

A note for Secretaries:

This structure for a web call step study meeting of Sex Addicts Anonymous was originally based on the structure of the European webcall meeting.

Each group should be autonomous except in matters affecting other groups or S.A.A. as a whole. Within this constraint the structure and content of this script can be changed at any time by a Group Conscience Meeting given two weeks' notice.

Love and respect
ChrisX

2015-01-03

mailto:chris@chrisx.name
telephone:07747 884770

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| Created 2015-01-03 | Based on the European Webcall Meeting reduced to a simple step study (awaiting acceptance by the group conscience) |
| Updated 2015-02-14 | Corrected summary page of contents and clarified unanimous consensus for group business |
| Updated 2015-02-28 | Changed start time and day |
| Updated 2015-04-06 | Moved Group Business to before Closing |
| Updated 2015-04-13 | Adjusted introduction to Focus in line with the above and emboldened Skype headings |
| Updated 2015-07-06 | Added Group Conscience pages |
| | Added Welcome To Newcomers |
| | Updated Focus to reflect alternation of sequential step work and on-demand step work# |
| | Updated Closing ditto |
| | Updated Group Business ditto and to paste in this month's trusted servants |
| | Changed meeting name to Step Study Webcall |
| Updated 2017-08-29 | Added secretary ensures everyone introduces themselves |
| | Added time limits to sharing |
| Updated 2017-10-30 | Extend general sharing by 15 minutes to end 15 minutes later - change to UK time |
| Updated 2020-12-28 | Add wording around fellowship: Agenda, Group Introductions, Group Business, Closing |
| Updated 2021-10-04 | Add "or in need of," to Group Business re sponsorship |
| Updated 2022-01-10 | Added Further sharing, questions, or check-in |

Agenda

Apart from a prompt start, times listed are approximate guidelines only:

- 19:15 Host signs in to Skype as SAAStepStudy and accepts contact requests that confirm a desire to recover from addictive sexual behaviour.*
- 19:20 Host adds incoming calls to a voice conference*
- 19:30 (prompt) Opening Serenity Prayer***
- 19:31 Opening*
- 19:32 Twelve Steps*
- 19:34 Twelve Traditions*
- 19:36 Silence*
- 19:37 Introductions*
- 19:45 Welcome to Newcomers (if any)*
- 19:45 Focus*
- 19:55 Sharing*
- 20:20 Further sharing, questions, or check-in*
- 20:35 Business*
- 20:40 Promises*
- 20:43 Closing*
- 20:45 Close for Fellowship or Group Conscience***
- 20:45 Group Conscience (if scheduled)*
- 21:15 Group Conscience Closing (if scheduled)*

Opening Serenity Prayer (19:30 prompt)

Secretary: Please will you help me open the meeting with the Serenity Prayer, using the word 'God' as you do or do not understand it:

The 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 (about 19:31)

Secretary: Welcome! This is the Step Study Webcall meeting of Sex Addicts Anonymous.

The only requirement for membership is a desire to recover from addictive sexual behaviour. We are not aligned with any religion, sect or denomination. This is not a place to meet sexual partners, nor is it group therapy. We try to listen respectfully to what others have to say and to share our own experience as it seems appropriate. We do not give advice.

Anonymity is a cornerstone of the Twelve Step Programme. We use only our first names. Whatever you hear in this space, let it stay here when you leave.

This Step Study meeting is a weekly opportunity for members to share their experience, strength and hope as we work through the Twelve Steps of SAA. This week we are focusing on Step *number*.

May I remind members to mute their microphone when they are not using it.

The Twelve Steps (about 19:32)

Secretary: May I ask for a volunteer to read the Twelve Steps of Sex Addicts Anonymous, pasted in below.

The Twelve Steps of Sex Addicts Anonymous

1. We admitted we were powerless over addictive sexual behaviour - 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 practise these principles in our lives.

The Twelve Traditions (about 19:34)

Secretary: May I ask for a volunteer to read the Twelve Traditions of Sex Addicts Anonymous, pasted in below.

The Twelve Traditions of Sex Addicts Anonymous

1. Our common welfare should come first; personal recovery depends upon S.A.A. unity.
2. For our group purpose there is but one ultimate authority - a loving God as may be expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership in S.A.A. is a desire to stop addictive sexual behaviour.
4. Each group should be autonomous except in matters affecting other groups or S.A.A. as a whole.
5. Each group has but one primary purpose - to carry its message to the addict who still suffers.
6. Our fellowship ought never to endorse, finance, or lend its name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Each group ought to be fully self-supporting, declining outside contributions.
8. Sex Addicts Anonymous should remain forever non-professional, but our service centres may employ special workers.
9. S.A.A. as such, ought never be organised; 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 S.A.A. 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.

