

Tuesday Night 6pm

Answers In The Heart SAA Telemeeting

Welcome to the Tuesday Night Answers In The Heart telemeeting of Sex Addicts Anonymous. My name is _____ from _____, I'm a sex addict and your moderator for today. This is a closed meeting, open to anyone who has a desire to stop their compulsive sexual behaviors.

The Opening

SAA is a fellowship of men and women who share our experience, strength and hope with each other so that we may stop our compulsive sexual behaviors and help others to recover from sexual addiction and dependency. Membership is open to all who share a desire to stop compulsive sexual behavior and are willing to try this simple program. Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous, but we are not affiliated with AA or any other organization or agency. We are not a religious organization or aligned with any sect or denomination. We do not support, endorse, or oppose outside causes or issues. 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 experience as it seems appropriate. We do not give advice. While we all strive for sexual sobriety, its achievement is not a requirement for attendance or participation. Anonymity is the cornerstone of the Twelve Step program. We use only our first names. Whatever our status or position outside of this group, it is not an issue here. Our common bond is our desire to stop our compulsive sexual behaviors and to live sexually healthy lives. Anonymity and confidentiality are essential to this being a safe place for all of us. Whoever you hear here, let that stay here when you leave here. (Here, here) We hope you join in sharing the collective experience, strength and hope that is ours when we work the program and trust our Higher Power to deliver the promises.

May we please have a moment of silence followed by *The Serenity Prayer*.

**“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.”**

As a friendly reminder, please be sure to mute your line when you're not speaking by pressing *6 and unmute by pressing *6 once again.

INTRODUCTIONS

It is now time for introductions. Please use your first name and geographic location if desired. If you are new to SAA, please let us know so we can welcome you at this time. I will start us off. My name is _____ and I am a sex addict from _____.

Who else would like to introduce themselves?

***If there is a newcomer, read the following:**

We like to welcome newcomers to our meeting. We know the courage it takes to come to an SAA meeting for the first time. All of us were in your shoes at one time. We recommend that you come to at least 6 meetings before deciding whether or not SAA has anything to offer you. It is our sincerest hope that you find what you are looking for.

Would someone please read *Our Program*? It is the first 2 paragraphs found on page 20 in the SAA Green Book?

OUR PROGRAM

Attending SAA meetings starts us on a new way of life. But while the SAA fellowship supports our recovery, the actual work of recovery is described in the Twelve Steps. Meetings are forums for learning how to integrate the steps into our lives. Working the Twelve Steps leads to a spiritual transformation that results in sustainable relief from our addiction.

When we start attending meetings of Sex Addicts Anonymous, many of us are surprised to meet people who are enjoying life and experiencing freedom from the painful, compulsive behaviors that had brought them to SAA. Listening to other members share about their recovery, we gradually realize that in order to make the same kind of progress, we need to be willing to do whatever it takes to get sexually abstinent, and to stay abstinent. We have learned from hard experience that we cannot achieve and maintain abstinence if we aren't willing to change our way of life. But if we can honestly face our problems, and are willing to change, the 12 steps of SAA will lead to an awakening that allows us to live a new way of life according to spiritual principles. Taking these steps allows fundamental change to occur in our lives. They are the foundation of our recovery.

Would someone please read the *Twelve Steps* also found on page 20 of the Green Book?

The Twelve 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.***

Would someone please read any 2 of the *Twelve Traditions* found on page 77 of the Green Book?

The Twelve Traditions of Sex Addicts Anonymous

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. ***Sex Addicts Anonymous should remain forever non-professional, 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. ***Sex Addicts Anonymous 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 to 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.**

First Steps and mini first steps should be scheduled at least one week in advance by stating your desire to give a first step lead in the Fellowship portion of our meeting, following the Serenity Prayer.

In this meeting, we do not engage in crosstalk, which is interrupting or directly responding to the shares of other members. We use the words 'I' or 'We' instead of 'You' when sharing about our recovery. We do not give advice unless asked. We address our sharing to the whole group, not to one or more individuals.

A meeting is not a place to meet sexual partners, nor is it group therapy. We try not to use offensive language, or descriptions that are too explicit. We avoid mentioning specific acting-out people or places. Our focus remains on the solution, rather than on the problem. We strive to practice anonymity and confidentiality, so that the meeting will be a safe place for each and every sex addict. We generally use only our first names in the group, to help ensure anonymity. Who we meet or what is said in a meeting is treated as confidential and is not discussed with non-group members.

After the reading or topic discussion we will have time for individual shares. During the sharing portion of our meeting we need someone to serve as a timekeeper. Could we please now have a volunteer to serve as our time keeper for each individual share during this meeting when sharing time begins?

Please limit your shares to 2 minutes and 30 seconds. _____ will serve as our timekeeper and will simply say "time" at 2 minutes and 30 seconds. Please acknowledge that you heard this and feel free to finish your thought in under 30 seconds so that all may have a chance to share.

Before we introduce the topic for this meeting, is there anyone who has come today with an urgent need to share?

Group Leader now speaks/shares, Topic, Step or Tradition is read, or first step introduced.]
Readings should be taken from literature found anywhere on the www.saa-recovery.org website.

[1st Tuesday]

Read STEP of the month from the SAA Green Book.

[2nd Tuesday]

Reading from any SAA literature or Answers In The Heart (Green Book, pamphlets, Tools of Recovery

Booklet, Newsletter: The Outer Circle, etc.)

[3rd Tuesday] Open Topics. In this meeting we will choose up to 2 topics related to sex addiction or recovery. A reading from SAA literature or a personal share may accompany this topic. Is there anyone who would like to suggest a topic for tonight? [The moderator should have 1 or 2 pre-selected topics as backup]

[4th Tuesday]
Read TRADITION of the month from the SAA Green Book.

