

SUNDAY MEN'S HOPE & RECOVERY TELEMEEETING • SCRIPT

(Last Revised 07/01/2023)

****Notes for moderators are highlighted in BLUE, italicized, and in brackets. Do not read aloud****

VOLUNTEERS

THE OPENING

Green Book, Introduction, pages 1-2, 1st, 3rd, 5th (first two sentences) & 7th paragraph

OUR PROGRAM

Green Book, Chapter 3, pages 20-21, paragraph before/after the 12 steps

THE TWELVE STEPS

Green Book, Chapter, 3 pages 20-21

THE OTTAWA PROMISES or THE STEP TWELVE GIFTS *[Reader's choice]*

Green Book, Chapter 3, pages 60-61, two paragraphs

WELCOME

Welcome to the Hope and Recovery Telemeeting of Sex Addicts Anonymous. This is an open men's only meeting. We welcome any man who would like to learn about sex addiction and 12 step recovery.

My name is _____ from _____. I am a _____ recovering sex addict and your moderator for today's meeting.

As a reminder today is the ***[1st, 2nd, 3rd, 4th, 5th]*** Sunday of the month, and today we will be _____.
[Announce the Reading, Topic, or Presentation for the meeting]

SERENITY PRAYER

Let's begin the meeting by taking 15 seconds of silence to remember why we are here and to remember those who are still suffering, followed by the **Serenity Prayer**: *[Pause]*

GOD, GRANT ME THE SERENITY *[Pause]*

TO ACCEPT THE THINGS I CANNOT CHANGE, *[Pause]*

THE COURAGE TO CHANGE THE THINGS I CAN, *[Pause]*

AND THE WISDOM TO KNOW THE DIFFERENCE

COMMUNICATIONS

As a courtesy to everyone on the line, please help us all to hear each other by muting our phones when we are not speaking, reading or sharing. To mute your phone, press **star-six** (or the mute button on your phone). When you are ready to share, press **star-six** again to unmute (or the mute button on your phone). Thank you!

READINGS

_____, can you please read **THE OPENING**

_____, can you please read the first part of **OUR PROGRAM**

_____, would you please read **THE TWELVE STEPS**

_____, can you please read the second part of **OUR PROGRAM**

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WELCOME NEWCOMERS

For any newcomers on the line, there will be a time for you to ask questions and request phone numbers right after the close of this meeting. We know it takes courage to attend your first SAA meeting. If you want to stop compulsive sexual behavior, you are in the right place.

INTRODUCTIONS

It's now time for introductions. In this meeting we go geographically from east to west. Please use your first name and geographic location only, and if you wish, you may let us know if you're celebrating any milestone in your recovery.

I'll begin. My name is _____ from _____, and I am a _____ recovering sex addict.

[My sobriety date is _____.] **[OPTIONAL]**

[IF FIRST STEP or SPEAKER MEETING → ONLY NEWCOMERS introduce themselves]:

*Today, since we have a **FIRST STEP / SPEAKER** presentation, we are limiting introductions to **NEWCOMERS ONLY**.*

If you are a newcomer to SAA, please let us know so that we may welcome you at this time. Everyone please remember to mute your line again after introducing yourself. Now, who else would like to introduce themselves?

[Allow for everyone to introduce themselves and welcome each one. If newcomers, encourage them to stay after the closing for fellowship to ask questions and get contact numbers]

Welcome everyone!

TOPICS OR PRESENTATION

[FIRST STEP or SPEAKER MEETINGS may be pre-arranged for any week. If a FIRST STEP or SPEAKER is scheduled, go to FIRST STEP or SPEAKER meeting section and follow directions for return to regular script.]

[Depending on which WEEK of the month it is, read one of the following]

[1st Sunday • STEP MEETING]

This week we'll read the **STEP** of the month from the SAA Green Book. This month is **STEP** _____ which starts on page _____. I'll begin by reading 2 paragraphs, then others can read 2 paragraphs each until we finish.

[2nd Sunday • TRADITION MEETING]

This week we'll read the **TRADITION** of the month from the SAA Green Book. This month is **TRADITION** _____ which starts on page _____. I'll begin by reading 2 paragraphs, then others can read 2 paragraphs each until we finish.

