

We Are Priceless May 2021

An SAA meeting for recovering former or present sex workers* and their allies.

*For the purposes of this group, we define “sex worker” as someone who has traded sexual behavior of any kind for money, goods, or notoriety for any amount of time – even once.

Sundays at 1 pm US Pacific/2 pm US Mountain/3 pm US Central/4 pm US Eastern.

Thursdays at 6 pm US Pacific/7 pm US Mountain/8 pm US Central/9 pm US Eastern.

Group Conscience requests that interested persons email saa.xsw@gmail.com to schedule an interview.

INTRODUCTION

Welcome to **We Are Priceless**, an SAA meeting for anyone who has previously worked in the sex industry, as well as carefully selected, supportive allies. As former sex workers, we share our experience, strength and hope with each other for the purpose of finding freedom from addictive sexual behavior and helping others recover from sex addiction and intimacy avoidance. Our program is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous, though we are not affiliated with AA or any other organization.

We value stepping into serenity and recovery by leaving our former lifestyle and supporting each other. We practice honesty, openness, and willingness... and we trust in the experience, strength, and hope of the fellowship that we will benefit as others have before us. (Sex Addicts Anonymous, page 63)

May we have a moment of silence for those who are still suffering from sex addiction, followed by the Serenity Prayer?

(All together):

Higher Power/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.

Thank you.

ZOOM VIDEO ETIQUETTE

Everyone is free to choose whether or not to use the camera. We do encourage group members to consider using video for this meeting. What may have been used in unhealthy ways in our past can be reclaimed by connecting with others in recovery.

The microphones on our devices are sensitive and can pick up and magnify noise. To help keep the virtual room quiet so that everyone can hear, we offer a gentle reminder to everyone to please mute their microphones when not sharing. The mute microphone button is usually in the lower left-hand corner of the ZOOM window.

Sometimes the meeting moderator may eliminate background noise by muting participants. This is to help maintain the safety and flow of the meeting and is not meant to be offensive. Participants can easily unmute themselves when they would like to share. (For phone-in participants, muting and unmuting happens by pressing *6.)

IF NEWCOMERS PRESENT: ADDITIONAL ZOOM VIDEO ETIQUETTE

As a gentle reminder, please dress and behave as if this were an in-person meeting and be sensitive and aware of what is on your camera. Potentially triggering or distracting movements, clothing, or backgrounds should be avoided.

We request that all meeting participants please wear a shirt which covers their chest and shoulders. Please sit in a chair rather than lying down on a couch or in a bed.

Please make sure there are no substances shown on camera, such as alcohol bottles, smoking, etc. Please also make sure there is no vaping on camera as this could trigger people with other addictions.

ANNOUNCEMENTS

Are there any SAA-related announcements?

SEVENTH TRADITION:

"Every SAA group ought to be fully self-supporting, declining outside contributions." We encourage you to make donations to support our meetings by visiting saatalk.info and clicking "donate" or by calling 713-869-4902 (or 1-800-477-8191)

FORMAT

In this meeting, we typically share a reading & topic, followed by a period of sharing. On occasion we may have a speaker, or a 1st Step presentation. If you would like to bring a reading & topic, be a speaker, or share your 1st Step, more direction will be given at the end of the meeting.

Who will read the Meeting Preamble?

MEETING PREAMBLE

Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. Our primary purpose is to stop our addictive sexual behavior, and to help others recover from sexual addiction. We find a new way of living through the SAA program, and carry our message to others seeking recovery. (Introduction, Sex Addicts Anonymous)

Thanks, _____. Who will read the abstinence statement?

ABSTINENCE

For many of us, 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. Since different addicts suffer from different behaviors, and since our sexuality is experienced in so many different ways, it is necessary that SAA members define for themselves, with the help of their sponsors or others in recovery, which of their sexual behaviors they consider to be "acting out." (Excerpted from Sex Addicts Anonymous, pages 14-15)

Thanks, _____. Who will read the 12 Steps of SAA? (pg 20, SAA "green book.")

THE 12 STEPS OF SAA

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.

