

SAA LGBTQ+ Meeting

Secretary's Script

Hello and welcome to the Wednesday evening LGBTQ+ meeting of Sex Addicts Anonymous. My name is _____ and I am a sex addict.

This meeting runs from 18:30 to 19:30. We will begin the meeting with a moment of silence for the still-suffering sex addicts inside and outside of this room...

Please join me in the Serenity Prayer using '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.

Could everyone please ensure your mobile phones are set to silent to keep disruptions to a minimum.

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. While this particular meeting was created for LGBTQIA* people, all sex addicts are welcome.

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.

For any newcomers with us for their first Sex Addicts Anonymous meeting, or if it is your first time at this particular meeting, we acknowledge you for the courage it took to get here. After the close of our meeting there will be a time for you to ask questions to support you in your recovery through the SAA 12-step program. It is suggested that you attend six meetings before deciding if SAA is for you. Please know you are welcome here and do please keep coming back. We hope you will find you are in a safe place in this meeting.

We now introduce ourselves using our first names only. Please make sure to keep this brief to allow time for sharing later, I will start us off...

And now we come to our readings:

Please may we have **A Message of Hope**.

Please may we have **The Twelve Steps of SAA**.

Please may we have **The Twelve Traditions of SAA**.

* Lesbian, Gay, Bisexual, Trans*, Queer and/or Questioning, Intersex, and Asexual and/or Ally

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

First week of the month - 12 Steps reading

This week we focus on one of the Twelve steps of SAA, which we will read from the book Sex Addicts Anonymous.* If you feel comfortable, please read one or two paragraphs then pass. Who would like to start us off?

Second week of the month - Main Share (If a main share is not available, use the fifth week of the month)

This week we welcome _____ who has come to share their experience strength and hope with us. It's a 15-minute share; would you like someone to support you with the timing?

Third week of the month - Twelve Traditions reading followed by Group Conscience (meeting ends at 19:13 to allow time for this)

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

Fourth week of the month - A Reading from the Alcoholics Anonymous Big Book

This week, we continue reading from AA's Big Book for up to 15 minutes. If you feel comfortable, please read one or two paragraphs, then pass.

Fifth week of the month - Tools of the Program / Daily meditation reading

Tools of the Program:

This week, we focus on the tools of recovery. Please may I have two volunteers to choose and read a tool each from the 'Tools of Recovery' booklet?

Daily meditation:

This week we will have a reading from today's **Answers in the Heart** or **Voices of Recovery** page and have longer time than usual for sharing. Please may we have a volunteer to read the Daily Meditation?

* According to the number of the current month - i.e. Feb = Second Step

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

Sharing

We now come to the sharing portion of the meeting. Members are encouraged to share on today's topic. Please share your Experience Strength & Hope encountered in recovery and the 12 Steps and 12 Traditions. We do not have to check in if we don't want to.

Towards the end of our sharing time (~10 mins before the end) we will pause to allow newcomers and those who find sharing difficult the chance to speak or even just to 'claim their seat'. If we have time, we will open back up to general sharing afterwards.

} Skip this paragraph if there's a Group Conscious after the meeting

Newcomers, this is a time when you may share your thoughts or feelings on the topic, the reading, or whatever else that is on your mind.

Cross talk guidelines:

When sharing, be sensitive in your use of language and avoid mentioning specific places, publications, broadcasts or services. Please use 'I' statements, rather than 'You' or 'We' statements and avoid cross-talk and referring to other members by name. (In case of a main share) You may, however, wish to refer to [the main sharer] by name when speaking about their share. Cross-talk is giving advice to others who have already shared, speaking directly to another person rather than to the group and questioning or interrupting the person speaking at the time.

Cross-talk guidelines help keep our meetings a safe place. If anyone believes that the cross-talk guidelines are not being observed, please ask me to re-read them at any point during the meeting. Please do not be upset or embarrassed if this happens; this is simply to make sure the guidelines are understood by all and ensure that the meeting remains a safe place for people to share.

[If our designated timekeeper is absent] Would someone like to volunteer to be our spiritual timekeeper by noting thirty seconds left for sharing and time's up?

Please could you try to keep your shares to approximately ___ minutes [minimum 2.5 minutes] and please do not be offended if you are asked to stop by [timekeeper].

At this meeting we have a **We Care Sheet** to exchange numbers and to note how we are feeling. On the first round, please add your name and number if you wish. On the second round, please feel free to take numbers for outreach. We lovingly ask you not to photograph the whole sheet. The sheet will be destroyed at the end of the meeting.

The meeting is now open for sharing.

sharing time

Unless there's a Group Conscious, at 19:15 say '**we have ten mins of sharing time left...**' Then after approx 1.5mins of silence '**sharing is open for everyone**' sharing ends at 19:25

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 we are fully self-supporting from our own contributions. Our rent is £30 per hour and if you wish to contribute to our running costs please consider making a donation via our Paypal page,* or via CashApp.** You can do so by scanning one of the QR codes in the middle of the room. Please contact me - or our treasurer - if you have any questions around anonymity when making donations online.

our Paypal page



CashApp £HSTr7



Other Business

Are there any SAA related announcements?

