

Sanctuary Of Spirituality

ZOOM MEETING FORMAT

4:30 PAC/5:30 MTN/6:30 CEN/7:30 EST

INTRODUCTION:

Welcome to our ZOOM meeting! Just a few gentle considerations:

- Environment:** Please be considerate. Potentially triggering or distracting movements, clothing, or backgrounds should be avoided. Please sit in a chair; it is inappropriate to attend this video meeting lying in a bed.
- Video:** Participants may stop video feed TEMPORARILY if necessary. The "Stop Video" button is in the lower left corner of your screen. It is our group conscience that in order for participants to view other participants' videos, they must also be seen. Participants are invited to call in by phone if they do not wish to be seen.
- Phone:** If you are calling in to the meeting by phone only, be aware that your phone number is displayed on the screen when you connect. If you wish, you can disable caller ID by pressing *67 before dialing, or you can join the meeting a couple minutes before the meeting starts and identify yourself so that the Trusted Servant or a co-host can replace your number with your first name.
- Muting:** Please mute yourself when you're not sharing. When you want to share, you may unmute and say your name, or you can click on "Participants" at the bottom of your screen to open the dialog box to the right; then click on "Raise Hand." You will either be given the floor or added to the lineup of people waiting to share.
- Pronouns and Crosstalk:** To keep the meeting safe, we keep sharing focused on our own experiences, thoughts, and feelings by using "I" or "me" statements instead of "you" or "we." During the meeting, participants will please avoid directly referring to someone else's share, or responding to another person's comments in his/her time of sharing.
- Group text:** If you'd like to communicate something without interrupting the meeting, you may use the text feature by clicking "chat" at the bottom of the screen. Be aware that the default setting is to send **a text to the entire group**. If you need to message the Trusted Servant or a co-host privately, please change the name in the "TO" field.
- Gallery or Speaker View:** In the top right corner of your screen, you can change how you view participants. "Gallery View" will display everyone in same-sized images, and "Speaker View" will highlight whoever is speaking in the large center screen.

PHONE CALLER ID's: Is there anyone who has joined by phone who has not identified him/herself yet?

OPENING:

Welcome to "Sanctuary Of Spirituality," a 90-minute meeting for members of SAA. This is not your typical SAA meeting! It is the intention of our Group Conscience to create a safe environment where recovering sex addicts can seek spiritual enlightenment and growth by listening to and sharing about the God of our individual understanding.

"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." (Sex Addicts Anonymous, page 21) "Every aspect of our program is founded on the experience of a Power greater than ourselves helping us live healthy and productive lives, free of addictive sexual behavior. ... Through [working] the steps, we have been given the abstinence we sought, but in the process we have been given much more: an entirely new way of life based on spiritual principles. ... We [learn to] commit fully to the process of recovery ... to listen with an open mind ... [and] gradually, ... we are willing to change." (excerpted from Sex Addicts Anonymous, page 62)

This meeting is for all who have a desire to stop addictive sexual behavior and would like to learn about different spiritual practices. We especially want to welcome those who are here for the first time.

Let's open the meeting with a prayer to invite the help and presence of a loving Higher Power.

Dear God of our individual understanding, we invite You to join us today. As we become willing to open our minds and hearts to Your love and Your guidance, please help us to listen with our spiritual ears in order to receive what You intend for us at this time. Please inspire us to say what will uplift and bless each other. May a spirit of peace and unity prevail in us. Amen.

THE TWELVE STEPS OF SAA (*Sex Addicts Anonymous, page 20*)

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.

THE TWELVE TRADITIONS OF SAA (*Sex Addicts Anonymous page 77*)

1. Our common welfare should come first; personal recovery depends upon SAA 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 SAA membership is a desire to stop addictive sexual behavior.
4. Each group should be autonomous except in matters affecting other groups or SAA as a whole.
5. Each group has but one primary purpose—to carry its message to the sex addict who still suffers.
6. An SAA group ought never endorse, finance, or lend the SAA name to any related facility or outside enterprise lest problems of money, property, and prestige divert us from our primary purpose.
7. Every SAA group ought to be fully self-supporting, declining outside contributions.
8. SAA should remain forever nonprofessional, but our service centers may employ special workers.
9. SAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. SAA has no opinion on outside issues; hence the SAA 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.

PHONE CALLER ID'S: Is there anyone who has joined by phone who has not identified him/herself yet?

INTRODUCTIONS:

Now let's go around for introductions. You're invited to share your first name and where you're from. If you wish to mention a particular religious affiliation, you may do so. And, if you are new to this meeting, let us know so we may welcome you.

MUSIC TIME

Now it's time for the first music portion of our meeting. This evening's Music Coordinator is _____.
The time is now yours.

MESSAGE

Thank you, _____, for the music. Now it's time for the message, which will be shared by _____.