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[3rd Sunday • MEDITATIONS or FIRST STEP or SPEAKER PRESENTATION]

This week we will read one or two readings from **Answers in the Heart** or **Voices of Recovery**. Is there anyone who would like to read a selection? *[The moderator should have two pre-selected readings as a backup]*

[4th Sunday • OPEN TOPICS or LITERATURE • Moderator's Choice]

The fourth meeting of the month the moderator may choose either:

- **[Open Topics]**
This meeting we will choose up to 2 topics related to sex addiction or recovery. A reading from conference approved literature, or a personal share, can accompany the topic. Is there anyone who would like to suggest a topic for today? *[The moderator should have one or two pre-selected topics as a backup]*
- **[Program Literature]**
Moderator may choose an article from **The Outer Circle Newsletter** (including back issues), the chapter from the SAA Green Book on **"Tools of Recovery"** (page 62), or other **program literature** from the SAA website such as the booklet on **Tools of Recovery**.

[5th Sunday • OPEN TOPICS]

Same as **[Open Topics]** above for **4th Sunday**. *[The moderator should have two pre-selected readings as a backup]*

SHARING

It's now time for sharing, but before we begin, is there anyone who has joined the meeting late and would like to briefly introduce themselves by name and location only? *[Pause for late-comers]*

The purpose of this meeting is to support us in the twelve steps of SAA, it is not group therapy or treatment of any kind. Please try to keep your focus on recovery. To make this a safe experience for all of us, here are some boundaries for sharing:

- We do not engage in cross-talk, which is directly responding to the shares of other members. Also, we don't give advice. We share our own experience, strength and hope.
- We speak in **"I"** statements, as opposed to **"You"** statements.
- By group conscience, only the moderator may interrupt a member who is speaking.
- Please refrain from mentioning specific "acting out" language, materials or locations, as this can be triggering to others.
- Please avoid mentioning the name of a book, movie, treatment center, author, website, or the like, in your share, as this can be viewed by some as promotion. It is OK, however, to talk about your experiences with these items. Feel free to share more specific information after the close of the meeting during fellowship.
- When responding to someone's share, please respond with a simple "Thanks for sharing" (or along those lines) as a sign of respect for all who share. This is to acknowledge that all shares are important.
- Please be mindful of the amount of time you share, so that others may also have a chance to share. Try to keep your shares to 2.5 minutes or less *[2 minutes for groups over 30 callers]*. Would someone like to volunteer to be our time keeper for today? _____. When the time is up, the timekeeper will simply say the word **"time"**. Please acknowledge that you heard this, and feel free to finish your thoughts in under 30 seconds so that others may have a chance to share.
- As a gentle reminder, please keep your phones muted when you're not speaking or sharing. Press **star-six** to mute and when you are ready to share press **star-six** again to unmute.

The meeting is now open for sharing. You can share on today's topic(s), or you can do a general check-in. Please remember to mute your line again after sharing. Who would like to begin?

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CONCLUSION

[Moderator: begin closing the meeting at 5-10 minutes before the end of the hour]

That's all the time we have for sharing today. Thanks to everyone who shared. If you didn't get a chance to share, please stay and talk with us during fellowship.

12th TRADITION

As a gentle reminder for all of us, **anonymity** is the spiritual foundation of all our Traditions. What you heard here was spoken in confidence and should be treated as confidential. Please keep the things you heard here in the confines of your mind, and always remember to place principles before personalities.

7th TRADITION

Now is the time for the 7th Tradition, which states that "every group ought to be fully self-supporting, declining outside contributions." Please help to support this and other telemeetings at saatalk.info. Follow the link marked "**Donate**" to make a donation electronically or by mail. Please remember that the web service operates on voluntary contributions of SAA members.

Another opportunity to donate is at saa-recovery.org, the main SAA site supporting SAA meetings worldwide. At the top of the page select the "**Contribute**" button to explore a variety of donor opportunities. Alternatively, use the new **Text-to-Donate** option. It's very easy to use on your mobile phone by just sending a text message to the number **91999** with the message "**SAA**". Just click on the secure web link in the response text and follow the directions to donate. There are a variety of resources to support your recovery at both websites.

ANNOUNCEMENTS

I encourage all of you to go to saatalk.info and click on the meeting you plan to attend. There you can download the readings and moderator script for most meetings including this one.

If you would like to present your first step, or have worked the steps and would like to share your story, please contact us at HopeRecoverySAA@gmail.com. We offer the **3rd week of each month** for first step presentations or guest speakers. If we have more than one person in a month who wishes to share a presentation, we can be flexible.

