

# **SPECIAL HOLIDAY ZOOM MARATHON MEETING SCRIPT**

## **Introduction**

Welcome to the Special Holiday Telemeeting Marathon!

This is one of a series of mixed-gender, back-to-back meetings designed to support recovering sex addicts during a time which could be challenging. My name is \_\_\_\_\_ from \_\_\_\_\_, and I am \_\_\_\_\_ (sex addict, intimacy avoidant, etc.) and I'll be your Trusted Servant for this meeting.

May we have a moment of silence for the addict in and out of these rooms who still suffers, followed by 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.*

Would someone like to read the 12 Steps of Sex Addicts Anonymous from page 20 of the SAA Green Book?

## **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.

## **Introductions:**

Now let's go around for introductions. You're invited to share your first name, where you're from, and how you're feeling right now physically, emotionally, and spiritually in a few words. You are also invited to share your length of sobriety if you wish. My name is \_\_\_\_\_ from \_\_\_\_\_, and I am \_\_\_\_\_ (sex addict, intimacy avoidant, etc.) and physically, I'm feeling \_\_\_\_\_, emotionally I'm feeling \_\_\_\_\_, and spiritually I'm feeling \_\_\_\_\_. (Optional: I have \_\_\_\_\_ days/weeks/months/years free from my inner circle behaviors.)

### **Boundaries for Discussion:**

To keep this meeting safe for everyone, please keep in mind the following:

- We avoid crosstalk, sharing our own experience, strength, and hope with the group using "I" and "me" statements.
- During the meeting, we keep our sharing focused on the solution found within the 12 Steps of SAA. If we would like to ask for support or feedback concerning a specific issue, we can ask after the meeting during fellowship, or during outreach calls with individuals.
- We refer to our addictive behavior as "acting out" rather than using explicit descriptions and/or offensive language.
- We allow time for everyone to share if they wish.
- We mute our phones when we're not sharing to eliminate line noise or background noise.
- We avoid mentioning the name of literature that is not SAA-approved or of specific treatment centers and therapies since doing so might be construed as promotion.

### **This is a Topic meeting of SAA.**

(The Trusted Servant can choose a topic or a reading, or invite participants to choose a topic or reading from SAA-approved literature – unless a quick Group Conscience allows outside literature).

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The floor is now open for sharing. I will help moderate...who would like to begin?

(Sharing continues until Trusted Servant ends the meeting – may be 5 minutes to the hour, or later if there are many participants sharing, or earlier if not many are on the meeting. A new marathon meeting is scheduled to begin every 2 hours.)

### **Closing –**

That's all the time we have for discussion. Everyone is invited to stay on the line after the closing prayer for continued fellowship.

Are there any SAA-related [announcements](#)?

## **The 7th Tradition**

“Every SAA group ought to be fully self supporting, declining outside contributions.”

The SAA Telemeeting Intergroup uses our donations to offer benefits and services to member groups such as financially assisting telemeeting representatives in attending the annual ISO Conference, providing the Telemeeting Intergroup website, and much more. You can support the Telemeeting Intergroup by visiting [saatalk.info](http://saatalk.info) and clicking on “donate” on the left side, or sending a check to:

SAA Telemeeting Intergroup  
P.O. Box 782  
Black Mountain, NC 28711  
USA

## **Closing Reading**

Who would be willing to read the last two paragraphs from the section on Step Twelve in our green book, *Sex Addicts Anonymous*, page 61, or the meeting format?

Practicing these principles in our lives means applying program principles at home, at work, and wherever else we gather with others for a common purpose. As we grow spiritually, we find opportunities for service in virtually any situation. Our closest relationships may offer the most challenges to our honesty, compassion, and integrity, but we are often rewarded beyond our expectations. We find that spiritual principles can guide us in the everyday challenges of life, and they can help us face even loss, grief, and death with fortitude and grace. What we gain in this program is a blueprint for full and successful living, whatever may come.

We maintain our recovery by working a daily program, in the knowledge that although we can never be perfect, we can be happy today. We can live life on life’s terms, without having to change or suppress our feelings. Our serenity and sobriety grow as we continue to live according to spiritual principles. We enjoy the gifts that come from being honest and living a life of integrity. We ask for help when we need it, and we express our love and gratitude every day. We realize that everything we have been through helps us to be of service to others. We learn that the world is a much safer place than we had ever known before, because we are always in the care of a loving God.

## **Closing Prayer**

In closing, please join me in 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.*

Keep Coming Back—It Works!

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