



S.A.A.

# Thursday Global Zoom Meeting

*Steps to Freedom*

Basic Texts for the Meeting

## Revision History

6	<ul style="list-style-type: none"> <li>• Single person volunteer to read opening and closing Serenity Prayers</li> </ul>
7	<ul style="list-style-type: none"> <li>• Grouping traditions into 3 for each week.</li> <li>• Changing Tools of Recovery readings arrangement for week 2</li> <li>• Changing Week 4 &amp; 5 steps and traditions readings to align with calendar months</li> </ul>
8	<ul style="list-style-type: none"> <li>• Change of readings</li> <li>• Expand 12 steps reading</li> <li>• Change of week topics</li> <li>• Change of meditation length</li> <li>• Change of closing serenity prayer to plural</li> </ul>
9	<ul style="list-style-type: none"> <li>• Read out service roles at end of script</li> <li>• Ask to mute microphones for closing serenity prayer</li> </ul>
10	<ul style="list-style-type: none"> <li>• Update Service Positions</li> </ul>
11	<ul style="list-style-type: none"> <li>• Update Service Positions and introduction of 'Gratitude Tennis' at the end of General Sharing</li> </ul>
12	<ul style="list-style-type: none"> <li>• Update Michael to reserve zoom servant</li> </ul>
13	<ul style="list-style-type: none"> <li>• Change to introduction/group introduction wording, update servant roles. Update week topics</li> </ul>
14	<ul style="list-style-type: none"> <li>• Update service roles</li> </ul>
15	<ul style="list-style-type: none"> <li>• Update service roles</li> <li>• Add Whatsapp QR Code</li> <li>• Update Donations text</li> </ul>
16	<ul style="list-style-type: none"> <li>• Update service roles</li> <li>• Change Promises reading to Just for Today</li> </ul>

## Thursday Global Zoom Meeting 'Steps to Freedom'

**Time: 19:55 for 20:00 start (Local London, UK Time)**  
**Meeting is for 75 minutes.**

- **Meeting type:** Closed, Mixed, Topic/Focus
  - *First week – Step reading of the month (Jan = step 1, Feb = Step 2 etc)*
  - *Second week – Tools of the program*
  - *Third week – Main Share or Personal Story or Step 1 Presentation*
  - *Fourth week – Tradition of the Month*
  - *Fifth week – Chosen topic of the week / cross-share discussion forum*
- **Email Contact :** [thursdayglobalsaa@gmail.com](mailto:thursdayglobalsaa@gmail.com)  
 (Phil, newcomer servant)
- **Telephone Contact :** +44 07522 176345, Martin

Meeting details

Meeting ID: 499 962 4312


Password: Message or call Email/telephone contact for password details.


One-click link to join:

<https://us02web.zoom.us/j/4999624312?pwd=WTZmdXJ1dWcyODhLN2REV2pvWkpyQT09>

(these details should stay the same each week)

How to Zoom

 There is an app for android and iphone. Get the app and join a meeting with the details above, or just tap the link and it should take you straight in to the meeting. You don't have to switch on video if you don't want to. Give yourself a name to preserve your anonymity, like "Bob B".

 You can dial in off any (including dumb) phone. International dial in numbers can be found on the website. Then, follow the instructions to enter 499 962 4312 for the Meeting ID and the password.

Please mute yourself whenever you're not talking to keep the call clean and easy to hear. If you're on a dumb phone, you can mute with by pressing \*6.

ZOOM FAQs:

- ? Do I have to show my face on video? - In this meeting we strongly encourage members to enable their camera for closer connection, however, ultimately it is a personal choice. If you don't want to, just click the button to switch it off.
- ? Am I still anonymous? - If you name yourself properly, no one will know your surname or email, so no one will know more of your details than they do already.
- ? Help, I'm still having trouble? - Don't suffer in silence, contact the newcomer servant, Phil, at [thursdayglobalsaa@gmail.com](mailto:thursdayglobalsaa@gmail.com)

## Opening

(+0.00) **Secretary:** Good evening, my name is \_\_\_\_\_ and I am a \_\_\_\_\_.

