

615 am Pacific SAA Daily Call Script

Previously Approved: 8/16/2026

(Note: With our online console, sort callers in descending order of time, with first arrivals at the top. The Trusted Servant should arrive at least about 5 minutes before the start of the call and take the names of callers going down the list in the order they have called in. If callers are socializing before the meeting, you could say: "Pardon me for interrupting. It's time to begin our lineup. We invite you to join fellowship after the meeting.") (Start the meeting exactly on time at 15 past the hour)

Welcome to the 615am Pacific SAA Daily Call. While this is a closed meeting only for those who wish to stop compulsive sexual behavior, we welcome you, whether you are straight, gay, queer, trans, any gender identity, 18 or over, any faith tradition as well as agnostic and atheist. The third tradition states "the only requirement for SAA membership is a desire to stop addictive sexual behavior." You are welcome here.

We take turns answering three questions. We can get the most benefit by treating these questions like a ritual or guided meditation, focusing on just the current question. Our experience is that it is possible to be brief and still share in a way that is honest and meaningful and to commit to what it takes to stay sober just for today. Here are our meeting boundaries:

- This is a closed meeting, open only to those seeking recovery from sex addiction. Each caller must identify themselves by first name and state to remain on the call, even if just listening. If you cannot do so, the moderator will need to remove you from the call for the safety of others.
- Please refrain from using either profanity or explicit sexual descriptions.
- Please avoid mentioning the name of any books or resources other than SAA literature as some may interpret this as promotion. You can be more specific in fellowship after the meeting.
- Please remember to manage your own mute status. You can use *6 to mute and unmute or the mute button on your phone. Be careful not to accidentally hit *9 as this will start a recording and we do not record this meeting.
- If your mic is open and causing background noise, the moderator may mute your line without notice to minimize disruption. If this is done, the system will tell you. You will have to unmute with *6 if you are muted by the moderator.
- The moderator will encourage, brief, focused shares on the current question, keeping with our format. To keep the meditation flow, please do not answer more than one question in a share. Longer shares are welcome during fellowship after the meeting where we can provide more support.
- To participate in this call, you will be given a place in the lineup. Please write down who is before and after you to pass the call on to the next person. The trusted servant is happy to assist if needed.
- So far we have, on the call...*(Trusted servant lists all in order, starting with self. DO NOT ASK FOR ANY NEW ARRIVALS AT THIS TIME.)* We will continue assigning today's line up after our opening prayer.

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Let's start the meeting with a moment of silence for the still-suffering sex addict followed by the Serenity Prayer. *(pause and count slowly to 5).*

Those who wish may unmute and repeat after me (pause to let folks unmute):

God, grant me the serenity *(pause)*

To accept the things I cannot change *(pause)*

Courage to change the things I can *(pause)*

And the wisdom to know the difference

Now would be a good time to make sure you are muted.

We'd like to welcome those who have just joined. I will call your name, please let me know if you will be participating or just listening. *(Trusted servant takes names of any joining the call. IF ANYONE DOES NOT IDENTIFY; Be gentle and welcoming, reread the first meeting boundary and remove anyone who does not identify.)* I'll now read the order of the participants. I am X in Y and I'll pass to A in B who will pass to C in D, and so on. *(Let the last person know that for now, they will pass back to the chair.)*

Question 1: Do you admit you are powerless over sexual addiction and with your Higher Power's help, are you willing to seek sobriety and recovery today? *(Trusted servant answers the question and passes, etc.)*

(When the last person has passed back to the chair.) We'd like to welcome those who have just joined. I will call your name, please let me know if you will be participating or just listening. *(IF ANYONE DOES NOT IDENTIFY; be gentle and welcoming, reread the first meeting boundary and remove anyone who does not identify)* State the bottom of the order from the person before the new arrivals through the new arrivals and have the new arrivals answer the question. Tell the new last person they will, for now, be passing back to the chair. *Trusted servant also notes any changes in the lineup for folks who have said they are leaving the call.)*

We will now move on to Question 2. A reminder, there is a one-minute time limit for question two. At the end of a minute, I will quietly and gently say "Time" and please acknowledge you heard this and wrap up your share in one or two sentences.

