

Reading Central Monday “Focus on Positive Recovery” Meeting of Sex Addicts Anonymous

This meeting is registered with the UK Intergroup with the following details:

- **Meeting type:** Closed, Mixed
 - *First week – Tradition of the Month*
 - *Second week – Topic / Reading of the day*
 - *Third week - Step reading of the month*
 - *Fourth week - Main Share of Strength Hope and Recovery*
 - *Fifth week – Tools of Recovery*
- **Time:** 7:30pm
- **ISO Group Code:** SPGB0085
- **Email Contact:** readingcentralsaa@gmail.com
- **Telephone Contact:** n/a

A note for Secretaries:

This structure for the Reading Central Meeting of Sex Addicts Anonymous has been prepared for review and agreement by Group Conscience.

Group Conscience takes place on the first meeting night of each calendar month.

<u>Date of Group Conscience.</u>	<u>Amendments</u>
02/12/2019	Confirmation of this script
20/01/2020	Added Step One details in 'Focus' section
02/03/2020	Updated notes on share times and spiritual timekeeper Added notes about conscience meeting notes
16/03/2020	Updated 'Setting Up' to reflect online meeting whilst face-to-face meetings are suspended Updated Medallions and Anniversaries
30/03/2020	Removed reference to "2½ minutes" share warning. Added 'Virtual circle'. Tidied up script to make relevant for temporary online/tele meetings
05/10/2020	Changed timings to start at 7:30
21/06/2021	Ahead of hybrid meetings; agreed to request cameras are on and ensure readings alternate between Zoom and Room participants
04/10/2021	Script servant to be in the room, rather than on Zoom

Setting Up The Meeting (all fellows can help)

On Zoom:

- Ensure there is someone who will share readings etc on Zoom
 - <https://bit.ly/mondaymeetingzoom>
 - <https://bit.ly/greenbookstepstraditions>
 - <https://bit.ly/saachips>
- Note the order of attendees joining the Zoom meeting

For Online/Tele meetings:

- ~~Ensure script servant is present on the meeting by 7:30 latest, has a copy of the script and is aware of and agrees the week of the month (and therefore focus of the meeting)~~
- ~~As attendees come on to the call, note the order of attendees and also ask for volunteers to read each of the readings:~~

For Face to Face meetings:

- Ensure the script servant has a copy of the script and is aware of and agrees the week of the month (and therefore focus of the meeting)
- Identify two fellows willing to act as greeters (one at front of building, one at rear)
- Place chairs into a circle (or an oval)
- Using blutac (or similar):
 - place the A3 laminated 12 steps and 12 traditions posters on the wall (avoid painted areas of the wall if possible)
 - place the A4 laminated slogans on the wall (avoid painted areas of the wall if possible)
- Place the single sheet readings on chairs, to be read by fellows
- Place literature out on a table
- Have one day chips ready to hand out

MEETING SCRIPT

OPENING (at 7:30 pm)

Script Servant: Good Evening. My Name is <Name> and I am a sex addict.

Welcome! I will be your script servant for tonight's meeting.

This is the Reading Central "Focus on Positive Recovery" Meeting of Sex Addicts Anonymous.

Before we start, may I ask that you turn off your phones or set them to a silent profile; and that you remain on mute unless you are speaking.

Group Conscience believes that sharing your camera could really help foster a stronger sense of connection and fellowship so we request Zoom participants, where practical, to have your cameras turned on during the meeting. Thank you.

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.

SAA is self-supporting; 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 only connection with this location is as a renter of meeting space.

Our programme is derived from the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. Although we are not affiliated with AA, we are grateful to AA for this gift.

Anonymity is a core tradition on which the programme depends. Let us make this a safe meeting to bring the message of strength, hope and recovery, focussed on the 12 steps and 12 traditions.

We now open the meeting with the serenity prayer using the word God as you understand it;

ALL: '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.

If there is a conscience meeting read 'CONSCIENCE MEETING'.

CONSCIENCE MEETING

Script Servant: Today's meeting includes a Conscience Meeting. Sharing will be shorter than usual and the conscience meeting will begin immediately after we complete our regular meeting.

If there is a newcomer read 'NEWCOMER'.

NEWCOMER

Script Servant: Since this is <Newcomer's name> first meeting, please may we have a volunteer to read the "Letter to Newcomers".