Moderating a meeting is a great way to be of service. We have an easy to follow moderator's script, as well as a moderator's web console to access necessary functions. If you would like to volunteer to help moderate this meeting please contact us by email at HopeRecoverySAA@gmail.com, or let us know after the close of the meeting.

Are there any other SAA-related announcements? *[Pause]*

[ONLY on Last Sunday of the Month] Since today is the ***last Sunday of the month***, there will be a business meeting immediately following the regular meeting. For this meeting to be a healthy place for recovery, we need your voice in our group conscience, so let your voice be heard!

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OTTAWA PROMISES • STEP TWELVE GIFTS

*[The volunteer may choose either the **Ottawa Promises** or **Step Twelve Gifts** from the Readings Document]*

The **Ottawa Promises** and **Step Twelve Gifts** have been inspired by our own experiences of recovery and by messages of hope from our fellowship. Would _____ please read either the **Ottawa Promises** or **Step Twelve Gifts** from our readings document?

THANKS

Thank you for allowing me to be of service today.

Thanks to those who helped with the readings and topics: *[List Names: _____]*

Thanks to everyone who shared and attended this meeting. It is your presence and participation that keeps this fellowship strong making this a critical part of our recovery journey.

SERENITY PRAYER

Let's end the meeting with the "WE /US" version of the **Serenity Prayer**: *[Pause]*

GOD, GRANT US THE SERENITY *[Pause]*
TO ACCEPT THE THINGS WE CANNOT CHANGE, *[Pause]*
THE COURAGE TO CHANGE THE THINGS WE CAN, *[Pause]*
AND THE WISDOM TO KNOW THE DIFFERENCE

Please keep coming back. It works if you work it and you're worth it!

I want to wish you all a serene and sober week. That concludes our meeting.

FELLOWSHIP

*[If today's meeting includes the business meeting, postpone reading the fellowship notice until after the business meeting. Proceed to the **BUSINESS MEETING** section]*

Now is the time for fellowship. The phone line will stay open as long as there are people on the line. You are also welcome to leave at any time.

We usually reserve the first few minutes for newcomers to ask questions and get phone numbers. A newcomer is someone in their first 30 days of meeting attendance. Are there any questions? Is there anyone seeking contact information or other SAA related information?

After that all are welcome to check in, get current, or exchange phone numbers. Please let us know if you have special instructions on how to contact you or are open to being a sponsor.

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BUSINESS MEETING

[Instructions: The GSR or Secretary usually takes notes for the business meeting, but it is fine to assign another person who is a regular moderator to be the secretary for the meeting.]

[Please see the Business Meeting folder in the Google Docs for this meeting]

[Offer Newcomers Assistance before starting]

Before we begin our Business Meeting, we usually reserve the first few minutes for newcomers to ask questions. Are there any newcomer questions or requests for phone numbers to receive support? **[Allow questions and answers, about 5 minutes]**

[Begin Business Meeting]

Welcome to the business meeting for the Hope & Recovery Mens' Open Telemeeting. My name is ____ from ____, I'm a sex addict and your moderator for the business meeting.

[Check Web Console for # of participants] We now have a total of ____ participants in the meeting, which is an adequate / inadequate number for us to be considered an effective group conscience.

[Twelve Traditions]

Would someone please volunteer to read **The Twelve Traditions of SAA**. These can be found either in our **Readings** document or on page 77 of the SAA Green Book? **[Pause]**

Moderating a meeting is a good way to do service. We have an easy to follow moderator's script, as well as a moderator's web console to access necessary functions. We will provide training on how to use the conference system and always try to have a backup moderator for assistance, if needed. A moderator should have at least 30 days of sobriety, be working with an SAA sponsor, and have access to the Internet during the meetings. Would anyone like to volunteer to join this meeting as a moderator?

[IMPORTANT: Make arrangements for a mentor from the current moderators to train in use of the script and the web console.]

OLD BUSINESS:

Would the Meeting Secretary read any Old Business:

For this topic, do we have any further discussion?

If motion to vote, then ask for votes in FAVOR or AGAINST.

NEW BUSINESS:

Does anyone on the call have any new business to discuss?

If motion to vote, then ask for votes in FAVOR or AGAINST.

[Close Business Meeting]

That concludes our Business Meeting. Thanks to all who attended.

Let's close the meeting with the "**WE /US**" version of the Serenity Prayer.

