**UK 8pm Friday Telemeeting of Sex Addicts Anonymous**

This meeting has been introduced to allow addicts to attend telemeeting during the Covid-19 Social distancing precautions :

* **Meeting type:** Closed, Mixed, Topic/Focus
  + ***First week****– Tools of the program*
  + ***Second week****– Main Share - Personal Story of Strength Hope and Recovery*
  + ***Third week****– Step reading of the month*
  + ***Fourth week****- – Main Share - Personal Story of Strength Hope and Recovery*
  + ***Fifth week****-  The Tradition of the Month*
* **Day**: Friday
* **Time:** 8:00pm
* **ISO Group Code**:
* **Email Contact :**
* **Telephone Contact :** **UK dial**0330 606 0182 access code 251139

|  |  |
| --- | --- |
| A note for Script servants:  If you need assistance please call Joe W  07835040185 | |
|  | * Email access to script available in Gmail account [uk.tuesday.morning@gmail.com](mailto:uk.tuesday.morning@gmail.com) – GSR Has the password for this account * Agree to give 2 weeks notice to group of changes to meeting script. * Service position:   + GSR   + Chari Finder * Agreed to keep the newcomers letter as it stands , unaltered. * Agree service positions to have a minimum requirement of 3 months sobriety |

**MEETING SCRIPT**

**OPENING**

***(+0.00) Secretary:*** Good morning . My Name is *<Your Name>* And I am a sex addict.

Welcome! I will be you script servant for today’s meeting. This is the UK 8pm *<Day of the week>*  Tele- Meeting of Sex Addicts Anonymous.

We would like to remind members who are not speaking to mute their phones direct or by pressing star six, especially if they are in a noisy environment or using a speakerphone. To unmute press star 6 again.

SAA is a fellowship of people who share our experience strength and hope with each other so that we may stop our addictive sexual behaviour and help others to recover from sexual addiction. The only requirement for membership is a desire to stop addictive sexual behaviour.

SAA is self-supporting; is not allied to any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sexually sober and help other sex addicts to achieve sexual sobriety.

Our programme is derived from the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. Although we are not affiliated with AA however we are Grateful to AA for this gift.

Anonymity is a core tradition on which the programme depends. Let us make this a Safe Meeting to bring the message of Strength Hope and Recovery, focused on the 12 steps and 12 traditions.

Let us now open the meeting with the serenity prayer using the word God as you understand it;

**ALL AT WILL**: ***'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.***

**OUR ADDICTION**

***(+0.02) Secretary:*** Please may we have a volunteer to read *“Our Addiction*”

**VOLUNTEER*:*** My name is <*First names only*>\_\_\_\_\_\_, and I'm a Sex Addict.

**Our addiction (page 3 paragraph 1-2 of SAA green book)**

Before coming to Sex Addicts Anonymous, many of us never knew that our problem had a name. All we knew that we couldn’t control our sexual behaviour. For us, sex was a consuming way of life. Although the details of our stories were different, our problem was the same. We were addicted to sexual behaviours that we returned to over and over, despite the consequences.

Sex addiction is a disease affecting the mind, body and spirit. It is progressive with the behaviour and its consequences usually becoming more severe over time. We experience it as a compulsion, which is an urge that is stronger than our will to resist, and as obsession, which is a mental preoccupation with sexual behaviour and fantasies. In SAA, we have come to call our addictive sexual behaviour “acting out”

**THE 12 STEPS**

***(+0.05) Secretary:*** Thank you *<volunteer’s name>*  Please may we have a volunteer to read the “*The 12*

*Steps*”

**VOLUNTEER*:*** My name is <*First names only*>\_\_\_\_\_\_, and I'm a Sex Addict.

**The 12 Steps** (**pg 20 SAA green book**)

These steps are our program. They contain a depth that we could hardly have guessed when we started.

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 fearless and searching 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 all 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 all 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 His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to other sex addicts and to practise these principles in all areas of our lives.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

**TRADITION OF THE MONTH**

***(+0.08) Secretary:*** *Thank you <volunteer’s name>*

I will now read the tradition of the month, this month being *<xxx>* of the year , Tradition *<xx>*

“*The tradition of the month, i.e. September = 9th tradition”*

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.