Welcome! I will be your script servant for today's meeting. This is the Thursday Global Zoom Meeting 'Steps to Freedom' of Sex Addicts Anonymous.

We would like to remind members who are not speaking to mute their microphones to minimise background noise. We also strongly encourage all members to turn on their cameras for this meeting to promote as close a connection with each other as possible, however, we ask that you refrain from behaviors that could be distracting or triggering to others such as drinking alcohol, smoking and eating.

SAA is a fellowship of people who share our experience strength and hope with each other so that we may stop our addictive sexual behaviour and help others to recover from sexual addiction. The only requirement for membership is a desire to stop addictive sexual behaviour. This group is fully self-supporting from the voluntary contributions of our members. We receive no outside donations.

SAA is not allied to any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy and neither endorses nor opposes any causes. Our primary purpose is to stay sexually sober and help other sex addicts to achieve sexual sobriety. 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 share our own experience as it seems appropriate. We do not give advice.

Our programme is derived from the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. Although we are not affiliated with AA, we are grateful to AA for this gift. Anonymity is a core tradition on which the programme depends. We only use our first names. Whatever our status or position outside of this group is not an issue here.

Our common bond is our desire to stop our addictive sexual behavior and to live sexually healthy lives. Let us make this a safe meeting to bring the message of Strength Hope and Recovery. If you are new or having a trying time, remember that others of us have been there too.

Let us now open the meeting with the Serenity Prayer using the word God as you understand it.

Can I please have a volunteer to read the Serenity Prayer?

***Volunteer:*** '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.

## Readings

(+0.02) **Secretary:** Please may we have a volunteer to read "The Problem"

Many of us find that our histories have several characteristics in common. Early on, as children and adolescents, we had come to feel disconnected - from siblings and peers, from parents and from ourselves. We felt inadequate, unworthy, alone and afraid. Our insides never matched what we saw on the outsides of others.

We lost the ability to trust in others to fulfil our needs for nurturing and security. To compensate for our loss, we started to develop a reliance upon sexual experience as a way of escaping the pain and the emptiness of our lives. Some of us feared being sexual at all - we weren't able to see that our sexuality was healthy and God-given.

Looking for love in all the wrong places, we became true addicts: - promiscuity, dependent relationships, abusive relationships, pornography, compulsive masturbation, anonymous sexual encounters, and much more besides. We got it through the eyes. We bought it, we sold it, we traded it, we gave it away. Addicted to the tease, to the forbidden, to the 'high', we abused others and we abused ourselves.

In a vicious downward spiral of despair, we acted out to try to take away our pain, but this only increased our self-hatred, which; sooner or later, we would try to ease again by acting out. The more we did it the more difficult it was for us to stop. We risked our relationships, our jobs, our health, our freedom, even our lives.

Our addiction made true intimacy impossible. Lust killed love. We took from others to fill up what was lacking in ourselves, and, in a desperate search for the Big Fix, we turned other human beings into objects of our gratification. We could never know true intimacy with another because we were addicted to the unreal, the chemistry, the intoxication and the intensity of the pursuit. We looked for the instant hit, the danger, the connection that had the magic, because it bypassed intimacy and true union with another, which we feared more than death. Conning ourselves time and again that the next one would save us, we were really losing our lives.

In the solution, by surrendering again and again to the discipline of meeting with each other, we find that people, without knowing it, through the honest revelation of their own lives, confront us with our disease as it really is; and, by bringing our disease out of the shadows and into the light of the meeting, we deprive it of its source of power, which is in our secrecy and shame. As time passes, we gradually realise that we are coming to accept

ourselves and to recognise that we really do have worth and value. Our healing has already begun.

