

Sunday Night GLBT Telemeeting of SAA

Phone #: 605.313.5145 Passcode: 532229#

Updated 09.06.20

Welcome	<p><i>Welcome to the Sunday Night GLBT Group's Open Telemeeting of Sex Addicts Anonymous. My name is _____, and I am a sex addict and your secretary/moderator for tonight. Sex Addicts Anonymous (SAA) is a fellowship of men and women who share their experience, strength and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction and dependency. While this particular meeting is focused on Lesbian, Bisexual, Gay, Transgendered and anyone suffering from same sex issues, sex addicts of any and all sexual orientations are welcome, as well as all who have an interest in Sexual Recovery.</i></p> <p><i>We would like to remind members who are not speaking to use their phones mute function or press star six, especially if they are in a noisy environment or using a speakerphone.</i></p>
Serenity Prayer	<p><i>Secretary/Moderator: Following a moment of silence, please help me open the meeting with the Serenity Prayer:</i></p> <p><i>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.</i></p>
Readings	<p><i>Secretary asks for volunteers to read.</i></p> <ul style="list-style-type: none"> -A Message of Hope -The Twelve Steps -The Twelve Traditions (Tradition of the Month) -Closing (to be read at close of meeting)
A Message of Hope	<p><i>Please may we have a volunteer to read <u>"A Message of Hope for Sex addicts in the LGBT Communities"</u> (SAA Literature – SAA & the Lesbian / Gay / Bisexual / Transgendered Sex Addict.)</i></p> <p><i>Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholic Anonymous. We are grateful to A.A. for this gift which makes our recovery possible.</i></p> <p><i>Our Primary Purpose is to stop our addictive sexual behaviour 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. Membership is open to all who have a desire to stop addictive sexual behaviour. 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 transgendered.</i></p> <p><i>Many of our sexual behaviors produced negative consequences. These behaviors are not gender specific, and may cross lines of sexual orientation. In the recent decades of sexual liberation, we may have been encouraged to engage in some activities in order to foster a "Gay Positive" self-esteem. Yet for some of us, these behaviors ultimately backfired and left us discouraged,</i></p>

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<p>A Message of Hope</p>	<p><i>isolated and demoralized.</i></p> <p><i>For many of us, the spiral of sexual addiction led to what we called “Hitting Rock Bottom. To Hit Rock Bottom is to reach such a low point - Mentally, physically, emotionally and spiritually – that we break through our denial.</i></p> <p><i>We now use our sense of surrender in a healthy manner. Previously we surrendered to the destructive addictive sexual behaviors that caused great damage in our lives. Now we start to surrender and become teachable, to a more healthy way of life filled with HOPE , GROWTH and CHANGE.</i></p>
<p>The Twelve Steps</p>	<p>Thank you <i><volunteer's name></i> Please may we have a volunteer to read the “<u>The 12 Steps</u>” <i>(Page 20-21; SAA Green Book)</i></p> <ol style="list-style-type: none"> <i>1. We admitted we were powerless over addictive sexual behaviour—that our lives had become unmanageable.</i> <i>2. Came to believe that a Power greater than ourselves could restore us to sanity.</i> <i>3. Made a decision to turn our will and our lives over to the care of God as we understood God.</i> <i>4. Made a searching and fearless moral inventory of ourselves.</i> <i>5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.</i> <i>6. Were entirely ready to have God remove all these defects of character.</i> <i>7. Humbly asked God to remove our shortcomings.</i> <i>8. Made a list of all persons we had harmed and became willing to make amends to them all.</i> <i>9. Made direct amends to such people wherever possible, except when to do so would injure them or others.</i> <i>10. Continued to take personal inventory and when we were wrong promptly admitted it.</i> <i>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.</i>

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<p>The Twelve Steps</p>	<p><i>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.</i></p> <p><i>These steps are the heart of our program. They contain a depth that we could hardly have guessed when we started. As we work them, we experience a spiritual transformation. 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. Although the steps use the word "God" to indicate this Power, SAA is not affiliated with any religion, creed, or dogma. The program offers a spiritual solution to our addiction, without requiring adherence to any specific set of beliefs or practices. The path is wide enough for everyone who wishes to walk it.</i></p>
<p>The Twelve Traditions</p>	<p>Thank you <i><volunteer's name></i></p> <p>I will now read the tradition of the month, this month being <i><xxx></i> of the year , Tradition <i><xx></i></p> <p><i><u>"The traditon of the month, i.e. September = 9th tradition" (Page 77; SAA Green Book)</u></i></p> <ol style="list-style-type: none"> 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

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The Twelve Traditions	12 than promotion; we need always maintain personal anonymity at the level of press, radio, TV and films. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.
Sobriety Birthdays	<i>Callers are invited to share their successes in time away from the behaviors they are working on in recovery.</i>
General Introductions	<i>Callers are encouraged to identify themselves by their first name and the location from which they are calling. Members who acknowledge they are sex addicts will say something like, "Hi, I'm Bob. I'm a sex addict calling from San Francisco." Guests or newcomers are invited to introduce themselves by their first name, location and they are new to the meeting so we can get to know you better</i>

