

615 am Pacific SAA Daily Call Script

Approved Previously Approved: 7/15/2023

(Note: ~~With our online console, sort callers in descending order of time with first arrivals at the top. The Trusted Servant should arrive at least about 5 minutes before the start of the call and take the names of callers as they check in going down the list in the order they have called in. If callers attempt to visit before the meeting, you should could say: "Pardon me for interrupting. The time before the meeting is for callers to announce themselves so the moderator can compile the participation line up. It's time to begin our lineup. We invite you to join fellowship after the meeting."~~)

(Start the meeting exactly on time at 15 past the hour)

Welcome to the 615am Pacific SAA Daily Call. While this is a closed meeting only for those who wish to stop compulsive sexual behavior, we welcome you, whether you are straight, gay, queer, trans, any gender identity, 18 or over, any faith tradition as well as agnostic and atheist. The third tradition states "the only requirement for SAA membership is a desire to stop addictive sexual behavior." You are welcome here.

We take turns answering three questions. We can get the most benefit by treating these questions like a ritual or guided meditation, focusing on just the current question. Our experience is that it is possible to be brief and still share in a way that is honest and meaningful and to commit to what it takes to stay sober just for today.

Here are our meeting boundaries:

- This is a closed meeting, open only to those seeking recovery from sex addiction. Each caller must identify themselves by first name and state ~~as a sex addict~~ to remain on the call, even if just listening. If you cannot do so, the moderator will need to remove you from the call for the safety of others.
- Please refrain from using either profanity or explicit sexual descriptions.
- Please avoid mentioning the name of any books or resources other than SAA literature as some may interpret this as promotion. You can be more specific in fellowship after the meeting.
- Please remember to ~~mute your phones when you're not speaking. Now would be a good time to make sure you are muted manage your own mute status. If your phone does not have the mute feature, you may~~ You can use *6 to mute and unmute ~~or the mute button on your phone. Be careful not to accidentally hit *9 as this will start a recording and we do not record this meeting.~~
- If your ~~line is causing background noise of which you may be unaware mic is open and causing background noise~~, the moderator may mute your line ~~without notice~~ to minimize disruption. If this is done, ~~you will hear notification by the auto-attendant the system will tell you. Please stay muted until your next share.~~ You will have to unmute with *6 if you are muted by the moderator.
- The moderator will encourage, brief, focused shares on the current question, keeping with our format. ~~To keep the meditation flow, please do not answer more than one question in a share.~~ Longer shares are welcome during fellowship after the meeting where we can provide more support.
- To participate in this call, you will be given a place in the lineup. Please write down who is before and after you to pass the call on to the next person. The trusted servant is happy to assist if needed.
- So far we have, on the call...(*Trusted servant lists all in order, starting with self. DO NOT ASK FOR ANY NEW ARRIVALS AT THIS TIME.*) We will ~~add latecomers to continue assigning today's~~ the line up after our opening prayer.

Commented [DB1]: I've adjusted instructions throughout the script to reflect the "Phill Method" of creating the lineup. Also wording changes to improve the script flow and instructions.

Commented [DB2]: The Green Book states about the 3rd Tradition, "No one can judge whether or not another person is a sex addict, or make decisions about someone's fitness for membership in SAA. In order to belong, all we need is a desire to stop addictive sexual behavior."

Anonymous, Sex Addicts. Sex Addicts Anonymous: 3rd Edition Conference Approved (pp. 119-120). Health Communications Inc. Kindle Edition.

Commented [DB3]: Folks do this when they need to leave the call. Our boundaries state we are in a meditation one question at a time. We should remind folks of this and why. If someone does it, it's not worth interrupting, though. That could come across harshly.

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Let's start the meeting with a moment of silence for the still-suffering sex addict followed by the Serenity Prayer. ~~The trusted servant will say the prayer aloud and everyone can stay muted. First, a moment of silence (pause and count slowly to 5).~~

Those who wish may unmute and repeat after me (pause to let folks unmute):

God, grant me the serenity (pause)

To accept the things I cannot change (pause)

Courage to change the things I can (pause)

And the wisdom to know the difference

Now would be a good time to make sure you are muted.

