

Manchester Monday Night Meeting

S.A.A. Script

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1. Pre-Meeting Check List:

Distribute readings

Identify the correct segment to read from 'Focus of the Meeting.' Section. If no newcomers are present, the Focus of the Meeting section works like this:

- Week 1 – Main Share
- Week 2 - Step Reading
- Week 3 - Pamphlet Reading
- Week 4 – Tradition Reading
- Week 5 – Open Suggestion

However, the script you read out changes depending on whether there is a newcomer present, and whether the full chapter of 'Our Addiction' has been read this month.

2. Chair Introduction

Good evening. My name is <Name> and I'm a sex addict.

Before we start, please turn off all mobile phones or set them to a silent profile, and please have no headphones or technology on display. Thank you.

3. 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. Meeting attendance is strictly limited to people who are 18 years or older.

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.

4. Initial Readings

Welcome to the Newcomer

If there are any visitors or newcomers present, that is anyone who is at their first ever SAA meeting, 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:

Please will someone read 'The Letter to Newcomers'.

IF NO NEWCOMER IS PRESENT:

Please will someone read 'Our Addiction'.

Please will someone read 'Our Programme'

Please will someone read 'The 12 Steps of SAA'

5. Group Check In

We now come to Group Check In. Please will each member in turn, starting with the Chair, briefly check in, telling us your first name and just one outer circle activity you have enjoyed recently. **IF A NEWCOMER IS PRESENT:** For the newcomer, outer circle actions are healthy activities and behaviours that benefit our recovery.

Please keep your check in very brief; this is not the time to share about your recovery.

6. Reading from Voices of Recovery

Please will <Name> now read the relevant page from "Voices of Recovery".

7. Meditation

We now come to the 3-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?

8. Focus of the Meeting – Shares / Readings

We now come to the focus of the meeting...

a. Instructions & readings if a Newcomer is NOT present.

IF IT IS "MAIN SHARE" WEEK OR "OUR ADDICTION" HAS ALREADY BEEN READ THAT MONTH, THE MAIN SHARE/READINGS WILL PROCEED AS NORMAL. READ ONE OF THE FOLLOWING FOR THE CORRECT WEEK

Week 1 – Main Share

We now come to the focus of the meeting. This is the first Monday of the month and the focus is a main share. <Name> 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 <Name>.

Week 2 - Step Reading

We now come to the focus of the meeting. This is the second Monday of the month so tonight is a Step Meeting where we read the step corresponding to the number of the month. This being the <#> month of the year, we will read step <#> from the SAA green book (or the AA blue book).

Week 3 - Pamphlet Reading

We now come to the focus of the meeting. This is the third Monday of the month, meaning tonight we will read something from the SAA or AA literature. Please can we have a volunteer to select a pamphlet from the table for us to read?

Week 4 – Tradition Reading

We now come to the focus of the meeting. This is the fourth Monday of the month which means tonight is a Tradition Meeting where we read the Tradition corresponding to the number of the month. This being the <#> month of the year, we will read Tradition <#> from the SAA green book (or the AA blue book).

Week 5 – Tools of Recovery Readings (2 sections)

We now come to the focus of the meeting. This is the fifth Monday of the month so the Chair will choose two sections from “Tools of Recovery”.

NOW GO TO THE 9TH SECTION: THE SEVENTH TRADITION

b. Instructions & readings if a Newcomer IS present.

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 “OUR ADDICTION” HAS ALREADY BEEN READ THAT MONTH, THE MAIN SHARE/READINGS WILL PROCEED AS NORMAL.

READ ONE OF THE FOLLOWING FOR THE CORRECT WEEK

Week 1 – Main Share

We have a newcomer here tonight, so before we go to the focus of the meeting, please can someone read the 2-page version of ‘Our Addiction’?

This is the first Monday of the month and the focus of the meeting is a main share. <Name> 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 <Name>.

Week 2 - Step Reading

IF ‘OUR ADDICTION’ CHAPTER HAS NOT BEEN READ THIS MONTH

Normally, on week two, we read one of the Twelve Steps. But as we have a newcomer here this evening, we will read ‘Our Addiction’ from the green book of SAA.

IF 'OUR ADDICTION' CHAPTER HAS BEEN READ THIS MONTH

We have a newcomer here tonight, so before we go to the focus of the meeting, please will someone read the 2-page version of 'Our Addiction'?

This is the second Monday of the month and tonight is a Step Meeting where we read the step corresponding to the number of the month. This being the <#> month of the year, we will read step <#> from the SAA green book (or the AA blue book).

Week 3 - Pamphlet Reading

IF 'OUR ADDICTION' CHAPTER HAS NOT BEEN READ THIS MONTH

Normally, on week three, we read an SAA pamphlet. But as we have a newcomer here this evening, we will read 'Our Addiction' from the green book of SAA.

IF 'OUR ADDICTION' CHAPTER HAS BEEN READ THIS MONTH

We have a newcomer here tonight, so before we go to the focus of the meeting, please will someone read the 2-page version of 'Our Addiction'?

