

Welcome!

Sanctuary of Spirituality

ZOOM ROOM Etiquette

To keep the meeting safe for all:

1. **Please mute your microphone** when a member is sharing. The "Stop Video" and "Mute Microphone" buttons are often in the lower left corner or top of your screen.
2. **Please use earphones** if there is someone else in your vicinity.
3. **Think about your actions on camera.** Movements are distracting and can be disruptive or triggering. Please turn off video feed if you need to move around or lie down.
4. **Dress to respect.** Scant clothing can be triggering. Please be respectful by wearing something that covers your shoulders and chest.
5. **Think about the background** behind you. Is it appropriate for international viewing? Please protect the anonymity and confidentiality of the group members by turning off your screen if someone enters your space.
6. **Chat to everyone.** Per Group Conscience, we encourage everyone to keep chat messages to a minimum until the end of the meeting during fellowship.

Note to Trusted Servant (not to be read out loud)

If there is crosstalk or excessive chatting, you may want to send a gentle reminder about minimizing chat until fellowship.

If there are more than 25 participants in the meeting, you may want to ensure there will be enough time for sharing by asking, "Are there any objections to increasing today's meeting time by 15 (or 30) minutes?" If meeting time is extended, you may want to say, "Those who need to leave the meeting at the top of the hour are invited to share first."

You may also choose to direct or limit introductions. Some suggestions include:

- Calling for those whose names that begin with A to introduce, then B, then C, etc.
- Limiting intros to 30 seconds each
- Limiting the time spent on intros by ending introductions at ____ minutes past the hour

OPENING: (Read the following out loud)

Welcome to "Sanctuary of Spirituality!" This meeting is for all who have a desire to stop addictive sexual behavior and would like to learn about different spiritual practices. We especially want to welcome those who are here for the first time. May we have a moment of silence for the sex addict who still suffers, followed by the Serenity Prayer?

(Trusted Servant may read alone or invite all group members to unmute and join in)

To the Higher Power of your individual understanding: (Higher Power / God), grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

Thank you. Sanctuary of Spirituality is not your typical SAA meeting! In keeping with the 12 Traditions of SAA, the intention of our Group Conscience was to create a safe space for members to share about individual spiritual practices and beliefs which help us understand and work the 12 Steps of SAA.

"SAA is not affiliated with any religion, creed, or dogma. The program offers a spiritual solution to our addiction, without requiring adherence to any specific set of beliefs or practices." (Sex Addicts Anonymous, page 21)

"Every aspect of our program is founded on the experience of a Power greater than ourselves helping us live healthy and productive lives, free of addictive sexual behavior. ... Through [working] the steps, we have been given the abstinence we sought, but in the process, we have been given much more: an entirely new way of life based on spiritual principles. ... We [learn to] commit fully to the process of recovery ... to listen with an open mind ... [and] gradually, ... we are willing to change." (excerpted from Sex Addicts Anonymous, page 62)

Who would like to read the 12 Steps of SAA?

THE TWELVE STEPS OF SAA (*Sex Addicts Anonymous, page 20*)

1. We admitted we were powerless over addictive sexual behavior—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 practice these principles in our lives.

INTRODUCTIONS:

Now let's go around for brief introductions. You're invited to share your first name and where you're from. If you wish to mention a particular religious affiliation, you may do so, if you'd like. And, if you are new to this meeting, let us know so we may welcome you.

MUSIC TIME

Welcome, everyone! Now it's time for a member to share some music which supports their spiritual growth. This evening's Music Coordinator is _____. The time is now yours.

MESSAGE

Thank you, _____, for the music. Now it's time to hear a member share for up to 10 minutes about their spiritual beliefs, practices, or experiences which help them understand or work the 12 Steps of SAA. Today's message will be shared by _____.

GUIDELINES FOR SHARING:

We'd like to thank _____ for the music and _____ for the message tonight. The meeting is now open for sharing. Participants are encouraged to share what resonated with them from the message or the music, or respectfully share their experiences relating to the principles of the Focus Step of the Message, which is Step ____.

Some gentle reminders to keep the meeting safe:

- We use respectful language and I/me/my phrases to avoid triggering or preaching
- To avoid crosstalk, we don't use names of people in the group to address or refer to anyone at the meeting
- Talking about acting out is best done with a sponsor or accountability partner. We honor the 5th Tradition in this meeting by focusing our shares on how we apply the 12 Steps in our lives.
- We mute our lines when not sharing. Sometimes the meeting host or co-hosts may eliminate background noise by muting participants. This is to help maintain the safety and flow of the meeting and is not meant to be offensive. Participants can easily unmute themselves when they would like to share. For phone-in participants, muting and unmuting happens by pressing Star - 6 (*6).

