

Thursday “One-Morning-at-a-Time” Meeting for Sex Addicts Anonymous Online (Zoom) *Script*

CHAIRPERSON'S AGENDA Updated Jan 29 2026

(Begin the meeting promptly at 8:00 a.m. US EST.)

WELCOME

Good day, and welcome to the Thursday “*One-Morning-at-a-Time*” Meeting of Sex Addicts Anonymous. My name is [_____], and I am serving as your Moderator today. This is a closed meeting for sex addicts and individuals desiring their own sexual sobriety.

Zoom Etiquette

This meeting is a sacred space. We honor ourselves and each other by showing up as fully as possible. To protect the anonymity of everyone in the meeting we ask that you have your video turned on unless you're in an environment that would be distracting to others, have to move around, or have a bad connection.

Additionally, We avoid multitasking or potentially triggering behaviors. We keep ourselves muted unless we are actively sharing, to prevent background noise, and we join this space from environments where only we can hear the audio and only we can see the video.

If you are new to SAA or have never been to this meeting, please unmute and introduce yourself by your first name so that we may welcome you.

(Name) Is our dashboard operator today if they do not recognize you as a regular participant, they will be reaching out to you to ensure you are here for the right reasons.

Let us begin the meeting with a moment of silence and 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. Amen.***

THE READINGS

(Moderator ask): "Is there a volunteer to read "The SAA Preamble?"

The SAA Preamble:

SAA is a fellowship of men and women who share their experience, strength, and hope with each other, that they may solve their common problem and help others to recover from their sexual addiction. Membership is open to all who share a desire to stop addictive sexual behavior. There is no other requirement.

Our common goals are to become sexually healthy and to help other sex addicts achieve freedom from compulsive sexual behavior. SAA meetings are supported through voluntary contributions from members.

We are not affiliated with any other twelve-step programs, nor are we a part of any other organization. We do not support, endorse, or oppose outside causes or issues.

SAA 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. Pass.

(Moderator ask): "Is there a volunteer to read "The 12 Steps of Sex Addicts Anonymous?"

The 12 Steps of Sex Addicts Anonymous:

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

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.

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 understanding of sexual addiction and our personal adventures before and after make clear three pertinent ideas:

- a. That we were sexually addicted and could not manage our own lives.
- b. That probably no human power could have relieved our addictive behavior.
- c. That God could and would if God were sought. Pass.

(Moderator ask): "Is there a volunteer to read "The Meeting Statement of Purpose?"

The Meeting Statement of Purpose:

We understand recovery to be abstinence from all sexually addictive behaviors coupled with on-going spiritual growth. With the support of the group, each addict develops his or her own program around these two principles:

1. We support each other in abstinence by helping each member to:

- Identify a list of all sexually addictive behaviors.
- Establish boundaries that deter acting out and safeguard abstinence.
- Maintain and refine those boundaries.

2. We support each other in spiritual growth by helping each member to:

- Do on-going work on the 12 steps of SAA.
- Stay in an active sponsorship relationship.
- Develop and carry out a daily recovery plan.

Abstinence is not a requirement for group membership. However, we have learned that unless we hold it up as a goal and hold each other accountable to work for it, the "cunning, baffling and powerful" nature of our addiction will lead us to believe that it is not necessary to our recovery.

We have also learned that it is necessary to respect each other as sexual beings; therefore, we take the time to identify what behaviors are sexually healthy for us.

Finally, our experience has taught us that by abstaining from all sexually addictive behaviors and working for spiritual growth, new opportunities open to us for healing in our sexuality and our whole lives.

Through working the spiritual program of the 12 steps in this way, we have found that we are being led by our Higher Power to freedom from sexual compulsion to a healthy sexuality and true serenity. Pass.

Moderator: (Please end 'screen sharing' at this time.)

INTRODUCTION OF NEW MEMBERS

*(Moderator: Read the next section only IF THERE ARE NEW MEMBERS today. Otherwise, continue reading at the double asterisks ** below.)*

To give our newcomer(s) a flavor of the journeys of established members, we will invite one experienced member to give a brief share of what brought them to SAA and their

experience since joining. We will incorporate this into the “sharing” portion of the meeting, coming shortly. We would ask to keep these shares to five minutes, or less.

For anyone who is willing to support those who are struggling, or willing to help with obtaining a temporary or long term sponsor, please remain after for fellowship. You can also contact the ISO directly at info@iso.com to request help to find a sponsor, or for program literature.