**Secretary:** Thank you \_\_\_\_\_

**(+0.04) Secretary:** Please may we have a volunteer to read “Our Programme”

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 behaviours 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 Twelve 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 foundations of our recovery.

**Secretary:** Thank you \_\_\_\_\_

(+0.04) **Secretary:** Please may we have a volunteer to read "The 12 Steps"

### The 12 Steps of Sex Addicts Anonymous

1. We admitted we were powerless over addictive sexual behaviour - 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 fearless and searching 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 all 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 all 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 a result of these steps, we tried to carry this message to other sex addicts and to practice these principles in all areas of our lives.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

**Secretary:** Thank you \_\_\_\_\_

(+0.05) **Secretary**: I will now read the three traditions for this week. This is Week < x > and so I will read out Traditions < x, y, z >

### **Week 1**

- 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.

### **Week 2**

- 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.

### **Week 3**

- 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.

### **Weeks 4 & 5**

- 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 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.

## **Newcomers**

(+0.06) **Secretary:** Do we have any newcomers at the meeting? A newcomer is someone who is attending one of their first six meetings.

(If appropriate): Please can I have a volunteer to read the letter to newcomers (see next page):

Dear Newcomer, Welcome to SAA,

When we came to our first meeting, many of us were having a variety of feelings. We were relieved to have found a place where our pain and despair might be understood. We were angry that we had to get help and could not manage this part of our lives. We felt lonely and were ashamed of our sexual history. We had secrets that we were reluctant to share. We were distrustful, guarded and frightened. We had been abused and we had abused others. We were sex addicts and we needed help.

The programme of SAA is patterned after the Twelve Steps of Alcoholics Anonymous. Here we learn a new way of living. We learn at our own pace, to experience intimacy and sharing with others in a healthy way. We learn to trust; to express our feelings; to ask for our needs to be met; to say no when no is appropriate; and to stay around when all we want to do is run.

Here no one shames us for what we have done or are still doing. Here we have a safe harbour within which to heal, and for that we are grateful. The only requirement for membership in SAA is a desire to stop addictive sexual behaviours. It is a programme of progress, not perfection. If you are willing to be honest and have a desire to have and maintain healthy relationships, then we believe that you are in the right place.

It is suggested that you attend at least six meetings before you decide whether the programme is for you. Remember, however, that there is no obligation on you to attend meetings if you do not want to. We encourage you to talk to others and to exchange 'phone numbers with those whom you relate to, but to whom you are not sexually attracted. We urge you also not to feel offended if others do not want to give their 'phone numbers, and remember that you only have to give your own number where you feel comfortable doing so.

We also suggest that you select a temporary sponsor to assist you in learning the basics. Ask someone you relate to if they would be willing to be your temporary sponsor until you learn your way around. We are happy that you are here, for it is the newcomer who keeps SAA alive and well. You may not believe it at this moment, but we have as much to learn from you, as you have to learn from us.

We encourage you to take it one day at a time, be gentle with yourself and keep coming back!

(+0.07) **Secretary:** We are now going to have reading from the 'Voices of Recovery' after which there will be a moment of silence. Can I please have a volunteer to read today's meditation?

< Reading from 'Voices of Recovery' >

**Secretary:** Thank you \_\_\_\_\_. There will now be a moment of silence in which to reflect on why we are here and to think of the still suffering addict.

***Silence for reflection and thinking - 2 minutes.***

## **Group Introductions**

**Secretary:** Thank you. I will now hand over to the co-secretary for Group Introductions.

**(+0.10) Co-Secretary:** We now come to group introductions, 30 seconds each, in which we each introduce ourselves by our first name only, our general location, any brief description as appropriate and if we wish our bottom lines. Please do keep this brief as there will be an opportunity for general sharing later.

To avoid people talking over one another I will call out people's names in alphabetical order.

