

## Edinburgh SAA Face-to-face, Zoom and Tele meetings

Red Text = guidance to the meeting Chair.

Black Text = for delivery.

Before the meeting, arrange a Main Share, or prepare a topic and, for Saturdays, an optional meditation.

Let people know the topic for the meeting so that they can be ready to share in reading.

Monday	Saturday	Suggested topic
Week 1	Week 4	Step of month from <a href="#">SAA Green Book</a>
Week 2	Week 3	Main Share/ <a href="#">Tools of Recovery</a> - booklet or Green Book
Week 3	Week 2	Tradition of month - SAA/AA/12&12
Week 4	Week 1	Main Share / <a href="#">AA Big Book</a> or <a href="#">12 Steps and 12 Traditions book</a>
Week 5	Week 5	Reading from the approved literature

You may find it useful to make a note of who is on the call as they dial-in, or during Introductions - this can be used to keep track of who has shared; who can read etc.

You can call in 10 minutes before meeting starts to welcome people as they join and to arrange service volunteers for the meeting:

- **Reader** - Our Programme
- **Reader** - Answers in the Heart OR Voices of Recovery (both if it's a small (<10) meeting)
- **Spiritual timekeeper** - general sharing
- **Reader** - The 12 Promises

You can be flexible with regards to sharing during the meeting. You could choose to open the meeting for sharing on the Daily Reading and/or the Main Topic, either to all attendees or the first few, depending on the power of the reading, number of attendees, and available time. Some people may find this preferable to a single combined share. Please remember to leave time for everybody to share in General Sharing.

**WELCOME** to the Edinburgh meeting of Sex Addicts Anonymous. My name is ..... and I am a sex addict.

### Who we Are

“We are sex addicts. Our addiction nearly destroyed our lives, but we found freedom through the recovery program of Sex Addicts Anonymous. In the fellowship of SAA, we discovered that we are not alone and that meeting regularly together to share experience, strength, and hope gives us the choice to live a new life.

“Our addictive sexual behaviour was causing pain—to ourselves, our friends, and our loved ones. Our lives were out of control. We may have wanted to quit, making promises and many attempts to stop, yet we repeatedly failed to do so. For each of us, there came a moment of crisis. When we finally reached out for help, we found recovery through the program of SAA. We have found, through long and painful experience, that we are unable to achieve recovery from sexual addiction through our own efforts. 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.

“Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. Although we are not affiliated with AA or any other organization, we are deeply grateful to AA for making our recovery possible.

“Our primary purpose is to stop our addictive sexual behaviour 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 behaviour. There is no other requirement. In our groups, there is a collective wisdom that has grown and been handed down over the years. We learn many new solutions to old problems. Central to these are the Twelve Steps, a spiritual program of recovery. Following these steps leads to freedom from addictive sexual behaviours and to the healing of our minds, bodies, spirits, relationships, and sexuality. Desperation brought us together. We found in each other what we could find nowhere else: people who knew the depth of our pain. Together we found hope and the care of a loving Higher Power. Our commitment is to help others recover from sexual addiction, just as we have been helped.”

## **GROUP INTRODUCTIONS**

We now come to Group Introductions in which we each introduce ourselves by our first name only and our location if we wish. If you are a newcomer please let us know when you introduce yourself so we can share a few words of welcome with you.

## **THANK YOU**

**IF there is a newcomer (first 6 meetings) present - read this...**

**NEWCOMER NAME** We would like to welcome you to our meeting. We know the courage it takes reaching out for help for the first time. All of us were in your shoes at one time. After we have finished our readings, we will open up the meeting for sharing. This is a time when you may share your thoughts or feelings on the topic, the reading, or whatever else is on your mind. We avoid cross-talk or interruptions when another person is sharing. We do not offer advice or criticism. Hang on after the main meeting and talk to one of us if you have any questions and to swap numbers with other members.

