

Tuesday Night Mixed Telemeeting Updated: June 2023

Ask for volunteers for the readings prior to beginning tonight's meeting.

The readings are available at: WWW.SAATALK.INFO Call In Number: 717-908-1973, Passcode: 2225644

INTRODUCTION Welcome to the Tuesday Night Step Story meeting of Sex Addicts Anonymous. My name is _____, from _____ and I am a Sex Addict and your trusted servant for this meeting. (pause)

This is a closed, mixed meeting for those wanting to be in recovery. To help reduce line noise and echo, please mute your phone if you are not speaking. If your phone does not have a mute feature, please press *6 to mute your phone and press *6 again to unmute it when you wish to speak. If your line is causing noise or interference, of which you may not be aware, the dashboard operator may mute your line. If this happens, you will hear "Line Muted." When you are ready to speak, you will need to press *6 to unmute.

You can download the script at SAAtalk.info clicking, "find a telemeeting" on the left, and finding "Tuesday Night Mixed."

Let's begin the meeting with a moment of silence, FOR THOSE WHO ARE STILL SUFFERING, (pause) followed by the SERENITY PRAYER. (altogether).

God, Grant me the serenity,
To accept the thing I cannot change
Courage to change the things I can
And the wisdom to know the difference.

READINGS: (Name)_____, would you please read "THE OPENING"? The Opening: Introduction, Page 1 - First 4 Paragraphs from the Green Book.

(Name) _____, would you please read the first PART of "HOW IT WORKS"? How It Works: Reading from Big Book of AA, Chapter 5, (Pg 58-60, to end of c).

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program. They cannot develop a manner of living which demands rigorous honesty. There are those, too, who suffer from serious emotional and mental disorders, but many of them do recover if they have the capacity to be honest. Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it, then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But, we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we are dealing with sexual addiction – cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power – that One is God. May you find God now!

Half measures availed us nothing. We stood at the turning point. We asked God's protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

(Name) _____, would you please read the "12 STEPS OF SAA"? The 12 Steps of Sex Addicts Anonymous - Pg 20, Green Book

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.

(Name) _____, would you please read the last PART of "HOW IT WORKS"?

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us had been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection. Our personal adventures before and after make clear three pertinent ideas:

- A. That we were sexually addicted and could not manage our lives.
- B. That probably no human being could have relieved our addiction.

- C. That God could and would if God were sought.

(Name) _ _____, would you please read "ON ACCEPTANCE"? Pg 417, Big Book AA, 4th Ed.

On Acceptance: Acceptance is the answer to all my problems today. When I am disturbed it is because I find some person, place, thing or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment.

Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my sex addiction, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

Moderator to read the Tradition of the Month.

The 12 Traditions of Sex Addicts Anonymous:

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. Sex Addicts Anonymous 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. Sex Addicts Anonymous 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.

Because this is a telemeeting, the laws of all the states, provinces and countries which are represented, apply. To protect yourself and others in this meeting, please do not be specific as to when, where, with whom, or how you have acted out, in the event that you

disclose actions that violate the law regarding underage, senior, or disabled victims. Participants of this meeting may be required by law to violate the anonymity of the group and report this. So talk instead about your thinking, feelings, and emotions.

INTRODUCTION AND CHECK IN It is now time for General Introductions, Check In, and acknowledging Sobriety Birthdays. Sobriety is defined as time away from your inner circle. If you are comfortable doing so, please indicate your First Name and the State you are calling from. Also, please very briefly share your feelings and the tool or tools of recovery proving helpful in maintaining sobriety. There will be time for more sharing later on. If you are a visitor, feel free to identify yourself as such. I will begin. I am _____, a Sex Addict from _____. I am feeling _____ and the tool or tools of recovery I am using this week are _____. Who else would like to introduce themselves?

