

SAA FOUNDATION MEETING

❖ ***Mute Call** (*5 will mute the call and members can press *6 to unmute themselves.)

❖ **START RECORDING (Press *9)**

OPENING:

❖ Welcome to the Saturday Morning Foundation Meeting Big Book Study of Sex Addicts Anonymous.

❖ We welcome all newcomers and anyone who is new to this meeting.

❖ Today we are going to go through the first three steps of the program, the goal is to give anyone who is new to this meeting or to this fellowship a clear understanding of what sex addiction is, so that they can identify for themselves if they are a sex addict, and what the solution is as outline in the first 164 pages of the big book.

❖ My name is _____ I am a recovered member of Sex Addicts Anonymous, I am never cured of my sex addiction but what I have is a daily reprieve as I apply the 12 steps and maintain spiritual program of action.

❖ For anyone who would like to follow along we will be using the Big Book of Alcoholics Anonymous. If you do not have a book, you can follow along for free online by going to www.aa.org/bigbookonline, and access it there.

❖ Please feel free to take notes for any questions you may have as we will have a number of recovered members available to answer any questions during the fellowship portion at the end of the meeting, and we will also be giving out numbers from those recovered members who are available for sponsorship at the end of the meeting.

❖ I'd like to just start this meeting off with a moment of silence followed by the **SET ASIDE PRAYER:**

"God, today help me set aside everything I think I know about You, everything I think I know about myself, everything I think I know about others, and everything I think I know about my own recovery so I may have an open mind and a new experience with all these things. Please help me see the truth." [Pause]

- ❖ The focus today is on steps 1, 2 and 3 - and a little bit of history and background of why we use the AA Big Book for recovery from our sex addiction.
- ❖ If you are a newcomer, I would ask you to consider these 3 questions:
 1. Do you have a problem with (selfish) addictive sex and is it making your life unmanageable?
 2. Are you open to a solution that has helped countless others get to a place of sanity that you don't have right now?
 3. Are you willing to try a new way of doing things because your way is not working?

We hope you find answers to these questions, so you can determine whether you belong here or not, and if this program is for you.

- ❖ **Presentation:** (Foundation presentation, approximately 45-50 minutes)

Summary/ END REVIEW

- ❖ We learned what sex addiction is: we have a physical allergy and a mental obsession, and that our mind is the main problem. We have lost the power of choice when it comes to acting out in selfish sex.
- ❖ We learned that there is a solution; that we must experience an entire psychic change if we are ever to solve our problem.
- ❖ We learned that we can find the directions that will finally allow us to recover in the book Alcoholics Anonymous.
- ❖ Most importantly, we learned that all we need is willingness (readiness) to begin.

CLOSING (start by top of hour)

- ❖ Reading from p.164:

"Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come if your own house is in order. But you obviously cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you

and countless others. This is the Great Fact for us. Abandon yourself to God as you understand God. Admit your faults to Him and your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you until then."

❖ **STOP RECORDING (Press *9)**

❖ Our 7th Tradition states that every group ought to be fully self-supporting declining outside contributions. SAA meetings around the world normally pass the basket at this time to accept the voluntary contributions of its members. Since that is not possible in a Tele-meeting, we ask that you make a contribution to the big book study intergroup. This can be done at saa-bigbook.org.

❖ Face to face groups around the world give out chips to celebrate significant milestones of sobriety. This is not possible in our telemeeting, but we would still like to celebrate these milestones of recovery by acknowledging those who are celebrating. We have chosen to celebrate increments of 1 month, 2 months, 3 months, 6 months, 9 months and annual birthdays. Is there anyone here celebrating one of these milestones? [Pause]

❖ As SAA members the most important symbol of our willingness is a desire chip. A desire chip signifies our desire to stop our addictive sexual behaviors for good and for all, though we stay sober just one day at a time. We would like to acknowledge anyone who wants to commit to our way of living. Is there anyone here that would like to begin their journey to sobriety today?

❖ Our group conscience believes that the best place to check-in or get current is with a sponsor. After all, this is where real recovery takes place: in working the Steps with a sponsor. If your sponsor is unavailable and you need a temporary sponsor, if you don't have a sponsor or if you are looking to change sponsors, we believe we can help. Will those of you who have recovered by taking these steps with the Big Book of Alcoholics Anonymous, have had a spiritual awakening as a result of those steps, and are currently helping others using the Big Book of Alcoholics Anonymous, please announce your names and phone numbers so that those looking for help will know who they can call? (PAUSE to allow members to introduce themselves.)

❖ Are there any SAA related announcements? [pause for any announcements]

❖ There are meetings everyday throughout the week. Other Big Book Study meetings can be found on the website [**saa-bigbook.org**](http://saa-bigbook.org)

- ❖ The recording of today's talk will be available immediately after the meeting by dialing in: the number to call is (717) 908-1837, access code 215701# (the same as today's). Please note that this recording will only be available for a week. Previous recordings can be found on this website saa-bigbook.org/resources
- ❖ Are there any prayer requests? [Pause]
- ❖ Now let's have a moment of silence for these and the addict who still suffers followed by the Lord's Prayer or a prayer of your own choosing said in silence.

The 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, and lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power, and the glory for ever and ever."

- ❖ It is now time for Fellowship. Do we have any newcomers who have any questions or need a number repeated?