This is the third Monday of the month, meaning tonight we will read something from the SAA or AA literature. Please can we have a volunteer to select a pamphlet from the table for us to read?

Week 4 – Tradition Reading

IF 'OUR ADDICTION' CHAPTER HAS NOT BEEN READ THIS MONTH

Normally, on week four, we read an SAA Tradition. But as we have a newcomer here this evening, we will read 'Our Addiction' from the green book of SAA.

IF 'OUR ADDICTION' CHAPTER HAS BEEN READ THIS MONTH

We have a newcomer here tonight, so before we go to the focus of the meeting, please will someone read the 2-page version of 'Our Addiction'?

This is the fourth Monday of the month which means tonight is a Tradition Meeting where we read the Tradition corresponding to the number of the month. This being the <#> month of the year, we will read Tradition <#> from the SAA green book (or the AA blue book).

Week 5 – Tools of Recovery Readings (2 sections)

IF 'OUR ADDICTION' CHAPTER HAS NOT BEEN READ THIS MONTH

Normally, on week five, someone suggests a topic for the meeting. But as we have a newcomer here this evening, we will read 'Our Addiction' from the green book of SAA.

IF 'OUR ADDICTION' CHAPTER HAS BEEN READ THIS MONTH

We have a newcomer here tonight, so before we go to the focus of the meeting, please will someone read the 2-page version of 'Our Addiction'?

This is the fifth Monday of the month so the Chair will choose two sections from "Tools of Recovery".

GROUP READING ETIQUETTE

IF IT IS A GROUP READING THEN SAY:

As the 1st Tradition states: *'Our common welfare should come first; personal recovery depends upon S.A.A. unity.'* Please read no more than 2 paragraphs before passing so as many attendees as possible have the chance to read.

We'll go round the circle to the <RIGHT/LEFT>. Once you've read, please pass on the reading. If you do not wish to read, please pass to the next person.

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

9. The Seventh Tradition

Our treasurer will announce the 7th tradition and update the latest financial position of the Group.

THE TREASURER WILL UPDATE THE GROUP WITH LATEST FINANCIAL POSITION AND WILL HIGHLIGHT ANY SHORTFALLS E.G. IF CONTRIBUTIONS DON'T COVER BASICS SUCH AS RENT, LITERATURE AND SNACKS.

7th tradition: *Every SAA group ought to be fully now announce the self-supporting, declining outside contributions.*

IF NEWCOMER IS PRESENT: Newcomers do not need to contribute on their first meeting.

10. Snack Time

We're going to take a small break for <5> minutes. If you wish to get a snack, now is your time.

11. General Sharing

We now come to General Sharing time, where we invite those present to share their own hope, strength, and experience encountered in recovery and through working the 12 steps.

General Share Guidelines:

12 step recovery is a program of constant thought of others. In your sharing, please be sensitive to the safety of others by using these guidelines:

- We do not share overly specific descriptions of acting out behaviours and we don't name specific places where we have acted out, or services and websites we have used. We also avoid using slang terms for acting out behaviour. We speak in "I" statements, not "you" statements to avoid sounding like we are giving advice, and we don't interrupt when others are sharing.
- In the event of an inappropriate share, the Secretary will gently interrupt to remind you of these guidelines. Please don't worry if this happens to you - this is a program of progress, not perfection, and we are all here to learn.
- We encourage you to draw inspiration from other people's shares, but please refrain from directly talking to that person, mentioning them by name or offering advice.

- During someone's share, please refrain from fidgeting or making noise so not to distract from the purpose of the group share. Please keep your sharing to within <#> minutes so that as many people as possible get a chance to share. **CHAIR TO DECIDE HOW LONG GENERAL SHARING LASTS FOR. E.G. 3 OR 4 MINUTES (LONGER IF <14 ATTENDEES).**
- Before we start the General Share, please be mindful of the service that your hope, strength, and experience can give others. Being open and vulnerable as well as clear about what you want to communicate all contribute to the power of your share. It is also recognised that sometimes attendees have a strong need to say something aloud for their own benefit, which is also fine. Finally, please also note that there is no need to use all the allotted time. 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).
- 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? 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 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 NO NEWCOMERS DECIDE TO SHARE ANNOUNCE THE FOLLOWING: I now open up the remaining time for general sharing to anyone who either has or has not already shared.

12. Group Business

That brings us to the end of general sharing. Do any members have any group business?

13. 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, <Name> if you need any more details.

a. Outreach & 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 <Name>, who is currently the group's Sponsor Finder.

b. WhatsApp

You may also find it beneficial to join our WhatsApp group where we share ideas on recovery and any information pertinent to the group. If you are interested in joining please see our WhatsApp secretary, <Name> who will add you.

c. Literature

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, <Name>.

d. The 12 Traditions of SAA

Please will someone read the tradition corresponding to the number of the month.

e. The Promises

Please will someone read the Step 9 promises.

f. Celebrations

Please will someone do the clean time countdown for anyone who is celebrating a recovery milestone or other significant event this week.

14. Chair's Closing Statement

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;

15. 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,
Keep coming back,
It works if you work it,
So work it, your worth it.