

SAA Asia Skype Meeting

Meeting Guide

Welcome

Welcome to the Asia Monday Evening Computer Meeting of Sex Addicts Anonymous. My name is _____ and I am a sex addict and your trusted servant. This is a closed meeting for people with a desire to stop addictive sexual behavior. To reduce any back ground noise, when you are not speaking, please press the "Mute" button on your open Skype window.

You may find the written format for this meeting at www.saataalk.info. Click on "Find a Meeting" and then click on "Asia Telemeeting" where you will be able to download the script.

Moment and Silence and Serenity Prayer

May we have a moment of silence for those suffering in and out of these rooms, followed by the Serenity Prayer.

For those who wish:

"God, grant me the serenity to accept the things that I cannot change,
Courage to change the things I can, and the
Wisdom to know the difference."

Introduction from the SAA Green Book

We are sex addicts. Our addiction nearly destroyed our lives, but we found freedom through the recovery program of Sex Addicts Anonymous. In the fellowship of SAA, we discovered that we are not alone and that meeting regularly together to share experience, strength and hope gives us the choice to live a new life.

Our addictive sexual behavior was causing pain - to ourselves, our friends, and our loved ones. Our lives were out of control. We may have wanted to quit, making promises and many attempts to stop; yet we repeatedly failed to do so. For each of us, there came a moment of crisis. When we finally reached out for help, we found recovery through the program of SAA.

We have found, through long and painful experience, that we are unable to achieve recovery from sexual addiction through our own efforts. Our program is based on the belief, confirmed by our experience, that a Power greater than ourselves can accomplish for us what we could not do alone. By surrendering our addiction to a Higher Power, we receive the gift of recovery, one day at a time.

Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. Although we are not affiliated with AA or any other organization, we are deeply grateful to AA for making our recovery possible. Our primary purpose is to stop our addictive sexual behavior and to help others recover from sexual addiction. Membership is open to all who have a desire to stop addictive sexual behavior. There is no other requirement. Our fellowship is open to women and men, 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.

Abstinence Statement

Our goal when entering the SAA Program is abstinence from one or more specific sexual behaviors. But unlike programs for recovering alcoholics or drug addicts, Sex Addicts Anonymous does not have a universal definition of abstinence.

Most of us have no desire to stop being sexual altogether. It is not sex in and of itself that causes us problems, but the addiction to certain sexual behaviors. In SAA we will be better able to determine what behavior is addictive and what is healthy. However, the fellowship does not dictate to its members what is and isn't addictive sexual behavior. Instead we have found that it is necessary for each member to define his or her own abstinence.

Introductions and New Comers

It is now time for General Introduction. If you are comfortable doing so, please indicate your First Name and from where you are calling from. If you are a newcomer, please feel free to identify yourself as such so that we may welcome you. If you have a desire to recommit to sobriety, please let us know so that we may acknowledge you. Being acknowledged indicates that you have a desire to stop addictive sexual behavior for good and all.

Sobriety Birthdays

We would like to recognize those who have reached certain milestones in their pursuit of sobriety. Sobriety is described as time away from our Inner Circle. Does anyone wish to share a sobriety birthday?

THE 12 STEPS OF SEX ADDICTS ANONYMOUS

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. 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.

THE TWELVE TRADITIONS OF SEX ADDICTS ANONYMOUS (Tradition of the Month)

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.

Readings

At this meeting, we read from a variety of literature. These include the SAA Green Book, Hope and Recovery and Answers in the Heart. We also read from the AA Big Book and the 12 and 12. Would anyone like to suggest a reading for tonight?

Sharing

Thanks to all of those who helped with the reading. The meeting is now open for sharing. You can share about the reading or just get current. To keep the meeting safe, we do not make direct comments about another person's share or give advice. ***Please avoid mentioning the specific name of a Book, Movie, Treatment Center or the like,*** in your share because this can be viewed by some as ***“promotion”***. It is ok, however, to talk about your experiences with these items. It is also safe to speak in ***“I” statements***, as opposed to ***“you” statements***. Feel free to share more specific information after the Serenity Prayer when Fellowship begins. It is appropriate to reference the reading.

We will reserve some time for Questions and Answers at the end of the meeting. Please consider others and allow them to have enough time to share. I will help moderate. Who would like to begin?

Anonymity

As a gentle reminder for 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 here in the confines of your mind. Carry no gossip and always remember to ***place principles before personalities***.

The Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. 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 and 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.

Seventh Tradition

Our Seventh Tradition states that "every group ought to be fully self-supporting, declining outside contributions." 12-step meetings around the world normally pass a basket at this time to receive donations that are used to support recovery. Because this activity is not possible in our tele-meeting, we encourage you to make a donation directly to the SAA Telemeeting Intergroup. The Intergroup supports all of the telemeetings, and all excess funds are sent to the SAA ISO office. You can make a donation at either www.saatalk.info or www.saa-recovery.org and click "Donate". There are several payment methods to choose from.

Announcements

Are there any SAA related announcements?

Being of Service

In order to keep this meeting active, volunteers are needed to do both the Skype hosting and to chair the meeting. Anyone with a desire to stop addictive sexual behavior is welcome to be of service in this meeting. It is recommended that one person do the Skype hosting while another chairs the meeting, but it is possible to do both at the same time. Would anyone want to volunteer for either of these service positions for the next meeting or beyond?

Closing

I would like to thank all of the participants tonight and would like to close this meeting with the Serenity Prayer:

“God, grant me the serenity to accept the things that I cannot change,
Courage to change the things I can, and the
Wisdom to know the difference.”