Question 2: Is there anything from yesterday or today that endangers your sobriety? If so, what tools can you use to meet the challenge and stay sober today? *(Trusted servant answers the question and passes, etc.)*

(When the last person has passed back to the chair.) We'd like to welcome those who have just joined. I will call your name, please let me know if you will be participating or just listening. As a reminder, there is a one-minute time limit regardless. *(IF ANYONE DOES NOT IDENTIFY; be gentle and welcoming, reread the first meeting boundary and remove anyone who does not identify. State the bottom of the order from the person before the new arrivals through the new arrivals and have the new arrivals answer the question. Tell the new last person they will, for now, be passing back to the chair. Trusted servant also notes any changes in the lineup for folks who have said they are leaving the call.)*

Question 3: Name just one thing you are grateful for and are you willing to turn your will and your life over to God, as you understand God for the next 24 hours? *(Trusted servant answers the question and passes, etc.)*

(When the last person has passed back to the chair.) We'd like to welcome those who have just joined. I will call your name, please let me know if you will be participating or just listening. *(IF ANYONE DOES NOT IDENTIFY; be gentle and welcoming, reread the first meeting boundary and remove anyone who does not*

(Note: This script is only to be altered through group conscience, except for minor changes)

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identify. Take names and have the new arrivals answer the question.) Please limit your answer to only question 3. You are welcome to stay in fellowship after the meeting for a longer check-in if needed. *(Re-read question 3 and invite the first person added to answer.)*

(After everyone has answered question 3)

If anyone who has been just listening would like to unmute and recommit to their program today, we'd like to make this space for you. Please just speak up.

(Pause a slow count to 5 and let all speak up)

Now is time for announcements.

A reminder on the 7th Tradition of SAA which states that "every group ought to be fully self-supporting, declining outside contributions." Because this meeting has no financial obligations, we practice the 7th Tradition through 12th Step service. We also encourage you to consider making a donation to the larger fellowship in one of the following ways:

- Drop a buck in the basket electronically by texting the letters "SAA" to the number 91999. Through a secure response on a smartphone you can donate once or at regular intervals.
- Visit the main SAA website at SAA Dash Recovery Dot Org (saa-recovery.org). A contribute button is at the top of the page, or you may use the address or phone number to contact the ISO directly with a donation.
- Our financial support is an important way to help other sex addicts still suffering by supporting the fellowship that gives us so much.

We welcome any newcomers to the call and suggest that in addition to this check-in call you attend some topical meetings, whether they're face-to-face, Zoom or telemeetings, to determine if the program is right for you.

After the meeting, there will be time for fellowship for anyone who has a question about the program, wants to share contact information, or continue fellowship. We encourage you to stick around if you can since this is how we build community. The line will stay open as long as there are at least two callers.

Are there any other recovery-related announcements?

(Slow count to 5 to allow unmuting. After announcements are complete)

(Closing)

Thank you for being a part of our recovery community this morning. As we recommit to our programs today, turning our will and lives over to a higher power of our understanding, may we seek ways to be of service to others, feel gratitude in all things, and live in peace – with our higher power, with others, and within ourselves.
(pause)

And now, those who wish may unmute and repeat after me the We/Us form of the Serenity Prayer *(pause)*:

God, grant us the serenity *(pause)*

To accept the things we cannot change *(pause)*

Courage to change the things we can *(pause)*

And the wisdom to know the difference

Our next Pacific Daily call will be at 6:15 am Pacific time tomorrow morning. Thank you for allowing me to be of service. Keep coming back! The program works if we work it. You are worth it!

We are now in fellowship. *(pause to allow folks to offer thanks, then move on to fellowship)*.

- Would anyone like to share their contact information? If so, state your first name, time zone, contact number or email, and let us know if you have any conditions regarding contact as well as whether you're looking for a sponsor or are open to sponsoring others.
(let people share numbers before asking for questions)
- Are there any newcomer questions?

The following are tips for moderators:

MANAGING THE LINEUP

What's Built Into the Script

- The script gives instructions on the format - brief Q&A. When newcomers join, we can re-read that section because this isn't the format of most check-in meetings.
- Following the script exactly will allow for latecomers. Trust it. Going off-script will probably lead to confusion and interrupt the smooth flow of the meeting.
- Use the pauses indicated in the script. People unmute slower than we think. Don't rush.
- The opening and closing prayer are impactful. Read them slowly, with meaning. Wait for folks to finish repeating.

