

Original Thursday Morning Women's Telemeeting

Revised: September 7, 2023

Good morning/afternoon and welcome! This is a closed women's only telemeeting of Sex Addicts Anonymous. If you have a desire to stop your addictive sexual behavior, you are in the right place. My name is _____ I am a sex addict and your trusted servant for this meeting.

May we have a moment of silence for the addict in and out of these rooms who still suffers followed by the **Serenity Prayer (in unison)**:

"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."

Who would like to read the **Introduction**, pgs. 1 and 2 of the SAA Green Book?

Who would like to read **Our Program** on pgs. 20-21 (stopping after the Twelve Steps) from the SAA Green Book?

Who would like to read the **Tradition of the Month & the 12th Tradition**, on pg. 77 from the SAA Green Book?

Is there anyone at this meeting for the first time? If so, please tell us your 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 hours?

Now let's go around for **introductions**. It is the custom of this group for members to share their first name only, where you're from, how you're feeling, 2 of your inner circle behaviors, and your current length of sobriety from these behaviors.

My name is _____, I'm a sex addict from _____, I feel _____, and 2 of my inner circle behaviors are _____ and I have _____ days/months/years of sobriety from my inner circle behaviors.

In regard to literature: The literature we are using for this meeting can be obtained from the ISO of SAA, P.O. Box 70949, Houston, TX USA 77270 or by phone: [1-800-477-8191](tel:1-800-477-8191) or via the internet: www.saa-recovery.org.

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. To obtain a copy of a list of women contacts and to be added to that list, please send an email to: Grace@saa-women.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.

Meeting Format: This is a meeting of Sex Addicts Anonymous. We use only SAA approved literature. The format for this meeting varies. The first week of the month is a step meeting, the remaining weeks are a topic meeting.

(Based on the week of the month: Trusted servant chooses from A or B and reads as follows:)

- A. **Step Meeting (First week):** Today this is a 12-step meeting of SAA. The step we will read is based on the month of the year. We will read Step _____, pg. _____ from the SAA Green Book *(Read Step # for the current month – i.e., if it is February, we will read Step 2, if it is November, we will read Step 11, etc.).*

Now the meeting is open until 45 minutes past the hour for discussion. You may comment on the step we read or the step you are working on. Please limit your share to 5 minutes and request we stay focused on the solution rather than the problem. Who would like to begin?

- B. **Topic Meeting (Remaining Weeks):** This is a Topic Meeting of SAA. Now it's time to read from the SAA literature "_____". I'll start on page _____ (Section) and then pass to the next reader.

Now it's time for discussion until 45 minutes past the hour. You may comment on the Topic we just read, or you may talk about how you are doing now. Please limit your share to 5 minutes and request we stay focused on the solution rather than the problem. Would anyone like to share?

(For trusted servant—generally about 15 minutes before the top of the hour, say “It’s now time to close the meeting”).

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, P.O. Box 70949, Houston, TX USA 77270 or by phone: [1-800-477-8191](tel:1-800-477-8191) or via the internet: www.saa-recovery.org.

Phone number and passcode – It is the group conscience of this meeting that you help us all feel safe. We are a closed women's only telemeeting of SAA. In order to access this meeting, new members are required to speak to one of our meeting contacts. Our meeting contacts information can be found at www.saa-recovery.org. Please do not give out this number and passcode to anyone.

Our **Business Meeting** is held on the third Thursday of the month after the regular meeting. (Remind others if it is today)

A copy of this meeting format can be obtained online at www.saatalk.info.

Are there any **SAA-related announcements**?

Would someone please read **How We Live** (the last two paragraphs) on page 61 from the SAA Green Book?

In closing, please help us move from shame to grace as I read the last paragraph on page 98 from the SAA Green Book.

The line is now open to exchange **phone numbers**. My name is _____ and my number is _____. (*Time zone, public/private, sponsor?*)”

(Third Thursday of the month, announce business meeting and it will start immediately after the meeting and forego Fellowship until after the Business Meeting).

The phone line is now open for Fellowship. **Do we have any newcomers with questions?**

BUSINESS MEETING AGENDA

Welcome to the Original Thursday Morning Women's Telemeeting Business Meeting. My name is _____ and I'm a sex addict and your trusted servant for this meeting.

Would someone please read **The Twelve Traditions** which can be found on page 77 of the SAA Green Book?

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

Do we have any new business to discuss?

- Trusted Servant – 30 Days sobriety suggested.
- Format Keeper – 1 year commitment. To be elected at the May Business Meeting. Suggested requirements: 18 months continuous sobriety, completion of the 12-Steps of SAA.
- New business if any

(At the end of the business meeting): Please help me close the meeting with the serenity prayer **(in unison)**.