~~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.~~

~~Has anyone else joined our call for question #1? We'd like to welcome those who have just joined. I will call your name, please let me know if you will be participating or just listening. (Trusted servant takes names of any joining the call. IF ANYONE DOES NOT IDENTIFY; be gentle and welcoming, reread the first meeting boundary and remove anyone who does not identify.)~~ I'll now read the order of the participants. I am X in Y and I'll pass to A in B who will pass to C in D, and so on. ~~(Let the last person know that for now, they will pass back to the chair.)~~

Question 1: Do you admit you are powerless over sexual addiction and with your Higher Power's help, are you willing to seek sobriety and recovery today? *(Trusted servant answers the question and passes, etc.)*

~~(When the last person has passed back to the chair.) We'd like to welcome those who have just joined. I will call your name, please let me know if you will be participating or just listening. Has anyone else joined us for question 1? (IF ANYONE DOES NOT IDENTIFY; be gentle and welcoming, reread the first meeting boundary and remove anyone who does not identify. State the bottom of the order from the person before the new arrivals through the new arrivals and have the new arrivals answer the question. Again, note that Tell the new last person they will, for now, pass-be passing back to the chair. Trusted servant also notes any changes in the lineup for folks who have said they are leaving the call.)~~

We will now move on to Question 2. A reminder, there is a one-minute time limit for question two. At the end of a minute, I will quietly and gently say "Time" and please acknowledge you heard this and wrap up your share in one or two sentences.

Question 2: Is there anything from yesterday or today that endangers your sobriety? If so, what tools can you use to meet the challenge and stay sober today? *(Trusted servant answers the question and passes, etc.)*

~~(When the last person has passed back to the chair.) Has anyone else joined us for question 2? We'd like to welcome those who have just joined. I will call your name, please let me know if you will be participating or just listening. As a reminder, there is a one-minute time limit regardless. (IF ANYONE DOES NOT IDENTIFY; be gentle and welcoming, reread the first meeting boundary and remove anyone who does not identify. State the bottom of the order from the person before the new arrivals through the new arrivals and have the new arrivals answer the question. Again, note that Tell the new last person they will, for now, pass-be passing back to the chair. Trusted servant also notes any changes in the lineup for folks who have said they are leaving the call.)~~

Commented [DB4]: Saying the Serenity Prayer as group members together is in line with each of us having a higher power of our own understanding. It also brings us together in fellowship. Call-and-response has worked very well in another telemeeting I attend. Because of phone line delay, it is better than trying to say it in unison, which seems impossible.

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Question 3: Name just one thing you are grateful for and are you willing to turn your will and your life over to God, as you understand God for the next 24 hours? *(Trusted servant answers the question and passes, etc.)*

(When the last person has passed back to the chair.) We'd like to welcome those who have just joined. I will call your name, please let me know if you will be participating or just listening. Has anyone else joined us for question 3? (IF ANYONE DOES NOT IDENTIFY; be gentle and welcoming, reread the first meeting boundary and remove anyone who does not identify. Take names and have the new arrivals answer the question.) Please limit your answer to only question 3. You are welcome to stay in fellowship after the meeting for a longer check-in if needed. (Re-read question 3 and invite the first person added to answer.)

(After everyone has answered question 3)

If anyone who has been just listening would like to unmute and recommit to their program today, we'd like to make this space for you. Please just speak up. (Pause a slow count to 5 and let all speak up)

Now is time for announcements.

A reminder on the 7th Tradition, ~~The Seventh Tradition~~ of SAA which states that "every group ought to be fully self-supporting, declining outside contributions." ~~Face to face SAA meetings around the world pass a basket for donations to support recovery. Because that is not possible in our telemeeting, Because this meeting has no financial obligations,~~ we practice the 7th Tradition through 12th Step service. ~~We also encourage you to to consider making~~ a donation ~~to the larger fellowship~~ in one of the following ways:

- Drop a buck in the basket electronically by texting the letters "SAA" to the number 91999. Through a secure response on a smartphone you can donate once or at regular intervals.
- Visit the main SAA website at SAA Dash Recovery Dot Org (saa-recovery.org). A contribute button is at the top of the page, or you may use the address or phone number to contact the ISO directly with a donation.
- Our financial support is an important way to help other sex addicts still suffering by supporting the fellowship that ~~has givengives~~ us so much.

