

Online: <https://join.freeconferencecall.com//astirlingsolution>

Phone: 0333 015 4191 code 7020604# (*6 to mute/unmute)

OPTIONAL PRE-MEETING (before 8pm)

Would anyone like to volunteer to read one of our three readings from the Big Book of AA, translated into terms of sex addiction?

All readings are available on the webpage for this meeting at saauk.info, if you don't have a Big Book to hand.

1. **HOW IT WORKS** – from page 58 in the Big Book

OPTIONAL GUIDANCE: starting at “*Rarely have we seen a person fail*” at the top of page 58 & finishing at “*That God could and would if God were sought*” half way down page 60 --- (2.5 pages)

2. **THERE IS A SOLUTION** – from page 17 in the Big Book

OPTIONAL GUIDANCE: starting at “*We of Sex Addicts Anonymous*” at the top of page 17 & finishing at “*harmonious action*” near the bottom of the same page --- (1 page)

3. **A VISION FOR YOU** – from page 152 in the Big Book

OPTIONAL GUIDANCE: starting at “*We have shown how we got out from under*” part way down page 152 & finishing at “*Our own recovery proves that!*” half way down page 153 --- (1 page)

OPENING (8pm)

Welcome to the Stirling Solution meeting of Sex Addicts Anonymous. My name is _____ and I am a sex addict.

Let us open the meeting with the Serenity Prayer, using the word God as you understand it.

“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

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.

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. To avoid interrupting that message, we remind members to please mute their phones (**When face-to-face add: or place on silent profile**) to avoid background noise.

1st READING

_____ has kindly agreed to read / Can I please have volunteer to read **HOW IT WORKS**, from page 58 in the Big Book of Alcoholics Anonymous*, translated into terms of sex addiction.

***OPTIONAL GUIDANCE:** starting at “*Rarely have we seen a person fail*” at the top of page 58 & finishing at “*That God could and would if God were sought*” half way down page 60 --- (2.5 pages)

GROUP INTRODUCTIONS

When face-to-face, start Group Introductions in the room and then move to those joining virtually.

To encourage connection through fellowship, we will now introduce ourselves by our first name and location if we wish. I'll start. My name is _____ and I'm a sex addict (calling from _____)

2nd READING

_____ has kindly agreed to read / Can I please have volunteer to read **THERE IS A SOLUTION**, from page 17 in the Big Book of Alcoholics Anonymous*, translated into terms of sex addiction.

***OPTIONAL GUIDANCE:** starting at “*We of Sex Addicts Anonymous*” at the top of page 17 & finishing at “*harmonious action*” near the bottom of the same page --- (1 page)

FOCUS

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

- **First Week** --- a 15-minute share from [sharer's name] who will share their experience, strength and hope, focussing on Step (# corresponding to month)
 - **Backup if no main share:** a volunteer to share on 2 tools of recovery
- **Second Week** --- a shared reading from step (# corresponding to month) in 12 Steps and 12 Traditions book (AA), translated into terms of sex addiction^
- **Third Week** --- a 15-minute share from [sharer's name] who will share their experience, strength and hope
 - **Backup if no main share:** a volunteer to share on 2 or 3 tools of recovery
- **Fourth Week** --- a shared reading of 2 or 3 tools from the Tools of Recovery booklet (SAA)
- **Fifth Week** --- a shared reading from an SAA booklet reading, or listen to an audio share focussed on step of the month e.g. Sandy B (AA speaker)

^STEP 12 READING SUGGESTION: as step 12 is quite long, it might be best to spread this out over at least 2 weeks e.g. pages 106-115 one week and pages 116-125 the other week

WORDING FOR MAIN SHARER

[Sharer's name] we ask that in your use of language, please be sensitive to the safety of others. Avoid naming specific places, publications, broadcasts, websites and services.

I will give you a time check at 15 minutes. Would you like any other time checks?

Please start whenever you are ready.

GENERAL SHARING

We now come to General Sharing.