[5th Tuesday]
Open Topic meeting [As for week 3]

*** We may defer a weekly topic if there is a 1st Step presentation or we have several newcomers and moderator decides to read STEP 1.

The meeting is now open for discussion.
[End shares around 6:55.]

Sobriety Birthdays - Is anyone celebrating a sobriety birthday today or in the past week that they would like to share with the group?

Regarding sponsorship: sponsorship is an important tool of sobriety and recovery. For those looking for a sponsor, we suggest approaching or calling those whose recovery you relate to, and ask about their availability to sponsor. You may not be successful on your first inquiry, so be patient, and remember, you are not alone. Can those of you who are available to sponsor please state your name at this time?

Now is the time for the 7th Tradition, which states that “every group ought to be fully self-supporting, declining outside contributions.” Because passing the basket is not possible in our telemeetings, we encourage you to consider donating to the main SAA offices located in Houston, TX. Your donation will support the work of SAA meetings around the world. Here are ways to donate:

1. Drop a buck in the basket electronically by texting the letters “SAA” to 91999. Through the reply, you can make a one-time donation or sign up for weekly and monthly donations on a smart phone.
2. Go online to SAA (dash) recovery (dot) org and click on the “Donate” button at the top of the page.

3. Call the International Service Organization of SAA at (800) 477-8191 and make a donation over the phone.

Our business meetings are held on the last Tuesday of each month, after closing prayer. Our next business meeting will be held on _____.

Are there any SAA related announcements?

FELLOWSHIP:

As we are nearing the close of tonight's meeting we would like to make you aware of the FELLOWSHIP portion of our meeting. Fellowship directly follows our closing prayer and is a time where you can ask questions, state concerns or share casually with others.

According to our group conscience, our group has agreed to close each meeting with the step prayer that coincides with the current month. As this is the ___ month, we will pray the ___ Step prayer. Please repeat after me:

(Pray the corresponding prayer below ***** The 11th step prayer is a bit longer. It may work best for the trusted servant to lead the prayer without response. If the trusted servant is uncomfortable with the months, step prayer, they may substitute The Serenity Prayer.)

First Step Prayer

**Dear Lord,
I admit that I am powerless over my addiction.
I admit that my life is unmanageable when I try to control it.
Help me this day to understand
The true meaning of powerlessness.
Remove from me all denial of my addiction.**

Second Step Prayer

**Heavenly Father,
I know in my heart that only you can restore me to sanity.
I humbly ask that you remove all twisted thought and addictive behavior from me this day.
Heal my spirit and restore in me a clear mind.**

Third Step Prayer

**God,
I offer myself to you
To build with me and to do with me as you will.**

Relieve me of the bondage of self, that I may better do your will.
Take away my difficulties that victory over them may bear witness to those I would help
of your Power, Your love, and Your way of life. May I do your well, always!

Fourth Step Prayer

Dear God,
It is I who has made my life a mess.
I have done it, but I cannot undo it.
My mistakes are mine &
I will begin a searching and fearless, moral inventory.
I will write down my wrongs
but I will also include that which is good.
I pray for the strength to complete the task.

Fifth Step Prayer

O God,
My inventory has shown me who I am,
Yet I ask for Your help
In admitting my wrongs to another person & to You.
Assure me, & be with me, in this Step.
For without this Step I cannot progress in my recovery.
With Your help, I can do this, and I do it.

Sixth Step Prayer

Dear God,
I am ready for Your help
In removing from me the defects of character
which I now realize are an obstacle to my recovery. Help me to continue being honest
with myself & Guide me toward spiritual & mental health.

Seventh Step Prayer

My Creator,
I am now willing that you should have all of me, good and bad.
I pray that you now remove from me every single defect of character, which stands in the
way of my usefulness to you and my fellows.
Grant me strength, as I go out from here to do your bidding.

Eighth Step Prayer

God,

I ask Your help in making my list of all those I have harmed.

I will take responsibility for my mistakes &

Be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.

Ninth Step Prayer

O God,

I pray for the right attitude to make my amends, being ever, mindful not to harm others in the process.

I ask for Your guidance in making indirect amends. Most important, I will continue to make amends by staying abstinent, helping others & growing in spiritual progress.

Tenth Step Prayer

I pray I may continue:

To grow in understanding and effectiveness;

To take daily spot, check, inventories of myself;

To correct mistakes when I make them;

To take responsibility for my actions;

To be ever aware of my negative &

Self-defeating attitudes and behaviors;

To keep my willfulness in check;

To always remember, I need Your help;

To keep love & tolerance of others as my code; &

To continue in daily prayer how I can best serve You,

My Higher Power.

Eleventh Step Prayer

“Lord, make me an instrument of Thy peace!

That where there is hatred, I may bring love.

That where there is wrong, I may bring the spirit of forgiveness.

That where there is discord, I may bring harmony. That where there is error, I may bring truth.

That where there is doubt, I may bring faith.

That where there is despair, I may bring hope.

That where there are shadows, I may bring light.

That where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort, than to be comforted.

To understand, than to be understood.

To love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to eternal life. Amen.”

Twelfth Step Prayer

Dear God,
My spiritual awakening continues to unfold.
The help I have received I shall pass on & give to others,
Both in & out of the Fellowship.
For this opportunity, I am grateful.
I pray most humbly to continue walking day by day on the road of spiritual progress.
I pray for the inner strength and wisdom
To practice the principles of this way of life in all I do & say.
I need You, my friends, & the program every hour of every day.
This is a better way to live.

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

FELLOWSHIP

Now is the time for fellowship.

[You can remind people that they are free to give out their contact information, give a share or ask questions at this time.]