

## FALKIRK SAA - AUDIO/VIDEO/FACE2FACE MEETING

*(For audio/video meetings it may be helpful to make a list of those who are in the meeting and to use the list to ask individuals to share in turn. It may also be useful to: ask people to say “over” when they have finished speaking; remind them to introduce themselves whenever they speak; “mute” their microphone whenever they are not speaking (their microphone status is shown on the screen).*

*People can select a name that they wish to be displayed on the screen - this and any profile picture will be all that will be shown if their camera is switched off.)*

1. Chair — **Welcome** to the SAA Falkirk meeting. My name is ..... And I'm a Sex Addict.
2. **Preamble** - SAA is a fellowship of men and women who share our experience, strength and hope with each other so that we may stop our addictive sexual behaviour and to recover from sexual addiction and dependency. Membership is open to all who share a desire to stop their addictive sexual behaviour and are willing to try to follow this simple programme. This programme is based on the 12 steps and 12 traditions of Alcoholics Anonymous. We are not affiliated with AA or any other organisation or agency, neither are we aligned with any religion or denomination.  
This group is self supporting from the voluntary contributions of our members and receives no outside donations. There are no dues or fees and we are free to contribute as we see fit. This is not a place to meet sexual partners nor is it group therapy. We do not give advice or interrupt. Anonymity is a cornerstone of the programme and we use only first names. If you have a trying time remember others have been there too. Reach out, don't struggle or isolate.
3. A few moments of silence to reflect on why we are here and to think of the addict who still suffers.

4. **Group introductions** We now come to Group Introductions in which we each introduce ourselves by our first name only. If there is anyone on the line for whom this is their first SAA meeting, please say so when you introduce yourself so that we may share a few words of welcome with you (added 3rd Oct 2020).

If there is anybody new to this meeting, briefly explain the format - Daily Reading & share; Topic & share; General share

### **If there is a Newcomer in the meeting:**

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.

5. **Group business**
6. **Reading** from Answers in the Heart or Voices of Recovery
7. **Sharing on the Reading:** the meeting is now open to share any thoughts or insights on the reading we just heard. General sharing will come later.

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8. **Focus** – Main Share, Reading or similar
9. **Sharing on focus:** the meeting is now open to share any thoughts or insights on the share/reading/audio we just heard. Again, general sharing will come later.
10. **General Sharing** We now come to General Sharing.

We encourage you to bring into the light of the meeting those behaviours and experiences which cause you shame; to deprive them of their power, which is in their secrecy.

But more than this, we are encouraged to share our strength, experience, and hope, and how we apply the principles of the programme in every area of our lives. We are invited to share the things we do every day that help us go to bed sober and serene, and that make our lives manageable.

Please however, in your use of language, be sensitive to the safety of others.

Please, also, avoid naming specific places, publications, broadcasts or services, and remember that although we are all free to decide what sexual sobriety means for us, our healthy choices may be triggering for others.

*We use only our first names and speak in “I” Statements not “You” statements to avoid sounding like we’re giving advice.*

(ADD TIME LIMIT IF NECESSARY)

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

Please introduce yourself if you wish to share.      The meeting is open.

11. **Sobriety milestone chips** – 1 day, 1 week, 1 month, 2 months, 3 months, 6 months, 9 months, 1 year, 18 months, multiple years - if no milestones doesn't mean there's no sobriety in the room
12. **Tradition of the Month** - read the tradition of the month and reflect on it for a few moments
13. **7<sup>th</sup> Tradition** - Every SAA group ought to be fully self-supporting, declining outside contributions.
14. **The Step 9 Promises reading** (volunteer or all together)

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.

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. [continues ...]

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.

[Taken from the Big Book of Alcoholics Anonymous – pages 83-84, chapter 6]

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15. **Closing Preamble** - In closing the opinions expressed here tonight were strictly those of the person who gave them. Take what you like and leave the rest. Whatever problems you have, there are those among us who have had them too. If you keep an open mind you will find help.  
Please remember to stay on the call if you want to discuss anything.

16. **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**

17. **Last week of month** – group conscience / business meeting - see below:

### **Group Conscience:**

#### **Business section:**

Service Positions:

Chair

Host

Telephone - TBA

Emails - Dave

Secretary - Martin

Treasurer - Martin

Literature - Martin

AOB

#### **Conscience section:**

The 12 Traditions?

How is the Group doing?

Group Inventory

Close with Serenity Prayer using “we” and “us”

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### The 12 Steps of Sex Addicts Anonymous

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.

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### 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.