BIRTHDAYS

In this program, we take time to recognize those who have reached milestones in their recovery. ([Pause after each for recognition and applaud each.](#))

Is anyone celebrating 30 days? (Pause.) 60 days? (Pause.) 90 days? (Pause.) 6 months? (Pause.) 9 months? (Pause.) 12 months? (Pause.) 18 months? (Pause.) Is there anyone who is celebrating multiple years of sobriety?

This group wants you to know that there is hope in recovery. If you have more than 6 months of recovery time, please raise your hand. ([Applaud.](#))

7th Tradition Collection

We are self-sufficient in keeping the 7th Tradition which states that ‘every SAA group ought to be fully self-supporting, declining outside contributions.’ You can donate via PayPal or Zelle by using the link posted in the chat:

(Moderator: **Do not read this section.** The dashboard operator will post it in the Zoom chat. Continue with Trusted Servant reports.)

(Dashboard operator - post the following in Zoom Chat:)

If you want to donate directly to this “*Thursday One Morning at a Time Meeting*” fund, please use any of the following recipients:

Paypal | @RecoveryBrent

Zelle| 847-502-8387 (Matthew B)

([End here.](#))

TRUSTED SERVANT REPORTS

Is there a Secretary report? A Treasurer report? Are there any other announcements?

We encourage everyone to review the link posted in the chat and ask you to consider service by signing up to be script moderator. You simply need to access the script in the link and read. Thank you for considering to offer service to keep our meeting running.

(Moderator: **Do not read this section.** The dashboard operator will post it in the Zoom chat.)

“We are currently seeking volunteers from those who have attended this meeting before to serve in two important roles for our upcoming meetings: **script servants** and **dashboard operators**.

Script Servants are responsible for opening the script linked in the chat and reading it during the meeting.

Dashboard Operators help keep the meeting safe and welcoming by reaching out via chat to attendees they don't recognize, welcoming them, and confirming they acknowledge the message to ensure they are present for the right reasons.

Your willingness to serve helps support a safe, organized, and welcoming meeting environment. Thank you for your consideration and service.

”

(By Group Conscience, First Step Presentations will be allowed in this meeting on the 3rd Thursday of the month.)

Is there a scheduled First Step Presentation? (IF not, scroll down to “Spiritual Time-keeper” section.

(If there is a First Step scheduled, we will not break out into smaller groups at the end for check-ins, there simply will not be enough time to do so. If there's no presentation, skip down to finding a spiritual time-keeper for the meeting.)

FIRST STEP PRESENTATION

Today there is a special day, because (name) will be presenting their First Step to us. I would like to hand the meeting over to (name's) sponsor: (sponsor's name). (Only if sponsor is in attendance. If the sponsor is not here, the moderator will continue... the sponsor may say a few words about the presenter if they choose, and/or they can read the following script as an introduction.)

(Sponsor or Moderator to read:) (Name), you are about to share with us your ‘First Step’. We acknowledge and affirm your courage in taking this step.

We want to clarify some things about this experience. The primary purpose for giving this formal ‘First Step’ presentation is to aid both the speaker as well as the members

present in recovery. It is not done to please the group, or to gain status. There is no right or wrong way to give a 'First Step'. Any effort made is legitimate.

(Name), we encourage you to be specific about your behaviors and to speak from your heart so that both you, and us, will be in touch with the pain and reality of your addiction. Try not to bury yourself in shame. Let us hear you, not your addict, speaking.

For the members witnessing this presentation: We have a responsibility: to be loving, caring, and accepting during (name's) presentation. We avoid judging, giving advice, or taking care of (name). We request that no one interrupt (name) during their presentation.

Remember, (name), we are here for you! You have the floor. Please go ahead with your share.

FEEDBACK/AFFIRMATION

[Moderator/or sponsor: Upon completion ask the presenter:] (Name) are you open to feedback, affirmation, or comments? (Pause.) The floor is now open to anyone who would like to give (name) some feedback for their First Step share. (If they don't want feedback, move into the sharing/check-in portion of the meeting.)

(Once all comments/feedback are complete, wrap up the meeting by preparing the presenter with what to expect over the next few days.)

(Moderator/or sponsor: Ask the presenter:) How are feeling right now?

(The sponsor or moderator may choose to briefly share their thoughts on how they personally felt after their own First Step share, or any other First Step presentations they've attended.)

After a formal First Step presentation it is very common to feel a variety of emotions during the rest of the day, or possibly even days, or weeks after sharing. Experiencing the highs and lows of emotion is a very expected and common reaction.

It is recommended that you do a nurturing/soothing activity from your Outer Circle for about 10-15 minutes later today to bring yourself back to emotional balance if need be, including making a few calls for outreach to stay connected to your fellows.

Are there any members here today who would like to offer their phone numbers to (name) for outreach and support?

