help me close the 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.

The phone line is now open for fellowship.