

# Moderator Script



## Beginning the Meeting

Welcome to Late Night Recovery, a 60-minute closed, mixed meeting of Sex Addicts Anonymous. My name is \_\_\_\_\_, I'm a sex addict and your moderator for this evening.

## Opening Prayer

Let's begin the meeting with a moment of silence for those who are still suffering followed by the Serenity Prayer. I say a line and the group repeats.

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.

Please mute your phone when you are not speaking by pressing star six, even if you use the mute on your phone, and use star six again to unmute when you share. We use a technology to prevent disruption, so your number may be visible to the moderator and dashboard operator; if you are unmuted or make inappropriate noise, you may be muted, disconnected, or in extreme cases blocked. We appreciate your help in keeping this call clear, and safe.

## Readings

Would someone please read the 12 steps on page 20 in the SAA Green Book?

***Get name of reader.***

! *Moderator can read the 12 steps if no one responds.*

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.

### **Tradition of the Month**

The Tradition of the Month is...

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 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. 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 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.

### **Welcome Newcomers**

Is there anyone at this meeting for their first time? If so, please state your first name only and where you are from.

Welcome! Please stay around until fellowship to get phone numbers, or to ask questions.

### **Introductions**

Now is the time for introductions, which are limited to four minutes. We introduce ourselves by first name only, and where we are from. This not the time for sharing; so please be brief.

I will start. My name is \_\_\_\_\_ from \_\_\_\_\_. Who is next?

### **Topics**

This is a topic meeting, with up to three topics, one of which is a newcomer tool. Who has a suggestion for a topic related to sex addiction recovery?

***Get names of topic contributors.***

### **Boundaries**

Before we begin sharing, let me go over boundaries: We do not engage in crosstalk, which means to interrupt or directly respond to the shares of other members. By group conscience, only the moderator may interrupt a member who is speaking.

Because this is a telemeeting, the laws of all locations represented apply, so to protect yourself and others please do not be specific as to when, where, with whom, or how you have acted out. This meeting is for people age 18 and over.

Please avoid mentioning the specific name of a website, book, movie, treatment center or the like in your share. Additionally, we use the words 'I' or 'we' instead of 'you' when sharing. We do not interrupt or give advice.

Unlike other meetings you may have attended, Late Night Recovery has a boundary where we ask you to refer to sexual behavior generically, either using the words "acting out" or "healthy sexuality," rather than using specific terms, explicit descriptions or offensive language.

The focus of this meeting is on the solution rather than the problem. We share our experience, strength and hope.

Please feel free to be more specific, although not explicit, and to share phone numbers, or to look for a sponsor, during fellowship.

More information on sponsorship, sobriety tools and a special note about personal safety is at [saatalk.info](http://saatalk.info) under Late Night Recovery.

### **Spiritual Timekeeper**

The time limit for each share is 2 minutes. Is there someone willing to be the spiritual timekeeper?

***Get name of timer keeper.***

### **Sharing**

We now open the meeting for sharing. You can talk about these topics, or just get current. Remember to mute your phone using the star six key if you are not talking. This is a large call, so if you've shared during the last two Late Night Recovery meetings, please refrain from sharing to give others a chance. In the event of a lull, the moderator may open the floor for anyone to share.

Who would like to start?

- ! If the meeting exceeds 70 participants, the moderator has the option to institute a lightning round for the last 15 minutes, with one-minute shares.

### Closing & LNR Promises

- ! Begin closing at ten before the hour.

**Thank readers, topic contributors, spiritual timekeeper and dashboard operator.**

Anonymity is the spiritual foundation of all our traditions. What you heard was spoken in confidence and should be treated as confidential. Carry no gossip and always remember to place principles before personalities.

We use the Late Night Recovery Promises as posted on our tab on [saatalk.info](http://saatalk.info). Can someone read those?

- ! Moderator can read the late night promises if no one responds.

LNR meets seven days a week; here are seven promises for those who work the program, commit to sobriety, and seek spiritual growth:

1. We will find a new freedom from addictive obsession.
2. We will learn to be present during emotional and physical intimacy, and to express love in healthy ways.
3. We will deepen our compassion and forgiveness of others and ourselves.
4. We will pursue the company of people who accept and respect us.
5. We will find belonging and true friendship with ourselves and with others.
6. We will ask for help, and offer it freely to others.
7. We will experience profound healing in the hands of a loving higher power.

Are these extravagant promises? **We think not.** They are ours if we work them.

**7<sup>th</sup> Tradition**

The 7th Tradition states that “every group ought to be fully self- supporting, declining outside contributions.”

We ask that you donate to the SAA telemeeting intergroup online at **saatalk.info**. On the left-hand column you will find a "Donate" button to donate online as well as the current mailing address to donate by mail.

**Announcements**

In just a few minutes we will invite phone number sharing. Please get a pen and paper, or open your notes app, so you can be ready to copy down phone numbers.

We also have a list that members have agreed to be published on. You can get this list by sending an email.

For men, send an email to **meninlatenightrecovery@gmail.com**.

For women, send an email to **womeninsrecovery@gmail.com**

If you would like a list of the readings for this meeting, go to **saatalk.info**. Our business meeting is held the first Friday as needed, immediately after newcomer questions.

Are there any other SAA related announcements?

**Closing Prayer**

Let’s close the meeting with a moment of silence for those who are still suffering followed by the Serenity Prayer. I will say a line and the group repeats.

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.

### **Newcomer Questions, Fellowship, Number Sharing**

Now we reserve 5 minutes for newcomers --anyone in their first 30 days of program--to ask questions. When responding to a newcomer, be mindful of the two-minute time limit.

**!** *If it is a business meeting, move this section until after the meeting.*

In a moment we will conclude the meeting and we will be open for fellowship, which is unmoderated. The group conscience asks that we start with phone number sharing. If you would like to share your number, please be brief; leave your name, where you're from, and state your number, slowly, twice. Please mention if you are open for sponsorship or just fellowship, and which gender. We assume everyone should text first before calling.

Thank you for allowing me to moderate!

### **Business Meeting**

**!** *On the **FIRST** Friday and **THIRD** Monday of the month only.*

*Set the mute mode for the entire room to MUTE OFF or else people who joined the meeting late may not be able to participate in the business meeting.*

Welcome to the Late Night Recovery business meeting. My name is \_\_\_\_\_ and I'm a sex addict and your secretary. The business meeting has a time limit of 30 minutes. Any business not completed is tabled and will be old business in the next business meeting. When participating on any motions there is a 2-minute time limit for sharing your views. Remember you can also voice your opinion simply with your vote, without discussion.

Do we have any old business to discuss?

Do we have any new business to discuss?

Please help me close this meeting with the Serenity Prayer.

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.

**Moderator Worksheet**

Use the worksheet below to record names and topics.

<b>12 Steps</b>	
<b>Spiritual Timekeeper</b>	
<b>Topic Contributor 1</b>	
Topic	
<b>Topic Contributor 2</b>	
Topic	
<b>Topic Contributor 3</b>	
Topic	
<b>Late Night Promises</b>	

**Notes**

Use this space to take notes during the meeting.
