

Anything in red isn't to be read out!!

Notes for the secretary, prior to the start of this telephone meeting

- If FIRST week of month then choose a story from the Alcoholics Anonymous Big Book.
- If SECOND week of month then make sure the person doing the main share is going to be at the meeting. If you were unable to secure a main share then hold a quick group conscience at the start of the meeting to decide the focus of the meeting.
- If THIRD week of month then choose a section of the Alcoholics Anonymous Big Book between the Doctor's Opinion and page 164.
- If FOURTH week of month then we will be reading the STEP of the month from the SAA Green Book.
- If FIFTH week of month then we will be reading the TRADITION of the month from the SAA Green Book.
- It is your responsibility throughout the meeting to be aware of members in noisy environments or who are making a noise. Please announce with something like this:

"We are getting some background noise. I would like to remind members who are not speaking to please mute by pressing the mute button or *6 {star 6} if you called in on the phone"

{The Northampton SAA Group}

Good evening everyone, welcome, this is the Northampton group of Sex Addicts Anonymous. My name is..... and I am a sex addict. I will shortly call out a range of letters of the alphabet. Can you please introduce yourself when your letter is called, saying your first name and title? Newcomers do not have to identify themselves as sex addicts. If your first name starts with A-B-C-D then please introduce yourself now ... {pause} ... and next if your first name starts with E-F-G-H-I-J then please introduce yourself now ... {pause} ... next if your first name starts with K-L-M-N-O then please introduce yourself ... {pause} ...and now if your name starts with P-Q-R-S ... {pause} ...and finally if your name starts with T-U-V-W-X-Y-Z.

Could everyone please mute by pressing the mute button or *6 {star 6} if you called in on the phone. To repeat, press the mute button or *6 {star 6} if you called in on the phone.

S.A.A. is a fellowship of people who share our experience, strength and hope with each other, so that we may stop our compulsive Sexual behaviour and help others to recover from Sexual addiction and dependency.

Membership is open to all who share a desire to stop compulsive Sexual behaviour and are willing to try to follow this simple program.

Our programme is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous, but we are not affiliated with A.A. or any other organization or agency. We are not a religious organization or aligned with any sect or denomination.

This is not a place to meet Sexual partners nor is it group therapy. We try to listen respectfully to what others have to say and to share our experience as it seems appropriate. We do not give advice.

This is a Closed Meeting.

Anonymity is a cornerstone of the Twelve Step Program. We use only our first names. Whatever our status or position outside this group, it is not an issue here. Our common bond is our desire to stop our compulsive Sexual behaviour and to live Sexually healthy lives. Anonymity and confidentiality are essential to this being a safe place for all of us. Whatever you hear here, let it stay here, when you leave here.

We hope you will join in sharing the collective experience, strength and hope that is ours when we work the program and trust our Higher Power to deliver the promises. If you are new or having a trying time remember that others of us have been there too. Keep coming back! It works!

Could we have a moment's silence to remember tradition 5 which is that each group has but one primary purpose, to carry its message to the Sex addict who still suffers.

{Silence}

{15 seconds}

Thank you

{Big Book Readings}

I am now going to ask for volunteers to read from the Alcoholics Anonymous Big Book. If you have a copy and are willing to read, then please unmute by pressing the unmute button or *6 {star 6} if you called in on the phone.

{Wait for 5 seconds whilst volunteer readers unmute}

{How It Works}

We will start with “HOW IT WORKS”. This can be found on page 58, starting “Rarely have we seen a person fail ...” reading through to page 59 and stopping at “... with complete abandon”.

Do I have a volunteer?

Thank you.

{If no volunteers then read}

How it Works

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually people who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided, you want what we have and are willing to go to any length to get it — then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with addictive Sexual behaviour, cunning, baffling, powerful! Without help it is too much for us. But there is one who has all power that one is God. May you find him now!

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

{The Twelve Steps and Three Pertinent Ideas}

We will continue with "The Twelve Steps and Three Pertinent Ideas". This starts on page 59 from "Here are the steps we took ..." and stops on page 60 with "... would if He were sought".
Do I have a volunteer?

Thank you.

{If no volunteers then read}

The Twelve Steps and Three Pertinent Ideas

Here are the steps we took, which are suggested as a program of recovery:

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 all 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 practise these principles in our lives.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our personal adventures before and after make clear three pertinent ideas:

- (a) That we were Sexually addicted and could not manage our lives.
- (b) That probably no human power could have relieved our addiction.
- (c) That God could and would if God were sought.