**REFLECTION**

***(+0.11) 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 30 seconds.***

Thank you.

**GROUP INTRODUCTIONS**

***(+0.12) Secretary:***

We now come to Group Introductions, 15 seconds each, in which we each introduce ourselves by our first name only, General Location, and hwo you are feeling today.

*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.*

**IF THERE IS A NEWCOMER,**

***(+0.20) Secretary:*** Since this is <New comer’s name>first meeting can I have a volunteer to read the letter to newcomers:

Please may we have a volunteer to read the “*The letter to newcomers*”

**VOLUNTEER*:*** My name is <*First names only*>\_\_\_\_\_\_, and I'm a Sex Addict.

Dear < *Newcomers names* >

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.

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.

In addition to attending meetings and talking with others we suggest you read our primary text *Sex Addicts Anonymous (The green Book)* , S.A.A. pamphlets available via Intergroup, [saauk.info](http://saauk.info) and [saa-recovery.org](http://www.saatalk.info), *Alcoholics Anonymous* (The Big Book) and other appropriate recovery literature.

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**

***(+0.20) Secretary:*** We now come to the focus of today’s meeting.

This being the <*xth week of the month* > the focus is :

* + - * ***First week****- Tools of the program*
      * ***Second week****– Main Share - Personal Story of Strength Hope and Recovery*
      * ***Third week****– Step reading of the month Jan = 1 etc)*
      * ***Fourth week****- – Main Share - Personal Story of Strength Hope and Recovery*
      * ***Fifth week****-  Tradition of the Month (Jan =1 etc)*

***First week*** *–* Tools of the Program - *See script below.*

***Second week*** *–* Main Share - Personal Story of Strength Hope and Recovery, by < Name >, who will share for 20 minutes. *< Name >* would you like any time checks ( usually 10 minutes and 5 minutes to go)

***Third week*** *-* Step reading of the month. This month being  *<xxx>* of the year , Step  *<xx>*

***Fourth week*** *–* Main Share - Personal Story of Strength Hope and Recovery, by < Name >, who will share for 20 minutes. *< Name >* would you like any time checks ( usually 10 minutes and 5 minutes to go)

***In a 5 week month 0 Fifth week*** *–* Tradition of the Month*,*  this month being  *<xxx>* of the year , Tradition  *<xx>*

**First Week Topic**

***(+0.21) Secretary:*** Please can we have two volunteers to each select a number between 1 and 50 by which we will choose the tools for today’s readings from the SAA Literature – *“Tools of Recovery - A Practical Guide for New Members of SAA”*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Tool** | | **Page** | **Tool** | | **Page** |
| **1** | Seventh Step Prayer | 46 | **26** | Identify don’t compare | 31 |
| **2** | Handling Travel | 38 | **27** | Third step Prayer | 45 |
| **3** | Outer circle activities | 40 | **28** | Attending meetings | 4 |
| **4** | Sponsorship | 2 | **29** | Using the Telephone | 9 |
| **5** | Easy Does it | 33 | **30** | Easy Does it | 33 |
| **6** | Literature | 5 | **31** | Service | 42 |
| **7** | Using the Telephone | 9 | **32** | Prayer | 16 |
| **8** | Fellowship | 39 | **33** | Meditation | 20 |
| **9** | Being Positive | 39 | **34** | Resentments | 22 |
| **10** | Gratitude lists | 23 | **35** | Bookending | 24 |
| **11** | Asking Questions | 35 | **36** | The Twelve Steps | 2 |
| **12** | Exercise | 41 | **37** | Changing old Routines | 14 |
| **13** | Honesty | 30 | **38** | Unity Prayer | 45 |
| **14** | Outside Resources | 36 | **39** | Journaling / Writing | 21 |
| **15** | Serenity Prayer | 45 | **40** | Living with Withdrawal | 15 |
| **16** | 3 Circles | 6 | **41** | Getting honest about the middle circle | 8 |
| **17** | One day at a time | 11 | **42** | Friendship | 13 |
| **18** | Changing Old Routines | 14 | **43** | God of our understanding | 18 |
| **19** | Let go & Let God | 19 | **44** | HALT | 25 |
| **20** | Looking for Consequences | 27 | **45** | Thinking a Slip all the way through | 28 |
| **21** | Letting go of old ideas | 29 | **46** | Defining our God | 18 |
| **22** | Progress not perfection | 29 | **47** | 3 Second Rule | 26 |
| **23** | Live & Let Live | 34 | **48** | Fear | 22 |
| **24** | Feedback | 35 | **49** | 11th step prayer | 46 |
| **25** | 3 things a day | 37 | **50** | The 12 traditions | 44 |

