

Thursday Women's Outer Circle Zoom Meeting

"We Are Not A Glum Lot"

(Originated January 2023)

HOUSEKEEPING

Good evening!! Before starting the meeting we will review the **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.** Is it appropriate for international viewing? Please protect the anonymity and confidentiality of the group members by covering your screen or leave meeting if someone enters your space or you leave the room.

Please note that-

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

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

WELCOME

Good evening and welcome to the Thursday evening Women's Outer Circle Zoom Meeting of Sex Addicts Anonymous for women only 18 years of age or older. Our meeting is open to women sex addicts who are daily making a 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 Zoom room co-host for this meeting. Due to the virtual Zoom format of this meeting please be cognizant of your dress and background at all times to keep this meeting safe for all women. It is the group conscience of this meeting that all women may choose whether or not to be on video. When you enter by video please change your name to reflect first name, last initial and state you reside in to keep anonymity. The room co-host may help with this. To ensure a quiet meeting please mute if you are not speaking. The co-host may mute you if there is a concern with noise. You may

unmute yourself at any time to speak. 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 SAA TWELVE STEPS, pgs. 20-21 of the SAA green book?

May we hear THE SAA TRADITION OF THE MONTH, 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?

All are welcomed at this meeting, to share in a quiet time with your sisters in SAA. Whether you are

an artist,
a writer,
a musician,
a crafter,
a poet,
a doodler
or striving for better self-care,
or want to practice two-way prayer,
or meditation,
or do step work

then you are in the right place!! We invite all those who wish to participate in a meeting that has been designed to be a reprieve into our outer circle within our SAA fellowship. No matter how many days you have, what your level of skill is, where you are in your recovery ALL women are welcome!!!!

INTRODUCTIONS

Now let's go around for introductions. It is the custom of this group for members to share the following:

- Your first name
- Where you're from
- How you're feeling
- Two of your inner circle behaviors
- Two of your outer circle behaviors you have practiced this past week
- 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 _____. Two of my inner circle behaviors are _____ and _____. Two outer circle behaviors I practiced this week are _____ and _____. I have _____ years/months/ days of sobriety from my inner circle behaviors.

OUTER CIRCLE INSTRUCTIONS

"Outer-circle behaviors encompass a wide-range of healthy activities. They are frequently the things we didn't have time to do when we were acting out. . . any. . . activities which make our lives more enjoyable and meaningful". Sex Addicts Anonymous, pg. 19.

This meeting focuses on embracing our Outer Circle as a means to navigate our recovery and to deepen our relationship and connection with our Higher Power. This is an opportunity to put our thoughts and feelings down through various mediums so that we may better understand them with greater clarity and acceptance.

Each week we will be reading today's reading from our meditation book, Voices of Recovery. We will then creatively use this meditation in our outer circle choice medium as a starting point. Once the reading is complete we will then sit quietly together for 15 minutes meditating and pondering these words, allowing for inspiration to come to us. We do not strive to MAKE anything happen. WE simply invite this outer circle activity in any form to begin. - in whatever way feels right for you. Whenever you feel ready , during the quiet, meditative period of this meeting you can begin working on your Outer Circle activity of your choice.

MEDITATION AND OUTER CIRCLE TIME

We will now begin our meditative component of this meeting and to choose our outer circle activity. We invite all to participate, no matter what your skill level, where you are today in your recovery or what activity you choose. After the reading we will set the quiet period for 15 minutes, which will then be followed by 3-4 minute shares.

Would someone read today's meditation from Voices of Recovery at this time?

May I have another reader to read it a second time?

I will now mute the line for 15 minutes as we go into our outer circle time.



THIS IS THE MUTED PART OF OUR SESSION TODAY AS WE WORK ON OUR OUTER CIRCLE ACTIVITY. WHEN WE COMPLETE THIS PART OF OUR MEETING WE WILL THEN RETURN TO SHARE OUR INSIGHTS. SO GLAD YOU COULD JOIN US.

SHARING TIME

Now we are ready for sharing your insights, your feelings and thoughts on your Outer Circle activities.

If you wish to share: Share your experience and strength, and most importantly, your hope. With a focus on the solution offered by SAA, and your own recovery from the disease.

Feedback, cross talk, and advice-giving are discouraged here. Cross talk is giving advice to others who have already shared, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking or sharing at the time.

Please be mindful, here in this Outer Circle meeting, we do not critique, nor do we compliment each other's work here at this meeting. This might be construed as "cross-talk".

We ask everyone to respect our group conscience. The Trusted Servant may stop you if you get "into the problem", get off topic or is sharing too long. This meeting asks you to accept this suggestion in order to keep this meeting on track.

WHO WOULD LIKE TO SHARE?

CLOSING

Now it's time for our 7th Tradition which states that "every SAA group ought to be fully self-supporting, declining outside contributions." 12-step meetings around the world normally pass a basket at this time to receive donations that are used to support recovery. Because this activity is not possible in our Zoom meeting, we encourage you to make a donation directly to the Women's Intergroup at <https://www.saaforwomen.org> under donations or to the ISO office in Houston at www.saa-recovery.org. 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 or to make a donation, 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. Please also feel free to leave your contact information in the chat also.

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 Thursday Women's Outer Circle 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? Trusted Servant - 30 days sobriety suggested. 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.

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