

*Around 6:20PM (MST), and repeated as necessary:*

Before we begin, do we have any volunteers to serve as timekeeper or to read our readings:

- Timekeeper
- Voices of Recovery
- Our Addiction
- Twelve Steps
- Twelve Traditions
- Keep Coming Back

*At 6:30PM (Arizona Time):*

## **Welcome**

Hello! My name is \_\_\_\_\_ and I am a sex addict and your meeting moderator. The Let's Get Better Together Group of Sex Addicts Anonymous would like to thank everyone for attending this open, LGBT-welcoming telemeeting. We strive to make this a friendly and safe space for all. **In the spirit of mindfulness,** we request that all participants mute their microphones when not speaking, and minimize background noise when they are speaking. Those on the phone may use \*6 to mute and unmute, or may use their phone's mute function.

## **Opening Meditation**

We will open our meeting with today's reflection from ***Voices of Recovery***. I have asked \_\_\_\_\_ to read. [Available at: <https://saa-recovery.org/daily-meditation-from-voices-of-recovery/>]

Thank you, \_\_\_\_\_!

To help settle, clear, and ground ourselves, we will begin with a three-minute silent meditation. We ask that all participants remain muted

throughout this time and avoid distracting movements. The meditation begins now.

### Opening Readings

That is the end of our meditation. I have asked \_\_\_\_\_ to read **“Our Addiction”**.

Thank you, \_\_\_\_\_!

I have asked \_\_\_\_\_ to read the **“Twelve Steps of Sex Addicts Anonymous”**.

Thank you, \_\_\_\_\_!

I have asked \_\_\_\_\_ to read the **“Twelve Traditions of Sex Addicts Anonymous”**.

Thank you, \_\_\_\_\_!

### Introductions

It is now time for introductions. If you're celebrating any recovery milestones, please share them with us. Such celebrations do not make us better than or less than other members, but they do show that recovery can and will materialize, if we follow the path laid out in the SAA program of recovery. If you're a newcomer, and have never attended an SAA meeting before, or if this is your first time at this meeting, please indicate so. We acknowledge you for the courage it took to get here. After the close of our regular meeting there will be a time for you to ask questions and get contact information from others to support you in your recovery journey. For the safety of all participants, we encourage you to introduce yourself by first name and general location only.

As an example, I'll introduce myself first. Again, my name is \_\_\_\_\_ and I am a sex addict from \_\_\_\_\_ (and I'm celebrating \_\_\_\_\_ days/months/years of recovery/abstinence). Who else would like to introduce themselves?

*PAUSE FOR INTRODUCTIONS*

If there are any newcomers: Will someone please read “**Abstinence in SAA**”? (page 14; first 3 paragraphs of “Defining Abstinence”)

We will now begin the discussion portion of our meeting. In this meeting, we don't crosstalk, that is, directly commenting about another person's share. We use “I” statements, rather than “you” statements. Only the moderator (or timekeeper) may interrupt the person speaking. We keep this a safe forum for all participants; we try not to use offensive language or descriptions that are too explicit, and we avoid specific references to where, when, and with whom we have acted out— this includes the names of websites and applications. A meeting is not a place to meet sexual partners, nor is it group therapy. We keep the focus on the solution, rather than the problem.

Each week we read from the book *Voices of Recovery*. In alternate weeks, we read either the reading of the day or readings listed in the topical index.

**Option A:** <https://saa-recovery.org/daily-meditation-from-voices-of-recovery/>

*Page numbers refer to the physical book. Add 5 for the page number in the online version.*

This week we are discussing the reading of the day, which was read before our meditation. I would like to ask a volunteer/I have asked \_\_\_\_\_ to re-read today's reading, which will be shared on the screen. [Are there any volunteers?]

*After the reading:* We will now open the floor for sharing. We'll continue sharing on the reading until a quarter after the hour [7:15PM Arizona Time], at which time we'll read the day's reading for a final time, then resume sharing.

**Option B:** <https://saa-recovery.org/literature/voices-recovery-daily-meditation-book/>

This week we are reading from the topical index. We are on the topic \_\_\_\_\_ and will begin with the reading on page \_\_\_\_\_. Who would like to read?/I have asked \_\_\_\_\_ to read.

