

(The Meeting begins at 10:30, and ends at 11:45)

OPENING FORMAT

Please turn off all cell phones. Welcome to Saturday Morning Awakening--a meeting of Sex Addicts Anonymous. This is a closed meeting for people who struggle with compulsive sexual behavior. Masks are available. Mask wearing is encouraged if you are experiencing symptoms of respiratory illness. My name is _____, and I'm a recovering sex addict.

Will someone please read: **“The Preamble”?...“How It Works”?...“The 12 Steps”?...**

May we have a moment of silence dedicated to our recovery? We remind ourselves by the empty chairs in the room of those who still suffer (***The Silence is for approximately one minute...***). For those who wish, please join me in the Serenity Prayer (***seated***). “God, grant me the serenity...”

We will now introduce ourselves, using our first names only. Please let us know if you are a newcomer. (***The chair starts***) My name is _____ I am a Sex Addict..., (***indicate to the person beside you to continue***) or (***for Zoom meetings tell all present that you will name each person individually so that they may introduce themselves***)...

(If newcomers are present, please read the following paragraph. If not, skip to the next paragraph)

Supporting newcomers is an important part of our recovery. As we have newcomers present, we will pass around a list where people may share their phone numbers with the newcomers. If anyone else would like a phone list, please indicate so now and we will pass around additional lists. (***Ask question to all present: Could someone please volunteer to stay back for 5 minutes after the meeting to answer any questions that the newcomer may have?***). If you would like access to any of the literature available through SAA, please type your email address into the chat and we will send you an email. A word to the newcomer; it is suggested that you attend at least six meetings to have time to identify with the speakers, and to decide if this program is for you. You may also wish to ask someone to be a temporary sponsor. We suggest anyone with long-term recovery, or anyone whom you strongly identify with. Would the temporary sponsors please identify themselves at this time with a show of hands? (***The Chair picks a group member to speak to the newcomer.***) Will _____ please speak to the newcomer(s) for about three minutes? (***The Chair may interrupt at the end of three minutes.***)...

(The Chair reads this paragraph if there are no newcomers; skip if the newcomer paragraph was read) If anyone would like a new phone list, please indicate so now and we will pass one around the room. Would the temporary sponsors please identify themselves at this time with a show of hands?... Would anyone willing to receive a recovery call today please raise your hand?...

Today's topic is _____ (***This is your choice of topic from SAA literature, the SAA Green Book, or Hope and Recovery.***) (***Begin the reading...***)...

(After the reading): We encourage sharing to be on the topic or step. We meet to share our experience, strength and hope in an environment free from crosstalk, questions, and advice. Things we wish to say to others about

what they have shared are best said after the meeting. We avoid dominance by any one individual through the rotation of duties, and through limiting our sharing, so that everyone who wishes to speak has time. Please be mindful as you share your stories that overly intimate details or swear words may activate your own, or someone else's addiction. We encourage sharing, and we ask our Higher Power to encourage each of us to choose the most appropriate words to describe our addiction, and to guide us as we share our stories.

We will now number off into (2) groups for sharing...1...2..

We will meet back in the main room at **11:35** for the closing readings.

Turn over for Closing Readings ...

CLOSING FORMAT

(At 11:35, begin the closing in the main room with the whole group reassembled)

Our Seventh Tradition states that, "...we are fully self-supporting through our own contributions." Your gift is strictly voluntary. The money is used to pay rent, buy supplies, and literature. Any extra is passed onto the SAA Intergroup, ISO, and used to send a delegate to the annual convention.

(As the 7th Tradition is being collected ask:)

Are there any vacant trusted-servant positions for this meeting?

This group's regular business meeting is held the 3rd Saturday of the month. The next business meeting is on Saturday, _____ *Month* ___ *Date*, right after the meeting, in this room.

Are there any Sex Addicts Anonymous related announcements?