The purpose of the message is to provide an opportunity for participants to hear about a person's spiritual practices and experiences which help him/her work the 12 Steps of SAA. The Group Conscience wants this to be a SAFE place for participants, but perhaps at times, may not necessarily always be a COMFORTABLE place. Sometimes certain words or phrases can bring up unpleasant feelings or memories. If that happens, here are a couple of suggestions: You can stop your video feed or put down the phone and take a little break and breathe deeply for a couple of minutes, or say the prayer of your choice several times. Our Higher Power sometimes heals us from past trauma as we allow God to rewrite what something means to us. Remember,

we are here to learn from each other, not convince each other of anything. The message will be based on one person's experience, and we are each invited to "take what we can use and leave the rest."

The person sharing the message is encouraged to choose a Step to focus his/her message on, and do any number of the following:

- Read a selection of literature that has helped them understand or work that Step.
- Share a piece of music that has spiritual meaning for them as it pertains to the Focus Step.
- Share their experiences regarding the Focus Step.
- End by sharing a prayer or by praying for the group.

The person giving the message can share for up to 20 minutes about spiritual practices that help him/her work a particular Step. To keep the meeting safe, everyone is encouraged to use "I" and "me" statements when sharing instead of "you" or "we," so that what is shared is focused on one's own thoughts, feelings, and experiences.

_____, the floor is now yours.

PHONE CALLER ID's: Thank you, _____, for sharing the message today.

Is there anyone who has joined by phone who has not identified him/herself yet?

MUSIC TIME

Now it's time for some more music. _____, the time is now yours.

BOUNDARIES FOR SHARING:

We'd like to thank _____ for the music and _____ for the message tonight. The meeting is now open for sharing. Participants are encouraged to share what resonated with them from the message or the music or respectfully share their experiences relating to the principles of the Focus Step of the Message. Talking about recent acting out is best done with a sponsor or accountability partner.

To avoid crosstalk, we speak to the group as a whole by refraining from using another participant's name during sharing or offering advice. We share our emotions and experiences in love and humility, respecting each others' right to explore their own relationship with the God of their understanding. We speak in terms of our own thoughts, feelings, and experiences using "I" and "me" statements instead of "you" or "we" or "us." After the close of the meeting, everyone is welcome to stay for a period of fellowship when we can ask and answer questions or carry on conversations.

The sharing portion of the meeting will last until 5 minutes to the hour. The floor is now open for sharing. Who would like to begin?

CLOSING:

That's all the time we have for sharing today, but everyone is invited to stay for fellowship. As a gentle reminder, participants are invited to "take what we can use and leave the rest."

Offering: We'd like to offer thanks for the donation of a ZOOM Room for a year.

If you'd like to contribute to the ZOOM ROOM fund, please contact the ISA Outreach Committee by emailing Avoidance@saa-recovery.org

Prayer requests: Would anyone like to invite us to keep them in prayer this week?

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

Service Opportunities: We need volunteers to do the following next week:

Greeter: Arrives a couple of minutes early to welcome participants as they join the meeting

Reader: (AKA Trusted Servant) Someone who leads the meeting by reading the script

Speaker: Someone who shares a message for up to 15 minutes on how their personal spiritual practices help them work a particular Step

Music Coordinator: Someone who brings music to share. The Music Coordinator for the day can perform or arrange to have someone sing or play music, or can play a recording. The music can be coordinated with the Speaker's chosen Step, if desired.

Anonymity statement: Anonymity and confidentiality are essential to keeping our meeting safe. Therefore, please join me in reading the following slogan:

Whom you see here

What you hear here

When you leave here

Let it stay here!

(Everyone: Here, here!)

CLOSING PRAYER: Will everyone who wishes to please join me in the _____ Prayer
(Reader/Trusted Servant chooses a prayer. Ideas below.)

CONTINUED FELLOWSHIP OR BUSINESS MEETING: Our Business Meeting will be held on the last Saturday of the month. (If not today, go into fellowship)

The ZOOM ROOM is now open for continued fellowship.

BUSINESS MEETING:

Do we have any reports or old business to discuss?

New business?

Close with Serenity Prayer.

12-STEP PRAYERS:

Third Step Prayer

God, I offer myself to Thee — to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

Seventh Step Prayer

My Creator, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding.

Eleventh Step Prayer (often attributed to St. Francis, actually from the early 1900s)

Lord, make me an instrument of thy peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy.

O divine Master, grant that I may not so much seek

To be consoled as to console,

To be understood as to understand,

To be loved as to love;

For it is in giving that we receive;

It is in pardoning that we are pardoned;

It is in dying to self that we are born to eternal life.

Thomas Merton Prayer:

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore will I trust you always, though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

Serenity Prayer (full version) written by Reinhold Niebuhr (1892-1971)

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

Living one day at a time; Enjoying one moment at a time;

Accepting hardship as the pathway to peace.

Taking, as He did, this sinful world as it is, not as I would have it.

Trusting that He will make all things right if I surrender to His Will;

That I may be reasonably happy in this life, and supremely happy with Him forever in the next. Amen

Record of Format Edits:

Begun January 14, 2017

February 25, 2017 - Added video and phone participant notices and GC guidelines