

SAA LGBTQ+ Meeting

Secretary's Script

Hello and welcome to the Wednesday evening LGBTQ+ meeting of Sex Addicts Anonymous. My name is _____ and I am a sex addict.

You are invited to follow along using the meeting script PDF.

This meeting runs from 18:30 to 19:30. We will begin the meeting with a moment of silence for the still-suffering sex addicts inside and outside of these rooms...

Please join me in the **Loving Higher Power** prayer (page 6):

**Loving Higher Power,
Give me the courage to let go of my pain from the past
and the trust to open myself and accept that I am valuable,
precious, equal and loveable; and fill the emptiness inside
with Self esteem, Self love, Self acceptance and Serenity.
Safe in the knowledge that I am not alone.**

Could everyone please keep your devices muted unless it is your turn to speak and please try to keep disruptions to a minimum.

Although this is an online meeting we would like to keep to the spirit of an in-person meeting. That includes not texting or chatting with other members, etc.

For the security and continuing anonymity of participants, fellows who join a meeting through Zoom (ie with the camera function) must keep their camera on for the duration of the meeting. If you are unable or uncomfortable to have your camera on for the meeting, you are welcome to join by dialling into the meeting using one of the telephone numbers.

If you are phoning in to the meeting, I'll ask you to identify yourself to help us keep the meeting a safe place for all. Members are encouraged to exchange phone numbers at the end of the meeting.

Sex Addicts Anonymous is a fellowship of people who share their experience, strength and hope with each other, that they may solve their common problem and help others to recover from addictive sexual behaviour. While this particular meeting was created for lesbian, gay, bisexual, trans* and queer people, sex addicts of any and all gender and sexual orientations are welcome.

There are no dues or fees for SAA membership: we are fully self-supporting through our own contributions. SAA is not allied with 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 to help others to achieve sexual sobriety.

Members are encouraged to develop their own sexual recovery plan and to define sexual sobriety for themselves. We are not here to repress our God given sexuality, but to learn how to express it in ways that will not make unreasonable demands on our time and energy, place us in legal jeopardy or endanger our physical, mental or spiritual healing.

For any newcomers with us for their first Sex Addicts Anonymous meeting, or if it is your first time at this particular meeting, we acknowledge you for the courage it took to get here. After the close of our regular meeting there will be a time for you to ask questions and get contact information from others to support you in your recovery through the SAA 12-step program. It is suggested that you attend six meetings before deciding if SAA is for you. Please know you are welcome here and do please keep coming back. We hope you will find you are in a safe place in this meeting.



Pressing on the coloured circles throughout this document will take you to the appropriate location

We now introduce ourselves using our first names only. If you wish to, please briefly state which inner circle activities you avoid on your recovery plan. Please keep this brief to allow time for sharing later.

I have asked _____ to read **A Message of Hope** (page 7).

I have asked _____ to read The **12 Steps** of SAA (page 8).

I have asked _____ to read any three of the 12 **Traditions** of SAA (page 9).

Thank you.



We now come to the focus of this week's meeting:

1st week of the month - 12 Steps reading

This week we focus on one of the 12 steps of SAA, which we will read from the book Sex Addicts Anonymous.* If you feel comfortable, please read 1 or 2 paragraphs then say pass. I'll start us off.

2nd week of the month - Individual Share OR Tools of the Program (same as 5th week)

This week we welcome _____ who has come to share their experience strength and hope with us. It's a 15-minute share would you like someone to support you with the timing?

3rd week of the month - Twelve Traditions reading followed by Group Conscience

This week, we will read one of the Twelve Traditions of SAA from the book Sex Addicts Anonymous.** Please read a couple of sentences or a paragraph if you have a copy of the book the book.)

4th week of the month - Individual Share OR a Daily Meditation reading

This week we welcome _____ who has come to share their experience strength and hope with us. It's a 15-minute share would you like someone to support you with the timing?

If no individual share was arranged:

This week we will have a reading out of today's *Answers in the Heart* or *Voices of Recovery* page and have longer time than usual for sharing.

I have ask _____ to read the Daily Meditation.

5th week of the month - Tools of the Program

This week one or two members will share how they use a program tool and why it is important in their recovery.

Here is a list of some tools that may be helpful; this list is not intended to be exhaustive:

Steps, Anonymity, Confidentiality, Abstinence, Boundaries, Phone, List, Contracts, Sponsorship, Literature, Meetings, Service, Affirmations, Journaling, Prayer, Meditation, Slogans, The Three Circles, The Traditions

If we have a First Step Share

This week we welcome _____ who has come to share their first step with us.

Because the first step includes the most significant examples of our powerlessness, and the worst moments of our unmanageability, we request that the members of this meeting listen respectfully and without judgment.

If you share in response to the share we ask that you relate it to your own experience and recovery.

Sharing our story in a group can bring up intense feelings, but it can also help break the bonds of shame and isolation, deepen the process of healing, and increase our commitment to recovery. It also gives us an opportunity to connect with other members.

When we hear others share their first step, we are reminded of similar aspects of our own addiction. Experiencing the common bond of our powerlessness promotes the healing of **every** member.

First step shares are different from normal sharing. They may be more graphic and may be triggering for some of us. If you become triggered, we ask that you quietly excuse yourself from the meeting. If this first step share brings up personal issues for you, please find someone from the fellowship to talk to after the meeting in order to process your feelings.

* According to the number of the current month - i.e. Feb = Second Step

** According to the number of the current month - i.e. Feb = Second Tradition

We now come to the sharing portion of the meeting. Members are encouraged to share on today's reading and / or the focus of today's meeting.

Please share on your Experience Strength & Hope encountered in recovery and the 12 Steps and 12 Traditions. We do not have to check in if we don't want to.