*After the reading:* The floor is now open for sharing. We'll continue sharing until all have had a chance to share, at which point, if there's time, we'll move on to the next reading.

Participants may share about the reading, anything that came to mind during the meditation, or just get current. To ensure that everybody who wishes to share gets a chance to, we will limit all shares to no more than 3 minutes. [I have asked \_\_\_\_\_ to be our timekeeper.] When your time is up, they/I will use the "clock" emoji as a visual warning. If requested, or if you are on the phone, they'll/I'll also give a verbal warning by saying "time". Please wrap up as quickly as you can. If you have more to share after your designated 3 minutes, please wait until everyone else has had a chance to share or stick around after the meeting for fellowship. If you would like to share, please raise your virtual hand, which can be found under "Reactions". If you're on the phone, please press \*9.

*When it is time for another reading:*

*Option A:* It is now a quarter after the hour, so we'll re-read the day's reading. I have asked \_\_\_\_\_ to read. /is there anyone willing to read?

*Option B:* As there are no more shares on this reading, let's move on to the next reading, which is on page \_\_\_\_\_. [This is [still] on the topic of \_\_\_\_\_.] I have asked \_\_\_\_\_ to read. /is there anyone willing to read?

*After the reading:* Thank you, \_\_\_\_\_. The floor is once again open for sharing.

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*At 7:25PM Arizona Time:*

We thank everyone for sharing. If you have more to share, please stick around after the meeting to speak with someone.

Phone calls are an important part of recovery. Staying in touch with fellow addicts helps us to move from shame to grace, and is a source of support

in times of difficulty. Among the most vital forms of fellowship contact is sponsorship. A sponsor is a person in the fellowship who acts as a guide to working the program of SAA. If you are willing to share your contact information, for fellowship or sponsorship, please enter it into the chat window so others can reach out. If you have called in via telephone and wish to share your contact information, please unmute now and share it.  
*[Pause]*

Do we have any volunteers to serve as moderator or screen sharer for next week's meeting? If you are unsure how to carry out these services, please let us know. We'd be happy to help members expand their service options.

This group conducts a business meeting following our regular meeting on the first Wednesday of the month. All are welcome to attend and share their voice.

More information about SAA, including literature for purchase or free online reading, as well as fellowship announcements, are available from the SAA International Service Office at [www.saa-recovery.org](http://www.saa-recovery.org). In addition, virtual meeting listings and online events can be found at the SAA Telemeetings Intergroup website, at [www.saataalk.info](http://www.saataalk.info).

As our fellowship is self-supporting through the voluntary contributions of its groups, financial contributions may be made to the service structure at these websites, as well. If you need to send contributions via postal mail, please stay after the meeting to request the addresses.

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Post in chat:

Contributions may be made to:

SAA ISO <https://saa-store.org/7thTradition/> or, in the U.S., text "SAA" to 91999.

Telemeetings Intergroup <http://saataalk.info/us/donate> [Should we just give the top-level web-addresses?]

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Are there any other Announcements?

As we come to the end of our meeting, please remember that the assurance of anonymity is essential in our efforts to share our program of recovery with the still-suffering sex addict. Whom you see here, what you hear here, stays here, when you leave here. [*Pause for: "Hear, hear!"*]

Whatever your problems, there are those among us who have had them too. If you keep an open mind, you will find help. Talk to one another, reason things out, but let there be no gossip or criticism of one another. Instead, let the understanding, love, and peace of the program grow in you one day at a time.

I have asked \_\_\_\_\_ to read **Keep Coming Back**:

Thank you, \_\_\_\_\_!

Finally, let us close the meeting with the "we" version of the Serenity Prayer. **Moment of silence**

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

Keep coming back,  
    It works if you work it  
        And we are worth it!

**Fellowship**

Contribution mailing addresses (updated 11/17/2023)

ISO contributions may be mailed to:

ISO of SAA

PO Box 70949

Houston, TX 77270

USA

Telemeetings Intergroup contributions may be mailed to:

SAA Telemeeting Intergroup

PO Box 62

Windsor, CO 80550

USA

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