

SATURDAY PEACE AND SERENITY TELEMEETING • MODERATOR SCRIPT

(Last Revised and Approved:: Sat 03/30/2024)

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

OPENING

Welcome to the Saturday Peace and Serenity meeting of Sex Addicts Anonymous.

This is a mixed open meeting where anyone who wants to know more about the SAA program is welcome to attend. My name is _____ from _____, I'm a sex addict and I'll be your moderator for today.

To help reduce line noise, would everyone now please press "star 6" or the mute button on your phone to mute. Then press "star 6" again to un-mute when you would like to share. If your line is causing background noise of which you may be unaware, the moderator may mute your line for the benefit of all on the call. If this is done, you will hear "line muted" from the auto attendant. Please then keep your line muted until you wish to share by pressing "star 6."

If you are new to SAA we especially welcome you. You will have an opportunity to introduce yourself shortly. Also, please stay on the call after the close of the meeting for fellowship. You will be able to ask questions at that time and get phone numbers from those willing to support you in recovery as well as potentially find a sponsor. We want you to feel welcome, and we acknowledge the courage it took to get here.

SERENITY PRAYER

Now we'll begin the meeting with the **Serenity Prayer**. Please repeat after me: **[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**

This would be a good time to check again whether you are muted to reduce line noise.

READINGS

Our readings can be found on the SAATalk.info website under the Saturday morning Peace and Serenity telemeeting. There you can download both our readings document and moderator script. If you don't have internet access, please contact one of the members of the group to assist you in obtaining the readings.

- 1) Would someone like to volunteer to read the first 2 paragraphs of **Our Addiction?**
This from page 3 of the SAA green book, or from our readings document.
- 2) May we have a volunteer to read **Defining Abstinence** from pages 14-15 of the SAA green book?
It's four paragraphs beginning with "Our goal."
- 3) Would someone like to volunteer to read the **12 Steps** from page 20 of the SAA green book?
- 4) I will now read the **Tradition of the month** [#] & the **12th Tradition** from page 77 of the SAA green book.

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EMPTY CHAIR

Let us take a moment of silence to acknowledge the “empty chair” in the room — empty for those that have yet to find their way to the program, those that have left and have yet to return, and those who sadly have lost their battle with their addiction and will never return. *[Pause...]*

For anyone here that is now facing a mental health crisis, please know that you can always call the **National Mental Health Hotline** by dialing the number **988** at any time to get help. You are worth it!

INTRODUCTIONS

It's now time for introductions. Please use your first name and geographic location only. You may state your sobriety date, if you wish, and let us know if you're celebrating a milestone in your recovery. Sharing our length of sobriety can provide hope to others struggling with their addiction. If you are new to SAA, please let us know so that we can welcome you at this time. Remember to mute your line again after introducing yourself.

I'll begin. My name is _____ from _____. I am a _____ Sex Addict and my sobriety date is _____. Who else would like to introduce themselves?

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

TOPICS

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

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

[1st Saturday • STEP]

This week we will read the step of the month from the SAA Green Book. This month is Step _____. I'll begin by reading a couple of paragraphs. Then other people can read a couple paragraphs each until we finish the reading.

[2nd Saturday • MEDITATIONS]

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]*

[3rd Saturday & 5th Saturday • OPEN TOPIC]

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]*

[4th Saturday • TOC NEWSLETTER or PROGRAM LITERATURE]

The fourth meeting of the month the moderator may choose material from **The Outer Circle** (including back issues), the **Green Book**, or other **program literature**, such as from the **SAA website**.

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SHARING AND BOUNDARIES

It's now time for sharing, the following are boundaries for this meeting:

- 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.
- Please avoid mentioning the name of a book, movie, treatment center, website, or the like in your share because 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.
- Please avoid mentioning the name of any specific acting out materials or locations, as this can be triggering to others.
- We do not engage in crosstalk, which is interrupting or directly responding to the shares of other members. We speak in "I" statements as opposed to "you" statements. By group conscience, only the moderator may interrupt a member who is speaking.
- [A timekeeper may be arranged in advance. It could be the moderator or the co-moderator. At 2 min they just say "time"] Please limit your share to 2 minutes. _____ will serve as our timekeeper and will simply say "time" at 2:00 minutes. 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.
- While this is an open meeting, welcoming to anyone interested in SAA, we ask that only those who are trying to stop some sexual behaviors participate in sharing.

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

12th TRADITION • ANONYMITY

[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. 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 in the confines of your mind. Carry no gossip and always remember to place principles before personalities.

