

Wednesday Night Men's Road to Recovery Telemeeting

Call-In Number (667) 770-1399; Passcode 756201

(For the moderator: The notes in parenthesis and blue type, like this is, are guidelines and suggestions for your benefit and aid and need not be read to the group. The column headings, in all caps, are just to separate the sections of the script. They are not required to be read, though you may if you wish)

WELCOME

Welcome everyone to the Men's Road to Recovery Telemeeting of Sex Addicts Anonymous. This is a closed men's meeting open to all men with a desire to stop compulsive sexual behavior. My name is _____. I am a sex addict and I'll be your moderator for tonight's meeting.

SERENITY PRAYER AND THE 12 STEPS

Please join me in a moment of silence for those who are still suffering in and outside of this meeting, followed by the serenity prayer. (Pause for a few moments, but not too long)

Those who choose to, repeat after me:

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.

Would someone like to volunteer to read the 12 steps? (Let them know they can be found on page 20 and 21 of the Green Book, or in the list of readings posted on the website. Suggest they also read the paragraph following the 12th step. If no one volunteers, be prepared to read it yourself.)

"The 12 Steps"

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.

These steps are the heart of our program. They contain a depth that we could hardly have guessed when we started. As we work them, we experience a spiritual transformation. Over time, we establish a relationship with a Power greater than ourselves, each of us coming to an understanding of a Higher Power that is personal for us. Although the steps use the word "God" to indicate this Power, SAA is not affiliated with any religion, creed, or dogma. The program offers a spiritual solution to our addiction, without requiring adherence to any specific set of beliefs or practices. The path is wide enough for everyone who wishes to walk it.

It's now time to read the TRADITION OF THE MONTH.

(Reading of the Tradition of the Month is typically done by the moderator but can be done by a member if they wish):

This is _____ which is the ____ month and the ____ tradition says...

The Twelve Traditions of Sex Addicts Anonymous

1. Our common welfare should come first; personal recovery depends upon S.A.A. unity.

2. For our group purpose there is but one ultimate authority—a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for S.A.A. membership is a desire to stop addictive sexual behavior.
4. Each group should be autonomous except in matters affecting other groups or S.A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the sex addict who still suffers.
6. An S.A.A. group ought never endorse, finance, or lend the S.A.A. name to any related facility or outside enterprise lest problems of money, property, and prestige divert us from our primary purpose.
7. Every S.A.A. group ought to be fully self-supporting, declining outside contributions.
8. S.A.A. should remain forever nonprofessional, but our service centers may employ special workers.
9. S.A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. S.A.A. has no opinion on outside issues; hence the S.A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

BUSINESS MEETING AGENDA

(Last Wednesday of the Month only, otherwise skip this section and proceed to “Welcoming Newcomers” on the next page of the script)

(Brief minutes of the business meeting should be taken to be posted at the website)

This is the last Wednesday of the month tonight. We therefore need to run the Monthly Business Meeting.

Welcome everyone to the Wednesday Night Men's Road to Recovery Business Meeting of Sex Addicts Anonymous. My name is _____. I am a sex addict and your secretary for tonight's meeting.

(If there is any old business on the agenda):

We have on the agenda for old business...

(If there is no old business on the agenda):

There was no new business on the agenda last month, thus there is no old business on the agenda this month. Does anyone have any *old* business that they think we need to discuss? (Wait a moment to give any callers time to unmute if necessary. Make sure all old business is resolved or tabled before moving on).

(If there is new business on the agenda):

We have on the agenda for new business...

(If there is no new business on the agenda):

There is no new business on the agenda this month. Does anyone have any new business that they think we need to discuss? (Wait a moment to give any callers time to unmute if necessary. Make sure all new business is resolved or tabled before moving on).

Would anyone like to help moderate the meetings next month? (If there are multiple moderators, now is when the rotation should be determined)

With no other business, the meeting is closed and we will return to our regular meeting.

WELCOME NEWCOMERS

For any newcomers on the line, we acknowledge you for the courage it took to get here. There will be a time for you to ask questions and request phone numbers right after the close of this meeting.