{Focus of meeting}

{FIRST Friday of Month}

We will now read a STORY from the Alcoholics Anonymous Big Book. If you have a copy and are willing to read, then please unmute by pressing the unmute button or *6 {star 6} if you called in on the phone.

{Wait for 5 seconds whilst volunteer readers unmute}

{Explain what we are going to read}

Please read a few paragraphs and then allow another member to continue the reading.

{Now read SHARING GUIDELINES}

{SECOND Friday of Month}

{Main share or whatever was decided in group conscience at start of meeting}

{Remind main share to unmute themselves}

{Main shares are normally around 15 minutes long}

{Now read SHARING GUIDELINES}

{THIRD Friday of Month}

We will now study a section from the first 164 pages of the Alcoholics Anonymous Big Book. If you have a copy and are willing to read, then please unmute by pressing the unmute button or *6 {star 6} if you called in on the phone.

{Wait for 5 seconds whilst volunteer readers unmute}

{Explain what we are going to read}

Please read a few paragraphs and then allow another member to continue the reading.

{Now read SHARING GUIDELINES}

{FOURTH Friday of Month}

We will now study the 12 STEPS of SAA using the Green Book. If you have a copy and are willing to read, then please unmute by pressing the unmute button or *6 {star 6} if you called in on the phone.

{Wait for 5 seconds whilst volunteer readers unmute}

{Explain we are reading the STEP of the month}

Please read a few paragraphs and then allow another member to continue the reading.

{Now read SHARING GUIDELINES}

{FIFTH Friday of Month}

We will now study the 12 TRADITIONS of SAA using the Green Book. If you have a copy and are willing to read then please unmute by pressing the unmute button or *6 {star 6} if you called in on the phone.

{Wait for 5 seconds whilst volunteer readers unmute}

{Explain we are reading the TRADITION of the month}

Please read a few paragraphs and then allow another member to continue the reading.

{Now read SHARING GUIDELINES}

{SHARING GUIDELINES}

We now come to the sharing guidelines.

If you wish to share, then begin speaking, saying your first name, title and how you are feeling. Could you try to keep your shares to approximately {3/4/5} minutes, and please do not be offended if you are asked to stop by me interrupting your share.

As a matter of courtesy and consideration for others, please do NOT share more than once, until every other member has had a chance to share.

If at any time after 20 minutes, there is a period of silence for more than 1 minute, I will invite anyone who wishes to share a second time to come back in. Anyone who hasn't shared and would prefer to wait, can still come in to share at any time that suits them.

When sharing, please remember to avoid mentioning places and behaviours that may be triggering to others.

Please use "I" statements, rather than "You" or "We" statements.

Please avoid cross-sharing and referring to other members by name.

Remember each group has but one primary purpose: to carry the message to the still suffering Sex addict.

Whilst you are listening and not sharing please mute by pressing the mute button or *6 {star 6} if you called in on the phone.

As a sign of respect to others, please do not use the chat function whilst others are sharing.

The meeting is now open, and sharing will finish at

8.25pm {if no newcomers present}

8:20pm {if newcomers present or it is the fifth Monday of the month}

8.15pm {if we have a group conscience}

{Sobriety Birthdays}

WE NOW COME TO SOBRIETY BIRTHDAYS

This meeting celebrates sobriety time with cheers and claps.
Is anybody celebrating today or this week:

Multiple years of sobriety?

1 year of sobriety?

9 months of sobriety? - **PINK**

6 months of sobriety? - **BLUE**

3 months of sobriety? - **GREEN**

2 months of sobriety? - **YELLOW**

1 month of sobriety? - **RED**

And the most important chip of all for newcomers or anyone returning from a recent slip. Does anybody want to surrender to the programme and seek a new way of life by picking up a virtual one-day chip? - **WHITE**

{Sponsorship Statement}

I will now read the Sponsorship Statement ...

One of the most vital aspects of the program is sponsorship. A sponsor is a person in the fellowship who acts as a guide to working the program of SAA, a fellow addict that we can rely upon for support. Ideally, a sponsor is abstinent from addictive Sexual behaviour, has worked the steps, and can teach you what he or she has learned from working the program. We can learn from a sponsor's experience, struggles, successes and mistakes. Our sponsor can help explain program fundamentals, such as how to define our Sexual sobriety. Most importantly, sponsors guide us through the Twelve Steps.

If we feel like acting out, we can call our sponsor to talk about it. A sponsor can help hold us accountable for our behaviour. If we make a commitment to attend a meeting, our sponsor can note whether we got to the meeting or not. Sponsors can tell us if they think we are at risk of relapse. They can suggest when we are not being fully honest with ourselves. Often a sponsor is the person in the fellowship who knows us best.

