# Manchester Monday Night Meeting S.A.A.

1. Introduction —Good Evening. My name is \_\_\_\_\_\_\_ and I’m a sex addict. Before we start, can we ask that you turn off all mobile phones or set them to a silent profile and please have no headphones or technology on display. Thank you.
2. Opening —Welcome! This is the Manchester Monday night meeting of Sex Addicts Anonymous. This is a closed meeting, which means it is attended only by sex addicts or those who think they may have a problem with sex addiction. This is not a place to meet sexual partners.

SAA is a fellowship of people who share our experience, strength and hope with each other so that we may stop our addictive sexual behaviour and help others to recover from sexual addiction. The only requirement for membership is a desire to stop addictive sexual behaviour.

There are no fees or dues for SAA membership. We are self-supporting from our own contributions. SAA is not allied to 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 help other sex addicts to achieve sexual sobriety.

Our programme is derived from the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. Although we are not affiliated with AA, we make use of its literature, alongside SAA literature, in our meetings and our recoveries.

If there are any visitors or newcomers present, could you please identify yourself now giving your first name only, this is not to single you out but so the group can welcome you to the meeting.

If there is a newcomer present, read ‘The Letter to Newcomers’ instead of ‘Our Addiction’. Once read, move on to step 4.

1. Can someone please read ‘Our Addiction’ (or ‘The Letter to Newcomers’)?
2. Can someone please read ‘Our Programme’?
3. Can someone please read ‘The 12 Steps of SAA’?
4. Group check in —Can each member in turn, starting with the chair, briefly check in, telling us your first name and an outer circle action you enjoy. Please keep this very brief, this is not the time to share about your recovery. For the newcomer, outer circle actions are healthy actions and behaviours that benefit our recovery (Only read if newcomer is present).
5. Could now please read the relevant page from “Voices of Recovery”
6. 3-minute meditation —We now come to the three-minute meditation. The meditation is an opportunity to reflect on why we are here and to think of the still suffering addict; as well as an opportunity to centre ourselves, putting aside the responsibilities and activities of our daily lives. Please can I have a volunteer to keep time?
7. Share/Readings—NEWCOMER NOTICE: If a newcomer is present, and “Our Addiction” has not been read in full so far that month, the reading will be replaced with a reading of ‘Our Addiction’ (page 3 of the SAA Green Book). If it is “Main Share” week, or “Our Addiction” has already been read that month, the main share/readings will proceed as normal after the abridged version of “Our Addiction”.

\*\*\* Read one of the following for the correct week \*\*

●**Week 1 -** For Main Share: This is the first Monday of the month and the focus of the meeting is a main share. \_\_\_\_\_\_\_\_\_\_ has kindly agreed to share with us his/her/their hope, strength, and experience. He/she/they will speak for twenty minutes after which I will open the meeting for general sharing. Would you like any time reminders? Over to you \_\_\_\_\_\_\_.

● **Week 2 -** For Step Reading (The step correlating to the month number, i.e., January is Step 1): This is the second Monday of the Month and tonight is a step meeting so we will read Step \_\_\_ from the SAA green book (or the AA blue book).

● **Week 3 -** For Pamphlet Reading: This is the third Monday of the month, and we will read something from the SAA or AA literature (chosen beforehand by the secretary or delegated to someone to choose a reading).

● **Week 4 -** For Tradition Reading: (The tradition correlating to the month number, i.e., January is Tradition 1) This is the fourth Monday of the Month and tonight is a tradition meeting so we will read tradition \_\_\_ from the SAA green book (or the AA blue book).

● **Week 5 -** For Week 5: This is the fifth Monday of the month so tonight the group will decide the topic for the meeting. Does anyone have any suggestions?

\*\* If it is a group reading then read out the following: - \*\*

 As Tradition One states, ‘Our common welfare should come first; personal recovery depends upon S.A.A. unity.’ Can I ask that you read no more than 2 paragraphs before passing to give as many fellows as possible the chance to read.

\*\*Chair decides which way round the reading goes\*\*

We’ll go round the circle, \_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_. Once you’ve read, please pass the \_\_\_\_\_\_\_\_ to your left/ right. If you do not wish to read, please pass it to the next person.

