

Wednesday Women's New Choice Zoom Meeting (Revised 5/28/2025)

Good evening!! Before starting the meeting, a note about **Security**, and we will review the **ZOOM ROOM Etiquette-**

First, regarding Security- if we have an intruder enter our meeting, the Security Host will Suspend All Activities to remove the intruder and then will restart the meeting when it is safe.

Next, our **Zoom Room Etiquette-**

- 1. Please mute your microphone** when a woman is sharing.
- 2. Please use earphones** if there is someone else in your vicinity.
- 3. Think about your actions on camera.** Movements are distracting and can be disruptive or triggering. Please turn off video feed if you need to move around or lie down.
- 4. Dress for a MEETING.** Think "business casual." To help create a sacred space that protects the sobriety of all recovering women, please wear something that covers your shoulders and chest.
- 5. Think about the background behind you.** Please protect the anonymity and confidentiality of the group members by covering your screen or leaving the meeting if someone enters your space or you leave the room.
- 6. All profile pictures have been disabled by the Security Host for the safety of the meeting.**
- 7. Video should be on Initially when you enter from the waiting room for a security check by the Security Host. The Security Host may remind you to briefly turn on your video.**

Please note that-

"Gallery View" will display everyone in same-size images.

"Speaker View" highlights the speaker in a large center screen

Good evening and welcome to the Wednesday evening Women's New Choice Zoom Meeting of Sex Addicts Anonymous for biological women only, 18 years of age or older, who are living permanently as a woman. Our meeting is open to women sex addicts who are daily making a new choice to recover from their sex addiction using the 12 steps and 12 traditions of SAA. If you are not a woman, or if you are here for any other reason, please leave the meeting now. My name is _____. I'm a sex addict and your Trusted Servant for this meeting. _____ from _____ is the Security Host for this meeting. To keep anonymity, please change your name to reflect first name, last initial and state you reside in. The Security Host may help with this. To ensure a quiet meeting, please mute if you are not speaking. The Security Host may mute you if there is a concern with noise. You may unmute yourself at any time to speak. After entering the waiting room on video for security reasons, you can then choose whether or not you want to be on video. Please help me open this meeting with a moment of silent meditation for the addicts in and out of these rooms who still suffer, followed by the **Serenity Prayer**.

(pause)

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

Who would like to read THE INTRODUCTION, pgs. 1 & 2 of the SAA green book?

Would someone like to read OUR PROGRAM, pgs 20-22 from the SAA green book?

May we hear THE TWELVE TRADITIONS, pg. 77 from the SAA green book?

Now is the time that we celebrate milestones in sobriety. Does anyone have a milestone they would like to celebrate? Does anyone have 30 days? 60 days? 90 days? 6 months? 9 months? 1 year? 18 months? Multiples of years? How about 24 hours?

Now let's go around for introductions. It is the custom of this group for members to share their first name only, where you're from, how you're feeling, and length of sobriety from your inner circle behaviors. Please let us know if this is your first time attending this meeting so we may welcome you.

My name is _____, I'm a sex addict from _____. I feel _____. I have _____ years/months/days of sobriety from my inner circle behaviors.

In this meeting we stay focused on the solution as presented in the 12 steps and 12 Traditions of SAA. We read from SAA literature. You are invited to share your insight and knowledge regarding the solution as it is presented in the reading. You may reference the AA Big Book, 12 and 12, Hope & Recovery or Answers in the Heart when you share. We consider all else to be an outside issue. If you have things to discuss other than the solution, please share them with your sponsor, call one of the women

who share their phone number after the meeting, or join us for fellowship where these issues can be brought up.

Please be aware that if your share becomes graphic or potentially triggering, you will be interrupted and reminded of our focus on the solution in this meeting. This is not meant to shame or offend anyone. We have simply found that this is best to keep the meeting safe for everyone. Should you be interrupted, please know that we are glad you are here and you are welcome and encouraged to stay through the meeting. There will be fellowship after the meeting where these things can be discussed.

(Note to trusted servant: If a person's share veers off into the problem, please read: "I'm sorry to interrupt, but your share could possibly be triggering to some members. As previously stated, we have found it best to keep the meeting safe for everyone by staying focused on the solution. This interruption is not meant to shame or offend you. If you have anything to add regarding the solution, please do so. Either way, please stick around for fellowship where these things can be discussed.")