Newcomers, this is a time when you may share your thoughts or feelings on the topic, the reading, or whatever else that is on your mind.

Would someone like to volunteer to be our timekeeper?

When sharing, be sensitive in your use of language and avoid mentioning specific places, publications, broadcasts or services. Please use "I" statements, rather than "You" or "We" statements and avoid cross-sharing and referring to other members by name. (In case of a main share) You may, however, wish to refer to [the main sharer] by name when speaking about their share.

Because of the size of the meeting, could you try to keep your shares to approximately 3 minutes and please do not be offended if you are asked to stop by [timekeeper].

The meeting is now open.

sharing time

Members share until 19:25
five minutes before the end of the meeting

That's all the time we have for sharing today.

If there was something you didn't get to say, or were afraid to during the meeting, please don't leave with a resentment. Talk to someone about it.

We now practice tradition 7, which states that we are fully self-supporting from our own contributions.

If you wish to contribute to the costs of running this group, please consider making a donation on our [Paypal page](#), the link is in the group chat.

It's a hyperlink!

Are there any SAA related announcements?

Sobriety Chips

In this meeting we celebrate progress by the distribution of chips and a round of applause. The chips can signify periods of sobriety from all bottom lines, specific bottom lines, your length of time in the program or anything that is important to you!

Is there anyone who is celebrating:

- Multiples years
- 18 months
- One year
- Nine months
- Six months
- Three months
- Two months
- One month

And finally is there anyone coming back from a slip or wishing to celebrate a new way of life with a 1 day chip?

Service is an important tool of recovery.

On behalf of us all, I would like to thank everyone who has read at this meeting.

Our trusted servants for this meeting are:

Greeters:

Meeting facilitator:

Chair finder:

Literature secretary:

Treasurer:

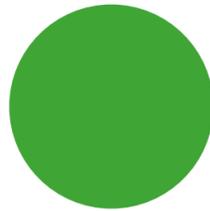
Co-secretaries:

Group Service Rep:

This group recommends that all sex addicts get a sponsor and work the Twelve Steps. If you have worked the Twelve Steps of SAA and are available to sponsor please, if you are willing, add your number to the chat now. If you are looking for a sponsor please approach one of these group members or speak to me, the secretary, for help finding an available sponsor.

I have asked _____
to read the Meeting **Promises** (page 10).

Promises



In the spirit of recovery from sex addiction, we suggest that sex between members not be treated lightly. Sex between people new to the fellowship and other members is discouraged. Talk to each other, reason things out with someone else, let there be no gossip or criticism of one another, but only love, understanding and compassion. The opinions expressed here today are strictly those of the individuals who gave them. The things heard here are given and spoken in confidence and should be treated as confidential. If you try to absorb what you have heard, you are bound to gain a better understanding of the way you handle your problems.

If you are a newcomer and have questions, want to find a temporary sponsor or would like to take more numbers for fellowship calls, please stay on the call after we have closed the meeting

Please remember

This is Sex Addicts Anonymous

Who you see here

What you hear here

When you leave here

Let it stay here

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. This group will meet again on Wednesday next week at the same time. We'll be open for fellowship 15 minutes beforehand. Meeting details will be available on our WhatsApp group and by contacting me or our GSR via our group's **email**.

We will now close our meeting with the serenity prayer. You may repeat after me, using "god" as you understand it:

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.**

Only for the third week of the month - Group conscience (led by GSR)

At the end of this meeting at 7.30pm, we will hold our monthly Group Conscience for up to 30 minutes. A Group Conscience is a short business meeting where we collectively agree how our meetings are run.

Loving Higher Power prayer

Loving Higher Power,

Give me the courage to let go of my pain from the past and the trust to open myself and accept that I am valuable, precious, equal and loveable; and fill the emptiness inside with:

- Self esteem
- Self love
- Self acceptance
- and Serenity.

Safe in the knowledge that I am not alone.

Pressing here will take you back

Back to script

A Message of Hope for Sex addicts in the LGBT Communities

From SAA Literature – SAA & the Lesbian / Gay / Bisexual / Transgendered Sex Addict.

Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholic Anonymous. We are grateful to A.A. for this gift which makes our recovery possible.

Our Primary Purpose is to stop our addictive sexual behavior and to help others recover from sexual addiction. We find a new way of living through the SAA Program, and carry our message to others seeking recovery. Membership is open to all who have a desire to stop addictive sexual behavior. There is no other requirement. Our fellowship is open to women and men regardless of age, race, religion, ethnic background, marital status, or occupation. We welcome members of any sexual identity or orientation, whether they are gay, lesbian, straight, bisexual or transgender.

Many of our sexual behaviors produced negative consequences. These behaviors are not gender specific, and may cross lines of sexual orientation. In the recent decades of sexual liberation, we may have been encouraged to engage in some activities in order to foster a "Gay Positive" self-esteem. Yet for some of us, these behaviors ultimately backfired and left us discouraged, isolated and demoralized. For many of us, the spiral of sexual addiction led to what we called "Hitting Rock Bottom".

To Hit Rock Bottom is to reach such a low point - mentally, physically, emotionally and spiritually – that we break through our denial. We now use our sense of surrender in a healthy manner. Previously we surrendered to the destructive addictive sexual behaviors that caused great damage in our lives. Now we start to surrender and become teachable, to a more healthy way of life filled with Hope, Growth and Change.

The Twelve **Steps** of SAA

– Sex Addicts Anonymous, p. 96

- 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 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.

The Twelve Traditions of SAA

– Sex Addicts Anonymous, p. 96

- 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 behaviour.
- 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 fully self-supporting,
- 8 SAA should remain forever nonprofessional, but our service centers 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 SAA 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

– *Alcoholics Anonymous*, p. 83-84

- 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?

All at will: We think not.

Volunteer: They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.