

# SATURDAY EVENING WOMEN'S SAA TELEMEEETING

Revised July 24, 2024)

*(Do not read italicized material.)*

*Note to Trusted Servant regarding first step presentations:*

*When scheduling a first step, ask the person doing the first step who her sponsor is and ensure that the sponsor is going to be there to lead her through the first step.*

*If you schedule a first step that will take place after the next business meeting, please let the next trusted servant know.*

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Good Evening and welcome! This is a closed women-only telemeeting of Sex Addicts Anonymous. If you have a desire to stop your addictive sexual behavior, you are in the right place. If you do not, please hang up now. My name is \_\_\_\_\_. I am a sex addict and your trusted servant for this evening. May we have a moment of silence for the addicts in and out of these rooms 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.

To reduce static and background noise, please mute your phone when you are not speaking.

*If First Step, go to First Step section (below).*

Who would like to read THE INTRODUCTION, pages 1 & 2 of the SAA green book?

Would someone like to read OUR PROGRAM, pages 20-22 from the SAA green book?

May we hear THE TWELVE TRADITIONS, page 77 from the SAA green book?

Would someone please read DEFINING ABSTINENCE, pages 14-15, from the SAA green book, the first two paragraphs, beginning with "Our goal ..." and ending with "... his or her own abstinence."

Is there anyone at this meeting for the first time? If so, please tell us your first name and where you are from, so that we may welcome you. Welcome!

Now is the time that we celebrate milestones in sobriety. Does anyone have 30 days? 60 days? 90 days? 6 months? 9 months? 1 year? 18 months? Multiples of years? How about 24 hrs?

Now let's go around for introductions. It is the custom of this group for members to share your first name only, where you're from, how you're feeling, two of your Inner Circle behaviors and your current length of sobriety from your Inner Circle.

My name is \_\_\_\_\_. I'm a sex addict from \_\_\_\_\_. I feel \_\_\_\_\_. Two of my Inner Circle behaviors are \_\_\_\_\_ and \_\_\_\_\_. I have \_\_\_\_\_ years/months/days of sobriety from all of my Inner Circle behaviors.

This is a topic or first step presentation meeting of SAA. If you would like to present your First Step, please arrange it with the trusted servant a week in advance. Tonight, there is no pre-arranged First Step, so this will be a topic meeting.

In regards to literature: We use only SAA approved literature. The literature we are using for this meeting can be obtained from the ISO of SAA. The contact information for the ISO will be given near the end of the meeting.

The topic I have chosen tonight is \_\_\_\_\_ from \_\_\_\_\_, page \_\_\_\_.

*(Read the topic selection.)*

Now the meeting is open for discussion on the topic we just read or you may share about how your recovery has been going this week. Please keep your focus on the solution.

Please be aware that if your share becomes graphic or potentially triggering, you will be interrupted and reminded of our focus on the solution in this meeting. This is not meant to shame or offend anyone. We have simply found that this is best to keep the meeting safe for everyone. Should you be interrupted, please know that we are glad you are here and you are welcome and encouraged to stay through the meeting. There will be fellowship after the meeting where these things can be discussed.

Who would like to begin?

*Note to trusted servant: If a person's share veers off into the problem, please read:*

"I'm sorry to interrupt, but your share could possibly be triggering to some members. We have found it best to keep the meeting safe for everyone by staying focused on the solution. This interruption is not meant to shame or offend you. If you have anything to add regarding the solution, please do so. Either way, please stick around for fellowship where these things can be discussed."

## FIRST STEP PRESENTATION MEETING

Who would like to read THE INTRODUCTION, pages 1 & 2 of the SAA green book?

Would someone like to read THE TWELVE STEPS, page 21 from the SAA green book?

May we hear THE TWELVE TRADITIONS, page 77 from the SAA green book?

Would someone please read DEFINING ABSTINENCE, pages 14-15 from the SAA green book, the first two paragraphs, beginning with "Our goal..." and ending with "... his or her own

abstinence.”

Is there anyone at this meeting for the first time? If so, please tell us your first name and where you are from, so that we may welcome you. Welcome!