*Starting with the co-secretary: My name is \_\_\_\_\_ and I am a \_\_\_\_\_*

*Introduce all fellows in order alphabetically, leaving the secretary until last. Hand back over to the secretary for group introduction and to continue the meeting.*

**Note to Secretary:** If there are any new joiners to the meeting after group introductions, please pause the meeting at an appropriate point to invite the new joiner(s) to introduce themselves.

If the new joiner(s) is a newcomer, please read the letter to newcomers.

**Note to Secretary & Co-secretary:** If any meeting attendees do not introduce themselves on asking, and have their camera off, please put them back in the waiting room. **Co-secretary** is to engage with them via chat to ensure they are genuine members of SAA. If no positive response, then they should not be permitted to re-enter the meeting.

## **Focus of the Meeting**

**(+0.20) Secretary:** We now come to the focus of today's meeting. This being the *<x<sup>th</sup> week of the month >* the focus is :

- **First week** – Step reading of the month (Jan = step 1, Feb = Step 2 etc)
- **Second week** – Tools of the program
- **Third week** – Main Share (Strength Hope and Recovery), or Personal Story (Green book or Big book), or Step 1 Presentation
- **Fourth week** – Tradition of the Month (Jan = Tradition 1, Feb = Tradition 2, etc.)
- **Fifth week** – Chosen topic of the week / cross-share discussion forum (up to 15 mins)

### **First week in the month (Step reading)**

Step Reading from the SAA Green Book. Fellows to volunteer to read a paragraph each.

- January = Step 1
- February = Step 2
- March = Step 3
- April = Step 4
- May = Step 5
- June = Step 6
- July = Step 7
- August = Step 8
- September = Step 9
- October = Step 10
- November = Step 11
- December = Step 12

### **Second Week in the month (Tools of the program)**

**(+0.21) Secretary:** Please can we have three volunteers to each select a number between 2 and 29, from which the tools for today's readings from the SAA Literature – *“Tools of Recovery - A Practical Guide for New Members of SAA”* will be selected.

***Fellows to select 3 numbers between 2 and 29 and the tools from that page of the document are to be read out by the fellow that selected each number***

### **Third Week in the month (Main Share or Personal Story, or Step 1 Presentation)**

- Pre-arranged chair on the subject 'Story of Strength Hope and Recovery'. If one has not been arranged, the Secretary should ask if anyone wishes to do a 15-minute chair about their recovery<sup>1</sup>.
- First Step presentation ([see First Step presentation script](#)) if one has been arranged.

If a chair is to take place, the Secretary should request a timekeeper and ask them to verbally note the time as appropriate.

Secretary to select a personal story from the Green book or Big book. Fellows to volunteer to read a paragraph each.

**Fourth Week in the month**

Tradition Reading from the SAA Book. Fellows to volunteer to read a paragraph each.

- January = Tradition 1
- February = Tradition 2
- March = Tradition 3
- April = Tradition 4
- May = Tradition 5
- June = Tradition 6
- July = Tradition 7
- August = Tradition 8
- September = Tradition 9
- October = Tradition 10
- November = Tradition 11
- December = Tradition 12

**Fifth Week in the month**

Chosen topic of the week:

Secretary to open the floor to suggestions for this week's focus.

If no suggestions forthcoming, Secretary to suggest a general discussion forum where cross sharing is permitted (up to 15 mins).

## **General Sharing**

**(+0.35) Secretary:** We now come to General Sharing. At this point members may announce themselves if they wish to share. Please be aware of the time, so that as many members as possible may get a chance to share, and please keep individual shares to within (2.5) / (3) minutes or less.

(For less than 25 people) - The time keeper will raise a hand at 2.5 and 3 minutes  
 (For more than 25 people) - The time keeper will raise a hand at 2 and 2.5 minutes

***(Note to Secretary – read this paragraph only if there are newcomers)***

Please also be aware that I will pause general sharing with ten minutes remaining, and for that final ten minutes of sharing time, priority will be given to newcomers who have not shared and may wish to do so.