INTRODUCTIONS

It is now time for introductions. During introductions newcomers are invited to identify yourselves as newcomers so that we may welcome you. We share only our first name. If you wish, you may share your geographical location and any milestones in your recovery. I will go first. My name is _____. I am a sex addict from _____. I'm grateful for _____.

(After introductions) ... Welcome everybody. We would like to remind members who are not speaking to use their phones mute function, or press star six, especially if they are in a noisy environment or using a speakerphone. (You can also remind callers that modern speakerphones pick up everything, and they should therefore mute their phones to keep the meeting quiet and pleasant for everyone.) We also want to let everyone know we have a dashboard which is monitored for excessive noise. If we do detect too much noise, we can mute you. If that happens you will hear a mechanical voice say "Muted". If that is the case, you will have to press star six to un-mute yourself. In the unlikely event anyone is found to be intentionally disrupting the call they will be disconnected.

THIS WEEK

This meeting is based on the needs of the participants. We do welcome guest speakers and first-step presentations when scheduled ahead of time with the moderator. We may do step work, read from the Green Book or other SAA literature, or have a topic discussion. For this week we will... (choice of which option is at the moderator's discretion and should be decided *before* calling in, so be prepared ahead of time!):

OPTION 1

STEP MEETING

This week will be a step meeting. You are invited to share what step you are working on, what tools of recovery you are finding helpful and how your program is going for you.

Option 2

GREEN BOOK (OR OTHER SAA LITERATURE) STUDY

Tonight, I have chosen to read from the Green Book (or other literature) starting on page ____.

(If the reading is long, you can read 2 or 3 paragraphs then let others share the reading. End reading after about 10-15 minutes to allow time for sharing.)

OPTION 3

TOPIC DISCUSSION

This week we will have a topic discussion. Does anyone have a topic you would like to discuss? We can choose up to three topics to discuss (write them down so you don't forget what they are!) (Once the topics have been chosen, suggest that members look for readings or information about those topics –or– at moderator discretion, just allow members to share about 1 or more of the topics. Point out that they do not have to share about all three, just the ones that apply to them). (If nobody offers a topic ...)

Since we don't have a topic, we will read from our Green Book starting on page ____.

OPTION 4

TONIGHT, we have a First Step Presentation. I have the honor to introduce _____ from _____. Please let's maintain complete silence while they are speaking. They have 20 minutes or so to share with us. There will be time afterwards to share your comments. I will now turn the meeting over to _____.

(This option must be planned for in advance. If their sponsor is also on the line, it is usually the case that their sponsor should be introduced first. A First Step should address what their life was like, what happened to get them here, and what is their life is like now. Their presentation should be reviewed by both their sponsor and if possible, you, the moderator, to make sure it is appropriate to share with the group. You may replace what you say here in the introduction with other wording, just be sure it is appropriate. Once they finish their presentation, you should follow it up with something like the following)

Thank you _____. You have made a major beginning in the SAA 12-step program. We will now invite members to comment on your presentation. Let's

all be positive, sharing our experience strength and hope with _____. Who would like to go first?

OPTION 5

NEWCOMER'S MEETING

(If two or more members identify themselves as newcomers during introductions, this might be the best option for the meeting)

Newcomers are invited to share briefly what brings you here. We look forward to hearing your story in more detail at another meeting later in your recovery.

Because of our limited time, please be brief. Returning members are invited to share your experience, strength and hope

regarding your personal recovery in SAA. (Another option would be to read [Step One in the Green Book \[page22\]](#), rather than putting newcomers on the spot).

AFTER THE READING (or presentation) (If there was no reading or presentation, omit this next paragraph)

It is now time for anyone who may have arrived during the reading to introduce themselves. Introduce yourself by first name and geographic location only. Is there anyone who arrived during the reading?

