MONDAY NIGHT SAA MEETING

Hello and welcome to the virtual Monday Night Meeting of Sex Addicts Anonymous in Montpelier, Vermont. We welcome all sex addicts to this meeting. My name is_____, and I am a [grateful, recovering] sex addict. Our script and readings can be found on saatalk.info under the listing for SAA Montpelier.

Let's begin with a moment of silence for those addicts who still suffer, followed by the Serenity Prayer.

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. Amen.

OPENING

This is a closed meeting of SAA. If you're a sex addict, believe you may be one, or question whether your sexual behavior is compulsive, we welcome you here. **[*If necessary:* If not, we respectfully ask that you honor our confidentiality and leave the meeting now.].** As we gather in this meeting, we regard each other as equals in recovery.

SAA is a spiritual program based on the principles and traditions of Alcoholics Anonymous. Although not affiliated with A.A. or any other organization, we are grateful to A.A. for the tools to achieve sobriety that make our recovery possible.

Our primary purpose is to stop our addictive sexual behavior. We find a new way of living through the program and carry our message to others seeking recovery. There is no requirement for SAA membership other than a desire to stop addictive sexual behavior. Our fellowship is open to all who seek recovery here.

Desperation brought us together. We find in each other what we could not find anywhere else: people who through their own experience know and understand the depth of our pain. Together, we have found hope and the care of a loving Higher Power. We are committed to helping others recover from sexual addiction, just as we have been helped.

HOW IT WORKS. (Name)_____, would you please read **How it Works**?

THE 12 STEPS OF SEX ADDICTS ANONYMOUS. (Name)_____, would you please start the **12 Steps of SAA**?

TRADITION OF THE MONTH. This month's tradition is No._____, which states….

INTRODUCTIONS & SOBRIETY BIRTHDAYS

To make this meeting a safe place for everyone, we practice anonymity and confidentiality. Let's introduce ourselves, using first names only. If you feel comfortable doing so, please share your sobriety birthday so that we can celebrate with you! Sobriety is defined as your time abstinent from your inner-circle behaviors.

"Hi, I'm_____and I'm a sex addict. I've been sober since_____(date)." ***[Proceed until everyone is introduced.]***

SOBRIETY MILESTONES

Is there anyone who would like to observe a personal milestone in their recovery?
Would anyone like to make an **initial commitment to sobriety**, from this moment up to a month?

MEETING FORMAT

This group uses a weekly rotation of meeting formats. If you have a creative inspiration for a format change, please suggest it during "Announcements" so that we can discuss it at the next group conscience.

[If there are SAA newcomers at the meeting:] If anyone here is a newcomer to the program, we try to help them feel as safe and comfortable as possible. In that spirit, we will depart from the normal rotation by sharing, briefly, our individual stories of how we came to the program and how we've experienced recovery.

Today's meeting is a…_____ ***[pick the format that matches the week of the month and read the corresponding description below]***

First Week: Step Presentation/Discussion Meeting, in which a member makes a presentation on a step that the member is working on or has worked in the past. ***[If the presentation is a first step, have an introduction made by the presenter's sponsor or other appropriate group member. If no one has signed up, read the step from the Green Book or Hope & Recovery corresponding to the month, going around the room. When presentation or reading is finished, skip to "DISCUSSION" below.]***

Second Week: Literature/Discussion Meeting, for which the moderator makes a selection for group reading and discussion from our group's approved literature, which may include the program's traditions, stories of recovery, or other relevant topics. Tonight we will be reading_____. Going around the room, each of us will read a paragraph or two before continuing to the next person; if you don't feel like reading, just indicate that by saying "pass." Who would like to start us off? ***[When reading is finished, skip to "DISCUSSION" below.]***

Third Week: Open Topic/Discussion Meeting, for which meeting participants will suggest three topics. Everyone is encouraged to suggest topics to the group for our discussion. Topics must be related to recovery from sex addiction, and can include anything about which you are seeking experience, strength, and hope as you work your path of recovery. Who would like to suggest a topic for tonight's discussion? ***[Be sure to reflect each topic back to the member who offered it, then write each topic down exactly the way the member said it, along with his/her name.]***

[After as many as three topics are offered, skip to "DISCUSSION" below.]

Fourth Week: Meditation Meeting, in which we focus on today's reading from *Voices of Recovery* or *Answers in the Heart*, as chosen by the moderator. Who would like to read today's meditation from **[*name of book*]**? ***[When reading is finished, skip to "DISCUSSION" below.]***

Fifth Week (if applicable): Tradition-of-the-Month Meeting, for which we read from one of our texts (*SAA Green Book, Hope and Recovery, or 12 by 12*) about the tradition-of-the-month. ***[Moderator chooses which text.]*** Afterward, all are invited to share on the reading. ***[When the tradition-of-the-month has been read, skip to "DISCUSSION" below.]***

DISCUSSION

The meeting is now open for discussion on tonight's [step, reading, topic] or any matter that you need to talk about related to your personal recovery.

[For non step presentation meetings:] Please feel free to include getting current in your share.
[For step presentation meetings only:] Since there has been a step presentation, we will respond to the presentation first and then have a second round of sharing to get current.

All participation here is voluntary; you are not required to speak or share if you don't want to. When sharing, please avoid cross-talk, which is a direct comment on another person's share, and please be mindful to speak in "I statements" rather than "you statements." If you would like to talk about your experience with a book, movie, treatment center, or the like, please avoid mentioning its actual name, as some may view that as promotion. In our sharing, we emphasize honesty, recovery, and healing and how to apply SAA's steps and traditions in our daily lives. We avoid explicit sexual descriptions and sexually abusive language.

> ***[Additional comments for OPEN TOPIC MEETINGS ONLY, after all topics have been presented:]*** Now it is time for each person who offered a topic to briefly share, in up to two minutes, what inspired you to choose that topic. Again, our three topics are... ***[Read all topics, then ask each person who suggested them to share.]***
> ***[Moderator option for time limits, if there are 10 or more participants:]*** Given the number of participants tonight, please limit your share to 2½ minutes.

The meeting is now open for discussion.

AFTER ALL HAVE SHARED WHO WISH TO, PREPARE TO CLOSE THE MEETING (at approximately 6:45).

As a gentle reminder for all of us, anonymity is the spiritual foundation of all our traditions. What you heard was spoken in confidence and should be treated as confidential. Please keep the things you heard here in the confines of your mind. Carry no gossip, and always remember to place principles before personalities.

GROUP CONSCIENCE

This group has a Group Conscience meeting immediately following the last Monday Meeting of the month. Any group member may participate in Group Conscience.

ANNOUNCEMENTS, PRESENTATION SIGN-UP, 7TH TRADITION, SPONSORSHIP

Are there any SAA-related or other announcements?
Would anyone like to sign up to make a step presentation when that format comes up on the rotation?
Who would like to volunteer to moderate next week's meeting?

In accordance with the seventh tradition, please consider making a donation to the Telemeeting Intergroup of SAA, which makes this virtual meeting possible.

Please consider becoming a Sponsor or Temporary Sponsor.

CLOSING

In closing, I've asked_____to read "The Ottawa Promises."

Reading of "The Ottawa Promises."

Thanks all for being here and participating tonight. Feel free to join for a time of fellowship after we close. Now let's end by saying the "We Version" of the Serenity Prayer together.

God grant us the serenity
To accept the things we cannot change,
The courage to change the things we can,
And the wisdom to know the difference.

Keep coming back,
It works if we work it.
So work it,
Cause we're worth it!