Use Old School Paper and Pen/Pencil

- Have paper and pen/pencil to write a list of participants. Put your name at the top of the list.
- Sort the list descending from 1st call-in to the last, say "*welcome, <name>, I've got you down*" slowly as you write it down.
- If someone says they're just listening in, acknowledge this, welcome them, and write them under a separate "listening" list. Do not list them in the lineup. You can say who is listening in after giving the lineup so they feel welcome.
- If someone misses their share while going through the lineup, write "out?" next to their name. Use this to go back after completing the question to see if they are still there. If not, cross out their name and mention this when giving all the changes together (see below)
- As each person shares an answer to the current question, put a check by their name so you know who is up next. It's easy to lose focus, this helps in case you need to pass on to the next person if someone's call drops. Stay present.

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When Someone Drops from the Call

Someone may drop off the call. We can't know why. Cell service interruption, other calls coming in, being unable to answer because of other people around, driving distractions, etc, these can all be reasons why someone does not jump in for their turn in the lineup.

- When someone does not reply, the moderator should say "<name>, are you still on the call or perhaps on mute?" Pause long enough to let someone unmute, if they don't reply, say "we will come back to <name> at the end of the lineup. For now, let's go on to <(next person)>."
- After everyone has finished a question, the moderator returns to each person who did not answer (might have dropped) to see if they are still there. If so, let them answer and move on to the next missing person.
- After catching all those who missed their place, the moderator has adds those who have joined the call.
- After taking each new name, the moderator announces *all* changes in the lineup.
- The question is read again and the moderator passes to the first new caller to complete the lineup.

HANDLING DISRUPTIONS

Background Noise

- Please, just mute callers with noisy open mics. Do not ask for a mute check. This is disruptive and unnecessary. We've stated in the meeting boundaries that the moderator will mute without notice.
- The online control panel (FreeConferenceCallHD.com) has a list of all callers. During shares, use the Active Callers column. Any line with sound coming through will have a series of progressive green dots.
- If a line is noisy, give the person time to mute, but then just click the mic symbol to mute their line. DO NOT CLICK THE "X" unless you are removing that person from the call.

Shares Outside of the Format

- When a newcomer is on the line who does not know the format and begins to go off topic, with a very gentle and friendly voice say, "*Pardon my interrupting your share, the format of this meeting is that our shares are brief and focused on just the current question. We welcome you to stick around for a longer share in fellowship after the meeting.*"
- Time question 2. Start the stopwatch after they reintroduce themselves, say "time" at 1:10. Say it loud enough to be heard. If the caller goes over 2 minutes, call "time" again and say "*I'm sorry, <name>, but there is a one minute time limit and we need to move on to the next person. Please stick around for fellowship so we can hear all of your share.*"

Unidentified Callers

We have had predators on this meeting. As trusted servants, it is our place to ensure this is a safe space for recovery by enforcing the fact our meeting is closed, open only to those seeking recovery from sex addiction. The script has 1) the first meeting boundary stating we must each identify by first name and state, and that anyone who does not identify will be removed from the call, and 2) reminders of this in the moderator's notes at the bottom of each lineup. If we just follow the script, we can be consistent. Using the "X" by the caller removes them. They can call back, and should identify to stay on the call.

Purposeful Disruptors

A few years ago, many telemeetings experienced callers whose sole purpose was to shock and disrupt the meeting. They used many approaches from simply annoying to grossly vulgar. While we have not seen this in some time, we want to pass on our lessons learned. We have also chosen technology that allows us the ability to address disruption - whether intentional or not.

- When the disrupter calls in and begins crossing meeting boundaries (explicit sexual description, persistent vulgar language, interrupting, etc.), you may interrupt the person and explain the boundaries, asking them to be honored.
- If the person persists, mute them. Don't make a big explanation to the group (this is even more disrupting). Just move on to the next person.
- If the caller calls back in and continues disrupting, mute them and simply X drop them from the call. If you have to do this more than once, lock the meeting after dropping the person. No explanation to the group is needed. Keep the meeting flowing as smoothly as possible.
- Please make a note about who this person was, if the name/number was visible. Pass this on to a trusted servant. Moderators will be notified to watch for this person in case they continue disrupting the call on other days.

Being Late to Start Moderating the Call

Life happens. Be gentle with yourself. Log in no later than 6:10 PT to begin the lineup.

- If you are the moderator and arrive late to the call, others may be trying to help and want to recite a list to you. While they mean well, this often does not work and is disruptive.
- Instead, you could say: *"I'm very sorry to be late. To compile our participation lineup I'll start with the first one who called in and call out your name. Please let me know if you're participating or just listening. Thank you for your patience."*