[Moderator: Once all feedback/affirmation has been completed, go to wrapping up the meeting, skip down to CLOSING.]

SPIRITUAL TIME-KEEPER

Who would like to volunteer to be our spiritual time-keeper today? Thank you (name). When the sharing time has reached 3-minutes, please call "time." If you are the one sharing, please acknowledge that you've heard the time-keeper, then try to wrap up your share within 15-30 seconds.

[Moderator: Only read "Mini First Step Share" if there is an SAA newcomer to the meeting. Otherwise, skip to "Topic"]

"MINI FIRST STEP" SHARE

As we have newcomers to the meeting, we would like to invite one experienced member to give a "mini first step" share. The purpose of this is to give our new fellow a sense of what brought other people here, and the difference that SAA has made to their lives. After the "mini first steps" we will proceed to the topic of the day. Who would like to tell us, briefly, about their journey?

[Moderator: If the mini first step shares are finished before 08:45, then proceed to "Topic". If not, skip "Topic" and proceed to "Check-In"]

TOPIC:

Does anyone have a topic for discussion? (Wait for someone to volunteer a topic.)

You can share on the topic, or simply get current if you wish. After everyone has shared once, or if there is an extended period of silence, you may share again if you wish. At 8:45 a.m. we will break into smaller groups, where we can 'get current," or do a "check-in." At 8:57 a.m., we will all be brought back to the main session to end the meeting.

When sharing in this meeting we use the word "I" instead of "you" when talking about our recovery. We do not interrupt or give advice. We address our sharing to the whole group, not to one or more individuals. We try not to use offensive language or descriptions that are too explicit. Our focus remains on the solution rather than the problem.

Who would like to begin sharing?

[We will skip check-in if there is a First Step Presentation and move to closing the meeting.]

CHECK-IN (at 8:45 a.m.)

Thank you all for your shares this morning. We will now break into separate virtual rooms of smaller groups for individual check-in's. In your check-in state your name, your

addiction, sobriety date and how your recovery has progressed this week. Please respect the same speaking rules mentioned earlier and allow equal time for all to speak. When check-in time has ended, the moderator will bring everyone back to this main room, so we can close the meeting together. In a few moments click the “join” button to enter the room.

END OF BREAK-OUT SESSION

Welcome back everyone!

CLOSING

As a reminder, please use the sign up link posted in the chat earlier to read the script or be a dashboard operator.

We will now open the Zoom chat, so please feel free to post your contact information for fellowship and outreach.

Remember, this is a closed meeting for sex addicts. What you hear here, who you see here, when you leave here, leave it here! (Unmute if you wish and say as a group:) (Here, here!)

(Moderator: read “This month’s Tradition and The Promises”)

This month's Tradition is:

1. **JAN.** Our common welfare should come first; personal recovery depends upon SAA unity.
2. **FEB.** 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. **MAR.** The only requirement for SAA membership is a desire to stop addictive sexual behavior.
4. **APR.** Each group should be autonomous except in matters affecting other groups or SAA as a whole.
5. **MAY.** Each group has but one primary purpose — to carry its message to the sex addict who still suffers.
6. **JUNE.** 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. **JULY.** Every SAA group ought to be fully self-supporting, declining outside

contributions.

8. **AUG.** Sex Addicts Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

9. **SEPT.** SAA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

10. **OCT.** Sex Addicts Anonymous has no opinion on outside issues; hence the SAA name ought never be drawn into public controversy.

11. **NOV.** 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. **DEC.** Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The Promises:

1. If we are painstaking about this phase of our development, we will be amazed before we are halfway through.

2. We are going to know a new freedom and a new happiness.

3. We will not regret the past nor wish to shut the door on it.

4. We will comprehend the word serenity and we will know peace.

5. No matter how far down the scale we have gone, we will see how our experience can benefit others.

6. That feeling of uselessness and self-pity will disappear.

7. We will lose interest in selfish things and gain interest in our fellows.

8. Self-seeking will slip away.

9. Our whole attitude and outlook upon life will change.

10. Fear of people and of economic insecurity will leave us.

11. We will intuitively know how to handle situations which used to baffle us.

12. We will suddenly realize that God is doing for us what we could not do for ourselves

Are these extravagant promises?

(Unmute if you wish and say together as a GROUP): **“We think not!”**

They are being fulfilled among us — sometimes quickly, sometimes slowly. They will always materialize if we work for them.

(Moderator: read the following)

Please join me in a moment of silence for those who still suffer, and then we will close the meeting with the WE and US version of the **Serenity Prayer**...

[The prayer together]

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 works, if you work it,
So work it because you're worth it.**