Who would like to be our spiritual timekeeper? Thanks, _____. Let's share for 3 minutes each. Please give us a gentle reminder when one minute remains, and signal when time is up. If you're sharing, please let us know you heard the timekeeper's reminder.

The sharing portion of the meeting will last until 5 minutes to the hour. The floor is now open for sharing. Who would like to begin?

CLOSING:

That's all the time we have for sharing today, but everyone is invited to stay for fellowship. As a gentle reminder, everyone's invited to "take what we can use and leave the rest."

7th Tradition

It's time to honor the 7th Tradition by encouraging donations to the Telemeeting Intergroup, who provides us the use of this ZOOM account. Contributions can be offered by visiting saatalk.info and clicking "donate" or mailing a check to:

SAA Telemeeting Intergroup, P.O. Box 782, Black Mountain, NC 28711. The Telemeeting Intergroup also donates to the ISO.

Prayer requests: Would anyone like to invite us to keep them in prayer this week?

Here are some SAA-related [announcements](#) ← (Click here for link)

Service Opportunities: We need volunteers to do the following next week:

- Greeter: Arrives a couple of minutes early to welcome participants as they join the meeting
- Trusted Servant: leads the meeting by reading the script, accessible on saatalk.info
- Music Coordinator: Someone who brings music to share. The Music Coordinator can perform or arrange to have someone sing or play music, or can play a recording. The music can be coordinated with the Lead Share's Focus Step, if desired.
- Message (10-min Lead Share): There is no requirement for being the lead share. Here are some suggestions and prompt questions for preparing a message: (**TS share screen**)
 - How has my Step work been enhanced by my rituals, habits, or practices?
 - What spiritual or religious experience have I had which gave deeper meaning to one of the Steps?
 - Which paragraph or two of spiritual, religious, or uplifting literature has resonated with me personally and helped me better understand or work one of the Steps?
 - How has working the Steps helped clarify or resolve some doubts and fears I've had concerning my religion or spiritual beliefs?
 - In what way have the 12 Steps supported or reinforced my spiritual beliefs or practices?

Anonymity statement: Anonymity and confidentiality are essential to keeping our meeting safe. Therefore, please join me in reading the following slogan:

Whom you see here

What you hear here

When you leave here

Let it stay here!

(Everyone: Here, here!)

CLOSING PRAYER: (Trusted Servant chooses a prayer. Ideas below. Feel free to adapt by using “Higher Power” or share a prayer of your own.)

Possible 12-STEP PRAYERS:

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.

Unity Prayer (A.K.A. Rozanne's Prayer or the OA Promise)

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.

Third Step Prayer:

God, I offer myself to Thee — to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

Seventh Step Prayer:

My Creator, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding.

Eleventh Step Prayer: (often attributed to St. Francis, actually from the early 1900s)

Lord, make me an instrument of thy peace.
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.
O divine Master, grant that I may not so much seek
To be consoled as to console,

To be understood as to understand,
To be loved as to love;
For it is in giving that we receive;
It is in pardoning that we are pardoned;
It is in dying to self that we are born to eternal life.

Welcoming Prayer: (by Father Thomas Keating)

Welcome, welcome, welcome.
I welcome everything that comes to me today
because I know it's for my healing.
I welcome all thoughts, feelings, emotions, persons,
situations, and conditions.
I let go of my desire for power and control.
I let go of my desire for affection, esteem,
approval and pleasure.
I let go of my desire for survival and security.
I let go of my desire to change any situation,
condition, person or myself.
I open to the love and presence of God and
God's action within. Amen

Thomas Merton Prayer:

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore will I trust you always, though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

Proposed SAA Unity Prayer:

Higher Power,

We give thanks for this recovery community, and for those who paved the way so that we, too, may find healing.

May we find courage to leave our old lives behind, and to keep moving forward on the spiritual path.

When we feel discouraged and isolated, let us remember that we are all together now, and that side by side, we are building new and fulfilling lives.

Together we can accomplish what was impossible for each of us alone.

May serenity be ours today.

CONTINUED FELLOWSHIP OR BUSINESS MEETING: Our Business Meeting will be held on the last Saturday of the month. (If not today, go into fellowship)

The ZOOM ROOM is now open for continued fellowship. This is a great time for newcomers to ask questions and for people to exchange phone numbers to support each other outside of the meeting.

BUSINESS MEETING:

Do we have any reports or old business to discuss?

New business?

Close with Serenity Prayer.

Record of Format Edits:

Begun January 14, 2017

February 25, 2017 - Added video and phone participant notices and GC guidelines

November 27, 2018 – shortened intro sections

May 2, 2020 Replaced opening prayer with Serenity Prayer, shortened and edited script, added etiquette for screen sharing at beginning, added a couple ending prayer choices

September 26, 2020 Added GC re: chat and introductions