Alternate these readings between members in the Room and members on Zoom

WHO WE ARE and OUR ADDICTION

Script Servant: Please may we have a volunteer to read "Who We Are and Our Addiction"

OUR PROGRAMME AND THE 12 STEPS

Script Servant: Please may we have a volunteer to read "Our Programme and the 12 Steps"

ABSTINENCE

Script Servant: Please may we have a volunteer to read "Abstinence"

TRADITIONS OF THE MONTH

Script Servant: Please may we have a volunteer to read three traditions for the week of the month, this week being the <1st / 2nd / 3rd / 4th / 5th> week of the month.

REFLECTION

Script Servant: Please may we have a few moments silence in which to reflect on why we are here and to think of the still suffering addict.

Leave sufficient silence for reflection and thinking - usually about 20-30 seconds.

Script Servant: Thank you.

MEETING ROOM & VIRTUAL CIRCLE

Script Servant: Within our hybrid meeting; to keep the meeting flowing at Group Introductions, Readings and Gratitudes, we ask participants to please note down the name of the person who comes before and after you in the meeting room circle and virtual circle.

In the meeting room we have people in the circle who can see before and after them.

In the virtual circle, we have: *Script Servant (or screen sharer on Zoom) reads names of people on the Zoom call*

GROUP INTRODUCTIONS

Script Servant: We now come to Group Introductions, in which we go around the meeting room circle & virtual meeting circle each introducing ourselves by our first name only, and if we wish, how we are feeling in recovery at this moment. Please be short and very brief, saving for general sharing.

Newcomers need not admit to a sex addiction.

SCRIPT SERVANT BEGINS in meeting room circle, continue around the virtual circle.

MEETING BOUNDARIES

Script Servant Please may we have a volunteer to read "Meeting Boundaries".

MEDALLIONS AND ANNIVERSARIES

Script Servant: This group awards medallions and chips to share the positivity of recovery for lengths of sobriety.

Whilst we are in hybrid meetings, we will do this physically and virtually.

Currently we do not have any metal medallions for 12 months or longer years sobriety;

but if anyone is celebrating a significant milestone or anniversary of 12 months or more, please feel free to share it with the group so that we may clap and congratulate you.

Leave a pause for anyone to make themselves known - usually 4-5 seconds.

We do have sobriety chips for up to and including 9 months.

Is there anyone who has passed in the last week:

- 9 months?
- 6 months?
- 3 months?
- 2 months?
- 1 month?

Leave a pause after stating each time period for anyone to make themselves known - usually about 1-2 seconds.

Give the fellow a chip, shake their hand (or elbow/fist bump) and everyone claps.

Lastly, is anyone returning from a slip or relapse, or for the first time is wishing to commit to recovery through the awarding of a 1-day chip?

FOCUS

Script Servant: We now come to the focus of today's meeting.

This being the <1st / 2nd / 3rd / 4th / 5th> week of the month the focus is:

Week #1 - Tradition of the Month reading.

This month being <name of month>, Tradition <number> (e.g. January is tradition 1, December is tradition 12)

We will read from the green book, each reading a paragraph aloud before passing on to the next fellow. Please remember the person before and after you in the circle. The person reading the final paragraph is asked to please read the title of the tradition again.

Please may we begin with a volunteer in the room to read the title of this month's tradition and to begin the first paragraph, then passing around the meeting room circle & virtual meeting circle.

Week #2 - Topic Share or Topic Reading.

A topic of recovery has been selected by a fellow to be talked about to the group. This month, <name> has agreed to pick a topic and share on that topic for up to 15 minutes. Afterwards, we will move to general sharing, at which time we may offer share back.

I will let you know when 5 and 10 minutes are gone, and when 1 minute remains.

<name>, I hand the meeting over to you.

Observe the time and alert the sharer after 5, 10 and 14 minutes.

OR (if no sharer, script servant to choose one of)

We will read a topic from the green book (one of 'Our Addiction', 'Meetings', 'Sponsorship', 'Defining Abstinence', 'Tools of Recovery', 'Withdrawal &

Abstinence', 'Healthier Sexuality', 'Outside Help'. Please can I have a volunteer to select and read one of the topics?

OR

We will read two tools of recovery from the blue booklet 'Tools of Recovery'. Two fellows will each select and read one of the tools of recovery. Please can I have two volunteers to read?

Week #3 - Step of the Month reading.

This month being *<name of month>*, Step *<number>* (e.g. January is step 1, December is step 12)

We will read from the green book, each reading a paragraph aloud before passing on to the next fellow. Please remember the person before and after you in the circle. The person reading the final paragraph is asked to please read the title of the step again.

