# Tuesday Meeting of SAA, London Purley

**Zoom account pre-meeting setup check**

**Before running the meeting, please go through Settings on the Zoom online account, and check the following list has been met (most of the following has already been set up by default - so don’t worry if you have any difficulty with this):**

In the Zoom - Click Settings - Meeting:

• Turn On Encryption for Third Party Endpoints

• Disable Auto saving chat

• Disable File transfer

• Disable Feedback to Zoom

• Allow Screen sharing for secretaries

• Disable desktop/screen share for users

• Disable Remote control

• Allow Virtual background (this is the Zoom default and allows the user to use a virtual background instead of the inside of their apartment, for example)

In the Zoom Settings section, under the Recording subtab:

• **Disable Local recording**

• **Disable Cloud recording**

• **Disable Automatic recording**

**Running Order**

*Meeting starts 19:30*

*General sharing ends 20:50*

*Meeting ends at 21:00*

#### 1. Opening

Welcome to the Purley Tuesday Hybrid meeting of Sex Addicts Anonymous. My name is …………, and I am a Sex Addict.

For those attending the church in person this evening, please can we ask you to adhere to the following Covid-19 safety measures. These were agreed by the Group Conscious, and are set out in the Risk Assessment, which was submitted to the church:

* We encourage group participants to wear masks, when not seated and moving around the church building.
* Please feel free to make use of the sanitise station, and scan the accompanying QR Code to check into the church venue, for Contact Track & Trace via the NHS Covid-19 App.
* Please maintain social distancing guidelines where possible, although hugging and handshakes are down to the discretion of the individual.
* Please note the laminated readings used inside the meeting have been sanitised with disinfectant. This happens at the beginning, and at the end of the meeting.
* We have opened a number of windows, to bring fresh air into the room."

Online Meeting Preamble

This meeting is not being recorded. We have also followed AA guidelines, including disabling screen share and the chat facility until group introductions, except for the co-secretaries, to make the meeting a safer place.

All of the readings for this meeting are now available to access on the SAA website. Please see the group meeting page for the link to download these.

**Remember Online courtesy**

We generally want to respect the usual boundaries of meetings. Unless we have some particular reason to, can I request we don’t use the chat please while the actual meeting is in progress.

**Chat and security:**

Please be aware that if you put your phone number or other contact details into the chat, although the chat *will* disappear at the end of the meeting, your number will be available for the duration of the meeting. There is a potential that your number could be captured by screenshot or by a photo.

For the sake of an effective meeting, please do remember to mute your microphone unless you are contributing to General Sharing. Be conscious of personal security including how your name is displayed.

 If needed, I’ll be muting the all meeting participants who are not reading or sharing except for the check-in and group business sections.

**If you are phoning in, to mute your phone, press \* then 6; to unmute, press # then 6.**

**Please help me to open the meeting with the Serenity Prayer – using the plural *‘us’ & ‘we’*:**

***God, Grant us the Serenity***

***To accept the things we cannot change***

***The Courage to change the things we can***

***And, the wisdom to know the difference.***

**2. Read the Opening**

S.A.A. 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 and dependency.

Membership is open to all who share a desire to stop our addictive sexual behaviour and are willing to try to follow this simple programme. The programme is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous, but we are not affiliated with A.A. or any other organisation or agency. We are not aligned with any religion, sect or denomination. Our only connection with the organisation that operates this service is that of a user of its meeting space.

Anonymity is a cornerstone of the 12 step programme. We use only our first names. Whatever our identity or status outside the meeting is not an issue here. Our common bond is our desire to stop addictive sexual behaviour and live sexually healthy lives.

If you have a desire to have and maintain healthy intimate relationships, you are in the right place. There are no requirements for attendance or participation. There are no fees or dues. We pass the pot at each meeting, and you are free to contribute to our work as you see fit.

**[SHARE SCREEN]**

**READINGS** – Read **OUR ADDICTION**

#### Our Addiction

Before coming to Sex Addicts Anonymous, many of us never knew that our problem had a name. All we knew was that we couldn’t control our sexual behaviour. For us, sex was a consuming way of life.

Although the details of our stories were different, our problem was the same. We were addicted to sexual behaviours that we returned to over and over, despite the consequences.

Sex addiction is a disease affecting the mind, body, and spirit. It is progressive, with the behaviour and its consequences becoming more severe over time.

We experience it as compulsion, which is an urge that is stronger than our will to resist, and as obsession, which is a mental preoccupation with sexual behaviour and fantasies. In SAA, we have come to call our addictive sexual behaviour acting out.

