

SAA LGBTQ Meeting

Secretary's Script

Hello and welcome to this 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 ____ to ____.

As a courtesy to the group, please can you mute your microphone whenever you are not speaking to prevent background noise. You may un-mute to acknowledge the speaker.

We will begin the meeting with a full one-minute of silence for the still-suffering sex addicts inside and outside of this room...

Please join me in the Serenity Prayer, using the word 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.**

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. The only requirement for membership is a desire to stop addictive sexual behaviour.

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.

According to our group conscience, this is a closed, non-restrictive meeting, meaning that only those who identify as sex addicts or have a sex related problem can attend.

Although this is an LGBTQ meeting, and therefore a safe place for us to share our experience strength and hope, all members of SAA are welcome to share and participate in every aspect of the meeting.

Are there any newcomers to SAA, in their first six meetings, who would like to introduce themselves by their first name only?

Welcome, we are glad that you are here. It is suggested that you attend six meetings before you decide whether SAA is for you. We encourage you to talk to others and exchange numbers with those to whom you relate. To help you find your way, ask someone to be your temporary sponsor. Please take a copy of the newcomers leaflet and in the sharing listen out for the similarities and not the differences. Most importantly, know that you are in a safe place to express yourself about anything you wish regarding sex addiction.

I have asked _____
to read the Letter to **Newcomers** (page 6).

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 **The Problem and The Solution** (pages 7).

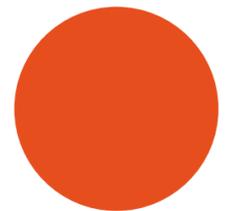
I have asked _____
to read The **12 Steps** of SAA (page 8).

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

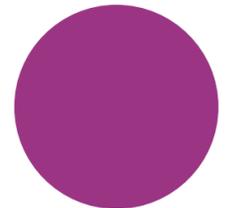
Thank you.

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

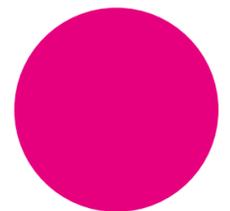
Newcomers



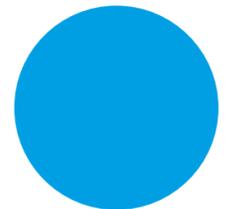
The Problem
and The Solution



12 Steps



12 Traditions



Pressing here will take you back

Back to start

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

1st week of the month

This week we focus on one of the 12 Steps of SAA which we will read 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.*

2nd week of the month - Reading LGBTQ relevant literature

This week we will read from a book with an LGBTQ perspective.

Please read a couple of sentences or a paragraph if you have a copy of the book the book.

3rd week of the month - Individual Share OR Answers in the Heart plus 1 min to reflect

This week we welcome _____ (name of the person sharing) who has come to share his/her/their experience, strength and hope with us.

Would you like someone to support you with the time?

(Only if no individual share was arranged: 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 - Mindfulness & sharing time and Group Conscience***

This week we will have our mindfulness, followed by time for sharing afterwards.

We will finish the meeting at _____ to allow 15 minutes for our group conscience.

* After the sharing during general announcements, ask the group members who would like to do a share on the 3rd week of the month

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

*** If nobody willing to take mindfulness, read one of The Traditions corresponding to the month

5th week of the month - Daily meditation & longer sharing time

This week we will have a reading of the Daily Meditation and longer time than usual for sharing.

I have ask _____ to read the Daily Meditation.

We now come to the sharing portion of the meeting. Members are encouraged to share breakdowns and breakthroughs of the past week, how you used the SAA programme to stay on your plan, or, if you acted out, how you handled it.

If you are new to SAA, you may feel like sharing how you heard of us and why you are here.

Please try to keep your share to ___ minutes so that all who need to may share.

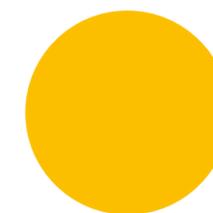
Would someone like to volunteer to be our timekeeper?

Please do not use sensational language or mention specific acting out places. It is the group conscience of this meeting that we do not give advice or criticize someone else's share.

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

Would someone like to start?

Boundaries



Sharing time

Members share until 7.30pm, 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 each group ought to be fully self-supporting, declining outside contributions. Contributions go to fund weekly rent whilst at St Marys (£25 a week, including locker rental). Other contributions are determined by the group's conscience to fund literature purchases, contributions to SAA inter-group and a hardship fund. You are more important than your money, but please be as generous as you can.

Are there any SAA related announcements?

Would anyone like to celebrate their day count or anniversary?

Sponsorship is an important resource in recovery. If you are finding it

hard to find a sponsor, there may be solutions to this problem.

We can contact a member of the program with more experience who attends a different SAA meeting. We can maintain a long-distance sponsoring relationship by e-mail, Skype or phone. We may consider entering into a co-sponsoring relationship with a program friend for mutual support. We can also ask a person who may have less experience in SAA but has experience working recovery in another fellowship.