(If newcomers are present please read the following paragraph. If not, skip to the next paragraph)

The newcomer is the most important person at any meeting. It is our custom to offer you a medallion to welcome you to our fellowship. ***Stand up and give the newcomer(s) a welcome/1 day medallion.***

At SAA we celebrate clean time. Medallions, chips or key fobs are handed out to recognize sobriety periods of multiple years, 18 months, 1 year, 9 months, 6 months, 90 days, 60 days, 30 days, and 24 hours. Would anyone like to acknowledge a particular period of sexual sobriety be it a day, a week, a month or longer? (...*pause... wait for people to respond*)...

How about just for today?

If you are going to take a cake, we ask that you notify the Secretary two weeks in advance. This group will provide the cake for your first year.

Will someone please volunteer to read the **TRADITION** of the month?

(i.e. January = "Tradition 1", February = "Tradition 2", etc.)

I wish to thank everyone who shared their story with us, and everyone who attended this morning. A reminder to all, that there is a meeting here every Saturday morning at 10:30 A.M. Who will volunteer to chair and pick a topic or step for next week's meeting using SAA Literature, or Hope and Recovery?

With a show of hands, could we have volunteers for today's clean up?

Will someone please read: **THE PROMISES**?

THE CLOSING? *(Ends with the Serenity Prayer; standing)*

The Preamble

Sex Addicts Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction or dependency.

Membership is open to all who share a desire to stop compulsive sexual behaviour. There is no other requirement.

Our common goals are to be sexually healthy and to help other sex addicts achieve freedom from compulsive sexual behaviour. The program is supported through voluntary contributions from members.

We are not affiliated with Alcoholics Anonymous, nor are we a part of any other organization. We do not support, endorse or oppose outside causes or issues. Sex Addicts Anonymous is a program based on the principles and traditions of Alcoholics Anonymous. We are grateful to AA for this gift which makes our recovery possible.

How it Works

(From pages 323 & 324 of Hope & Recovery, as adapted from How It Works, Chapter 5 of Alcoholics Anonymous.)

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command we beg of you to be fearless and thorough from the very start. Some of us tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with sexual addiction, cunning, baffling, powerful! Without help it is too much for us. But there is one who has all power, that one is God. May you find the God of your understanding now!

Half measures availed us nothing. We stood at the turning point. We asked God's protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

The Twelve Steps of Sex Addicts Anonymous

(from pages 20 - 21 of the SAA Green Book)

Step One: We admitted we were powerless over addictive sexual behavior, that our lives had become unmanageable.

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood God.

Step Four: Made a searching and fearless moral inventory of ourselves.

Step Five: Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Step Six: Were entirely ready to have God remove all these defects of character.

Step Seven: Humbly asked God to remove our shortcomings.

Step Eight: Made a list of all persons we had harmed and became willing to make amends to them all.

Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it.

Step Eleven: 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.

Step Twelve: 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.

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.

Our personal adventures before and after make clear three pertinent ideas:

- a) That we were sex addicts and could not manage our lives.
- b) That probably no human power could have relieved our sexual addiction.
- c) That God could and would if God were sought.

The Twelve Traditions of Sex Addicts Anonymous

(from page 77 of the *SAA Green Book*)

1. Our common welfare should come first; personal recovery depends upon SAA unity.

2. For our group purpose there is but one ultimate authority, a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for SAA membership is a desire to stop addictive sexual behavior.
4. Each group should be autonomous except in matters affecting other groups or SAA as a whole
5. Each group has but one primary purpose, to carry its message to the sex addict who still suffers.
6. An SAA group ought never endorse, finance, or lend the SAA name to any related facility, or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every SAA group ought to be self-supporting, declining outside contributions.
8. Sex Addicts Anonymous should remain forever non-professional, but our service centres may employ special workers.
9. SAA, as such, ought never be organized, 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 SAA 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.

The Promises

If we are painstaking about this phase of our development we will be amazed before we are half way through.

We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear.

We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.

Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us; sometimes quickly; sometimes slowly. They will always materialize if we work for them.