All meetings are confidential however there are limits to what can be shared here and necessarily remain confidential. Any criminal behaviour which is disclosed at this meeting such as sexual offences or offences against children may be reported by group members to the appropriate authorities.

We recommend that you come to at least six meetings before you decide whether SAA has anything to offer you. You will find that each meeting is a little bit different. but each meeting shares and works the same program called the Twelve Steps. The twelve-step program is what worked for us. It is our sincerest hope that you find what you are looking for.

## **MEETING BOUNDARIES**

This is a closed meeting which means that only people who have a desire to stop addictive sexual behaviour may attend. Sex addicts of every gender, sexuality, race and belief system are welcome and encouraged to attend and to participate.

Please be sensitive to the safety of your fellows. In line with Tradition 5 of Sex Addicts Anonymous, our primary purpose is to carry the message of recovery to the still suffering sex addict.

{Zoom meetings only: We ask that you are aware of what is on your camera and avoid distracting movements, clothing or backgrounds. You can stop your video temporarily before reaching across the screen or moving around. Please mute your mic to avoid background noise. We ask that you dress and behave as if this were an in-person meeting and be sensitive to the safety of your fellows.}

We use the words 'I' or 'we' 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 explicit or may trigger others. We avoid mentioning specific names, places and media associated with our acting-out behavior. Because of the nature of our addiction, we are careful about how our shares may affect other fellows. Our focus remains on the solution, rather than the problem.

Anonymity is a core tradition on which the programme depends; breaking someone's anonymity in SAA is dangerous. I'll remind you of the words on the Yellow Card:

*"Whoever you hear here, whatever you hear here, let it stay here when you leave here."*

## **Our Programme**

\*\*\* (volunteer) to now read OUR PROGRAMME adapted from page 20 of the green book of Sex Addicts Anonymous.

Attending SAA meetings starts us on a new way of life. But while the SAA fellowship supports our recovery, the actual work of recovery is described in the Twelve Steps. Meetings are forums for learning how to integrate the steps into our lives. Working the Twelve Steps leads to a spiritual transformation that results in sustainable relief from our addiction.

When we start attending meetings of Sex Addicts Anonymous, many of us are surprised to meet people who are enjoying life and experiencing freedom from the painful, compulsive

behaviors that had brought them to SAA. Listening to other members share about their recovery, we gradually realize that in order to make the same kind of progress, we need to be willing to do whatever it takes to get sexually sober, and to stay sober. We have learned from hard experience that we cannot achieve and maintain sobriety if we aren't willing to change our way of life. But if we can honestly face our problems, and are willing to change, the Twelve Steps of SAA will lead to an awakening that allows us to live a new way of life according to spiritual principles. Taking these steps allows fundamental change to occur in our lives. They are the foundation of our recovery.

### **The Twelve Steps of Sex Addicts Anonymous**

1. We admitted we were powerless over addictive sexual behavior—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.**

These steps are the heart of our programme. They contain a depth that we could hardly have guessed when we started. Over time, we establish a relationship with a Power greater than ourselves, each of us coming to an understanding of a Higher Power that is personal for us. Although the steps use the word "God" to indicate this Power, SAA is not affiliated with any religion, creed, or dogma. The programme offers a spiritual solution to our addiction, without requiring adherence to any specific set of beliefs or practices. The path is wide enough for everyone who wishes to walk it.

**SILENCE** Let us now have a few moments silence to reflect on why we are here and to think of the addicts who still suffer, followed by 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."***

**THANK YOU**

**GROUP BUSINESS** (Last meeting of the calendar month is Group Conscience.)

Does anyone have any group business or SAA related announcements?

At the last meeting of the month, here we ask for a volunteer to Chair for the following month and a meeting Host if appropriate.

**READING**

\*\*\* has volunteered to read TODAY'S READING from Answers in the Heart AND/OR Voices of Recovery

**THANK YOU**

**FOCUS or MAIN SHARE**

We now come to the focus of today's meeting which is...