**GENERAL SHARING**

***(+0.30) Secretary:*** We now come to General Sharing.

We encourage your share on today’s meeting focus. Please share on your Experience Strength & Hope encountered in recovery and the 12 Steps and 12 Traditions. Please bear in mind tradition five, ‘*each group has but one primary purpose - to carry its message to the sex addict who still suffers.*

In your sharing, please be sensitive to the safety of others by avoiding overly specific descriptions of acting out behaviours, naming specific places you have acted out in or publications, broadcasts and services you have used and avoid using slang terms for acting out behaviour.

We do not interrupt each other, and we do not ask questions or engage in discussion, Please speak in ***“I”*** Statements not ***“You”*** statements to avoid sounding like you are giving advice.

Although anonymity is a core tradition , you should be aware that some people may decide, after careful thought, to report certain disclosures to the authorities. We use only our first names. Whatever our status or position outside of this group is not an issue here.

Try, if you can, to keep your sharing to within [- *Three to Five -*] minutes. We do not have to check in if we don't want to.

The time is now <time> and General Sharing will finish at 10:20am.Please introduce yourself if you wish to share. The meeting is now open.

***(Optional)*** *In the case of long silences (a minute) announce the following –*

I invite anyone who has shared to come in and share further their experience, strength and hope in order to fulfil the group’s primary purpose.

**END OF SHARING**

***(+0.50) Secretary:*** Thank you everyone for your shares.

**SEVENTH TRADITION**

***(+0.50) Secretary:*** May I remind everyone of the Seventh Tradition, that is, that every S.A.A. group ought to be fully self-supporting, declining outside contributions. Being self-supporting involves not only money in the basket. To be self-supporting our group relies on members to volunteer to support the group by attending meetings, to share, to do service, outreach, fellowship, sponsor, and much more.

Can all members interested in doing service please sign into the call 5 minutes earlier than our start time.

At this meeting we don’t pass a basket. Members pay their own telephone charges. If you can afford to give a little extra, then donations to the UK Intergroup at [saauk.info](http://saauk.info) or the Telemeeting Intergroup at [saatalk.info](http://www.saatalk.info) will help all of us in our recovery.

**GROUP BUSINESS & ANNOUNCEMENTS**

***(+0.51) Secretary:*** Does anyone have any Group business or SAA related announcements.

Literature including approved pamphlets and the Sex Addicts Anonymous Green Book & this script are available from SAA Websites

[saauk.info](http://www.saauk.info) & [saatalk.info](http://www.saatalk.info)

**On the third meeting of every May & November**: May we have a volunteer to be secretary for next six months. This involves agreeing the focus for each meeting, to find a main share for week 2 and to moderate the meeting.

**Meeting Service**. The Tele-meeting call opens about 10 minutes before the start of the meeting. Members are invited to call at this for fellowship and to volunteer to do service, such as readings

**IN CLOSING**

***(+0.59) Secretary:*** *Thank you <volunteer’s name>*

In closing the opinions expressed here today were strictly those of the person who gave them & were spoken in confidence. Take what you like and leave the rest

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.

For anyone who wants to share their number, would like another members number, is seeking a sponsor or is available to be a sponsor please stay on the line so you can connect in fellowship.

For all please stay on the line for fellowship, outreach, to check in and to share numbers.

Will you join me in the closing serenity prayer, standing and holding hands, metaphorically, using the word God as you understand it?

**ALL AT WILL**: ***'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.'***

**ALL AT WILL:** **Keep coming back, it works if you work it - so work it, you're worth it!**

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