Please may we begin with a volunteer in the room to read the title of this month's step and to begin the first paragraph, then passing around the meeting room circle & virtual meeting circle.

Week #4 - Main share.

This month, *<name>* has agreed to share their positive experience, strength and hope in recovery. They will share for up to 15 minutes. Afterwards, we will move to general sharing, at which time we may offer share back.

I will let you know when 5 and 10 minutes are gone, and when 1 minute remains.

<name>, I hand the meeting over to you.

Observe the time and alert the sharer after 5, 10 and 14 minutes.

OR (if no sharer)

We will read a story from the AA blue book. Please can I have a volunteer to select and read one story from the blue book?

Week #5 - Tools of Recovery.

We will read two tools of recovery from the blue booklet 'Tools of Recovery'.
Two fellows will each select and read one of the tools of recovery. After both readings we will have focus shareback on both.

Please can I have two volunteers to read?

Both tools to be read before moving to shareback.

Each volunteer, one after the other, reads one of the tools.

Occasional - STEP ONE (instead of weekly focus).

Today is a special focus, as a fellow is sharing their Step One with the group.
Today, <name> has agreed to share their positive experience, strength and hope in recovery through their Step One share.

They will share for up to 15 minutes. Afterwards, we will move to general sharing, at which time we may offer share back.

Please can I have a volunteer to read the "Step One Introduction"?

If today's focus has been a topic share or main share, proceed straight to GENERAL SHARING and skip over FOCUS SHAREBACK.

FOCUS SHAREBACK

Script Servant: We will now share back on the focus of today's meeting for 10 minutes.

Please keep your shares to within 3 minutes. When 3 minutes is up, the spiritual timekeeper will let you know that time is up and please mindfully wrap up your share at that time.

Please may we have a volunteer keep time?

Please introduce yourself if you wish to share. Focus shareback is now open.

Allow 10 minutes for share back, bring the focus to a close.

In case of long silences (a minute or two), ask if there are any more takers and if not, bring the focus to a close.

Thank you, that brings us to an end of focus share back.

GENERAL SHARING

Script Servant: We now come to General Sharing.

We encourage that you share relevant to anything current in your own recovery, including today's focus. Please share on your positive Experience, Strength & Hope encountered in recovery and the 12 Steps and 12 Traditions. Please bear in mind tradition five, 'each group has but one primary purpose - to carry its message to the sex addict who still suffers'.

In your sharing, please be sensitive to the safety of others by avoiding specific descriptions of acting out behaviours, naming specific places you have acted out or publications, broadcasts and services you have used. Avoid using profanity and slang terms for acting out behaviour.

We do not interrupt each other, and we do not ask questions or engage in discussion. Please avoid cross sharing (which is making direct reference to other's sharing or input) and please speak in "I" Statements not "You" statements to avoid sounding like you are giving advice.

Try, if you can, to keep your sharing to within 3 minutes. When 3 minutes is up, the spiritual timekeeper will let you know that time is up and please mindfully wrap up your share at that time. Please may we have a volunteer keep time?

We do not have to check in if we do not want to.

The time is now <time> and General Sharing will finish at 8:45pm (8:30pm if there is a conscience meeting).

Please introduce yourself if you wish to share. General sharing is now open.

In case of long silences (a minute or two), invite anyone who has already shared to come in and share further their experience, strength and hope in order to fulfil the group's primary purpose.

END OF SHARING (at 8:45pm) (8:30pm if there is a conscience meeting)

Script Servant: Thank you everyone for your shares. We have now come to the end of General Sharing.

SEVENTH TRADITION

Script Servant: May I remind everyone of the Seventh Tradition, that is, that every SAA group ought to be fully self-supporting, declining outside contributions.

Being self-supporting involves not only money in the hat. To be self-supporting our group relies on members to volunteer to support the group by attending meetings, to share, to do service, outreach, fellowship, sponsor, and much more.

But we do have a collection in the room and an online collection; please give generously online at www.bit.ly/readingcentral7th or pay cash or card payment in the room, but only what you can afford. If it is your first SAA meeting you are asked not to contribute today.

GROUP BUSINESS & SAA ANNOUNCEMENTS

Script Servant: We now come to Group Business and SAA Business. The SAA Green Book and other SAA Literature is available to purchase from the SAA website. The group does also have some literature available.