If a Main Share, give a brief introduction for the speaker and thank them afterwards and then move on to General Sharing

If a Topic reading:

We will take it in turn to read a paragraph/2 paragraphs or ..... as appropriate. When you have finished reading, simply say "pass".

Up to 6 callers = invite brief share on Today's Reading and Focus.

7 or more callers = straight to General Sharing or just ask for 2 or 3 people to do a brief share

**GENERAL SHARING**

We now come to General Sharing. Can I ask for a spiritual timekeeper?

This meeting is focused on recovery. You are encouraged to share back on today's meeting focus and on your experience, strength and hope encountered in recovery using the 12 Steps and 12 Traditions and how you apply the principles of the programme in every area of your life.

In your use of language, please be aware of the impact your words may have and be sensitive to the safety of others.

We do not have to check in if we don't want to.

Try, if you can, to keep your sharing to within 3 minutes (depending on numbers). Please be mindful of muting your mic if you are not speaking to avoid interrupting others' shares.

Ask for a Spiritual Timekeeper, if needed

Please introduce yourself if you wish to share/ are invited to share. The meeting is now open.

\*remember to thank the Host and welcome a newcomer

**Thank you everyone for your shares.**

**Saturday only: Optional Meditation - 3-5 minutes guided or silent meditation**  
(some options in the [Audios drive](#))

**SOBRIETY MILESTONE CHIPS** Please unmute your phones and join us in celebrating our sobriety milestones.

Is anyone celebrating today or this week:

1 day? 1 week? 1 month? 2 months? 3 months? 6 months? 9 months? 1 year? 18 months? Multiple years?

Congratulations for reaching your sobriety milestone!

**OR if no-one is taking a chip**

Just because there's no-one taking a chip today, it doesn't mean there's no sobriety - Can I ask that everyone who is sober today, to please unmute your mic and make some noise.

**SPONSOR** If anyone is looking for a sponsor; is available to sponsor or give support to their fellows, please hang on the call after the meeting to swap details.

**7th TRADITION** - Every group ought to be fully self-supporting, declining outside contributions.

{Face to face: Collect contributions.}

{Zoom/Telemeting: Members pay their own telephone and internet charges. If you can afford to give a little extra, then donations to the UK Intergroup at [saauk.info](http://saauk.info) or the Telemeting Intergroup at [saatalk.info](http://saatalk.info) will help all of us in our recovery.}

Being self-supporting, our members are invited to offer service by chairing, reading, sharing, fellowship and sponsorship. Giving service is a great way to prioritise our recovery.

**THE TWELVE PROMISES** (\*\*\*) has volunteered to read the Step 9 Promises

If we are painstaking about this phase of our development, we will be amazed before we are halfway 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.  
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 realise 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 materialise if we work for them. (Adapted from the AA Big Book p83)

## THANK YOU

### CLOSING

In closing, the opinions expressed here today were strictly those of the person who gave them and were spoken in confidence. Take what you like and leave the rest.

Remember to stay on the call if you are looking for a Sponsor; wanting to chat about sponsorship or other matters; or if you are able to offer sponsorship.

“This is how recovery has been for us. Each of us has taken steps of courage and leaps of faith. Each of us has contributed, not only to our own recovery, but to the recovery of other suffering sex addicts as well. We have contributed by showing up at meetings and by sharing our experience, strength, and hope. We have listened to our fellow addicts and supported them in their recovery journey. Like the first members of our fellowship, we continue to remain sexually sober by helping our fellow addict stay sober. Our hope is that every sex addict who seeks recovery will have the opportunity to find it. And keep coming back.” (SAA Green Book p98)

### Let us close with Serenity Prayer

***'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.'***

**Keep coming back, it works if you work it - so work it, you're worth it!**

## The 12 Steps of Sex Addicts Anonymous

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3. Made a decision to turn our will and our lives over to the care of God as we understood God.
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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 12 Traditions of Sex Addicts Anonymous

- 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 to endorse, finance, or lend its 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, 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 organised; 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.