Can I ask for a volunteer to act as spiritual timekeeper?

This meeting is focused on recovery. You are encouraged to share on _____'s share 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.

We use only our first names. Whatever our status or position outside this group, is not an issue here. In your use of language, please be sensitive to the safety of others. Avoid naming specific places, publications, broadcasts, websites, apps and services.

We speak in *"I"* Statements not *"You"* statements to avoid sounding like we're giving advice. Our group conscience has given the secretary permission to intervene to preserve SAA's Tradition 5, which reminds us that this meeting only exists in order for the still-suffering sex addict to hear about how to get well through the 12 Steps.

We all have problems - we'd hardly be human if we didn't - and whilst we do share honestly about the challenges we face in life, our joint efforts to focus on the solution to these problems could literally save someone's life.

Although anonymity is a core tradition, please be aware that some people may decide after careful thought to report certain disclosures to the authorities.

Try, if you can, to keep your sharing to within 3 minutes.

Our spiritual timekeeper will notify you at 3 minutes and we ask that at that point you gently start to wrap up your share.

Please be mindful of muting your phone if you are not speaking to avoid interrupting others' shares. I will intervene in the event of background noise or if a sharer cannot be heard.

The meeting is now open for general sharing.

OPTIONAL GENERAL SHARING INTERVENTIONS

Background noise

“Sorry to interrupt, but there is some background noise. Please can everyone check their phone is on mute.”

Over time limit (e.g. 2 minutes over)

“Sorry to interrupt, but you’re now 2 minutes over the 3-minute time guideline. Please can you start to gently wrap up your share, so others get a chance.”

Note: Think carefully before using the below interventions. We cannot stop people sharing just because we disagree with what they say, or if they sound unwell. But, if the sharing is particularly offensive or triggering, here are some suggested interventions to be used with discretion:

Offensive (racist, threatening, religiophobia, hate speech, aggressive, etc.)

“Sorry to interrupt, but what you are saying may be offensive to some people in the meeting. Could I request you move on from this.”

Triggering (i.e. going into detail about acting out)

“Sorry to interrupt, but the way you are sharing may be triggering to some people in the meeting. Please avoid going into detail about acting out behaviours.”

END OF GENERAL SHARING (8:50pm)

We have now come to the end of General Sharing, thank you everyone for your shares.

OPTIONAL ADDITIONAL WORDING (e.g. if problem during general sharing & no intervention at the time):

“Please can I ask members to be mindful of their sharing, to avoid being offensive / avoid going into detail about acting out behaviours” (as appropriate)

GROUP BUSINESS

We now come to group business.

Does anyone have any group business or SAA related announcements?

Thank you

7th TRADITION

Every group ought to be fully self-supporting, declining outside contributions. For those in the physical meeting, we will now be collecting donations to help cover our monthly costs.

For those calling in, or using the app, our Tradition 7 link can be found on the webpage for this meeting at saauk.info. Alternatively, please either email the group at astirlingsolution@gmail.com or ask someone at the end who can provide you with the link to make a donation (<https://pay.collectiv.com/tradition-7-83283>).

Being self-supporting means more than money in the pot, our members are invited to offer service by attending meetings, sharing, reading, fellowship and sponsorship. If you can afford to give a little extra, then donations to the UK Intergroup and International Service Organisation (ISO) will help all of us in our recovery.

3rd READING

_____ has kindly agreed to read / Can I please have volunteer to read **A VISION FOR YOU**, from page 152 in the Big Book of Alcoholics Anonymous*, translated into terms of sex addiction.

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GRATITUDE

To show our gratitude that this programme works, can I ask everyone who is sober today to please unmute your mic and make some noise.

CLOSING

Thank you to everyone who does service at this meeting, we couldn't keep this meeting running without you. (Face-to-face: Due to the nature of our addiction, we respect each others' boundaries by refraining from hugging and asking before shaking hands.)

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

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

Can I ask that ***the Sharer*** leads us out in the Serenity Prayer.

"God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."