This is a step meeting of SAA. We will be reading from the SAA Green Book. Tonight, we will be reading Step _____ on page _____. (On Step 4- see below).

(Note to Trusted Servant- regarding meeting with Step 4: read Step 4 over 2 weeks. First week read through to last paragraph on page 34 to top of page 35... Second week start at the first paragraph on page 35 to the end of step).

Now the meeting is open for sharing your insight and knowledge regarding the step we just read, or you may share on the step you are working on. Please remember that we stay focused on the solution. This is not a check-in meeting. Who would like to begin?

(Note to Trusted Servant: sharing ends and the closing is read at 5 minutes before the hour. If sharing seems to stop before this time, please select a topic from SAA literature and/or ask members to share about the step they are working on.)

Closing: Now it's time for our 7th Tradition which states that "every SAA group ought to be fully self-supporting, declining outside contributions." Information has been placed in the chat regarding how to donate.

SECURITY HOST place this message in Chat- We encourage you to make a donation directly to the ISO office in Houston at www.saa-recovery.org under the CONTRIBUTE tab. Also, in the US you may text SAA to 91999 to donate. You will receive a link to donate securely. The ISO also offers a Lifeline Partners program in which you may commit a set amount each month. For more information go to the ISO website at saa-recovery.org or call the ISO at 800-477-8191.

It is the group conscience of this meeting that you help us all feel safe. We are a closed women's only Zoom meeting of SAA. In order to access this meeting, new members are required to speak to one of our meeting contacts. Our information can be found at www.saa-recovery.org. Please do not give out this Zoom ID and passcode to anyone.

Our group conscience meeting is held after the last meeting of the month, which is/is not tonight.

Are there any SAA related announcements?

Would someone please read How We Live which can be found on page 61 of the SAA Green Book, paragraphs 1 and 2?

In closing, please help us move from shame to grace and join us in the us/we version of the Serenity Prayer.

(pause)

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

It is now time to exchange phone numbers. Newcomers, please have a pen and paper ready. Will those willing to share their number please give your name, phone number, time zone, indicate whether your voicemail is private and safe to leave SAA related messages and let us know if you are a sponsor. You may also leave your contact information in the CHAT feature.

My name is _____ and my number is _____. (time zone, public/private, sponsor?)

As we go into fellowship, just a gentle reminder that although fellowship is not a meeting, as such, it is still suggested that we follow the principles set forth in the steps and traditions during this time. This is a great time to ask questions. Feel free to leave at any time. Are there any newcomers with questions?

Group Conscious Meeting Format

It is now time for the Group Conscience meeting which will be followed by fellowship. If you are new, please stick around. We'd love to talk to you.

(Note to trusted servant: please review Robert's Rules of Order at <http://robertssrules.org/> prior to the Group Conscience meeting. We follow those loosely.)

Group Conscience Meeting Agenda

Welcome to the New Choice Group Conscience meeting. My name is _____. I am a sex addict and your trusted servant for this meeting.

Would someone please read The Twelve Traditions, pg 77 of the SAA Green Book?
In keeping with our traditions, do we have any old business to discuss?

Do we have any new business to discuss? One Trusted Servant - 30 days sobriety suggested. And two Security Hosts, one main Security Host and one back-up, 30 days of sobriety, having a sponsor, and trained on our security functions. Training will be provided if you are interested in serving in this capacity. Is there any other new business?

Please help me close this meeting with the Serenity Prayer.

(pause)

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

As we go into fellowship, just a gentle reminder that although fellowship is not a meeting, as such, it is still suggested that we follow the principles set forth in the steps and traditions during this time. This is a great time to ask questions. Feel free to leave at any time. Are there any newcomers with questions?

NOT TO BE READ AT MEETING BUT NOTED

We are a biological women's meeting with women who live permanently as a woman. The meeting contact will screen all potential women to the meeting by speaking to each woman on the phone and asking these questions? Are you a biological woman? Do you live permanently as a woman? Are you 18 years of age or older? Do you identify as a sex addict and want help for it? Ask them to explain. This is a closed meeting voted on by group conscience to be for biological women who live permanently as a woman, 18 years of age or older, who identify as a sex addict and want help. We can help you find other meetings if this meeting is not right for you. Thank you.