Thanks, _____. Who will read the 12 Traditions or the Tradition of the Month? (pg 77)

THE 12 TRADITIONS OF SAA

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. SAA should remain forever nonprofessional, 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. SAA 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.

Anonymity means who you see here, what you hear here, when you leave here, let it stay here! (Everyone: "Here, here!")

Thanks, _____.

INTRODUCTIONS

Now it's time for introductions. You're invited to share your first name, where you're from, and how you're feeling right now in a few words. All feelings are acceptable here,

even if we're still learning how to identify or distinguish them. You are also invited to share an affirmation about yourself, if you wish. I'll start. My name is _____ from _____ and I feel _____. Affirmation: _____.

(Affirmation examples below)

I am a beloved child of God. (or I am beloved)

I am connected to my innate innocence.

My "present" is more powerful than my past!

My worth as a human being is independent of my past actions.

My intention is to bring my heart to every day, and run the risk of fearlessly loving without running away.

I allow myself, my life, my heart, and my "inner child/ren" to be held by a love greater than my own thinking. I open fully to that love now.

We would like to extend a special welcome to those who are joining us for the first time.

MILESTONE OR VICTORY CELEBRATION

Would anyone like to celebrate any sexual sobriety time today?

SHARING BOUNDARIES

Here are some guidelines to keep our meeting safe for everyone.

1. The language we use when talking about body parts and sexual behavior can affect our healing. When we use respectful language while sharing our experience, strength, and hope, we help end the practice of objectifying ourselves and others. Graphic details or describing types of explicit preferences could potentially be triggering. This is not to be confused with sexual orientation or gender identity which are welcome and respected here.
2. Everyone is encouraged to share their **own** experience, strength, and hope. When we speak to the entire group, using "I," "me," or "my," instead of "you" or "we," it reduces the chances of someone feeling like someone is speaking directly to them

or for them. Sharing our own experiences from the heart creates a sacred shared space. Please be mindful and respectful in communicating with each other within the group meeting, in private messaging and in fellowship.

3. During the meeting, we avoid directly commenting on another person's share. Support or feedback can be offered after the meeting during fellowship, or during outreach calls with individuals.
4. To avoid giving the impression that we're promoting or endorsing something besides the SAA message, during the meeting we refrain from mentioning specific book titles or religious references, etc. After the meeting during fellowship, we can speak more freely about non-SAA approved literature or tools.
5. Although confidentiality is a core Tradition of SAA, you should be aware that some may decide, after careful thought, to report certain disclosures to the authorities. Thus, we're encouraged to refrain from describing illegal behavior.

READING, TOPIC, OR PRESENTATION

It is now time to read an excerpt from SAA literature, or hear a speaker or scheduled 1st step presentation, followed by sharing.

(After the reading or presentation)

Thank you, _____.

SHARING

It's now time for sharing our thoughts, feelings, and experiences in recovery. Let's allow about 3-5 minutes for each share. (If a small number of participants are in the meeting, skip the timer and open the floor for sharing.)

(For larger meetings, read the following:)

Who will volunteer to be the Spiritual Timekeeper for the meeting?

Thanks, _____. Please give a gentle reminder when 2 minutes have passed, and then a signal when 3 minutes are up. If you're sharing, please acknowledge that you heard the Spiritual Timekeeper's notice. (Sharing times can be adjusted according to number of participants in the meeting.)

The floor is now open for sharing. I will help moderate...who would like to begin?

(Sharing continues until 5 minutes to the hour)

WRAP-UP

That's all the time we have for this portion of the meeting. Everyone is invited to stay on the line after the meeting where we will have a period of continued fellowship.

Newcomers may also feel free to ask any questions at that time. In fellowship you can also feel free to give feedback on the format of the meeting. You can also email feedback on the format to saa.xsw@gmail.com.

Our business meeting is held directly following the last meeting of the month.

(If that is today, announce that business meeting will start immediately after the closing prayer.)

If anyone would like to offer to lead next week's meeting, bring a reading, be a speaker or give a First Step Presentation, please talk with today's Trusted Servant after the meeting.