Could anyone in a position to take on new sponsees please say your name now?

If anyone is looking for a sponsor, please stay on the line and speak to one of these group members or speak to the secretary, who may be able to text you a list of available sponsors.

{Buddy Statement}

I will now read the Buddy Statement ...

Another important aspect of the programme is the support and fellowship shown to new members of SAA, by someone acting as a Buddy.

A Buddy is a person who can offer guidance, knowledge and support during the early stages of the SAA recovery process. A Buddy can answer questions, concerns and observations about meetings and how to reach out to other members of SAA when required. A Buddy is not a Sponsor, so will not be able to provide guidance around the 12 Steps.

Could anyone in a position to act as a Buddy please say your name now?

If anyone is new to the programme and could benefit from the support of a buddy, please stay on the line and speak to one of these group members.

{Is newcomer present or is it SECOND OR FIFTH Friday of month?}

{YES}

{Closing Statement}

I will now read the Closing Statement ...

It is our collective intention as a solution focused SAA Group to inspire everyone present to get well and to stay well.

Recovery from unwanted sexual behaviours is a living reality. It is available to any who consistently and courageously seeks freedom from the pain of active sex addiction. Each member is unique, has their personal story to share and can, with patient persistence, influence others to also find freedom. Such is the miracle of collective Power available here to all who earnestly seek.

This group recommends that Sex Addicts read the basic text of Alcoholics Anonymous, often referred to as the Big Book, and translate it in to terms of Sex Addiction.

{Business and Wrap Up}

We now come to the Business part of the meeting. Please would everyone unmute by pressing the unmute button or *6 {star 6} if you called in on the phone.

{Wait for 10 seconds whilst everyone unmutes}

Is there any business that needs to be brought before the group?

{Pause and allow people to speak}

If you would like to buy any SAA literature then please go to the SAA online shop at www.saauk.info.

THIS GROUP MEETS ON FRIDAY NEXT WEEK AT 7:25 P.M. FOR A PROMPT 7.30P.M. START

This group recommends that all Sex addicts read the basic text of Alcoholics Anonymous, often referred to as the “Big Book” and translate it into terms of Sex addiction. You can obtain a copy by visiting the AA online shop at www.alcoholics-anonymous.org.uk/Shop

I will now read a Zoom version of the Yellow Card:

Who you see here,
What you hear here,
When you leave here,
Let it stay here.

Thank you to those members who have been of service to the group and thank you for allowing me to be of service

{Is newcomer present or is it THIRD or FIFTH Friday of month?}

{YES}

{Step 9 Promises}

I am now going to ask for a volunteer to read “The Step 9 Promises” from the Alcoholics Anonymous Big Book. These can be found on page 83, starting “If we are painstaking ...” reading through to page 84 and stopping at “... if we work for them”.

Do I have a volunteer?

Thank you

{If no volunteers then read}

STEP 9 PROMISES

If we are painstaking about this phase of our development, we will be amazed before we are halfway 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?

We think not.

They are being fulfilled among us, sometimes quickly, sometimes slowly. They will always materialize if we work for them.

{Is newcomer present or is it FOURTH OR FIFTH Friday of month?}

{YES}

{Step 10 Promises}

I am now going to ask for a volunteer to read "The Step 10 Promises" from the Alcoholics Anonymous Big Book. These can be found on page 84, starting "And we have ceased fighting ..." reading through to page 85 and stopping at "... fit spiritual condition".

Do I have a volunteer?

Thank you

{If no volunteers then read}

STEP 10 PROMISES

And we have ceased fighting anything or anyone, even our inner circle behaviours. For by this time sanity will have returned. We will seldom be interested in our inner circle. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward our inner circle has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality, safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition.

Would you please join me in the Serenity Prayer?

{End of formal part of meeting}

{Group guidelines}

Chairs: Secretary is responsible for finding chairs for future meetings. The chair must have at least 3 months continuous sobriety and have worked at least the first five steps.

Group Service Representative: GSR takes group consciences + reads out upcoming Intergroup agenda (approx. 4 a year); notes group's views; votes at Intergroup on behalf of group; reports back to group

Group Consciences: One every 3 months. However and in addition, the GSR can call a group conscience as and when required.

Telephone Service Position Guidelines

Service Position	Name	Sobriety Requirement (Months)	Programme Requirement (Step done)	Commitment (Months)
GSR	Chris M	3	5	9
Secretary	David	3	5	6
Treasurer	David	3		6
Email Servant	Neil	3		3
Phone Servant	Aga	3		3
Script Servant	Steve			3