Spiritual Time Keeper	<i>May we have a volunteer to be our spiritual time keeper, if necessary?</i>
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Meeting Focus	<p>Secretary/Moderator: ... we come to the focus for this week's meeting.</p> <p><i>A focus can be pre-arranged with the secretary/moderator, but by default the following types of focus are used each week of the month:</i></p> <p><i>First week - Step reading of the month</i> <i>The reading or part of the reading from the Sex Addicts Anonymous book for the step corresponding to the month, eg January Step 1, December Step 12</i></p> <p><i>Second week - Tools of Recovery</i> <i>(Secretary) Please can we have two volunteers to each select a number between 1 and 45 by which we will choose the tools for today's readings from the SAA Literature – Tools of Recovery - A Practical Guide for New Members of SAA (Not all tools have a narrative)</i></p> <p>Alternative: "Does anyone have a specific tool he/she want experience strength and hope around?" Pause! "OK, hearing none--someone give me a # between 1-45?" Ok, we need a second tool, someone give me a second #?" "Does anyone have a specific tool he/she want experience strength and hope around?" Pause! "OK, hearing none--someone give me a # between 1-45?" Ok, we need a second tool, someone give me a second #?"</p>
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Tools of Recovery						
	<i>Tool</i>		<i>Page</i>	<i>Tool</i>		<i>Page</i>
	1	<i>3 Second Rule</i>	26	24	<i>Feedback</i>	35
	2	<i>Handling Travel</i>	38	25	<i>3 things a day</i>	37
	3	<i>Outer circle activities</i>	40	26	<i>Identify don't compare</i>	31
	4	<i>Sponsorship</i>	2	27	<i>Fear</i>	22
	5	<i>Easy Does it</i>	33	28	<i>Attending meetings</i>	4
	6	<i>Literature</i>	5	29	<i>Using the Telephone</i>	9
	7	<i>Using the Telephone</i>	9	30	<i>Easy Does it</i>	33
	8	<i>Fellowship</i>	12	31	<i>Service</i>	42
	9	<i>Being Positive</i>	39	32	<i>Prayer</i>	16
	10	<i>Gratitude lists</i>	23	33	<i>Meditation</i>	20
	11	<i>Asking Questions</i>	35	34	<i>Resentments</i>	22
	12	<i>Exercise</i>	41	35	<i>Bookending</i>	24
	13	<i>Honesty</i>	30	36	<i>The Twelve Steps</i>	2
	14	<i>Outside Resources</i>	36	37	<i>Changing old Routines</i>	14
	15	<i>Powerlessness</i>	21	38	<i>Defining our God</i>	18
	16	<i>3 Circles</i>	6	39	<i>Journaling / Writing</i>	21
	17	<i>One day at a time</i>	11	40	<i>Living with Withdrawal</i>	15
	18	<i>Changing Old Routines</i>	14	41	<i>Getting honest about the middle circle</i>	8
	19	<i>Let go & Let God</i>	19	42	<i>Friendship</i>	13
	20	<i>Looking for Consequences</i>	27	43	<i>God of our understanding</i>	18
	21	<i>Letting go of old ideas</i>	29	44	<i>HALT</i>	25
	22	<i>Progress not perfection</i>	29	45	<i>Thinking a Slip all the way through</i>	28
	23	<i>Live & Let Live</i>	34			
Meeting Focus						
	<p><i>Third week - Topic(s)- Related to recovery from sex addiction. Can we have two or three volunteers to chose topics to discuss? (or in the alternative topics can arranged/chosen earlier by the secretary/moderator of the week). May be enhanced with a reading from any material mentioned below.</i></p> <p><i>Fourth week - Presentation-Speaker/1st Step/Reading of the day</i> <i>A presentation on a related topic by a volunteer, usually as arranged earlier by or with the secretary/moderator/speaker finder. A first step presentation. Or if there is no speaker or 1st step, a reading from any suitable literature: the Sex Addicts Anonymous book, SAA approved literature or other group approved literature, as mentioned below. A volunteer can read an entire section or volunteers having access to the same book can take turns to read paragraphs.</i></p>					