We welcome any newcomers to the call and suggest that in addition to this check-in call you attend some topical meetings, whether they're face-to-face, Zoom or telemeetings, to determine if the program is right for you.

After the meeting, there will be time for fellowship for anyone who has a question about the program, wants to share contact information, ~~and or~~ continue fellowship ~~or check in~~. We encourage you to stick around if you can ~~since this is how we build community~~. The line will stay open as long as there are at least two callers.

Are there any other recovery-related announcements?

(Slow count to 5 to allow unmuting. After announcements are complete)

Let's end the meeting with a moment of silence for the still-suffering sex addict followed by our closing prayer of recommitment. The trusted servant will say the prayer aloud and everyone can stay muted. First, a moment of silence *(pause for and count slowly to 5)*.

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Commented [DB5]: Some of the moderators have been doing this with great success. It helps our listeners feel included and welcome, and keeps in the spirit of this meeting - daily recommitment.

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Commented [DB6]: We need to recognize we have no financial obligations in our meeting, but we have a collective responsibility to support the ISO and our fellowship as a whole.

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(Closing)

Thank you for being a part of our recovery community this morning. As you recommit to your program today, turning your will and life over to a higher power of your understanding, may you seek ways to be of service to others, feel gratitude in all things, and live in peace – with your higher power, with others, and within yourself. Higher Power, and God of my understanding, I recommit to my recovery program, now, and turn my will and my life today over to your loving guidance, asking for the power to follow it. As I walk a path of sobriety today, may you help me seek ways to be of service to others, to feel gratitude in all things, and to live in peace — with you, with others, and within myself.*(pause)*

And now, those who wish may unmute and repeat after me the We/Us form of the Serenity Prayer *(pause)*:

God, grant us the serenity *(pause)*

To accept the things we cannot change *(pause)*

Courage to change the things we can *(pause)*

And the wisdom to know the difference

Our next Pacific Daily call will be at 6:15 am Pacific time tomorrow morning. Thank you for allowing me to be of service. Keep coming back! The program works if we work it. You are worth it!

We are now in fellowship. *(pause to allow folks to offer thanks, then move on to fellowship)*.

- Would anyone like to share their contact information? If so, state your first name, time zone, contact number or email, and let us know if you have any conditions regarding contact as well as whether you're looking for a sponsor or are open to sponsoring others.
(let people share numbers before asking for questions)
- Are there any newcomer questions?

The following are tips for moderators:

MANAGING THE LINEUP

What's Built Into the Script

- The script gives instructions on the format - brief Q&A. When newcomers join, we can re-read that section because this isn't the format of most check-in meetings.
- Following the script exactly will allow for latecomers. Trust it. ~~Straying from the Going off~~-script will probably lead to confusion and interrupt the smooth flow of the meeting.
- Use the pauses indicated in the script. People unmute slower than we think. Don't rush.
- The opening and closing prayer are impactful. Read them slowly, with meaning. Wait for folks to finish repeating.

Use Old School Paper and Pen/Pencil

- Have paper and pen/pencil to write a list of participants. Put your name at the top of the list.
- ~~As a person gives their name and state~~ Sort the list descending from 1st call-in to the last, say "welcome, <name>, I've got you down" slowly as you write it down.
- ~~It's ok to ask people eager to "dog pile" introductions to wait until they hear you acknowledge the current person before going next.~~
- If someone says they're just listening in, acknowledge this, welcome them, and write them under a separate "listening" list. Do not list them in the lineup. You can say who is listening in after giving the lineup so they feel welcome.

Commented [DB7]: This is a shift to the We/Us form of the Serenity Prayer as call and response in our closing. The previous prayer that was spoken by the moderator alone has been crafted into a kind of benediction or closing blessing. Some meetings have used the AA 3rd Step Prayer, which can be felt as overtly religious. This meeting was formed to support religious, atheist, and agnostic alike, and so a more neutral closing prayer was chosen.

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(Note: This script is only to be altered through group conscience, except for minor changes)

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- If someone misses their share while going through the lineup, write “out?” next to their name. Use this to go back after completing the question to see if they are still there. If not, cross out their name and mention this when giving all the changes together (see below)
- As each person shares an answer to the current question, put a check by their name so you know who is up next. It's easy to lose focus, this helps in case you need to pass on to the next person if someone's call drops. Stay present.