We encourage your share on today's meeting focus and to bring into the light of the meeting those behaviours and experiences which cause you shame; to deprive them of their power which is in their secrecy. Please share on your Experience Strength & Hope encountered in recovery and the 12 Steps and 12 Traditions, bearing in mind Tradition five, that 'each group has but one primary purpose - to carry its message to the sex addict who still suffers'.

What is spoken in these rooms is done so in confidence, however, please be aware that disclosure may be necessary in very rare instances where there might be a serious risk to life, or where the organisers of this meeting may be liable to legal proceedings.

Please be mindful of the language that you use to avoid compromising the safety of yourself or others. This includes avoiding overly specific descriptions of acting out behaviours, naming specific places you have acted out in or publications, broadcasts and services you have used and avoid using slang terms for acting out behaviour.

We do not interrupt each other, and we do not ask questions or engage in discussion. Please speak in "I" Statements not "You" statements to avoid sounding like you are giving advice. Cross talk and feedback are discouraged. In our meetings we speak about our experiences and we listen without comment to what others share. We work towards taking responsibility for our own lives rather than giving advice to others. If you feel that the sharing rules are not being followed, please ask the script servant – that's me - for these rules to be read out again.

The time is now <time GMT> and General Sharing will finish at 21:10 GMT.

**Secretary:** Confirm with timekeeper they are happy to continue (*if not ask for a volunteer*). Remind the timekeeper to give a signal at 2 & 2.5 minutes.

Please introduce yourself if you wish to share. The meeting is now open.

*(Note to Secretary – read this paragraph only if there are newcomers at ten minutes from the end of general sharing)*

**When there is 10 minutes of Sharing Time Remaining:**

**(+1.00) Secretary** There is ten minutes of sharing time remaining. At this point, we would now like to give priority to any newcomers who have not shared and wish to do so. If no newcomers decide to share within the next minute or two, we will return to general sharing.

*(Note to Secretary – if there are no newcomer shares after one minute, or newcomer(s) have shared and there is time remaining, open the meeting to general sharing once more).*

**If Run out of People to Share Before the End of General Sharing:**

**(+1.00) Secretary** There is **XXX** minutes of sharing time remaining. As we have some spare time before the end of General Sharing, we would like to open up the remaining time for 'Gratitude Tennis'. Please feel free to jump in at random to share your current expressions of Gratitude, both in life and in recovery.

## **The Seventh Tradition**

(+1.05) **Secretary**: May I remind everyone of the Seventh Tradition, that is, that every S.A.A. group ought to be fully self-supporting, declining outside contributions. Being self-supporting involves not only money in the basket. To be self-supporting our group relies on members to volunteer to support the group by attending meetings, to share, to do service, outreach, fellowship, sponsor and much more.

If you can afford to, donations to Sex Addicts Anonymous via the details on the screen, or via the websites at '[saa-recovery.org/contribute/](https://saa-recovery.org/contribute/)' or '[saauk.info/donate](https://saauk.info/donate)' will help all of us in our recovery.

## **Group Business**

(+1.06) **Secretary**: We now come to Group Business.

Does anyone have any Group business or SAA related announcements?

Literature including approved pamphlets and the Sex Addicts Anonymous Green Book & this script are available from SAA Websites.

We have a Whatsapp group for this meeting. If you would like to join the group, please scan the QR code on the screen, or stay in the call for fellowship after the meeting to leave your number.

*(Note to Secretary – Any member may introduce themselves again and bring business notices or queries before the meeting. Simple decisions may be decided by consensus within Group Business but more complex or important decisions must be deferred by consensus to a Group Conscience Meeting, which takes place after the normal meeting on the last week of every month.)*

## **'Just for Today'**

(+1.10) **Secretary** Please may we have a volunteer to read the 'Just for Today' card?