There is a notebook or Zoom chat for any member to list an item to be discussed at a group conscience meeting. Please feel free to add items after the meeting by speaking with the GSR.

Short, quick items can be brought to the group in the style of a group conscience at this point of the meeting. For example – to agree or vote a minor edit to the weekly script.

- Do any members have group specific business or general SAA related announcements?

Wait a few moments to let any members raise items

It is the conscience of this group to rotate the script servant each week, in order of first name of group members. This involves agreeing the focus for the next meeting and to moderate the meeting.

You do not have to volunteer and you may pass if you wish. As my name is <name> the suggested person in the room to be next script servant is <name>.

Continue with names in an A-Z manner until someone has volunteered as script servant for next week

Finally, please may we have volunteers to keep hold of the group's script and literature (and if we have them, to take away refreshments and mugs), to bring back by 7:15 next meeting?

THE PROMISES

Script Servant: Please may we have a volunteer to read "The step 9 Promises"

GRATITUDES

Script Servant: Let us take a short moment & go around the room to express our Gratitude that we have today in our recovery.

Please remember the person before and after you in the circle.

SCRIPT SERVANT BEGINS in meeting room circle, continue around the virtual circle.

If there is a conscience meeting read CONSCIENCE MEETING, otherwise skip to CLOSING

CONSCIENCE MEETING

Script Servant: A reminder that today's meeting includes a Conscience Meeting. After the closing serenity prayer, please remain and take part in the group's decision making.

CLOSING

Script Servant:

We encourage you to connect in fellowship outside this meeting. Please exchange phone numbers after the meeting. If anyone is seeking a sponsor or is available to act as a sponsor, please either raise your hand now or approach other fellows to talk after the meeting.

In closing, the opinions expressed here tonight were strictly those of the person who gave them & were spoken in confidence. Take what you like and leave the rest.

Anonymity is a core tradition on which the programme depends; Who you saw here, What you heard here, Let it stay here, When you leave here.

Will you join me in the closing serenity prayer, standing and metaphorically holding hands, 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!

GROUP CONSCIENCE (1st Monday of a calendar month)

Group conscience is chaired by the Group Service Representative (GSR), or a deputy if the GSR is not available or is not at the meeting.

GROUP CONSCIENCE SERENITY PRAYER

GSR: Welcome! This is the Group Conscience of the Reading Central Monday “Focus on Positive Recovery” Meeting of Sex Addicts Anonymous.

Please will you help me open our Group Conscience with the Serenity Prayer, using the word 'God' as you do or do not understand it, and using the words “us” and “we” instead of “me” and “I”:

All at will: God, grant us the serenity to accept the things we cannot change, courage to change the things we can and wisdom to know the difference.

OPENING A GROUP CONSCIENCE

GSR: A Group Conscience is a special decision-making meeting for the group to consider any issues that it is felt requires more time than could be given during the regular meeting. This Group Conscience was called to consider:

[describe briefly the reason for the Group Conscience – i.e. items added to the group’s notebook]

Decisions are normally by unanimous agreement, but we may agree to conform to a majority vote if necessary. We have scheduled until 9pm for this Group Conscience. If we have not reached an agreement by 9pm we may extend for a few minutes with unanimous agreement; or any remaining items can carry forward to the next Group Conscience. In any case I will summarise any decisions and progress made and record them in the meeting notes.

GROUP CONSCIENCE DISCUSSION

GSR: The Group Conscience is open for discussion. Please introduce your contribution to the meeting by your first name.

[work in turn through each discussion item – i.e. items added to the group's notebook]

[At 9pm, if all items not decided, ask if there is unanimous agreement to extend by 10 minutes. Repeat this until all items decided or there is not unanimous agreement to extend]

CLOSING A GROUP CONSCIENCE (BY 9pm)

GSR:

Either:

This Group Conscience has decided [briefly describe the group decision]

or:

Unfortunately, the group has indicated that this question needs more time, but the time scheduled for this Group Conscience is up. We must close now but we have made the following progress [briefly describe progress made]

In closing, the opinions expressed here tonight were strictly those of the person who gave them. Take what you like and leave the rest.

The things that you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind.

Will you join me in the closing serenity prayer, using the word 'God' as you do or do not understand it, and using "us" and "we" instead of "me" and "I":

All at will: God, grant us the serenity to accept the things we cannot change, courage to change the things we can and wisdom to know the difference.