

# **Friday Global Skype Meeting of Sex Addicts Anonymous**

This script can be downloaded from [http://saatalk.info/us/meetings/meeting?xmeeting\[id\]=9](http://saatalk.info/us/meetings/meeting?xmeeting[id]=9)

The meeting is registered with the UK Intergruop & the Telemeeting Intergruop with the following details:

- **Meeting type:** Closed, Mixed, Skype, Topic- Focus:
  - **First week** - Step reading of the month
  - **Second week** – Main Share / Presentation / Recovery Story Reading
  - **Third week** - Tools of the programme
  - **Fourth week** - Reading of the day
  - **Fifth week** - Any of the above or other recovery focus
- **Time:** Friday 21:00 - 22:10 (approx) UK time
- **Registered with ISO:**
- **Email Contact :** Andy (Friday.global.webcall@gmail.com)

## **A note for Secretaries:**

Each group should be autonomous except in matters affecting other groups or S.A.A. as a whole. Within this constraint the structure and content of this script can be changed at any time by a Group Conscience Meeting given two weeks' notice.

Date	Revision History & Group conscience summary
08/04/2016	Script revised & Formatted.  Sharing on week 3 tools of the programme amended to be within Group sharing.  1 <sup>st</sup> Step presentations removed  Week 1 Step readings revised to Month + 6.
30/10/2020  6/11/2020	Script revised
7/26/2024	Added Prompts for Chat Secretary to paste items in chat  Updated formatting to be consistent for non-spoken guidance to Secretary  Updated Opening call for volunteer  Updated Group Business removed passage about email address and password  Updated General Sharing guidance for time

## **1 Agenda**

Apart from a prompt start and finish, times listed are approximate guidelines only:

-0:10 Secretary connects to welcome early attendees

-0:05 Secretary asks for volunteers to read.

- The Problem
- 12 Steps
- The Promises

+0:00 (prompt) Opening Serenity Prayer

+0:01 Opening

+0:02 Introduction

+0:04 The 12 Steps  
+0:06 The 12 Traditions  
+0:08 Silence  
+0:09 Group Introductions  
+0:10 Group Business (including Welcome to Newcomers)  
+0:15 The Focus - Step 1 or other presentation, or Step or other reading  
+0:25 General Sharing (omit for Step 1 presentations)  
+0:56 The Promises  
+0:58 Closing  
+1:00 (prompt) Close for Chat, or Group Conscience  
+1:05 Opening a Group Conscience (if scheduled)  
+1:10 Group Conscience discussion (if scheduled)  
+1:45 (prompt) Closing a Group Conscience (if scheduled)

## **2 Opening Serenity Prayer (+0:00 prompt)**

**Secretary:** Please will you help me open the meeting with the Serenity Prayer, using the word 'God' as you do or do not understand it:

**Chat Secretary:** [Paste OPENING PRAYER into the Chat](#)

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

## **3 Opening (about +0:01)**

**Secretary:** Welcome! This is the Friday Global Skype Meeting of Sex Addicts Anonymous.

S.A.A. is a fellowship of men and women who share our experience, strength and hope with each other so that we may stop our addictive sexual behaviour and help others to recover from sexual addiction and dependency.

Membership is open to all who share a desire to stop our addictive sexual behaviour and are willing to try to follow this simple programme. The programme is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous, but we are not affiliated with A.A. or any other organisation or agency. We are not aligned with any religion, sect or denomination. Our only connection with the organisation that operates this service is that of a user of meeting space.

This group is self-supporting from the voluntary contributions of our members. We receive no outside donations. There are no fees or dues. Members pay their own telephone charges. You are free to contribute to our work as you see fit.

This is not a place to meet sexual partners, nor is it group therapy. We try to listen respectfully to what others have to say and to share our own experience as it seems appropriate. We do not give advice. Literature, including approved pamphlets and the Sex Addicts Anonymous Green Book, is available from [saa-store.org](http://saa-store.org) - you can ask me for contact details after the meeting closes.

Anonymity is a cornerstone of the Twelve Step Programme. We use only our first names. Whatever our status or position outside of this group is not an issue here. Our common bond is our desire to stop our addictive sexual behaviour and to live sexually healthy lives. Whatever you hear in this space, let it stay here when you leave. We hope you will join in sharing the collective experience, strength and hope that is ours when we work the programme and trust our higher power to deliver the promises. If you are new or having a trying time, remember that others of us have been there too.  
Keep coming back! It works!

