

Wednesday Morning Open Zoom
Intimacy Avoidance Open Check-in Meeting

ZOOM Meeting ID: 119 161 365 ZOOM Meeting PW: 123456

Browser Address: <https://zoom.us/j/119161365>

Phone call-in Number: +16465588656 Meeting ID: 119161365 and PW: 123456

This script can be found at saatalk.info

For "Trusted Servant Tips" and other service information, click [here](#).

Video Guidelines

1. **Please mute your microphone** when a member is sharing. The meeting moderator may intervene if necessary in order to keep the meeting safe and quiet.
2. **Please be aware of what's on your camera**. Distracting movements or revealing clothing should be avoided.

Who is our dashboard operator today?

BEGIN THE MEETING:

Welcome to the Wednesday Morning Open Zoom Intimacy Avoidance Open Check-in meeting! The purpose of this meeting is to give recovering sex addicts and sexual anorexics a place to share how we're feeling and talk about our experiences in recovery. As we listen to each other and share together, we learn about vulnerability, trust, connection, and intimacy.

My name is _____ from _____ and I'm a _____, I'll be your Trusted Servant for this meeting. Let's begin with a moment of silence for those who are suffering, followed by the Serenity Prayer.

Prayer, all together:

***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.***

Safe Meeting

To make this a safe meeting for all of us...

We avoid cross talk, which is responding directly to someone else's share.

We don't give advice, but we do share our own experience, strength and hope.

We do not use graphic language, but when needed, simply describe behavior as "acting out". As a trusted servant for all SAA members the moderator is the only one who can interrupt the meeting in order to keep the meeting safe for us all.

The moderator may need to use special features on this line to deal with excessive noise, interruptions or disruptions. The moderator will give instructions to participants when the need arises.

The Twelve Steps of SAA

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.

Now it's time for introductions. Please share your first name, where you're from, how you're feeling right now in a few words, and tell us something you're working on this week. I'll start: I'm _____ from _____, and I'm a _____, and I feel _____ today. I'm working on _____ this week.

We would like to extend an invitation for new members joining us today to stay on the line after the Closing Prayer for Fellowship, where you can ask questions, exchange phone numbers and/or engage in further discussion with others.

Open Sharing

Now we'll have a few minutes to share. In order to provide a safe place to share and experience our emotions, we address the group as a whole rather than an individual person, we avoid directly commenting on another person's share or giving advice, and we keep the focus on *ourselves* during sharing using "I" and "me" statements as opposed to "you" or "we." Appropriate times for feedback, if invited, are after the meeting during fellowship or during private conversations at another time.

This meeting lasts for one hour. Taking into consideration the number of callers, let's keep our shares to ____ minutes. Is there a volunteer to be the spiritual timekeeper today? Please give a Gentle Reminder with 1 minute remaining and a signal when time is up. Please acknowledge the timekeeper's Gentle Warning and at the end of your time, wrap your share up in 10-15 seconds.

The meeting is now open for sharing. Does anyone have a thought, an experience, or a recovery victory they'd like to share, or a question to ask the group for a discussion topic?

At 6:55Pac/7:55Mtn/8:55Cnt/9:55East :

It's time to end the meeting, but everyone is invited to stay on the line for fellowship.

Service Opportunities

We need volunteers to do service on this meeting. The only requirements are a desire to stop addictive sexual behavior and a desire to give back to the fellowship.

Who will do the following next week?

Greeter: Arrives a couple of minutes early to welcome participants.

Trusted Servant: Leads the meeting by reading the script. (For TS tips, see link at beginning of script)

Dashboard operator: Helps keep the meeting running smoothly and safely. Training is required.

Are there any SAA-related [announcements](#)? (← click on the word "announcements" for a link to the announcements page.).

The 7th Tradition

The Telemeeting Intergroup relies on our donations to pay for the saataalk.info site and this ZOOM service. The Telemeeting Intergroup also donates to the ISO. To donate, you can send a check to SAA Telemeeting Intergroup, P.O. PO Box 62, Windsor, CO 80550 or use a credit or debit card or PayPal at www.saataalk.info. To obtain literature or donate to the International Service Organization (ISO), call 1-800-477-8191 or visit www.saa-recovery.org.

Closing: As a gentle reminder, you are invited to stay on the line after the Closing Prayer for Fellowship, where you can ask questions, exchange phone numbers and/or engage in further discussion with others.

Let's end with (Trusted Servant's choice from the list of suggested prayers):

1. We/US version of the Serenity Prayer:

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.

2. The Unity Prayer (link to Unity Prayer, a copyrighted prayer from "OA")

<http://oa.org/files/pdf/OA-Promise-1.pdf>

BUSINESS MEETING AGENDA [the last Wednesday of the month]

Introduction

Welcome to the Wednesday Morning Intimacy Avoidance Open Check-in meeting business meeting. My name is _____ and I'm a sexual anorexic from _____ and your trusted servant for this meeting.

The Twelve Traditions of SAA

Would someone please read The Twelve Traditions from the SAA Green Book pg. 77?

Old Business

In keeping with our traditions, do we have any old business to discuss?

Reports

Now is the time for reports. Will all trusted servants, starting with the Intergroup Rep. give their reports now?

New Business

Do we have any new business to discuss?

Closing Prayer

Please help me close this meeting with the Serenity Prayer.

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.

Continued Fellowship

The phone line is now open for Fellowship. Please state your name before your share.

Record of edits and Group Conscience decisions:

2016: Changed meeting time to 1 hour

August 2016: Added Service Opportunities

March 2017: Added newcomer greeting

Updated November 17, 2018 (JB)

September 2019: removed Shepherd and re-inserted hyperlinks (DW)

Changed Telemeeting Intergroup address January 11, 2020 (CC)

October, 2021: change format to accommodate Zoom, change TIG address (TJ)