Now is the time that we celebrate milestones in sobriety. Does anyone have 30 days? 60 days? 90 days? 6 months? 9 months? One year? 18 months? Multiples of years? How about 24 hours?

Now let's go around for introductions. It is the custom of this group for members to share your first name only, where you're from, how you're feeling, and your current length of sobriety from your Inner Circle behaviors.

My name is\_\_\_\_\_. I'm a sex addict from \_\_\_\_\_. I feel\_\_\_\_. I have\_\_\_\_\_years/months/days of sobriety from all of my Inner Circle behaviors.

This is a topic or first step presentation meeting of SAA. If you would like to present your First Step, please arrange it with the trusted servant a week in advance.

Tonight,\_\_\_\_\_from\_\_\_\_is going to share her First Step with us. I will pass the meeting over to her sponsor,\_\_\_\_\_from .

*(The sponsor reads “Introduction to First Step Presentation” from FIRST STEP TO RECOVERY. First Step begins. Do not stop a First Step in progress.)*

The floor is now open for feedback for\_\_\_\_\_(person doing her First Step).

*Feedback usually ends when the person's sponsor shares. Check in with the person doing her First Step after the last person gives her feedback.*

First Steps are sometimes triggering to hear. We encourage you to stay in contact with your sponsor and support system this week.

## BOTH MEETINGS:

It's now time for the 7th tradition, which states that “Every SAA group ought to be fully self supporting, declining outside contributions.” We have no dues or fees, but our International Service Organization (ISO) does have expenses. Contributions can be mailed to:

ISO of SAA

PO Box 70949

Houston, TX USA 77270

or by phone: 1-800-477-8191

or via the Internet: [www.saa-recovery.org](http://www.saa-recovery.org)

Regarding sponsorship: We, as a group, believe that completing step work with a sponsor is an integral part of gaining and maintaining sexual sobriety. If you do not have a sponsor, or have questions about what a sponsor is, please talk to someone after the meeting.

Regarding phone numbers: The phone can be an important tool during recovery. Everyone is encouraged to get phone numbers of individuals whose shares they relate to, to use as part of a support system. This is done after the meeting. Please be sensitive when using the phone and understand that sharing your phone number is completely voluntary.

Our business meeting is held on the second Saturday of the month after the regular meeting. *(Second Saturday of the month, announce business meeting and it will start immediately after the meeting.)*

Are there any SAA-related Announcements?

Would someone please read HOW WE LIVE, which can be found in the SAA Green Book, page 61, paragraphs 1 and 2?

In closing, please help us move from shame to grace and join us in the us/we version of the Serenity Prayer.

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.

The phone line is now open to exchange phone numbers. Newcomers, please have a pen and paper ready. Will those willing to share their number please give your name, phone number, time zone, indicate whether your voicemail is private and safe to leave SAA-related messages, and let us know if you are a sponsor.

My name is\_\_\_\_\_from\_\_\_\_and my phone number is\_\_\_\_\_. That's\_\_\_\_\_time zone and (private???)

As we go into fellowship, just a gentle reminder that although fellowship is not a meeting, as such, it is still suggested that we follow the principles set forth in the Traditions during this time. Feel free to leave at any time. This is a great time for newcomers to ask questions. Remember, a newcomer is anyone new to the SAA program or who has less than 30 days of sobriety. Are there any newcomers with questions?

## GROUP CONSCIENCE MEETING AGENDA

Welcome to the Saturday Evening Women's SAA Teleconference Group Conscience Meeting. My name is\_\_\_\_\_, I'm a sex addict and your trusted servant for this meeting.

Would someone please read The Twelve Traditions, page 77 from the SAA green book?

In keeping with our traditions, do we have any old business to discuss?

First item of new business: We need a trusted servant. 30 days of sobriety are suggested. This is a one month and rotating service position.

Is there any other new business?

*Should a format change occur, outgoing trusted servant please contact the new trusted servant with any changes to the format.*

Please help me close this meeting with the Serenity Prayer.

The phone line is now open for fellowship. This is a great time for newcomers to ask questions. Are there any newcomers with questions?