## **4 Our addiction**

*(page 3 paragraph 1-2 and page 2 paragraph 2 of SAA green book)*

**Secretary:** Please may i have a volunteer to read Our Addiction - which has been pasted into the chat:

**Chat Secretary:** [Paste OUR ADDICTION into the Chat](#)

**Volunteer:** "Our Addiction"

Before coming to Sex Addicts Anonymous, many of us never knew that our problem had a name. All we knew was that we couldn't control our sexual behaviour. For us, sex was a consuming way of life. Although the details of our stories were different, our problem was the same. We were addicted to sexual behaviours that we returned to over and over, despite the consequences.

Sex addiction is a disease affecting the mind, body and spirit. It is progressive with the behaviour and its consequences usually becoming more severe over time. We experience it as a compulsion, which is an urge that is stronger than our will to resist, and as obsession, which is a mental preoccupation with sexual behaviour and fantasies. In SAA, we have come to call our addictive sexual behaviour "acting out".

In our groups there is a collective wisdom that has been handed down over the years. We learn new solutions to old problems. Central to these are the Twelve Steps, a spiritual program of recovery. Following these steps leads to freedom from addictive sexual behaviours and to the healing of our minds, bodies, spirits, relationships and sexuality.

## **5 The 12 Steps (volunteer, about +0:04)** *(page 20 SAA green book)*

**Secretary:** Please may I have a volunteer to read "The 12 steps of Sex Addicts Anonymous"?

**Chat Secretary:** [Paste TWELVE STEPS into the Chat](#)

**Volunteer:** "The 12 steps of Sex Addicts Anonymous"

1. We admitted we were powerless over addictive sexual behaviour - 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 fearless and searching 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 all 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 all 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 a result of these steps, we tried to carry this message to other sex addicts and to practise these principles in all areas of our lives.

## **6 The 12 Traditions (volunteer, about +0:06)** *(page 77 SAA green book)*

**Secretary:** I will now read this month's Tradition

*(read the Tradition for the current month e.g. Tradition 1 for January, 7 for July)*

The Twelve Traditions of Sex Addicts Anonymous:

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 may be expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership in S.A.A. is a desire to stop addictive sexual behaviour.
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 addict who still suffers.
6. Our fellowship ought never to endorse, finance, or lend its name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Each group ought to be fully self-supporting, declining outside contributions.

8. Sex Addicts Anonymous should remain forever non-professional, but our service centres may employ special workers.
9. S.A.A. as such, ought never be organised; 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 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.

## **7 Silence (about +0:08)**

**Secretary:** Please can we have a few moments of silence in which to reflect on why we are here and to think of the still suffering addict. Please ensure that you mute your microphones at this time. The silence will last for 20-30 seconds.

*Sufficient silence for reflection and thinking - usually about 20 - 30 seconds.*

**Secretary:** Thank you.

## **8 Group Introductions (about +0:09)**

**Secretary:** We now come to Group Introductions in which we each introduce ourselves by our first name only, our location if we wish and how we're feeling. Starting with the secretary each member in turn introduces themselves and the rest of the group responds by greeting them by their first name. This style of introduction and group greeting is used every time a member speaks during the meeting, except when reading.

*\*If there are 10 or more in the meeting, the secretary may decide to truncate group introductions to name and location.*

## **9 A Letter To Newcomers (about + 0:10, only if newcomers are present – PASTE INTO CHAT)**

**Secretary:** Since this is (name(s)) first meeting I will read the letter to newcomers:

Newcomers introduction from SAA group guide: We would like to welcome you to our meeting. We know the courage it takes walking into these rooms for the first time. All of us in this room were in your shoes at one time. After we have finished our opening and beginning readings, we will open up the meeting for sharing. This is a time when you may share your thoughts or feelings on the topic, the reading, or whatever else is on your mind. We avoid cross-talk or interruptions when another person is sharing. We also do not offer advice or criticism. Stick around and talk to one of us after the meeting if you have any questions. We recommend that you come to at least six meetings before you decide whether SAA has anything to offer you. You will find that each meeting is a little bit different. It is our sincerest hope that you find what you are looking for.

In addition to attending meetings and talking with others we suggest you read our primary text 'Sex Addicts Anonymous' and the S.A.A. pamphlets available via Intergroup (particularly 'The Bubble', 'The 3 Circles' and 'Tools of Recovery').

