

**Saturday Talkin' 'Bout Recovery Telemeeting:**

Noon Eastern Time, 11:00 am Central, 10:00 am Mountain, 9:00 am Pacific, 8:00 am Alaska, 7:00 am Hawaiian

**TO THE MODERATOR- Thank you for your service. Moderators are required to have six months of sobriety.**

- The script is a useful guide to a healthy and helpful meeting. It is not a rigid prescription.
- Call-in number: NEW-(605) 562-8400. OLD- (605) 562-0400. Access code: 9972350.
- This meeting platform allows a dashboard moderator to see your phone number. If you wish to keep your phone number anonymous, please dial \*67 before the call-in number.
- The "Reading of the Week" must be from the approved list in the script; please do not read from materials off the list.
- Please do not respond to members with "Great share" or "Good share" as this is commenting on another's share. Those who don't get a "Good share" from the moderator can wonder what was wrong with their share.

**Regarding Newcomers:**

- The moderator must use compassion and good judgment in providing support for newcomers and others in crisis, even if this means stepping outside the guidelines laid down in the script. Crosstalk may be allowed when offering help and support to newcomers; it may indeed be essential.
- **Suggestions to support newcomers:** Please get on the call ten minutes early and welcome callers as they join the call; specifically welcome and comfort newcomers. During lulls in sharing time, sometimes invite newcomers to share.
- If a newcomer or other person in crisis identifies themselves as such, invite them to share immediately with a phrase like, "Would you like to share a little bit?" or "Do you have any questions?"

**Suggestions if the meeting goes quiet:**

- The moderator might wait at least 30 seconds during silence before prompting for more shares to allow quiet meditation.
- Allow multiple shares from members.
- You might read an additional passage from literature on our reading list.
- If members seem to be finished sharing, end the meeting ten minutes early and invite members to enjoy that time in fellowship after the meeting.

**(Top of the Hour) WELCOME:** Welcome to Talkin' 'Bout Recovery, a meeting of Sex Addicts Anonymous. My name is \_\_\_\_\_. I'm a sex addict and your moderator. This is an open, mixed meeting. Membership in SAA is for all those who have a desire to stop their compulsive sexual behaviors. There is no other requirement. As this is an open meeting, visitors are also welcome. This meeting lasts up to 90 minutes.

As a gentle reminder, to reduce line noise, please mute your phone when you are not speaking. You may also press \*6 to mute and unmute.

The readings for this meeting are available at [www.saataalk.info](http://www.saataalk.info).

Our meeting is monitored by a dashboard to minimize disruptions and all phone numbers viewed are kept strictly confidential in accordance with the 12th Tradition.

Let's begin the meeting with a moment of silence for those who are still suffering followed by the Serenity Prayer.

**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.

**OPENING READING: OUR PROGRAM:** Would someone please read "OUR PROGRAM"? (A common meeting version of "OUR PROGRAM" is below. If no-one has access to that to read, the SAA Green Book, page 1, 4<sup>th</sup> paragraph through page 2, all but last paragraph may be used as an alternative)

**OUR PROGRAM – WHAT IS SEX ADDICTS ANONYMOUS:** Sex Addicts Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction and dependency. Membership is open to all who share a desire to stop addictive sexual behavior. There is no other requirement. Our common goals are to become sexually healthy and to help other sex addicts achieve freedom from compulsive sexual behavior. SAA is supported through voluntary contributions from members. We are not affiliated with any other twelve-step programs, nor are we a part of any other organization. We do not support, endorse, or oppose outside causes or issues. Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. We are grateful to A.A. for this gift, which makes our recovery possible.

**NEWCOMER WELCOME** Newcomers are especially welcome on this call. We acknowledge the courage it took to get here, and we will give you support. Those new to the program can contact Jeff at 541.921.0912 for help getting started. Please text before calling as he does not answer unknown numbers. Are there any newcomers on the call who have any questions? (Address any questions or newcomers needing support.)