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Meeting Focus	<p><i>Fifth week - Any of the above or other recovery focus.</i></p> <p><i>We read from a variety of literature. For instance, we may read from the AA Big Book, SAA Green Book, Hope and Recovery, 12 Steps and 12 Traditions, Out of the Shadows, Cruise Control, Answers in the Heart, Voices of Recovery. Outer Circle, Tools of Recovery, and other SAA pamphlets/booklets. With advanced notice, we also welcome First Step presentations from GLBT sex addicts on the fourth Sunday of the month. Our business meeting is held on the last Sunday of the month.</i></p>
Discussion-Sharing-Boundaries	<p><i>The meeting is now open for discussion/sharing. As this is an LGBT-focused meeting, we would really like to hear your experience, strength and hope as to what recovery is like as an LGBT sex addict. Let's concentrate on the solution, not the problem. You may comment on the material that was just read, the focus of the week, or briefly check-in about how you have been doing recently.</i></p> <p><i>Above all, we respect each other and it is our intent to ensure that this is a safe place for all at this meeting, so please no crosstalk, which is directly commenting on another's share, do not interrupt, nor speak while another member is sharing.</i></p> <p><i>By group conscience, only the moderator may interrupt a member who is speaking, Also, if deemed appropriate by the moderator, shares are limited to three(3) minutes.</i></p> <p><i>(For secretary/moderator only – please do not hesitate to interrupt the meeting or a speaker should line noise be excessive, speaker goes overtime or for any other reason's you deem necessary. We know this can feel uncomfortable, but remind you that the welfare of the group as a whole takes precedence over the needs of any one individual member.)*see spiritual timekeeper comment next-announce if appropriate</i></p> <p><i>*When shares are limited, our spiritual timekeeper will remind you of time and you will then have 30 seconds to wrap up.</i></p> <p><i>If, during the discussion, you feel triggered, we encourage you to do the following:</i></p> <ol style="list-style-type: none"> <i>1. Put down the phone and say the Serenity Prayer several times</i> <i>2. Say the word "triggered" to yourself, but please do not interrupt the speaker.</i> <i>3. Call your sponsor or seek support from someone afterwards.</i> <p><i>When you are not speaking, remember to keep your phone on mute or press star six and then unmute or press star six again, when you wish to share. I will help moderate the meeting. Keeping the afore-mentioned in mind, who would like to begin?</i></p>

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7th Tradition	<p><i>It's time for the 7th Tradition, which states that every SAA group ought to be fully self-supporting, declining outside contributions.</i></p> <p><i>We have no dues or fees, but contributions can be mailed to our International Service Office (ISO) at P.O. Box 70949, Houston, TX USA 77270; phoned to 1.800.477.8191; or you can follow the donate tab at the internet address: www.saa-recovery.org</i></p>
Literature and Other Information	<p><i>This contact information can also be used to get literature and to other useful information about SAA.</i></p>
Telemeeting Intergroup	<p><i>Our Telemeeting Intergroup meets the second Sunday of the month at 1pm Pacific time. All are welcome to attend.</i></p> <p><i>You can make donations by going to www.saatalk.info and clicking on the donate tab where you will find further instructions on how to donate.</i></p> <p><i>The Telemeeting Intergroup supports all of the telemeetings, and all excess funds are sent to the ISO of SAA office.</i></p> <p><i>For further information contact our Intergroup Rep.</i></p>
Announcements	<p><i>SAA Meeting related announcements.</i></p>
Anonymity	<p><i>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 in the confines of your mind. 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 criticize each other. Instead let the understanding, love and peace of the program grow in each of us one day at a time.</i></p>
Closing	<p><i>Please may we have a volunteer to read our Closing, From the last two paragraphs in: The SAA Green Book- Step 12- Page 61</i></p> <p><i>“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.</i></p> <p><i>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</i></p>

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Closing	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.”
Serenity Prayer	<i>Everyone. 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.</i>
Phone Numbers/Newcomers	<p><i>Does anyone wish to share phone numbers?. It's not required, this is strictly voluntary. While we don't want to discourage you from sharing your contact information, we do need to let you know there are those who listen for these phone numbers and may contact you and encourage you to act out. We strongly encourage you to block such people from calling you again. If you will also let one of the moderators know the name and number of any such person, we can drop them from the call should they call back into a future meeting"</i></p> <p><i>Secretary/Moderator Note: Pause for exchanges.</i></p> <p><i>Newcomers are now invited to ask questions, if you want to, or to just hang out and listen if that's more comfortable for you. It is not required to participate. Only do so on a level that feels right for you. Please take care of yourself and Keep coming back! Are there any newcomers with questions or comments?</i></p> <p><i>(Go to Fellowship or Business Meeting Agenda, whichever is appropriate.)</i></p>
Fellowship	<i>The phone lines are now open for a brief period of fellowship Please feel free to share your comments, stories, questions or just check in on your recovery.</i>
Business Meeting Agenda (Last Sunday of the Month) Business Meeting Agenda (Last Sunday of the Month)	<p><i>Welcome to the Sunday Night GLBT Business Meeting of Sex Addicts Anonymous. My name is _____. I am a sex addict and your secretary for tonight's meeting. We follow the 12 Traditions of SAA in our deliberations.</i></p> <p><i>I. Choose Moderators for the upcoming month.</i></p> <p><i>II. Intergroup Rep Report.</i></p> <p><i>III. Do we have any Old Business?</i></p> <p><i>IV. Do we have any New Business?</i></p> <p><i>With no other business, the business meeting is closed and we will move into fellowship.</i></p>
Fellowship	<i>The phone lines are now open for a brief period of fellowship Please feel free to share your comments, stories, questions or just check in on your recovery.</i>