Would all those, who are able to answer questions about sponsorship, please make it known.

If anyone is looking for a sponsor, temporary or otherwise, or if anyone has any questions regarding sponsorship, please speak to one of these people after the meeting.

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:

Meeting facilitator:

Chair finder:

Literature secretary:

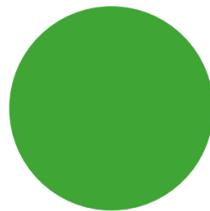
Treasurer:

Co-secretaries:

Group Service Rep:

I have asked _____
to read the Meeting **Promises** (page 11).

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.

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.

Please join me in saying the Serenity Prayer using the word "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 4th week of the month - Group conscience

Announce: "Straight after the Serenity Prayer we will start the group conscience with the prayer using 'we' and 'us' instead of 'I' and 'me'.

God,

Grant us the serenity

To accept the things we cannot change

**Courage to change the things we can
And wisdom to know the difference.**

(and finish with same)

A Letter to newcomers

Dear Newcomer

Welcome to SAA. 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 SAA 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 other 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 SAA 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 or co-sponsor.

The Problem and The Solution

Many of us find that our histories have several characteristics in common. Early on, as children and adolescents, we had come to feel disconnected — from siblings and peers, from parents and from ourselves. We felt inadequate, unworthy, alone and afraid. Our insides never matched what we saw on the outsides of others. We lost the ability to trust in others to fulfil our needs for nurturing and security. To compensate for our loss we started to develop a reliance upon sexual experience as a way of escaping the pain and emptiness of our lives. Some of us feared being sexual at all — we weren't able to see that our sexuality was healthy and God-given.

Looking for love in all the wrong places, we became true addicts: promiscuity, dependent relationships, abusive relationships, pornography, compulsive masturbation, anonymous sexual encounters, and much more besides. We got it through the eyes. We bought it, we sold it, we traded it, we gave it away. Addicted to the tease, to the forbidden, to the 'high', we abused others and we abused ourselves. In a vicious downward spiral of despair we acted out to take away our pain, but this only increased our self-hatred which, sooner or later, we would try to ease again by acting out. The more we did it the more difficult it was for us to stop. We risked our relationships, our jobs, our health, our freedom, even our lives. We felt guilty, ashamed and in pain, and we were driven ever inwards, away from reality, away from love, lost inside ourselves.

Our addiction made true intimacy impossible. Lust killed love. We took from others to fill up what was lacking in ourselves, and, in desperate search of the Big Fix, we turned other human beings into objects of our gratification. We could never know true intimacy with another because we were addicted to the unreal, the chemistry, the intoxication, and the intensity of the pursuit. We looked for the instant hit, the danger, the

connection that had the magic, because it bypassed intimacy and true union with another, which we feared more than death. Conning ourselves time and again that the next one would save us, we were really losing our lives.

In the solution, by surrendering again and again to the discipline of meeting with each other, we find that people, without knowing it, through the honest revelation of their own lives, confront us with our disease as it really is; and, by bringing our disease out of the shadows and into the light of the meeting, we deprive it of its source of power, which is in our secrecy and shame. As time passes, we gradually realise that we are coming to accept ourselves and to recognise that we really do have worth and value. Our healing has already begun.

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.

Meeting Boundaries

From *Sex Addicts Anonymous*, p.12, first sentence through the end of paragraph 2 below

"[In this meeting,] use the words 'I' 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, not to one or more individuals.

A meeting is not a place to meet sexual partners, nor is it group therapy.

We try not to use offensive language, or descriptions that are too explicit.

We avoid mentioning specific names or places associated with our acting-out behaviour.

Our focus remains on the solution, rather than the problem.

We strive to practice anonymity and confidentiality, so that the meeting will be a safe place for each and every sex addict.

We generally use only our first names in the group, to help ensure anonymity

Who we meet or what is said in a meeting is treated as confidential and is not discussed with non-group members."

The Promises

– *Alcoholics Anonymous*, p. 83-84 (no need to read the numbers)

- 1 If we are painstaking about this phase of our development, we will be amazed before we are half way through.
- 2 We are going to know a new freedom and a new happiness.
- 3 We will not regret the past nor wish to shut the door on it.
- 4 We will comprehend the word serenity and we will know peace.
- 5 No matter how far down the scale we have gone, we will see how our experience can benefit others.
- 6 That feeling of uselessness and self-pity will disappear.
- 7 We will lose interest in selfish things and gain interest in our fellows.
- 8 Self-seeking will slip away.
- 9 Our whole attitude and outlook upon life will change.
- 10 Fear of people and of economic insecurity will leave us.
- 11 We will intuitively know how to handle situations which used to baffle us.
- 12 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.