Silence (about 19:36)

Secretary: Please can we have a few moments silence in which to reflect on why we are here and to think of the still suffering addict.

Sufficient silence for reflection and thinking - usually about 60 seconds.

Secretary: Thank you.

Group Introductions (about 19:37)

Secretary: This meeting runs as follows: First, group introductions. Next, we welcome any newcomers. Then, group members share their experiences or thoughts on the step that is the focus for this week. Finally, we come to group business, and we close the meeting by 845pm UK time. After the meeting, group members are welcome to stay on the line for Fellowship.

If a group conscience is scheduled: This week, we have a group conscience decision-making process immediately after the meeting instead of Fellowship.

In any case: We now come to Group Introductions in which we each introduce ourselves by our first name only, any short description that might be appropriate and if we wish, our bottom lines and how we are feeling at this moment.

Starting with the secretary each member in turn introduces themselves and the rest of the group responds by greeting them by their first name. This style of introduction and group greeting is used every time a member speaks during the meeting, except when reading.

The secretary keeps track of the introductions to ensure everyone introduces themselves (for security reasons) inviting those who cannot speak freely to do so by text.

Welcome to Newcomers (about 19:45 if newcomers present)

Secretary: Since this is (*name(s)*) first SAA meeting I will paste below the letter to newcomers.

Letter to Newcomers

Dear Newcomer,

Welcome to S.A.A.. When we came to our first meeting many of us were having a variety of feelings. We were relieved to have found a place where our pain and despair might be understood. We were angry that we had to get help and couldn't manage this part of our lives. We felt lonely and were ashamed of our sexual history. We had secrets that we were reluctant to share. We were distrustful, guarded and frightened. We had been abused and we had abused others. We were sex addicts and needed help.

The programme of S.A.A. is patterned after the Twelve Step Programme of Alcoholics Anonymous. Here we learn a new way of living. We learn, at our own pace, to experience intimacy and sharing with others in a healthy way. We learn to trust; to express our feelings; to ask for our needs to be met; to say *no* when *no* is appropriate; and to stay around when all we want to do is run. Here no one shames us for what we have done or are still doing. Here we have a safe harbour within which to heal, and for that we are grateful.

The only requirement for membership in S.A.A. is a desire to stop compulsive sexual behaviours. It is a programme of progress, not perfection. If you are willing to be honest and have a desire to have and maintain healthy relationships, then you are in the right place.

It is suggested that you attend at least six meetings before you decide whether the programme is for you. At your first meeting we encourage you to talk to others and exchange telephone numbers with those you relate to. We also suggest that you select a temporary sponsor to assist you in learning the basics. The selection process is easy: all you do is ask someone you relate to (to whom you are not sexually attracted) if they would be willing to be your temporary sponsor until you learn your way around. At a later date, after you have got to know us better, we suggest you choose a permanent sponsor or co-sponsor.

Although anonymity is a core tradition on which the programme depends, you should be aware that some people may decide after careful thought to report certain disclosures to the authorities.

If you find yourself feeling triggered by something someone shares, or has said during a meeting, please do not interrupt the meeting or the person speaking. Instead, please try to deal with it by trying the following: mute the line for a few minutes, say silently to yourself something like: "I am feeling triggered". Speak about it after the meeting in Fellowship, speak to your sponsor or another member of the group... but again, please do not interrupt the meeting or the person speaking.

In addition to attending meetings and talking with others we suggest you read our primary text *Sex Addicts Anonymous* and the S.A.A. pamphlets available via Intergroup. We also recommend *Hope and Recovery*, *Out of the Shadows* by Patrick Carnes, *Women, Sex and Addiction* by Charlotte Kasl, and *Alcoholics Anonymous (The Big Book)*.

We are happy that you are here, for it is the newcomer that keeps S.A.A. alive and well. We encourage you to take it ONE DAY AT A TIME, BE GENTLE WITH YOURSELF, and KEEP COMING BACK.

Focus (about 19:45)

Secretary: If there is no urgent group business [*pause for any*] we come to the focus for this week's meeting as advertised on the SAA Telemeetings Website for this meeting.

This Week's Focus - see <http://saatalk.info/meetings/meeting?xmeeting%5bid%5d=81>

Either: Before the end of the meeting we will schedule an exercise on any step suggested by a member for next week, but this week we are focusing on step [*number*] as part of our work through the twelve steps in sequence [*describe the exercise previously scheduled*]

Or: Before the end of the meeting we will schedule an exercise on the next step in our regular sequence for next week, but this week we are focusing on step [*number*] as suggested by a member [*describe the exercise previously scheduled*]

Sharing (about 19:55)

Secretary: Members share their experience of working this week's step. We may share more than once but we do not have to share and should allow time for others to share.