*(For Moderator only, **not needing to be read**) READINGS By group conscience, we alternate the meeting topic between the steps, the stories, or suggested topics. Week 1 - Step of the month (Limit to 10 minutes of reading). Week 2 - Story from the Green Book (Limit to 10 minutes of reading) Week 3 - Answers in the Heart (Today's Reading) Week 4 - Voices of Recovery (Today's Reading). Week 5: Open topic meeting. Does anyone have a topic related to Sex Addiction or Recovery that they would like to share? (Note to Moderator: 2 or 3 topics).*

DISCUSSION The meeting is now open for discussion. You can share about the reading or just get current. To keep the meeting safe, we do not make direct comments about another person's share or give advice. Please avoid mentioning the name of a Book, Movie, Treatment Center or the like in your share, because this can be viewed by some as "promotion". It is ok, however, to talk about your experiences with these items. Please speak in "I" statements, as opposed to "you" statements. Feel free to share more specific information after the Serenity Prayer when Fellowship begins. It is appropriate to reference the reading. By Group Conscience, only the Moderator is allowed to interrupt a person's share and is responsible to maintain meeting boundaries. The moderator will do so in accordance with the SAA Traditions and always in a spirit of love and acceptance. If you feel triggered during the meeting, a suggestion to take care of yourself, would be to put the phone down, hang up and call back, or call your sponsor or support team.

We ask that any Newcomer that would like to share, be given the opportunity. Our focus is making you feel welcome and acknowledge the courage it took getting here. We will reserve some time for Questions and Answers at the end of the meeting. Please keep your share to 2 or 3 minutes.

(At 55 minutes past the hour, close the meeting. On business meeting nights, close the meeting at the top of the hour.) That is all the time we have for sharing. If you need, we will have time to share in fellowship. What you heard here was spoken in confidence and should be confidential. Please keep the things you heard here in the confines in your mind. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Our Promises have been inspired by our own experiences of recovery and by messages of hope from our fellowship. Would someone read either the AA, Ottawa, or Double Winner's Promises which can be found at www.saatalk.info?

The AA/SAA Promises:

If we are painstaking about this phase of our development,

- We will be amazed before we are halfway through.
- We are going to know a new freedom and a new happiness.
- We will not regret the past nor wish to shut the door on it.
- We will comprehend the word serenity and we will know peace.
- No matter how far down the scale we have gone, we see how our experience can benefit others.
- That feeling of uselessness and self-pity will disappear.
- We will lose interest in selfish things and gain interest in our fellows.
- Self-seeking will slip away.
- Our whole attitude and outlook upon life will change.
- Fear of people and of economic insecurity will leave us.
- We will intuitively know how to handle situations which used to baffle us.
- We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises?

WE THINK NOT!!! (in unison)

They are being fulfilled among us, sometimes quickly, sometimes slowly. They will always materialize if we work for them.

The Ottawa Promises:

Through a renewed Relationship with God, our Higher Power, the healing force of recovery will take hold in our hearts. By giving ourselves over to God, our Higher Power, and working our program, our lives will become manageable and we will be restored to sanity. We will receive the inner strength and support needed to face our anxieties and fears, and to deal with the painful feelings that feed our addiction.

Relations with Others will improve as we learn to respect our boundaries and allow others freedom to be themselves. Reaching out in trust and connecting with others will come easier, dispelling our sense of isolation and loneliness. Degrading fantasies and obsessive sexual thinking will diminish.

Relating to ourselves, self-absorption will give way to self-discovery; secrecy to honesty; feelings of unworthiness to dignity; and shame to grace. A restored integrity will guide our

behavior. We will feel more alive and regain a sense of happiness. We will hear ourselves laugh again and rediscover play. We will embrace change and will grow.

A Spiritual Awakening will free us from the tyranny of our addiction. An awareness of being guided by a Higher Power and supported by caring friends will sustain us. Regret for the past and worry for the future will give way to living for today. We will open ourselves to the amazing possibilities of a life worth living our life.