**HOW IT WORKS & THE TWELVE STEPS:** (Name) \_\_\_\_\_, would you please read both portions of "HOW IT WORKS" (AA Big Book, pages 58-61) and (Name) \_\_\_\_\_, would you please read the "12 STEPS OF SAA"? (Below or in the SAA Green Book, pp. 20-21)

**HOW IT WORKS:** 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 deal 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:

**THE 12 STEPS OF SEX ADDICTS ANONYMOUS**

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.

**HOW IT WORKS** (continued): Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has 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: (1) That we were sexually addicted and could not manage our lives. (2) That probably no human power could have relieved our addiction. (3) That God could and would if God were sought.

**TRADITION OF THE MONTH:** (Moderator reads the Tradition of the Month and the 12th Tradition.)

**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. 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, films, and other media.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

**ABSTINENCE STATEMENT:** (Name) \_\_\_\_\_, would you please read the "ABSTINENCE STATEMENT"? (Below or in the SAA Green Book, pages 14-15)

**ABSTINENCE STATEMENT:** Our goal when entering the SAA Program is abstinence from one or more specific sexual behaviors. But unlike programs for recovering alcoholics or drug addicts, Sex Addicts Anonymous does not have a universal definition of abstinence. Most of us have no desire to stop being sexual altogether. It is not sex in and of itself that causes us problems, but the addiction to certain sexual behaviors. In SAA we will be better able to determine what behavior is addictive and what is healthy. However, the fellowship does not dictate to its members what is and isn't addictive sexual behavior. Instead, we have found that it is necessary for each member to define his or her own abstinence.

Since different addicts suffer from different behaviors, and since our sexuality is experienced in so many different ways, it is necessary that SAA members define for themselves, with the help of their sponsors or others in recovery, which of their sexual behaviors they consider to be "acting out."

This can be a difficult challenge. If we are too lenient with ourselves, we might not get sober. If we are too strict, we might restrict ourselves from healthy behaviors that we have no need to give up, and an inability to meet our high standards could set us up for relapse. We need the help of other recovering sex addicts, and the reliance on a Power greater than ourselves, to find the right balance between these two extremes.

Our program acknowledges each individual's dignity and right to choose his or her own concept of healthy sexuality. We have learned that our ideas of what is healthy and what is addictive evolve with experience. In time, we are able to define our individual abstinence with honesty, fairness and gentleness. This process is a valuable exercise in our recovery. It requires us to carefully examine all of our sexual behaviors, decide which ones are healthy or addictive, and note those cases where we're not sure. It is a way of taking stock of our sexuality that teaches us a lot about ourselves and our behavior.

**TWO WORDS OF CAUTION TO THE NEWCOMER:** First, although full therapeutic disclosure is used by many of our SAA program members, it is not part of our program, nor is it a requirement for those working our 12-step program of recovery. It is viewed by the International Service Organization of SAA as an outside issue. While Step 5 does call us to share with another human being the exact nature of our wrongs, it does not specifically prescribe who that person should be or the way that sharing should happen.

Second, step 9 says that we should "...make direct amends to such people wherever possible except when to do so would injure them or others." As addicts, we tend to be self-centered and often disclose as a way to quickly relieve our guilt, without thinking of the consequences to others. (*continued next page*)

Many of us have lost important relationships by disclosing too much too soon. Please consider getting some time in the program and consulting with a sponsor or an experienced group member before making your amends.

**BUSINESS MEETINGS:** Our monthly group conscience meeting will be held on the last Saturday of every month. The regular meeting will close ten minutes early to accommodate the group conscience meeting.

**INTRODUCTIONS:** If you are comfortable doing so, please introduce yourself by your first name and the location you are calling from. If you are willing to take program calls, please give your number. Newcomers are encouraged to take down these numbers for support. To organize introductions, please start on the west coast of North America and move east.

**DISCUSSION GUIDELINES:** We have a few guidelines to keep the meeting safe:

- We avoid explicit language and descriptions.
- We avoid mentioning specific names or places associated with our acting out behaviors, including names of websites and apps.
- We strive to speak in "I" statements, as opposed to "you" statements.
- Other people's shares often inspire us to share ourselves. You are encouraged to make reference to others' shares, but we do not make direct comments about another person's share or give advice.