Sobriety Chips

In this meeting we celebrate progress by the distribution of chips and a round of applause. The chips can signify periods of sobriety from all bottom lines, specific bottom lines, your length of time in the program or anything that is important to you!

Is there anyone who is celebrating:

- Multiples years
- Six months
- 18 months
- Three months
- One year
- Two months
- Nine months
- One month

And finally is there anyone coming back from a slip or wishing to celebrate a new way of life with a 1 day chip?

Service

Service is an important tool of recovery and, on behalf of us all, I would like to thank everyone who has read at this meeting...

[If our designated timekeeper is absent add]: 'and to _____ for timekeeping'.

Our trusted servants for this meeting are:

Set up: _____, Greeters: _____, Chair finder: _____, Timekeeper: _____

Literature secretary: _____, Treasurer: _____, Tea/coffee: _____,

Group Service Rep: _____ and Co-secretaries: _____ and _____

This group recommends that all sex addicts get a sponsor and work the Twelve Steps. If you have worked the Twelve Steps of SAA and are available to discuss, or answer questions about sponsorship please raise your hand. If you are looking for a sponsor please approach one of these group members or speak to me for help finding an available sponsor.

* paypal.me/saawed

** Our Cash App handle is £HSTr7

Please may we have **The 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. Meeting details will be available on the SAA website, on our WhatsApp group and by contacting our GSR via our group's email.

Only for the third week of the month - Group conscience (led by GSR)

We will shortly hold our monthly Group Conscience for up to 15 minutes. A Group Conscience is a short business meeting where we collectively agree how our meetings are run.

We will now close our meeting with the serenity prayer. You may join me, using '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.

The Twelve Steps of SAA

– Intro adapted by the group, steps text taken from *Sex Addicts Anonymous*, p. 20-21

The following steps are the heart of our program. They contain a depth that we could hardly have guessed when we started. As we work them, we experience a spiritual transformation. 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 program 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.

- 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.

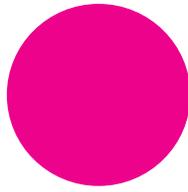
- 9** Made direct amends to such people wherever possible, except when to do so would injure them or others.

- 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.

Steps



The Promises

– Alcoholics Anonymous, p. 83-84

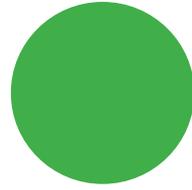
- If we are painstaking about this phase of our development, we will be amazed before we are half way through.
- We are going to know a new freedom and a new happiness.
- We will not regret the past nor wish to shut the door on it.
- We will comprehend the word serenity and we will know peace.
- No matter 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 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.

Promises



The Twelve Traditions of SAA

– Sex Addicts Anonymous, p. 77

- 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, declining outside contributions.

- 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.

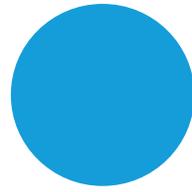
- 11 Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.

- 12 Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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Traditions



A Message of Hope for Sex addicts in the LGBT Communities

Adapted From SAA Literature –
SAA & the Lesbian / Gay / Bisexual / Transgendered Sex Addict.

Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. We are grateful to A.A. for this gift which makes our recovery possible.

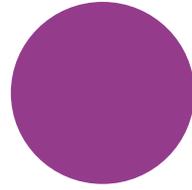
Our Primary Purpose is to stop our addictive sexual behaviour and to help others recover from sexual addiction. We find a new way of living through the SAA Program, and carry our message to others seeking recovery. Membership is open to all who have a desire to stop addictive sexual behaviour. There is no other requirement.

Our fellowship is open to anyone regardless of age, race, religion, ethnic background, marital status or occupation. We welcome members of any sexual identity or orientation, whether they are gay, lesbian, straight, bisexual, queer, trans, cis, non-binary, asexual or intersex.

Many of our sexual behaviours produced negative consequences. These behaviours are not gender specific and may cross lines of sexual orientation. In the recent decades of sexual liberation, we may have been encouraged to engage in some activities in order to foster a “Gay Positive” self-esteem. Yet for some of us, these behaviours ultimately backfired and left us discouraged, isolated and demoralized. For many of us, the spiral of sexual addiction led to what we called “Hitting Rock Bottom”.

To Hit Rock Bottom is to reach such a low point - mentally, physically, emotionally and spiritually – that we break through our denial. We now use our sense of surrender in a healthy manner. Previously we surrendered to the destructive addictive sexual behaviours that caused great damage in our lives. Now we start to surrender and become teachable, to a healthier way of life filled with **Hope**, **Growth** and **Change**.

A Message of Hope





seconds



minute