We are happy that you are here, for it is the newcomer that keeps S.A.A. alive and well. We encourage you to take it ONE DAY AT A TIME, BE GENTLE WITH YOURSELF, and KEEP COMING BACK.

## **10 Group Business (about +0:10)**

**Secretary:** We now come to Group Business. If anyone has any business to bring before the group this is the time to do it.

Any member may introduce themselves again and bring business notices or queries before the meeting. Simple decisions may be decided by consensus within Group Business but more complex or important decisions must be deferred by consensus to a Group Conscience Meeting, which must take place with at least one week's notice immediately after a normal meeting.

*Allow a few seconds to pass in case anyone has group business to introduce.*

**Secretary:** If there is no further group business...

## **11 The Focus (about +0:15)**

**Secretary:** We come to the focus for this week's meeting.

*A focus can be pre-arranged with the volunteer acting as focus co-ordinator, but by default the following types of focus are used each week of the month:*

- **First week** - Step reading of the month  
The step that is six months away from that i.e.  
January = step 7, February = step 8, March = step 9  
April = Step 10, May = step 11, June = step 12,  
July = step 1, August = Step 2, September = Step 3  
October = step 4, November = step 5, December Step 6
- **Second week** – Main Share / Presentation / Recovery Story Reading  
A presentation on a related topic by a volunteer, usually as arranged earlier by or with the focus co-ordinator.
- **Third week** - Tools of the programme - See 'Tools of the programme' overleaf
- **Fourth week** - Reading of the day - A reading from any suitable literature especially the Sex Addicts Anonymous book, the SAA newsletter 'The Outer Circle', or the daily reading from 'Voices of Recovery' (<https://saa-recovery.org/literature/voices-recovery-daily-meditation-book/>).
- **Fifth week** - Any of the above or other recovery focus (e.g. recorded shares)

### **Week three Focus – “Tools of the Programme”**

**Secretary:** The Tools of the Programme. I will read aloud a non-exhaustive list of some tools which others have found useful. Members will then be invited to share for three to five minutes on their use of these or any other tools:

- Anonymity and Confidentiality
- Abstinence
- Boundaries
- Sponsorship
- Affirmations
- Literature
- Meetings
- Contracts
- Phone Lists
- Gratitude
- Traditions
- Journaling
- Service
- Humour
- Prayer
- Exercise
- Meditation
- Honesty
- Slogans
- Boundaries around sex between group members.

- The Twelve Steps

**Secretary:** Members are invited to share for up to 3-5 minutes\* on their use of these or any other tools. The meeting is now OPEN.

*\*If there are more than 10 members, give members a maximum of 3 minutes to share on the tools*

## **12 General Sharing (about +0:25)**

**Secretary:** We now come to General Sharing.

Please be aware of the time, so that all members may get a chance to share on the focus of today's meeting. Try, if you can, to keep your sharing to three minutes.

We encourage members to share their experience, strength and hope. Please share as you see fit - whatever problems you have had, there are those among us who have had them too. Please however, in your use of language, be sensitive to the safety of others. Please, also, avoid naming specific places, publications, broadcasts or services. We do not have to check in if we don't want to.

We each need to be aware of the time, so that every member of the group has time to share. If you wish to talk through anything that came up during the meeting, please stay around afterwards for fellowship. The time is now *<time>* and General Sharing will finish at 10.00pm London time\*. Should you need to leave at the advertised time, please share first.

Please introduce yourself if you wish to share. The meeting is now open.

*By 9.45 – remind newcomers that they are welcome to share*

\*If there are more than 10 members, general sharing can be extended to 10.05pm London time (at the discretion of the secretary).

## **13 The Seventh Tradition (about +1:00)**

**Secretary:** We now come to the Seventh Tradition.

May I remind everyone of the Seventh Tradition, that is, that every S.A.A. group ought to be fully self-supporting, declining outside contributions.

Members pay their own telephone charges. If you can afford to give a little extra, then donations to the SAA Telemeeting Intergroup will help all of us in our recovery. You can donate at <https://saatalk.info/en/donate>

**Chat Secretary:** [Paste 7TH TRADITION into the Chat](#)

## **14 The Promises (volunteer, about +1:01)** *(AA big book Page 83)*

**Secretary:** May I have a volunteer to read the 9th Step Promises.

**Chat Secretary:** [Paste THE PROMISES into the Chat](#)

**Volunteer:** 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 experiences 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 of economic insecurity will leave us.  
We will intuitively know how to handle situations which used to baffle us.  
We will suddenly realise that God is doing for us what we could not do for ourselves.  
Are these extravagant promises?