Feel free to share more specific information outside of these guidelines during fellowship after the end of the meeting.

### **READING OF THE WEEK, STEP OF THE MONTH, OR 1<sup>st</sup> STEP PRESENTATION**

At this meeting, one of four things can happen. If there is a sponsor whose sponsee wishes to give a formal first step, we would be honored to hear it. We also welcome speaker presentations from members about their experience, strength, and hope in working the 12 steps and the program of SAA. If you would like to volunteer to be a speaker at this meeting, please let us know at our next group conscience meeting or contact a moderator.

On the first Saturday of every month, we read the entire step of the month from the SAA Green Book.

On the other Saturdays, by group conscience, we read from any of the following selections: The SAA Green Book; the AA Big Book; The 12 Steps & 12 Traditions of AA; Hope and Recovery; our daily meditation books, Voices of Recovery and Answers in the Heart; the SAA newsletter, "The Outer Circle;" or any of the SAA pamphlets.

*(Moderator chooses and reads a selection from the reading list)*

***(OR 1st Saturday of the month only)*** If everyone will open their Green Book to the step of the month, we can take turns reading a few paragraphs each until we have read the entire step.

***(OR if a 1<sup>st</sup> step presentation is scheduled, jump to the First Step script.)***

***(OR, if a guest speaker is scheduled, jump to the Guest Speaker script.)***

***(NOTE: See presenter scripts for requirements and guidelines for speakers.)***

**LATECOMERS:** It is now time for anyone who arrived during the reading to introduce him- or herself. Please identify yourself by first name and geographic location only.

### **TIMEKEEPING: (OPTION A or B AT MODERATOR'S DISCRETION BASED ON THE NUMBER OF CALLERS)**

**OPTION A:** As there are a large number of people on the call, there will be a three-minute limit to shares. Is there a volunteer willing to be of service as our spiritual timekeeper?

Thank you, \_\_\_\_\_, for being of service as our timekeeper. When sharing, if you hear the timekeeper call, "time," please acknowledge that call and wrap up.

**OPTION B:** Today we will not have a timekeeper as there are fewer people on the call. Please keep your shares to five minutes or under. If there are fewer than ten people on the call, the meeting will only last one hour.

**SHARING:** The meeting is now open for discussion. You can share about the reading or just get current. Please remember to follow our discussion guidelines. There will be time for questions and answers at the end of the meeting. I will help moderate. Who would like to begin?

**AT :10 AFTER: NEWCOMERS:** We again invite any newcomer who would like to share to do so. Our focus is making you feel welcome and we acknowledge the courage it took to get here. We are here to give you support. You may need to press \*6 to unmute so we can hear you. Would any newcomers care to share?

**AT :20 AFTER: END OF SHARING TIME:** Our sharing time has come to an end. 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.

**THE PROMISES:** The Ottawa Promises are inspired by our experiences of recovery and by messages of hope from our fellowship. You may wish to unmute in time to answer the question posed at the end of this reading. I would like to ask (Name)\_\_\_\_\_to read them, please.

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

**REGARDING SPONSORSHIP,** the SAA Green Book has this to say: "One of the most vital aspects of the program is sponsorship. A sponsor is a person in the Fellowship who acts as a guide to working the program of SAA, a fellow addict we can rely on for support. Ideally a sponsor is abstinent from addictive sexual behavior; has worked the steps, and can teach us what he or she has learned from working the program. We can learn from a sponsor's experience, struggles, successes, and mistakes. Our sponsor can help explain program fundamentals, such as how to define our sexual sobriety. Most importantly, sponsors guide us through the Twelve Steps. If we feel like acting out, we can call our sponsor to talk about it. A sponsor can help hold us accountable for our behavior. If we make a commitment to attend a meeting, our sponsor can note whether we got to the meeting or not. Sponsors can tell us if they think we are at risk for relapse. They can suggest when we are not being fully honest with ourselves. Often a sponsor is the person in the fellowship who knows us best."