OTTAWA PROMISES • STEP 12 GIFTS

[Moderator may choose either **Ottawa Promises** OR **Step 12 Gifts**. Each has its own appeal to hope in recovery]

Would someone like to volunteer to read either the Ottawa Promises OR the Step 12 Gifts from our readings document?

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7th TRADITION • ANNOUNCEMENTS

Now is the time for the 7th Tradition, which states that “every group ought to be fully self-supporting, declining outside contributions.” Twelve Step meetings around the world pass a basket to receive donations that are used to support recovery. Because that activity 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 some ways to donate:

- Drop a buck in the basket electronically by texting the letters “**SAA**” to **91999** on any smartphone. Through the secure reply, you can make a one-time donation or sign up for weekly or monthly donations.
 - Go online to **SAA (dash) recovery (dot) org** and click on the “**CONTRIBUTE**” button at the top of the page. Making a one-time donation is easy, or consider being a LifeLine partner.
 - Go online to **SAAtalk (dot) info** and click on the “**DONATE**” button in the menu on the left.
 - Call the International Service Organization of SAA at (800) 477-8191 and make a donation over the phone.
 - Or mail in a donation to the main SAA offices found on the **SAA (dash) Recovery (dot) org** website.
- Your financial support is a way of giving back to the program that gives us so much.

Are there any SAA-related announcements? [Pause]

Our business meeting is held on the last Saturday of the month immediately following the regular meeting after we offer assistance to newcomers. For this meeting to be a healthy place for recovery, we need your voice in our group conscience.

SPONSORSHIP

Would someone like to volunteer to read the **Statement on Sponsorship** from our Saturday morning readings document?

THANKS FOR SERVICE

Thanks to _____ for helping with the readings and topics.

Thanks to everyone who shared and attended this meeting.

Thanks to all for allowing me to be of service today.

SERENITY PRAYER

In closing, please repeat after me for the “**we/us**” form 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

Keep coming back: it works if you work it and you’re worth it!

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

FELLOWSHIP

Now is the time for fellowship. We usually reserve the first few minutes for newcomers to ask questions. A newcomer is someone in their first 30 days of meeting attendance. After that all are welcome to check in, get current, or exchange phone numbers. Are there any newcomer questions? Would anyone like to share contact info? Please let us know if you have special instructions on who may contact you or are open to being a sponsor.

[Suggestion to Moderator: If you are scheduled to moderate, it is wise to allow at least 20 minutes to stay on the line after the meeting. There may be newcomer questions or those who need support. It is hoped that you will be open to sharing contact information, since newcomers often want to talk privately with the moderator, as a trusted person, after the meeting. If you cannot stay on for a while after the meeting, you might ask a co-moderator to take over at that time for you.]

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BUSINESS MEETING

[Secretary's Business Meeting Instructions: The moderator is usually the secretary for the business meeting, but it is fine to assign another person who is a regular moderator to be the secretary for the meeting. Before the meeting, the secretary should follow the Meeting Secretary Instructions document.]

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

[Offer Newcomers Assistance before starting the Business Meeting]

Before we begin our Business Meeting, we usually reserve the first few minutes for newcomers to ask questions. A newcomer is someone in their first 30 days of meeting attendance. Are there any newcomer questions or requests for phone numbers to receive support? *[Allow questions and answers, about 5 minutes]*

Would anyone like to share contact info? Please let us know if you have special instructions on who may contact you or are open to being a sponsor. *[Take the time needed, then move on to the Business Meeting]*

[Begin Business Meeting]

Welcome to the Saturday Peace and Serenity business meeting. My name is _____ from _____, I'm a sex addict and your moderator for today's 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.

Would someone please read the **SAA 12 Traditions** from pg. 77 of the SAA green book? *[Pause for reader]*

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. Who would 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 control panel, if they are going to have Internet access. You may ask during the meeting but must make sure this is done.]

OLD BUSINESS: Would the Meeting Secretary read any Old Business:

[Review list. Some items may take several meetings to close]

For this topic, do we have any further discussion?

NEW BUSINESS:

Does anyone on this call have any new business to discuss? *[Pause, and enter into notes]*

[After all business is taken care of, close the meeting]

[Close Business Meeting]

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

Let us close the meeting with 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]

[FEEDBACK or SHARES - Use this instead of the SHARING AND BOUNDARIES section]

[If feedback WAS 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**) 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 conversation 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-in may be done during fellowship or if the moderator opens sharing up for it *[Feedback slows and there is time]*.
- Please limit your share to about 3 minutes so that others may express themselves.

[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.

[Moderator go to 12th TRADITION • ANONYMITY]

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SPEAKER MEETING

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 the floor...]

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