**[STOP SHARING SCREEN]**

#### Newcomer Introduction

*Is there anyone here for their first, second or third meeting of SAA? If so, please introduce yourselves by your first name so that we may welcome you. (If yes, ask someone to read out the* ***NEWCOMERS INTRODUCTION****)*

**[SHARE SCREEN]**

**READINGS** – Read **NEWCOMER INTRODUCTION**

We would like to welcome you to our meeting. We know the courage it takes coming to these rooms for the first time. All of us in this room were in your shoes at one time.

 After we have finished our opening and beginning readings, we will open up the meeting for sharing. This is a time when you may share your thoughts or feelings on the topic, the reading, or whatever else is on your mind. We avoid cross-talk, or interruptions when another person is sharing. We also do not offer advice or criticism. Stick around and talk to one of us after the meeting if you have any questions.

We recommend that you come to at least six meetings before you decide whether SAA has anything to offer you. You will find that each meeting is a little bit different. It is our sincerest hope that you find what you are looking for.

**[STOP SHARING SCREEN]**

#### Meeting Boundaries

**[SHARE SCREEN]**

**READINGS** – Read **Meeting Boundaries**

In this meeting, we use the words ‘I’ or ‘we’ instead of ‘you’ when sharing about our recovery. We do not interrupt or give advice unless asked. We address our sharing to the whole group, not to one or more individuals. A meeting is not a place to meet sexual partners, nor is it group therapy. We try not to use offensive language, or descriptions that are too explicit. We avoid mentioning specific names or places associated with our acting-out behaviour. As a mixed meeting we dress appropriately ever mindful of other addicts.

Our focus remains on the solution, rather than the problem.

We strive to practice anonymity and confidentiality, so that the meeting will be a safe place for each and every sex addict. We generally use only our first names in the group, to help ensure anonymity. Who we meet or what is said in a meeting is treated as confidential and is not discussed with non-group members.

**[STOP SHARING SCREEN]**

#### 3. Introductions

We shall now go around the room, and in no more than a few words briefly introduce ourselves. If you would like to, please state your bottom line behaviours and clean time. Anyone may start.

\*\*\*Secretary enable Chat facility in More - Settings/Security - Allow participants to select Chat With - Everyone.\*\*\*

#### 4. Meditation Reading

## Please can someone read from today’s page in ‘Answers in the heart’, ‘Voices of Recovery’ or another meditation book.

#### 5. Meditation

\*\*\*Find a volunteer to be a spiritual time keeper\*\*\*

This is a time in which to remember those addicts who still suffer in and outside of these rooms, and to reflect on why we are here. **The meditation will be for 2 minutes**. Please do not move during this time.

## **[mute all for 2 mins]**

## **[Unmute all]**

#### Our Program & The Twelve Steps

**[SHARE SCREEN]**

**READINGS** – Read **Our Program & The Twelve Steps**

Attending SAA meetings start us on a new way of life. But while the SAA fellowship supports our recovery, the actual work of recovery is described in the Twelve Steps. Meetings are forums for learning how to integrate the steps into our lives. Working the Twelve Steps leads to a spiritual transformation that results in sustainable relief from our addiction.

**The Twelve Steps of Sex Addicts Anonymous:**

1. We admitted we were powerless over our 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 principals in our lives.

**[STOP SHARING SCREEN]**

#### 6. The 12 Traditions

It is also important that we remember The Traditions.

This month’s tradition is:

|  |  |
| --- | --- |
| January | Our common welfare should come first; personal recovery depends upon SAA unity. |
| February | 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 |
| March | The only requirement for SAA membership is a desire to stop addictive sexual behaviour. |
| April | Each group should be autonomous except in matters affecting other groups or SAA as a whole. |
| May | Each group has but one primary purpose — to carry its message to the sex addict who still suffers. |
| June | 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. |
| July | Every SAA group ought to be fully self-supporting, declining outside contributions. |
| August | SAA should remain forever nonprofessional, but our service centres may employ special workers. |
| September | SAA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve. |
| October | SAA has no opinion on outside issues; hence the SAA name ought never be drawn into public controversy. |
| November | 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. |
| December | Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. |

#### 7. Meeting Topic

The format of this meeting is to rotate the focus of the meeting on a weekly basis each month. This week we have: ……….

1st Tuesday : Step Reading (Corresponding to the number of the month)

2nd Tuesday : A Chair or Step 1 (15 minutes maximum for a member to share their experience, strength and hope)

3rd Tuesday : Topic (Including Tools of the Program)

4th Tuesday : A Chair or Step 1 (15 minutes maximum for a member to share their experience strength and hope)

5th Tuesday : Tradition Reading (Corresponding to the number of the month)

**[For Chairs, Please Read the Following]**

It gives me great pleasure in welcoming ……, who has come to share their experience, strength and hope for up to 15 minutes.

**Introduction to a First Step Presentation**

[*To be read by secretary*]

\_\_\_\_ , you are about to share with us your First step. We acknowledge and affirm your courage in taking this step. We want to clarify some things about this experience for each of us.

