

SAA Thursday Noon Meeting

Welcome to the Thursday Noon meeting of Sex Addicts Anonymous. Hello, my name is _____, and I have a sexual addiction (I'm recovering from a sexual addiction

Will someone please read the Introduction?

Introduction

Before coming to Sex Addicts Anonymous, many of us never knew that our problem had a name. All we knew was that we couldn't control our sexual behavior. 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 behaviors. And over and over we returned to these behaviors, despite the consequences.

Sex addiction is a disease affecting the mind, body, and spirit. It is progressive, with the behavior and its consequences usually becoming more severe over time. We experience it as compulsion, which is an urge that is stronger than our will to resist, and as obsession, which is a mental preoccupation with sexual behavior and fantasies.

Our addiction nearly destroyed our lives, but we found freedom through the recovery program of Sex Addicts Anonymous. In the fellowship of SAA, we discovered that we are not alone and that meeting regularly together to share experience, strength, and hope gives us the choice to live a new life.

Our addictive sexual behavior was causing pain-to ourselves, our friends, and our loved ones. Our lives were out of control. We may have wanted to quit, making promises and many attempts to stop, yet we repeatedly failed to do so. For each of us, there came a moment of crisis. When we finally reached out for help, we found recovery through the program of SAA.

We have found, through long and painful experience, that we are unable to achieve recovery from sexual addiction solely through our own efforts. Our program is based on the belief, confirmed by our experience, that a Power greater than ourselves can accomplish for us what we could not do alone. By surrendering our addiction to a Higher Power, we receive the gift of recovery, one day at a time.

In our groups, there is a collective wisdom that has grown and been handed down over the years. We learn many new solutions to old problems. Central to these are the Twelve Steps, a spiritual program of recovery. Following these steps leads to freedom from addictive sexual behaviors and to the healing of our minds, bodies, spirits, relationships, and sexuality.

Membership of SAA is open to all who share a desire to stop addictive sexual behavior. There is no other requirement.

Will someone please read the Twelve Steps?

The Twelve Steps of Sex Addicts Anonymous

[From Sex Addicts Anonymous, pages 20-21]

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.

"These steps are the heart of our program. They contain a depth that we could hardly have guessed when we started. As we work them, we experience a spiritual transformation. Over time, we establish a relationship with a Power greater than ourselves, each of us coming to an understanding of a Higher Power that is personal for us. Although the steps use the word "God" to indicate this Power, 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. The path is wide enough for everyone who wishes to walk it."

May we now have a moment of silence dedicated to our recovery?

Thank you; we will now introduce ourselves, using our first names only. If you are a newcomer you need only say your first name and that this is your first meeting. My name is _____, and I have a sexual addiction (I'm recovering from a sexual addiction)...

Will someone please read the Newcomer Welcome?

Newcomer Welcome

We would like to welcome you to our meeting. We know the courage it takes walking into these rooms for the first time. All of us in this room were in your shoes at one time. After we have finished our opening readings, we will open up the meeting for sharing. This is a time when you may share your thoughts or feelings on the topic, or whatever else is on your mind. We avoid cross-talk or interruptions when another person is sharing. We also do not offer advice or criticism.

Most of us use the telephone on a regular basis, just to let someone else in the program know how we are doing or to reach out when we are struggling with our addiction. We will pass around a Welcome Booklet for you now so that members can put their name and number on it for you.

Please stick around and talk to one of us after the meeting if you have any questions. We recommend that you come to at least six meetings before you decide whether SAA has anything to offer you. You will find that each meeting is a little bit different and you do not need to donate financially at the first six meetings. It is our sincerest hope that you find what you are looking for.

A reminder to us all that the 12th step asks us to carry the message of recovery, please by making the newcomer(s) feel welcome.

Would anyone like a new phone list?

Today's topic is:

(OR Does anyone have a topic to suggest?)

We strive to practice anonymity and confidentiality, so that the meeting will be a safe place for everyone. Recording or note taking of any kind is not permitted.

In this meeting we use the words 'I' or 'we' instead of 'you' when sharing about our recovery. We do not interrupt, or give advice unless asked. We address our sharing to the whole group and we try not to use offensive language, or descriptions that are too explicit. In your sharing please try to focus on the

solution, rather than the problem.

Now is the time for sharing, please be mindful of time so that everyone who wishes has a chance to speak. At 12:50 I will ask that we wrap up for the closing.

Please share on the topic or whatever is current for you.

The time for sharing has run out, thank you to everyone who shared.

A reminder that what you heard here was spoken in confidence and should be treated as confidential.

Our Seventh Tradition states every S.A.A. group ought to be fully self-supporting, declining outside contributions. Your gift is purely voluntary and the money is used to pay rent and buy supplies and literature, any extra funds may go to the local intergroup or the ISO, in support of coordinated services and outreach efforts.

Business and Group Conscience meetings are called when needed and once called are held on the following week.

Are there any Sex Addicts Anonymous related announcements?

The taking of medallions in our group is optional. Is anyone celebrating their reaching a particular period of sobriety?

How about just for today? Thank you everyone for attending this meeting. Remember that there is a meeting here every Thursday at Noon.

Would someone please read about How We Live?

How We Live

If we can honestly face our problems, and are willing to change, the Twelve Steps of SAA will lead to an awakening that allows us to live a new way of life according to spiritual principles.

Practicing these principles in our lives means applying program principles at home, at work, and wherever else we gather with others for a common purpose. As we grow spiritually, we find opportunities for service in virtually any situation. Our closest relationships may offer the most challenges to our honesty, compassion, and integrity, but we are often rewarded beyond our expectations. We find that spiritual principles can guide us in the everyday challenges of life, and they can help us face even loss and grief with fortitude and grace. What we gain in this program is a blueprint for full and successful living, whatever may come.

We maintain our recovery by working a daily program, in the knowledge that although we can never be perfect, we can be happy today. We can live life on life's terms, without having to change or suppress our feelings. Our serenity and sobriety grow as we

continue to live according to spiritual principles. We enjoy the gifts that come from being honest and living a life of integrity. We ask for help when we need it, and we express our love and gratitude every day. We realize that everything we have been through helps us to be of service to others. We learn that the world is a much safer place than we had ever known before. because we are always in the care of a loving Higher Power.

Would someone please read the Closing?

The Closing

This is how recovery has been for us. Each of us has taken steps of courage and leaps of faith. Each of us has contributed, not only to our own recovery, but also to the recovery of others with a sexual addiction. We have contributed by showing up at meetings and by sharing our experience, strength, and hope. We have listened to our fellow sufferers and supported them in their recovery journey. Like the first members of our fellowship, we continue to remain sexually sober by helping our fellow members stay sober.

Please stand and join me in the Serenity Prayer.

God, grant me the serenity

To accept the things I cannot change,

Courage to change the things I can,