We may share on readings or tools that have helped us, and we may ask the group if they have experience with certain aspects of this week's step, but we do not interrupt each other and we do not question another member's experience.

The time is now [5] minutes to the hour and Sharing will finish at 25 minutes to the hour. As we are [XXX] people that gives us about [XXX] minutes each to share, I will inform you if you reach the time limit.

Please introduce yourself if you wish to share.

The meeting is open.

Further sharing, questions or check-in (about 20:20)

Secretary: Are there any further shares on this week's exercise? If not this is an opportunity for members to ask questions for others to answer from their experience. If there are no questions members may check-in how they are feeling or what has been happening in their recovery today or this week.

Group Business (about 20:35)

Secretary: That was the end of our sharing time but not the end of the meeting.

Either: Please feel free to stay on the line for our closing section, and Fellowship after the meeting.

Or: Please feel free to stay on the line for our closing section, and the group conscience decision-making process after the meeting.

In any case: We now come to Group Business. If anyone has any business to bring before the group this is the time to do it. Would anyone able to act as, or are in need of, a sponsor or co-sponsor please indicate by text now.

Any member may introduce themselves again and bring business notices or queries before the meeting. Simple decisions may be decided unanimously within Group Business but more complex or important decisions must be deferred unanimously to a Group Conscience Meeting, which must take place with at least one week's notice immediately after a normal meeting.

Group trusted servants for the coming month are pasted in below. Please consider volunteering for any appropriate service:

Group Trusted Servants for January

Host: Chris X deputy: VACANT (think)

Secretary: Sean (yes) deputy: Matthew P (yes)

Script secretary: VACANT (think) deputies: Jesuliina (yes)

Welcomer: Rune (yes) deputy Adam (yes)

Women's servant: Jesuliina (yes)

Group service representative: ChrisX (yes) deputy: VACANT (think)

Either: We need to schedule an exercise on any step suggested by a member for next week

Or: We need to schedule an exercise on the next step in our regular sequence for next week

Promises (about 20:40)

May I ask for a volunteer to read the Promises associated with Step Nine, which are pasted below:

The Twelve 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 experiences 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 realise that God is doing for us what we could not do for ourselves.
- Are these extravagant promises?

*_All at will_ : ***We think not****

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

Closing (about 20:43)

Secretary:

In closing:

The opinions expressed here tonight were strictly those of the person who gave them. Take what you like and leave the rest.

The things that you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind. Remember that anonymity is a core tradition on which the programme depends.

Whatever problems you have, there are those among us who have had them too. If you keep an open mind, you will find help. Let us talk to one another and reason things out but let us not gossip or criticise each other. Instead let the understanding, love and peace of the programme grow in each of us one day at a time.

Either: Please feel free to stay on the line for Fellowship immediately after the meeting. Fellowship is a chance for more informal conversation, exchange of phone numbers, and for anyone - especially newcomers - to ask questions.

Or: Please feel free to stay on the line to participate in our scheduled group conscience decision-making process.

Please will you help me close the meeting with the Unity prayer:

The Unity Prayer

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness. No longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for a power and strength greater than ours; and as we join hands, we find love and understanding beyond our wildest dreams.

Group conscience (20:45 if scheduled)

Secretary:

This is the group conscience meeting of the Step Study Webcall meeting of Sex Addicts Anonymous. This meeting has been scheduled to discuss *[describe topic to be discussed]*.

Decisions must be by unanimous consent. If we have not reached a decision by *[the top of the hour]* we may decide to leave things as they are or schedule another group conscience meeting to continue another week.

Members introduce themselves by their first name and any short description that may be appropriate and wait for the group to acknowledge them before making any contributions, just as in a normal recovery meeting. Unlike a normal recovery meeting, members may make direct reference to other contributions, although careful listening and respect for diversity is just as important as in a normal recovery meeting.

The meeting is open.

Group conscience closing (21:15 if scheduled)

Secretary:

This meeting was scheduled to discuss *[describe topic to be discussed]*.

Either: We have agreed *[describe unanimous agreement]* and *[describe practical steps to implement the agreement, eg so-and-so will update the script on the website]*

Or: We have agreed to continue our discussion on *[specify date as agreed]*

Or: We have not reached an agreement and no change will be made at this time.

Please will you help me close the meeting with the serenity prayer in the plural version, using the words 'us' and 'we' instead of 'me' and 'I':

The Serenity Prayer (plural version)

God, grant us the serenity to accept the things we cannot change, courage to change the things we can and wisdom to know the difference.