When Someone Drops from the Call

Someone may drop off the call. We can't know why. Cell service interruption, other calls coming in, being unable to answer because of other people around, driving distractions, etc, these can all be reasons why someone does not jump in for their turn in the lineup.

- When someone does not reply, the moderator should say “<name>, are you still on the call or perhaps on mute?” Pause long enough to let someone unmute, if they don't reply, say “we will come back to <name> at the end of the lineup. For now, let's go on to <(next person)>.”
- After everyone has finished a question, the moderator returns to each person who did not answer (might have dropped) to see if they are still there. If so, let them answer and move on to the next missing person.
- After catching all those who missed their place, the moderator ~~asks if anyone else has~~ adds those who have joined the call.
- After taking each new name, the moderator announces *all* changes in the lineup.
- The question is read again and the moderator passes to the first new caller to complete the lineup.

HANDLING DISRUPTIONS

Background Noise

- ~~If you have no computer access, you'll need to ask for a mute check, and pause.~~
- ~~Please, just mute callers with noisy open mics. Do not ask for a mute check. This is disruptive and unnecessary. We've stated in the meeting boundaries that the moderator will mute without notice.~~
- The online control panel (FreeConferenceCallHD.com) has a list of all callers. During shares, use the Active Callers column. Any line with sound coming through will have a series of progressive green dots.
- If a line is noisy, give the person time to mute, but then just click the mic symbol to mute their line. DO NOT CLICK THE “X” unless you are removing that person from the call.
- ~~Asking everyone to do a mute check is disruptive to the meeting. If you have access to the control panel, use it to mute a noisy line.~~

Shares Outside of the Format

- When a newcomer is on the line who does not know the format and begins to go off topic, with a very gentle and friendly voice say, “Pardon my interrupting your share, the format of this meeting is that our shares are brief and focused on just the current question. We welcome ~~your sticking you to stick~~ around for a longer share in fellowship after the meeting.”
- Time question 2. Start the stopwatch after they reintroduce themselves, say “time” at 1:10. Say it loud enough to be heard. If the caller goes over 2 minutes, call “time” again and say “I'm sorry, <name>, but there is a one minute time limit and we need to move on to the next person. Please stick around for fellowship so we can hear all of your share.”

Unidentified Callers

We have had predators on this meeting. As trusted servants, it is our place to ensure this is a safe space for recovery by enforcing the fact our meeting is closed, open only to those seeking recovery from sex addiction. The script has 1) the first meeting boundary stating we must each identify by first name and state, and that

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anyone who does not identify will be removed from the call, and 2) reminders of this in the moderator's notes at the bottom of each lineup. If we just follow the script, we can be consistent. Using the "X" by the caller removes them. They can call back, and should identify to stay on the call.

Purposeful Disruptors

A few years ago, many telemeetings experienced callers whose sole purpose was to shock and disrupt the meeting. They used many approaches from simply annoying to grossly vulgar. While we have not seen this in some time, we want to pass on our lessons learned. We have also chosen technology that allows us the ability to address disruption - whether intentional or not.

- When the disrupter calls in and begins crossing meeting boundaries (explicit sexual description, persistent vulgar language, interrupting, etc.), you may interrupt the person and explain the boundaries, asking them to be honored.
- If the person persists, mute them. Don't make a big explanation to the group (this is even more disrupting). Just move on to the next person.
- If the caller calls back in and continues disrupting, mute them and simply X drop them from the call. If you have to do this more than once, lock the meeting after dropping the person. No explanation to the group is needed. Keep the meeting flowing as smoothly as possible.
- Please make a note about who this person was, if the name/number was visible. Pass this on to a trusted servant. Moderators will be notified to watch for this person in case they continue disrupting the call on other days.

Being Late to Start Moderating the Call

Life happens. Be gentle with yourself. ~~Try to~~ Log in no later than 6:10 PT to begin the lineup.

- If you are the moderator and arrive late to the call, others may be trying to help and want to recite a list to you. While they mean well, ~~this~~ often does not work and is disruptive.
- Instead, you could say: *"I'm very sorry to be late. To compile our participation lineup ~~let's start slowly.~~ Please give me your first name and state. Wait for me to repeat this as I write it down before the next person gives theirs! I'll start with the first one who called in and call out your name. Please let me know if you're participating or just listening. Thank you for your patience."*