[Pause, repeat the SERENITY PRAYER, then go to FELLOWSHIP]

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FIRST STEP PRESENTATION

[Max of two per month by group conscience]

[Guidelines: *This should be arranged by the person in advance with a moderator and announced a week prior. The presenter must have worked this step with a sponsor. Moderator needs to know in advance about how much time is needed and whether the presenter wants feedback.]*

Today, **(Name)** from **(State)** has arranged to present his/her/their first step to our group. First step meetings can present a person's life events in a more detailed way than usual in this meeting. This is because of the need to tear down the walls of denial, secrecy, and shame in a safe place with fellow addicts who support and do not judge. If you are feeling triggered, here are some things you can do: put down the phone and say the Serenity Prayer several times, call your sponsor or seek support from someone afterwards. The SAA Green Book in chapter 3 says: *"In taking the First Step, we admit that our addiction is destroying us, and that we are unable to stop it. We surrender, raise the white flag, and accept that the battle is over. The principle behind this admission is honesty. For many of us, the first crack in our denial comes with hitting bottom, and the despair of facing an unbearable situation. The next breakthrough occurs when we are honest enough to take the First Step, acknowledging that we are powerless over the behavior that brought us to this point and that our lives are in shambles. We make this admission without excuses or rationalizations. With the First Step we stop lying to ourselves... Sharing our story in a group can bring up intense feelings. We feel very vulnerable. But it can also help break the bonds of shame and isolation, deepen the process of healing, and increase our commitment to recovery... Experiencing the common bond of our powerlessness promotes the healing of every member."*

(Name) has asked for about ____ minutes to present this First Step to our group **[20-25 min max]**. After the presentation, **He/She/They** would **(like/not like)** feedback during shares and for the remainder of our meeting.

(Name), we are here to listen and support you as fellow addicts in recovery. You now have our attention.

[First Step presentation. Do not interrupt. In the extremely unlikely event that a presentation exceeds the meeting time (5 minutes before the close), arrangements will be made to continue at a later meeting date.]

[Moderator go to CLOSING at 5 minutes before the end of the hour]

[If feedback NOT requested]

Thank you, **(Name)**, for sharing this with us today. We know it took great courage to take this step. You are not alone in your recovery. **(Name)** has requested **NO FEEDBACK** at this time, the remainder of our meeting is open to general sharing or check-in. Do not direct your comments to **(Name)** at this time, as that would be considered crosstalk. **[Go to SHARING AND BOUNDARIES section above]**

[If feedback WAS requested → Use this instead of the SHARING AND BOUNDARIES section]

Thank you, **(Name)**, for sharing this with us today. We know it took great courage to take this step. You are not alone in your recovery. **(Name)** is **OPEN TO FEEDBACK** in the time remaining, but here are some guidelines:

- Please do not ask questions of **(Name)**, you may do so during fellowship after the close, or in a private later.
- Please keep your response positive, free of any judgment or advice. Your feedback may relate to your own program's experience, strength, and hope. General check-ins may be done after the meeting during fellowship, or if the moderator opens sharing up for it. **[Feedback slows and there is time]**
- Please limit your shares to about 2.5 minutes so that others may express themselves.

[Go to 12th TRADITION section above]

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SPEAKER MEETING

[Guidelines]

Speakers are to be arranged in advance.

Speaker Meeting requirements:

- SAA member
- Working the steps with a sponsor
- 30+ days of sobriety
- SAA 12-step recovery topic
- 20-25 minutes max

(Name) from (State) has been in SAA for ____ years and has graciously arranged to speak with us today on the topic of _____ for about ____ minutes. [20-25 min max]

After (Name) has finished, we will open the meeting up for sharing.

After the presentation, He/She/They would (LIKE / NOT LIKE) feedback during shares and for the remainder of our meeting.

(Name), thank you for preparing this subject for us. You have our full attention.

[Speaker takes over...]

[After speaker is done, return to **SHARING AND BOUNDARIES** section above]

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STEPS & TRADITIONS PAGE NUMBERS

SAA Green Book, (Online Version)

<https://saa-recovery.org/literature/sex-addicts-anonymous-green-book-saas-basic-text/>

NUMBER	STEP (Page #)	TRADITION (Page #)
One	22	78
Two	25	79
Three	28	81
Four	31	82
Five	37	84
Six	40	86
Seven	43	87
Eight	45	89
Nine	48	90
Ten	52	92
Eleven	55	94
Twelve	58	95