

SAA Saturday Lunchtime Meeting

Good morning Everyone, and welcome to the Bristol Central Saturday Lunchtime Meeting of Sex Addicts Anonymous.

My name is _____ and I am a sex addict.

This is a non-smoking venue. Within the venue, we ask you turn off your mobile phones or switch them to a silent mode and keep distractions to a minimum. We similarly ask those joining us via zoom to remain on mute when not speaking. Please could fellows calling in by phone, but not speaking, mute your phone either directly or by pressing star six. We are using a conference microphone within the venue and so need to ask for your co-operation. Thank You.

Could I invite any apologies from absent members?

“We are sex addicts anonymous, SAA. 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.

SAA is a fellowship of men and women who share our experience, strength and hope with each other so that we may stop our compulsive sexual behaviour and help others to recover from sexual addiction and dependency.

Membership is open to all who share a desire to stop compulsive sexual behaviour and are willing to try to follow this simple program.

Our programme is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous, but we are not affiliated with AA or any other organization or agency. We are not a religious organization or aligned with any sect or denomination. This group is self-supporting, there are no fees or dues. While we all strive for sexual sobriety, its achievement is not a requirement for attendance or participation.

This is a closed, hybrid, meeting of SAA. In view of our singleness of purpose, we respectfully ask that sharing be confined to sex addiction, and that when discussing our problems, we restrict ourselves to those problems as they relate to sex addiction. Please avoid mentioning specific places where you have acted out, and avoid naming publications, broadcast media, or other services that you may have used. Please also avoid using slang names for acting out behaviours.

There may be people who are new to SAA and may therefore be unfamiliar with our tradition of anonymity at the level of press, broadcast media and the worldwide web. This tradition is a constant reminder to us that personal ambition has no place in SAA. We are sure that anonymity is the greatest safeguard that we can ever have, and we therefore seek your co-operation in protecting all our members at a public level.

Can we please have a moment to remember tradition 5: “Each group has but one primary purpose- to carry the message to the addict who still suffers”.

30 seconds' silence

Thank you. And now _____ has agreed to read our message, including the 12 steps.

[Our program.docx] and [12 steps of saa.docx]

Thank you. And now _____ has agreed to read our abstinence statement.

[Abstinence statement.docx]

Thank you. Could I ask whether this is the first meeting for anybody here in the room, with us via zoom, or on the phone? [Welcome _____ Could we I ask _____ to read the newcomer introduction?]

[Newcomers introduction.docx]

This is the _____th month of the year and I have asked _____ to read the _____th tradition

[12 traditions of Saa.docx]

Thank you.

*Introduce format of meeting ie Share, reading, or other format.
Ask main sharer whether they wish for a timekeeper, and appoint if so.
[15minute main share or reading or other format]*

Thank You. I have asked _____ to remind us of the meeting's boundaries.

[Meeting boundaries.docx]

The meeting will now be open for sharing back. Please try to consider the amount of time you share for in order to give everyone the opportunity to share back if they wish. Please be mindful to also allow people on zoom or on the phone to share too. Thank you.

The time is now _____ We aim to close the meeting at around one pm and so I will aim to close general sharing at around 12:45. This allows around _____ for each share. The meeting is now open. Over to you.

[General share time]

Thank you..... If anyone here does not have a sponsor, and would like help to work the program, please ask a group member after the meeting. Will group members please raise their hands.

Both SAA and AA literature is available at this meeting, some of it free to newcomers, the remainder at cost price. In addition, please visit the SAA UK website for PDF versions.

Tradition seven states that 'every group should be fully self supporting, declining outside contributions'. In view of this we ask that you contribute as generously as you can. If this is your first meeting, of SAA, please do not feel that you have to contribute.

[Collection of contributions]

It is strongly recommended that all newcomers get a sponsor. If there is anybody here who does not have a sponsor and would like one, please speak to me after the meeting, and I will

help to find you a temporary sponsor.

Does anyone have either any group business or announcements from this or any other group?

Thank You

I have asked _____ to read our closing message.

[Closing message.docx]

Thank you. Could we have volunteers to do service by helping pack the chairs away and clear up? Thank you. I would also like to thank all who have done service this afternoon, and I would particularly like to thank _____ for taking the time to share their lived experience and message of strength and hope with us.

Please feel free to remain in fellowship after the meeting to exchange telephone numbers either in person within the room, or via the chat feature of Zoom.

_____ has agreed to lead us out in the Serenity Prayer

God, grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference.

[END OF SCRIPT / END OF MEETING]

Notes:

The following files used by this script are to be loaded onto the SAA meeting page in the online list of recovery meetings section of the uk saa website, under Bristol Central Saturday Lunchtime Meeting:

Our program.docx,
12 steps of saa.docx,
Abstinence statement.docx,
Newcomers introduction.docx,
12 traditions of Saa.docx,
Meeting boundaries.docx,
Closing message.docx

This script is a work in progress, with version six having been approved at group conscience, and held on the SAA UK website meeting page in PDF format so it may be accessed by speakers within the meeting.

The original MS Word documents were written by Pete D, adapted from the SAA recommended script, and amended by successive group conscience in the first three meetings of the group in order to make the meeting more manageable from a perspective of timing.