The primary purpose for you giving this formal first step presentation is to aid you in your programme of recovery. It need not be done to please the group or gain status. There is no right or wrong way to give a First Step. Any effort you make is legitimate.

Here are some suggestions which others who have gone before you have found helpful. We encourage you to be specific about your behaviours and to speak from the heart in order for you to be in touch with the pain and reality of your addiction. Try not to bury yourself in shame. Let us hear you, not your addict speaking.

The group has a responsibility to be loving, caring, and accepting of you. The members will avoid judging you, giving advice to you or 'taking care' of you.

If you wish, you may request that no-one interrupt you during your presentation. However, several members have affirmed that on reflection, such interruptions have helped to guide them and to make the First Step experience more meaningful. Regardless of your choice in this matter, if you have not finished your presentation by then, I will let you know when 15 minutes of our meeting time remains. This will allow members to share what it was like being with you through this process.

If you do not finish, you may have more time next week. Remember, we are here for you!

May God grant you serenity.

**8. General Sharing**

It is the conscience of this group that sharing is timed to ……. (usually 3 minutes) but it is the discretion of the spiritual timekeeper to allow more time for individual shares if required.

The final 10 minutes of sharing will be left for newcomers (offer it back to everyone if there are no takers or if there is time left).

May I ask for a spiritual timekeeper?!

**Don’t forget……… meeting boundaries**

**Please also remember to mute your microphone when you are not sharing.**

The meeting is now open for General Sharing. I shall bring General Sharing to a close at about 20:23. Please be mindful of the time if you are sharing near the close.

#### 9. The Seventh Tradition

According to our 7th Tradition, this group ought to be fully self-supporting from the voluntary contributions of our members, declining any outside contributions.

The Rent for Zoom is £14.39 per month. We accept voluntary contributions via bank transfer to the meeting PayPal account. **The Paypal account details are:**

[**paypal.me/purleytuesday**](http://paypal.me/purleytuesday)

 Surplus funds are used to fund the work of Intergroup and the International Service Organisation.

Please be aware that your full name is visible to those secretaries with access to the paypal account. If you don’t want your full name to be visible we suggest you set up a new google mail email for paypal.

#### 10. Group Business

Firstly, do we have any reports or updates from the service position holders?

Is there any AOB members would like to raise?

If there are any volunteers for Chairs/Upcoming Step 1’s, then

please speak to either the Chair Finder or Secretaries after the meeting.

Sponsorship: In this meeting, we encourage everyone to find a sponsor to safely guide you through the 12 steps process. Therefore**, please put your name in the comment box** now if you are available as a sponsor, or temporary sponsor.

**\*\*\*Brief Pause\*\*\***

If you would now like to put your number forward for Fellowship/Outreach with other members of the group, please do this now in the Chat facility, which has been opened. Please also speak to one of the Group Secretaries, if you would like to be added to the Group’s WhatsApp.

**Conscience Reminder:** This takes place on the 1st Tuesday of each month.

#### 11. Medallions and Anniversaries

## Ask for a member to present the medallions as required

We celebrate clean time and anniversaries with the presentation of virtual chips, and claps. Direct Feedback is not given but members can give feedback within General Sharing time.

Is anybody celebrating multiple years? 18 months? 1 year? 9 months? 6 months? 3 months? 2 months? 1 month?

…and finally, is anybody coming back from a slip or wishing to commit to a new way of life with a 1-day chip?

**[SHARE SCREEN]**

**READINGS** – Read **The Promises**

**The Promises**

If we are painstaking about this phase in 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 or 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 realise that God is doing for us what we could not do for ourselves.

Are these extravagant promises? ***"We think not".*** They are being fulfilled amongst us, sometimes quickly, sometimes slowly, but they will always materialise if we work for them.

**[STOP SHARING SCREEN]**

**[SHARE SCREEN]**

**READINGS** – Read **The Closing**

**The Closing**

The opinions expressed here tonight were strictly those of the person who gave them. What you heard was spoken in confidence and should be treated as confidential.

Keep it within the walls of this virtual room and the confines of your mind. Remember that anonymity is a core tradition upon which the program depends.

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

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 program grow in each of us, one day at a time.

**[STOP SHARING SCREEN]**

#### 12. Yellow Card

Please remember the yellow card, and the importance of anonymity:

**Who you see here,**

**What you hear here,**

**When you leave here,**

**Let it stay here.**

#### 13. Serenity Prayer

After a moment's silence, will those of you who wish to, please help me to close the meeting with the Serenity Prayer which is said in the plural using the words “us” and “we”.

God, Grant us the Serenity

To accept the things we cannot change

The Courage to change the things we can

And, the wisdom to know the difference.