

Monday Des Moines 7:00 Meeting

Video Guidelines ⇒ During the meeting

1. **Please change your name to first name and state:** Jen-WA. Use the “Participant box” and the pull down “more”>”rename”.
2. **Please mute your microphone** when a member is sharing. The meeting moderator may intervene if necessary in order to keep the meeting safe and quiet.
3. **Pre & post meeting discussion:** When there is a lot of chat, you can turn your microphone on.
4. **Think about your actions on camera.** Movements are distracting to the audience and can be disruptive to the speaker. Try to stay still and be attentive.
5. **Etiquette for meetings**
 - a. **Dress to respect.** Dress for your Zoom meeting the way you would for an in-person meeting. Note: Scant clothing can be triggering. Please be respectful.
 - b. **Your environment** - Participate in meetings from a quiet, indoor location to control ambient noise.
 - c. **Lighting.** Please refrain from sitting directly in front or beside a very bright light source. Experiment with moving lamps and your camera until you can see your brightly-lit face on the screen.
 - d. **Think about the background** behind you. Is it appropriate for international viewing?
 - e. **Practice speaking to the camera** and not the screen. Our tendency is to look at the person on the screen, but it’s preferable to look at the camera when you speak so the audience feels like you’re talking directly to them.
6. **Sharing.** Open up only relevant documents before the call and share only those during the meeting. Remember that whatever is open on your desktop will be viewed by everyone.
7. **Bandwidth and signal** - If you are wireless, try to remain close to the wireless router. When you have the option, choose wired (instead of wireless) for video conferencing.

How you prefer to view the meeting participants - Gallery or Speaker View - In the top right corner of screen, selecting ‘Gallery View’ will display everyone in same-size images. ‘Speaker View’ highlights whoever is speaking in the large center screen.

Difficulties? Please PM (private message) this meeting’s host for assistance by clicking on ‘manage participants’ & selecting the host from the list of members who are attending. That will allow you to send the host a private message.

Primary Purpose Group Script

1. Opening

Welcome to the 7:00 Monday Des Moines SAA weekly meeting. This meeting is open to anyone who desires to stop addictive sexual behaviors, there are no other requirements.

My name is ___, I'm a sex addict. Can we open this meeting with a moment of silence followed by the serenity prayer? God, grant me the serenity to accept things I cannot change, courage to change things I can, and the wisdom to know the difference. Amen.

2. Preamble

Sex Addicts Anonymous is a fellowship of women and men who share their experience, strength, and hope with each other in order to recover from the disease of sex addiction. Membership is open to all with a desire to stop addictive sexual behavior. There are no dues or fees; we are self-supporting through our own contributions. SAA is not affiliated with any other 12-step programs, is not part of any other organization, neither supports nor opposes any outside causes or issues. We practice the Steps and Traditions of Alcoholics Anonymous and await the fulfillment of their promises.

3. Steps

The Twelve Steps of SAA

- 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.*

4. Traditions

The Twelve Traditions of SAA

- 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 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.*

5. Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way 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 will 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.

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

6. Announcements

Donate to SAA by texting SAA to 91999. The telemeeting intergroup supports saatalk.info. You may donate by PayPal at saatalk.info or send a check to SAA Telemeeting Intergroup, P.O. Box 62 Windsor, CO 80550.

7. Tokens

8. Welcome

Welcome to the Primary Purpose Group, which takes its name from the Fifth Tradition: 'Each group has but one primary purpose: to carry its message to the sex addict who still suffers.'

We have found our purpose is best accomplished when we strive for unity among all participants. Being wrecked in the same vessel, we meet as equals who are equally humble in our desire for recovery, regardless of time in the program, length of sobriety, or external factors such as particular addictive behaviors, sexual orientation, or social distinctions.

Based on practical experience, we suggest the following means of achieving that goal: 1. Listen carefully and respectfully to any member willing to share experience, strength, and hope. 2. Courteously refrain from commenting directly on another's sharing. 3. Use the group's time conscientiously so that all who wish to share may have the opportunity. 4. Consider that others may be triggered by vivid descriptions of acting-out behaviors.

9. Format

The format of this meeting, as determined by group conscience, is discussion of a reading selected by the chair from either the Big Book or SAA Basic Text. Realizing that we move forward in the program by practicing rigorous honesty, we share how the principle contained in the reading relates to our own recovery.

10. Reading & Sharing

11. Closing

Thanks to all who shared. While meeting as a group carries our message and provides us with the fellowship we crave, the basis of recovery is the principle of one sex addict helping another. Would anyone willing to serve as a sponsor please raise their hand? You may also put your telephone number in the chat.

12. Prayer

Would all who care to join me in the (Lord's. 3rd Step. 7th Step) prayer?

Lord's Prayer:

Our Father, who art in heaven, Hallowed be thy Name. Thy Kingdom come. Thy will be done on earth, As it is in heaven. Give us this day our daily bread, and forgive us our trespasses, As we forgive those who trespass against us. Lead us not into temptation, but deliver us from evil, for thine is the kingdom, the power, and the glory forever. Amen.

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 and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.