IF NEWCOMER IS PRESENT - **If this is your first meeting, you do not have to read if you do not want to.**

1. Snack time – We’re going to take a small break for a couple of minutes. If you wish to get a snack, now is your time.

1. General Sharing Time —We now come to General Sharing time, where we invite those present to share their own hope, strength, and experience. Please speak in “I” statements, not “you” statements to avoid sounding like you are giving advice. If it is felt you are sounding like you are giving advice you may be interrupted and asked to speak in the correct manner.

For the newcomers, there will be some time set aside towards the end of general sharing for you to share.

**(Chair to use your discretion to decide how long general sharing lasts for. If 14 or less fellows are present, share time is 4 minutes. If over 14 fellows present, share time is divided by the amount of people at the meeting.)**

Please keep your sharing to within \_\_\_ minutes so that as many people as possible get a chance to share. We appoint a group member as timekeeper, who will indicate when \_\_\_ minutes of share time has passed. Please wrap up your share at this point. Can someone please keep time?

In your sharing, please be sensitive to the safety of others by avoiding overly specific descriptions of acting out behaviours, naming specific places you have acted out or publications, broadcasts and services you have used. Also, be mindful of your language when sharing, avoiding using slang terms for acting out behaviour. Please do not interrupt someone while they are sharing and please be aware that, in the event of an inappropriate share, the chair may interrupt and gently remind you of Tradition Five, which states that ‘Each group has but one primary purpose—to carry its message to the sex addict who still suffers’.

The time is now \_: \_ and General Sharing will finish at

20:40 (If 14 or under are present) OR 20:50 (If over 14 are present).

General sharing is now open.

\*\* In cases of long silences (of more than a minute) announce the following \*\* —I invite anyone who has already shared to come in and share further their experience, strength and hope in order to fulfil the group’s primary purpose

\*\* If there are newcomers who haven’t shared set aside appropriate time at end \*\* —If there are any newcomers present who haven’t shared yet and would like to, these last few minutes are set aside for you. If you would like to share, please announce yourself now.

\*\* If the case of no newcomers or anyone announcing themselves to share for the last few minutes, announce the following \*\* —I now open up the remaining time for general sharing to anyone who either has or has not already shared. Please announce yourself if you wish to share.

1. Group Business —That brings us to the end of general sharing. Do any members have group business?
2. Chair Announcements —For anyone who is new, it is suggested to get a home group; that is, a meeting that you attend regularly and at which you may undertake service commitments in the future. If you would like to make the Manchester Monday night group your home group, then please just attend on a regular basis and take part in the group conscience on the last Monday of the month. Please see our GSR, Guy if you need any more details.

Sponsorship—It is also suggested to get a sponsor as soon as possible to work through the 12 Steps. Anyone who is looking for a sponsor, please speak to Lee, who is currently the group’s Sponsor Finder.

1. Literature Announcement —At this meeting, we make both SAA and AA literature available, some of it free for newcomers. Anyone who wants to obtain any literature please see our literature secretary, James.
2. The Seventh Tradition —Our treasurer Matt will now announce the seventh tradition.

Newcomers do not need to contribute on their first meeting (ONLY READ IF NEWCOMER PRESENT)

1. The 12 Traditions of SAA —Can someone please read the tradition corresponding to the number of the month.
2. The Promises —Can someone please read the Step Nine promises.
3. Celebrations —Can someone please do the clean time countdown for anyone who is celebrating a recovery milestone or other significant event this week.
4. Closing —In closing, the opinions expressed here tonight were strictly those of the person who gave them. The things that you heard were spoken in confidence and should be treated as confidential. Anonymity is a core tradition on which the programme depends. Whoever you see here, whatever you hear here, let it stay here. Let us talk to one another and reason things out but let us not gossip or criticise each other. Our first tradition states that our common welfare should come first; personal recovery depends upon SAA unity.

Whatever problems you have, there are those among us who have had them too. If you keep an open mind, you will find help.

Keep coming back! The programme works if you work it! Will you join me in closing the meeting with the Serenity Prayer? Standing and 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 the wisdom to know the difference,**

**Keep coming back,**

**It works if you work it,**

**So work it, your worth it.**