Are these extravagant promises? WE THINK NOT!!! (in unison)

We have seen them fulfilled. They are ours, if we want them and work for them.

“Double Winner” Promises:

We will no longer see ourselves as merely predators or prey. Instead we will know ourselves to be integrated, whole, spiritual people, and we will let gratitude replace the view of ourselves as victims.

- We will see that we are not so devastatingly complex that we cannot be understood. We will be able to recognize what we have in common with those we fear and resent.
- We will experience our pain and anger but refuse to build shrines to our feelings. We will grow more respectful in the way we express our uncomfortable feelings.
- We will forgive, and allow ourselves to be forgiven. We will make peace with our past, and with all parts of ourselves.
- We will no longer confuse love with sex, emotional dependency or romantic intrigue.
- We will feel at last at home in our own bones and discover precisely how beautiful we are.
- We will be committed not merely to stopping our behaviors, but to finding a new way to live.
- We will connect in honesty and integrity with our HP, our sponsor, our fellow addicts, our partners, our families and those around us. We will live transparent lives in which there are no secrets.
- We will risk telling those truths about ourselves that cause us the most shame. At the same time, we will develop a health sense of caution in our relationships.
- Our behavior will be in integrity with values that are rooted in our spirituality. We will find serenity and live in peace.

- The fence between addict and co–addict will be transformed by empathy into a bridge of understanding with others.
- Through trusting our Higher Power who transcends our addictions and co– addictions, we will learn to better trust ourselves and recognize trustworthy people.

ANNOUNCEMENTS Now is time for announcements: SEVENTH TRADITION Now is the time for the 7th Tradition. The Seventh Tradition in the 12 & 12 states that "every group ought to be fully self-supporting, declining outside contributions." please send a check made out to "Telemeeting Intergroup" to the following address: Telemeeting Intergroup P.O. Box 62 Windsor, CO 80550 You can also make a donation using a debit card, credit card, or PayPal by clicking the Donate link at WWW.SAATALK.INFO Contribute monthly to SAA. It's easy, simply go to the SAA website and go to "member's area". Their Web address is: SAA-RECOVERY(dot)ORG. You can make donations by check and credit card by simply calling 1-800-477-8191.

SERVICE: There are opportunities for service during this meeting. We need readers each week, as well as moderators. If you are able to be a moderator, please let me know now. Dashboard Operators are needed to log on with a computer and monitor members to keep line noise down, and keep the meeting safe for everyone. There is some training involved. Please let me know if you are interested in service during fellowship.

Are there any other SAA Related Announcements? THANKS TO ALL FOR ALLOWING ME TO BE OF SERVICE! Let's end the meeting with a moment of silence, followed by the 3rd step prayer.

3rd 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. Amen.

FELLOWSHIP (Non-Business Meeting Days) The meeting is now open for fellowship. We reserve the first 5 minutes for newcomers to ask questions. Are there any newcomer questions?

(If no questions.... Open the meeting to general fellowship) The meeting is now open for general fellowship; it is also a good time to exchange phone numbers. (Business Meeting Days – Last Tues of Month) We have a business meeting this evening but before we move on to business I'd like to open the meeting for 5 minutes for Newcomers to ask questions. Are there any newcomers who have questions? (After questions ask Would anyone like to share their phone number.)

BUSINESS MEETING: Moderator: Make note of Old business that was tabled from other business meetings and make sure to pass any old business onto the new meeting moderator via email or verbal communication before the next months business meeting. 1. Do we have any old business to discuss? 2. Do we have any new business to discuss? 3. Intergroup

Representative –Position is for 6 months. (Voted on in December for Jan-Jun position and June for July to December position) 4. Meeting Delegate to the ISO Convention – An annual position voted on as soon as the first of January for the May Convention Let's close this business meeting with the Serenity Prayer. Get a motion to adjourn. The meeting is now open for general fellowship. For those of you that would like to give out your number for recovery or outreach calls, this is a good time to do so.