**THE SEVENTH TRADITION** in the SAA Green Book states that "every group ought to be fully self-supporting, declining outside contributions." You can support these telemeetings by contributing to the SAA Telemeeting Intergroup at [saatalk.info](http://saatalk.info) or by mail at PO Box 62, Windsor, CO 80550. You may also contribute to the International Service Organization of SAA at [saa-recovery.org](http://saa-recovery.org) or by texting "SAA" to 91999.

**INFORMATION AND LITERATURE** can be found at [saa-recovery.org](http://saa-recovery.org), [saatalk.info](http://saatalk.info), or by calling 800-477-8191.

**ANNOUNCEMENTS:** Are there any other announcements for the benefit of SAA?

**CLOSING:** Thank you to all who were of service by helping with the readings and keeping time. Thanks for allowing me to be of service. You are invited to unmute and join together in closing the meeting with the Serenity Prayer.

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.

**FELLOWSHIP:** You are welcome to stay around for fellowship. Now is a good time to ask questions. You are also welcome to leave at any time. Are there any questions?

**FIRST STEP SCRIPT** can be found on the next page.

**GUEST SPEAKER SCRIPT** can be found following the First Step Script.

## **FIRST STEP SCRIPT:**

### ***Notes on First Step Presentations:***

*First Step Presentations are not to be scheduled on the first or last Saturdays of the month in order to avoid falling on the same day as Step of the Month or Group Conscience.*

*Presentations should be limited to 25 minutes.*

*Persons giving their First Step must have completed that step with a sponsor.*

*The speaker's sponsor is welcome to introduce the speaker; if the sponsor wishes, the moderator can introduce the speaker.*

*First Steps should conform to our sharing guidelines; member responses should as well, with the exception that direct comments about the First Step are allowed.*

**Moderator:** We are honored to have the opportunity to hear the First Step of one of our members today.

**Moderator or Sponsor:** (Name of speaker), you are about to share your first step with us. We acknowledge and affirm your courage in taking this step. We want to clarify some things about this experience for each of us. The primary purpose for you giving this formal first step presentation is to aid you in your program of recovery. It need not be done to please the group or to gain status. There is no right or wrong way to give a first step. Any effort you make is legitimate. Here are some suggestions that others who have gone before have found helpful:

- We encourage you to be specific about your behaviors and to speak from your heart in order for you to be in touch with the pain and reality of your addiction.
- Do not bury yourself in shame.
- Let us hear you, not your addict, speaking.

The group has a responsibility to be loving, caring and accepting of you. The members will avoid judging you, giving advice to you, or taking care of you.

Remember, we are here for you! May God grant you serenity. (Turn over to 1<sup>st</sup> step speaker)

### **FIRST STEP PRESENTATION**

MODERATOR: Thank you for your courage in sharing your first step with us. The meeting is now open for sharing. You may share about the presentation or just get current. Please limit your shares to three minutes. (Moderator allows shares until :20 after, then close as usual; go back to "**AT :20 AFTER: ANONYMITY.**")

**GUEST SPEAKER SCRIPT:**

***Notes on Guest Speaker Presentations:***

*Guest Speaker Presentations are not to be scheduled on the first or last Saturdays of the month in order to avoid falling on the same day as Step of the Month or Group Conscience.*

*Presentations should be limited to 25 minutes.*

*Guest Speakers must have worked the Twelve Steps with a sponsor and have 90 days of sobriety.*

*Guest Speaker Presentations should conform to our sharing guidelines; member responses should as well, with the exception that direct comments about the presentation are allowed.*

**Moderator:** Today we are honored to have \_\_\_\_\_ as a guest speaker who will share their experience, strength, and hope with us. \_\_\_\_\_ has worked the 12 steps with a sponsor and has over 90 days of sobriety. (Turn over to speaker)

**GUEST SPEAKER PRESENTATION**

**Moderator:** Thank you for sharing your experience, strength, and hope with us. The meeting is now open for sharing. You may share about the presentation or just get current. Please limit your shares to three minutes.

(Moderator allows shares until :20 after, then close as usual; go back to **"AT :20 AFTER: ANONYMITY."**)