***Just for today*** I will try to live through this day only and not tackle my whole life problem at once. I can do something for twelve hours that would appal me if I felt that I had to keep it up for a lifetime.

***Just for today*** I will be happy. Most folks are as happy as they make up their minds to be.

***Just for today*** I will adjust myself to what is and not try to adjust everything to my own desires. I will take my 'luck' as it comes and fit myself to it.

***Just for today*** I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

***Just for today*** I will exercise my soul in three ways: I will do somebody a good turn and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do - just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

***Just for today*** I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticise not one bit, not find fault with anything and not try to improve or regulate anybody except myself.

***Just for today*** I will have a programme. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

***Just for today*** I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will try to get a better perspective of my life. Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

## Closing

(+1.12) **Secretary:** Please could you indicate if you are willing to be a temporary or permanent sponsor by raising your hand or typing your name and number in the text box. Thankyou.

Please note, the call will be open after the meeting ends for fellowship. If you wish to swap numbers with another member or arrange sponsorship, please stay on the line. We ask that you only take the number of someone who explicitly states that they want you to have it.

***For First Step Presentations only:*** May I remind all members that a First Step can bring up a lot of feelings, both for the person giving their First Step and for other members. These feelings may come up during the course of the following few days.

In closing, we would like to thank all the members that do service for this group :

- Group Service Rep – Martin
- Script Servants - Alex & Vacant Position
- Zoom Servants - Michael & Francois
- Newcomer Servant - Vacant Position
- Sharefinder Servant - Vacant Position
- Whatsapp Servant - Gary

{Check service positions for next week's meeting...}

{State vacant service positions and ask if anyone is or has been considering taking on a position...}

The opinions expressed here tonight were strictly those of the person who gave them. Take what you like and leave the rest.

The things that you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this meeting and the confines of your mind. Remember that anonymity is a core tradition on which the programme depends. 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 let the understanding, love and peace of the programme grow in each of us one day at a time.

Let us close this meeting with the Serenity Prayer, standing and holding hands, metaphorically, using the word God as you understand it?

Can I please have a volunteer to read the closing Serenity Prayer?

If you would like to join in reading the closing serenity prayer, please mute your microphone.

*'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.'*

**Keep coming back, it works if you work it - so work it, you're worth it!**

## **Group Conscience**

**Secretary:** We now come to Group Conscience. Can we please start the meeting by saying out loud 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.*

**Secretary:** Thank you – We now have some items of general business to discuss, after which any member may introduce themselves and bring any item they see fit into the meeting. We will aim to keep the meeting to a maximum of thirty minutes duration.

**Secretary:** Treasurer's report...

**Secretary:** Literature secretary report...

**Secretary:** Intergroup Business...

**Secretary:** Are there any more items that people would like to raise?

Any member may introduce themselves again and bring business notices or queries before the meeting. Any issues that are raised may be decided by consensus where appropriate, and any decisions or notes will be recorded within the Secretary's diary.

After any matters have been discussed:

**Secretary:** Thank you. If there are no more matters to be discussed, can we please close the meeting by saying out loud 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.*

## **Introduction to First Step Presentation**

**Please may we have a time keeper?**

**Secretary:** (name), you are about to share with us your First Step. We acknowledge and affirm your courage in taking this step. We want to clarify some things about this experience for each of us.

The primary purpose for you giving this formal first step presentation is to aid you in your programme of recovery. It need not be done to please the group, or gain status. There is no right or wrong way to give a First Step. Any effort you make is legitimate.

Here are some suggestions which others who have gone before have found helpful. We encourage you to be specific about your behaviours and to speak from your heart in order for you to be in touch with the pain and reality of your addiction. Try not to bury yourself in shame. Let us hear you, not your addict speaking.

The group has a responsibility to be loving, caring and accepting of you. The members will avoid judging you, giving advice to you or “taking care” of you.

If you do not finish you may have more time next week. Remember, we are here for you!

May God grant you serenity.