Alcoholics Anonymous, Third edition, pp
8384

The Closing

The opinions expressed here were strictly those of the person who gave them. What you heard

was spoken in confidence, and should be treated as confidential. Keep it within the walls of this room, and the confines of your mind. Remember that anonymity is a core tradition on which the program 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 criticize each other. Instead, let the understanding, love, and peace of the program grow in each of us one day at a time.

Will you join me in the closing prayer? (*Serenity Prayer; standing*)

CAKE FORMAT

OPENING FORMAT: (*Meeting begins at 10:30, and ends at 11:45*) Please turn off all cell phones.

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Will someone please read: **THE PREAMBLE; HOW IT WORKS; THE 12 STEPS.**

May we have a moment of silence dedicated to our recovery? We remind ourselves by the empty chairs in the

room of those who still suffer. *(Silence is for approximately one minute.)* For those who wish, please join me in the Serenity Prayer *(seated)*. God, grant me the serenity...

We will now introduce ourselves, using our first names only. Please let us know if you are a newcomer. *(The chair starts and then indicates to the person to their left or right to continue)*

(If newcomers are present read the following paragraph, if not skip to the next paragraph) Supporting newcomers is an important part of our recovery. As we have newcomers present, I will pass around a list where people may share their phone numbers with the newcomers. If anyone else would like a phone list please indicate so now and we will pass around additional lists. A word to the newcomer: it is suggested that you attend at least six meetings to have time to identify with the speakers, and to decide if this program is for you. You may also wish to ask someone to be a temporary sponsor. We suggest anyone with long-term recovery, or with whom you identify strongly with. Would the temporary sponsors please identify themselves at this time with a show of hands? *(The Chair then picks an old-timer to speak to the newcomer.)* Will _____ please speak to the newcomer(s) for about three minutes. *(The Chair may interrupt at the end of three minutes.)*

→*(Read if no newcomers are present; skip if the newcomer paragraph was read)* If anyone would like a new phone list, please indicate so now and we will pass one around the room...Would the temporary sponsors please identify themselves at this time with a show of hands?...

This morning is a special **CAKE MEETING** of Sex Addicts Anonymous. While this is a one-day at a time program, we do celebrate certain milestones of a member's time in continuous sobriety from his/her inner circle behaviours. We do this to affirm to those new and old in the fellowship that this program of recovery does work. In sharing our stories of recovery we offer hope and show that there is a way out of our addiction. Today we have the privilege of celebrating _____ *name's* ___ 1st/2nd/3rd... year cake.

The cake will be presented during the **second half** of the meeting. The cake celebrant has chosen the following topic which is _____. As this is a special cake meeting we **will not do** a reading this morning. Please be especially mindful of the time when sharing to allow others to have the time to speak, if they wish. The time for sharing finishes at **11:10** for the presentation of the cake.

We meet to share our experience, strength and hope in an environment free from cross talk, questions, and advice. Things we wish to say to others about what they have shared are best said after the meeting. We avoid dominance by any one individual through the rotation of duties and through limiting our sharing so that everyone who wishes has time to speak. Please be mindful as you share your stories that overly intimate details or swear words may activate your own or someone else's addiction. We encourage sharing and we ask our Higher Power to encourage each of us to choose the most appropriate words to describe our addiction and to guide us as we share our stories. We will now number off into ___2___ groups for sharing. We meet back in the main room at **11:10** for the cake presentation.

CAKE FORMAT CAKE PRESENTATION: CAKE FORMAT

(At 11:10 begin the cake presentation in the main room with the whole group reassembled) I will ask

_____ to present _____ with his/her _____ year medallion after which he/she will have 20 minutes to share what it was like, what happened, and what it is like now. The cake will be served after the end of today's meeting. I will raise my hand when there is about five minutes left of sharing time. *[name of presenter]* _____ the floor is yours.

(Presenter gives medallion, and celebrant shares his/her story)

(At 11:30 raise hand for the 5 minute warning. If the celebrant finishes early, continue to the closing format).

CLOSING FORMAT

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