**CHELTENHAM ‘KEEP IT SIMPLE’ MEETING OF S.A.A.**

**Meeting Format**

**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 those fellows online mute their voice when they are not speaking. Thank you

**2. Opening**

Welcome! This is the Cheltenham ***‘Keep It Simple’*** 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, nor is it group therapy.

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 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.

**3. ‘Our Addiction’**

I have asked \_\_\_\_\_\_\_\_\_\_\_\_\_ to Read **‘Our Addiction’**

**4. ‘Our Programme’**

I have asked \_\_\_\_\_\_\_\_\_\_\_\_\_ to Read **‘Our Programme’**

**5. ‘The Traditions’**

Just as the steps teach us the spiritual principle for healthy individual recovery; the Traditions embody the spiritual principles necessary for the healthy functioning of our groups. Adhering to these principles safeguards our fellowship, thus protecting the recovery of each individual member. We have found that they also help us to act with integrity in our personal relationships and as responsible members of society. Please may we have a volunteer online to pick and read two traditions?

**6. Silence**

Thank you There will now be a short silence during which we reflect on why we are here and to think of the still suffering sex addict (*about 30 seconds*)……….. Thank you

**7. (Newcomer Reading - Only read if there is a newcomer)**

Because we have a newcomer tonight may I have a volunteer to read “A Letter to the Newcomer?”

**8. Main Share/Step/Reading**

The focus for this week’s meeting is

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1st Weds** | **2nd Weds** | **3rd Weds** | **4th Weds** | **5th Weds** |
| **Reading + Main share** | **Step reading + Step share** | **Reading +**  **Main share** | **Tradition reading + Tradition share** | **Reading + Main share** |

\_\_\_\_\_\_\_\_\_\_ has kindly agreed to read \_\_\_\_\_\_\_\_\_\_ from \_\_\_\_\_\_\_\_\_\_. Thanks you

Now, \_\_\_\_\_\_\_\_\_\_ has kindly agreed to share with us his/her hope strength and experience. He/she will speak for twenty minutes after which I will open meeting for general sharing. Would you like any timings? Over to you \_\_\_\_\_\_\_.

**9. General Sharing Time – Guidelines**

We now come to General Sharing time where we invite those present to share their own hope, strength and experience. We avoid giving individuals direct advice or feedback.

Please keep your sharing to under [3-5] minutes so that as many people as possible get a chance to share. We appoint \_\_\_\_ and \_\_\_\_\_ as timekeepers who will indicate when one minute is remaining. Following this we would ask that sharers then finish up of their own accord rather than waiting for any further reminders from the timekeeper.

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.

We do not interrupt each other, and we do not ask questions or engage in discussion, please speak in ***“I”*** Statements not ***“You”*** statements to avoid sounding like you are giving advice.

Finally, please bear in mind 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 9pm.

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

*In the case of long silences (a minute) announce the following – “I invite anyone who has shared to come in and share further their experience, strength and hope in order to fulfil the group’s primary purpose”*

**10. Group Business**

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

**11. Secretary 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 Wednesday Keep it Simple group your home group then please see any of the current group members after the meeting. If group members could raise their hands so that people know who they are? It is also suggested to get a sponsor as soon as possible, anyone who is available to sponsor, or can help someone find a sponsor, please raise your hands.

**12. 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 \_\_\_\_\_\_\_\_\_\_\_ (*name and indicate literature secretary or nominated stand-in*)

**13. The Seventh Tradition**

\_\_\_\_\_\_\_\_\_\_ our treasurer, will now announce the seventh tradition:

**14. The Promises**

Please may we have a volunteer online to read the promises associated with step nine from the AA basic text.

**15. 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. Instead let the understanding, love and peace of the programme grow in each of us one day at a time.

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

For anyone who wants to exchange numbers, please stay around and connect in fellowship.

Keep coming back! The programme works if you work it! Will you join me in closing the meeting with the Serenity Prayer? Using the word God as you understand it;

**ALL AT WILL**: ***'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.'***

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