**All at will:** We think not.

**Volunteer:** They are being fulfilled among us: sometimes quickly, sometimes slowly. They will always materialise if we work for them.

## **16 Closing (about +1:02)**

**Secretary:** In closing, the opinions expressed here tonight were strictly those of the person who gave them. Take what you like and leave the rest. The things that you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind. Remember that anonymity is a core tradition on which the programme depends.

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 criticise each other. Instead let the understanding, love and peace of the programme grow in each of us one day at a time. For anyone who wants to share their number or would like another member's number, or anyone seeking a sponsor or available to sponsor, please indicate so in the text box, so you can connect in fellowship.

Will you join me in the closing serenity prayer, standing and holding hands metaphorically if you wish, using the word God as you understand it.

**Chat Secretary:** [Paste CLOSING PRAYER into the Chat](#)

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

Keep coming back, it works if you work it, so work it you're worth it!

## **17 Opening a Group Conscience (about +1:06 if scheduled)**

**Secretary:** Welcome! This is the Group Conscience of the Friday Global Skype Meeting of Sex Addicts Anonymous. A Group Conscience is a special decision-making meeting for the group to consider an issue that it is felt requires more time than could be given during the regular meeting. This Group Conscience was called to consider [describe briefly the reason for the Group Conscience]

Decisions are normally by unanimous agreement, but many meetings also agree to conform to a majority vote if necessary. We have scheduled a maximum of 45 minutes for this Group Conscience. If we have not reached an agreement by after 45 minutes we can schedule another Group Conscience. In any case I will summarise any decisions and progress made and record them in the meeting notes.

## **18 Group Conscience discussion (about +1:10 if scheduled)**

**Secretary:** The Group Conscience is open for discussion. Please introduce your contributions by your first name and any short description that might be appropriate.

## **19 Closing a Group Conscience (by +1:45 if scheduled)**

**Secretary:**

This Group Conscience has decided

[briefly describe the group decision]

**or:** Unfortunately the group has indicated that this question needs more time but the time scheduled for this Group Conscience is up. Any member may call for another Group Conscience if further discussion is required. We must close now but we have made the following progress [briefly describe progress made]

**in any case:**

The summary of the meeting, decisions reached and outstanding issues shall be listed in the revisions section of this scripts and the new scripts uploaded to Meeting website on [www.saa-recovery.org.uk](http://www.saa-recovery.org.uk)

In closing:

The opinions expressed here tonight were strictly those of the person who gave them. Take what you like and leave the rest.

The things that you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind. Remember that anonymity is a core tradition on which the programme depends.

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 criticise each other. Instead let the understanding, love and peace of the programme grow in each of us one day at a time.

Will you join me in the closing serenity prayer, standing and holding hands if you wish, using the word God as you understand it.

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

**All at will:** Keep coming back, it works if you work it - so work it, you're worth it!



## **20 Text to Paste in the Chat**

### **OPENING PRAYER**

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

### **OUR ADDICTION**

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Before coming to Sex Addicts Anonymous, many of us never knew that our problem had a name. All we knew was that we couldn't control our sexual behaviour. For us, sex was a consuming way of life. Although the details of our stories were different, our problem was the same. We were addicted to sexual behaviours that we returned to over and over, despite the consequences.

Sex addiction is a disease affecting the mind, body and spirit. It is progressive with the behaviour and its consequences usually becoming more severe over time. We experience it as a compulsion, which is an urge that is stronger than our will to resist, and as obsession, which is a mental preoccupation with sexual behaviour and fantasies. In SAA, we have come to call our addictive sexual behaviour "acting out".

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### **TWELVE STEPS**

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1. We admitted we were powerless over addictive sexual behaviour - 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 fearless and searching 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 all 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 all 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 a result of these steps, we tried to carry this message to other sex addicts and to practise these principles in all areas of our lives.

## 7TH TRADITION

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<http://saatalk.info/en/donate>

## THE PROMISES

=====

Volunteer: 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 experiences 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 of economic insecurity will leave us.

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

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

Are these extravagant promises?

All at will: We think not.

Volunteer: They are being fulfilled among us: sometimes quickly, sometimes slowly. They will always materialise if we work for them.

## CLOSING PRAYER

=====

All at will: God, grant me the serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference.

All at will: Keep coming back, it works if you work it - so work it, you're worth it!