CHOICES FOR CLOSING READING:

The Ottawa Promises

Through a renewed relationship with our Higher Power, the healing force of recovery will take hold in our hearts. By giving ourselves over to our Higher Power and working our program, our lives will become manageable and we will be restored to sanity. We will receive the inner strength and support needed to face our anxieties and fears, and to deal with the painful feelings that feed our addiction. Relations with others will improve as we learn to respect our boundaries and allow others freedom to be themselves. Reaching out in trust and connecting with others will come easier, dispelling our sense of isolation and loneliness. Degrading fantasies and obsessive sexual thinking will diminish.

In relating to ourselves, self-absorption will give way to self-discovery; secrecy to honesty; feelings of unworthiness to dignity; and shame to grace. A restored integrity will guide our behavior. We will feel more alive and regain a sense of

happiness. We will hear ourselves laugh again and rediscover play. We will embrace change and will grow.

A spiritual awakening will free us from the tyranny of our addiction. An awareness of being guided by a Higher Power and supported by caring friends will sustain us. Regret for the past and worry for the future will give way to living for today. We will open ourselves to the amazing possibilities of a life worth living...our life.

Are these extravagant promises? (everyone) "We think not!" We have seen them fulfilled. They are ours, if we want them and work for them.

SAA book, page 61 (last 2 paragraphs)

Practicing these principles in our lives means applying program principles at home, at work, and wherever else we gather with others for a common purpose. As we grow spiritually, we find opportunities for service in virtually any situation. Our closest relationships may offer the most challenges to our honesty, compassion, and integrity, but we are often rewarded beyond our expectations. We find that spiritual principles can guide us in the everyday challenges of life, and they can help us face even loss, grief, and death with fortitude and grace. What we gain in this program is a blueprint for full and successful living, whatever may come.

We maintain our recovery by working a daily program, in the knowledge that although we can never be perfect, we can be happy today. We can live life on life's terms, without having to change or suppress our feelings. Our serenity and sobriety grow as we continue to live according to spiritual principles. We enjoy the gifts that come from being honest and living a life of integrity. We ask for help when we need it, and we express our love and gratitude every day. We realize that everything we have been through helps us to be of service to others. We learn that the world is a much safer place than we had ever known before, because we are always in the care of a loving God.

The Proposed SAA Promises (written by an SAA group in Puget Sound and submitted to the Literature Committee for consideration)

By cultivating our sexual sobriety and spiritual connection we will discover healthier experiences of sexuality. Our serenity will grow as we continue to live according to spiritual principles. The miracle of recovery from sex addiction will become a reality we experience every day. Working the twelve steps brings us many gifts:

1. We will find freedom from our addictive sexual behavior.
2. We will live in the present and enjoy our lives.
3. We will learn to be emotionally present during sexual experiences, and use our sexuality to express our love, appreciation and faith.
4. We will grow in humility and will be able to admit when we are wrong.
5. We will deepen our compassion and become more forgiving of others and ourselves.
6. We will keep the company of people who love and respect us.
7. We will start to see life in terms of growth, change, and transformation.
8. We will have a greater sense of belonging, emotional intimacy and true friendship with others and ourselves.
9. We will learn to express our affection, rather than seek power and control.
10. We will ask for and receive help when we need it.
11. We will experience profound healing from shame as we learn to let go and cultivate vulnerability.
12. We will see that the world is a much safer place than we had ever known before, because we are always in the care of a loving higher power.

(Adapted from Sex Addicts Anonymous—SAA “Green Book”)

CLOSING PRAYER CHOICES:

The Serenity Prayer All together:

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

Unity Prayer (A.K.A. the OA Promise)

I put my hand in yours and together we can do what we could never do alone. No longer is there a sense of hopelessness. No longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for a Power and strength greater than ours. And as we join hands, we find love and understanding beyond our wildest dreams.

Proposed SAA Unity Prayer

Higher Power,

We give thanks for this recovery community, and for those who paved the way so that we, too, may find healing. May we find courage to leave our old lives behind, and to keep moving forward on the spiritual path. When we feel discouraged and isolated, let us remember that we are all together now, and that side by side, we are building new and fulfilling lives. Together we can accomplish what was impossible for each of us alone. May serenity be ours today.