OPEN SHARING (Once the option above is complete)

The meeting is now open for sharing. To keep the meeting safe, we do not make direct comments about another person's share nor do we give advice. Please avoid mentioning the *name* of a website, phone app, book, movie, treatment center or the like in your share because this can be viewed by some as "promotion". It is okay, however, to talk about your own *experience* with these items. You can reference tonight's reading or just get current with your share. It is also safe to speak in "I" statements rather than "you" statements. If you have any other related issue or topic, feel free to bring it up in the fellowship portion of our meeting so we can discuss it then. By group conscience, only the moderator may interrupt a member who is speaking. Obscene language is strongly discouraged. If a member does use obscene language, the moderator shall remind the room of this guideline. If the use of obscene language is deemed by the moderator to be excessive, the dashboard operator is authorized to mute the caller, or if it continues, to disconnect them. To avoid any unintentional interruptions of a member who is sharing, please wait until acknowledged by the moderator that

the prior share is complete before you begin your own share. Also, if deemed appropriate by the moderator, shares are limited to three (3) minutes.

(Actual timing of shares is at moderator's discretion, that is, it really isn't necessary unless there are a lot of people on the call. If there are a lot of callers, you should say something like:

Can we have a volunteer to be a spiritual timekeeper? When the member reaches two and a half minutes, please gently remind the caller “30 seconds.”

(If a spiritual timekeeper is deemed unnecessary, then just remind members to be considerate of others when sharing).

When you are ready to share, unmute your phone, you may need to press star six. Keeping the aforementioned in mind, who would like to begin the sharing? (Be prepared to offer encouragement if the line stays quiet. Remind the group of the topic or issue up for discussion, or that they can simply get up to date with their share. Letting them know that there is “still plenty of time for shares” is another option).

CONCLUSION

(Time to end the meeting is at moderator's discretion. If it seems there are people who still want to share, you can extend the meeting as you find comfortable).

Sharing is now over and I will begin to close the meeting. If you didn't get a chance to share, but would still like to, please stay and talk with us during fellowship.

7TH TRADITION

It is now time for the 7th tradition. All SAA groups practice the 7th tradition which states:

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

Voluntary contributions support SAA recovery for all of the telemeetings. Make your donations at www.saatalk.info. Excess funds are given to the International Service Organization of SAA. You can visit them online at www.saa-recovery.org. Both websites offer a variety of resources to support your recovery.

ANNOUNCEMENTS

- This meeting now has ____ moderators who will share the task of moderating. If there are others who would also like to participate in moderating, please stay on the line until fellowship and we can discuss it then.
- The Business Meeting is held the on last Wednesday of each month which was/was not tonight. Minutes will be posted at the meeting website (www.saataalk.info if anyone asks).
- The Intergroup meets the 2nd Sunday of the month at 1pm Pacific time. All are welcome to attend. The intergroup supports all of the telemeetings registered with them.
- ([If you know of other announcements, add them here](#))
- Does anyone else have any other SAA-related announcements?

SERENITY PRAYER

We will now close the meeting with the serenity prayer. Those who would like to, repeat after me:

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.

CONTACT INFORMATION SHARING

The sharing of contact information has always been a basic premise of SAA. This allows members to contact each other for support and can be, in the case of telemeetings, a source of finding a sponsor. While we do not wish to discourage members from sharing their contact information, there is some degree of risk in doing so. There are those who may listen in to our telemeetings to gather these numbers, then contact members and encourage them to act out. Therefore, we suggest that newer members early in their recovery, refrain from sharing their own number, and only contacting those who did share that they consider responsible. If anyone is contacted by someone with the goal of acting out, we strongly encourage you to block them. If you also will let a moderator know the name and number of any such person, we can disconnect them should they call into a future meeting. So, with all of that having been said, would anyone like to share their number?

(Pause for exchanges. As a moderator, it is suggested to share your own number as well.)

FELLOWSHIP

The phone lines are now open for fellowship. The lines will remain open as long as the moderator feels people are legitimately engaging in fellowship. Please feel free to share your comments, stories, questions, suggestions or just check in on your recovery. Anyone who did not get a chance to share earlier may also do so now. At this time, I would like to thank you all for allowing me to be of service. And with that fellowship has now begun.

(Once people are no longer engaging in fellowship, you may end the call and “lock the room” if you feel it is appropriate.)