

Leicester 7pm Wednesday meeting of Sex Addicts Anonymous

Meeting type: Closed, mixed, topic/focus

- **First week:** Tools of the Programme
- **Second week:** Main Share - Personal Story of strength, hope, and recovery
- **Third week:** Step reading of the month
- **Fourth week:** Voices of Recovery / Story from the Blue Book
- **Fifth week:** Answers in the Heart / Tradition of the month

ONLINE READINGS



Tools of Recovery

<https://saa-recovery.org/literature/tools-of-recovery-a-practical-guide-for-new-members-of-saa/>

SAA Green Book

<https://saa-recovery.org/literature/sex-addicts-anonymous-green-book-saas-basic-text/>



Voices of Recovery - Daily Meditations

<https://saa-recovery.org/literature/voices-recovery-daily-meditation-book/>

AA Blue Book

https://aa.org/pages/en_US/alcoholics-anonymous



OPENING

Secretary: Good evening. My name is <your name>, and I am a sex addict.

Welcome! I will be your script servant for today's meeting. This is the Leicester 7pm Wednesday meeting of Sex Addicts Anonymous.

We would like to remind members to keep phone usage to a minimum and set it to silent or switch it off, to avoid disrupting the meeting.

SAA is a fellowship of people 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 programme is derived from the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. Although we are not affiliated with AA however, 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, focused on the Twelve Steps and Twelve Traditions.

Let us now open 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.'**

OUR ADDICTION

Secretary: Please may we have a volunteer to read "*Our Addiction*"?

THE TWELVE STEPS OF SAA

Secretary: Thank you <volunteer's name>. Please may we have a volunteer to read the "*The Twelve Steps of SAA*"?

THE TWELVE TRADITIONS OF SAA (PG. 77 SAA GREEN BOOK)

Secretary: Thank you <volunteer's name>.

I will now read the tradition of the month, this month being <xxx> of the year, Tradition <xx>.

1. Our common welfare should come first; personal recovery depends upon SAA unity.
2. 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.
3. The only requirement for SAA membership is a desire to stop addictive sexual behaviour.
4. Each group should be autonomous except in matters affecting other groups or SAA as a whole.
5. Each group has but one primary purpose - to carry its message to the sex addict who still suffers.
6. 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.
7. Every SAA group ought to be fully self-supporting, declining outside contributions.
8. Sex Addicts Anonymous should remain forever nonprofessional, but our service centres may employ special workers.
9. SAA, as such, ought never be organised; but we may create service boards or committees directly responsible to those they serve.
10. Sex Addicts Anonymous has no opinion on outside issues; hence the SAA name ought never be drawn into public controversy.
11. 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.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

REFLECTION

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

Sufficient silence for reflection and thinking - usually about 30 seconds.

Thank you.

GROUP INTRODUCTIONS

Secretary: We now come to Group Introductions, 15 seconds each, in which we introduce ourselves by our first name only, and how we are feeling today. Members can state their length of sobriety if they choose. Newcomers do not need to identify themselves as sex addicts.

Starting with the secretary each member in turn introduces themselves and the rest of the group responds by greeting them by their first name.

This style of introduction and group greeting is used every time a member speaks during the meeting, except when reading.

IF THERE IS A NEWCOMER

Secretary: Since this is <newcomers' names> first meeting, can I have a volunteer to read the "*Letter to Newcomers*"?

FOCUS

Secretary: We now come to the focus of today's meeting. This being the <xth week of the month> the focus is:

First week: Tools of the Programme (read General Sharing first) - See table

Second week: Main Share - Personal Story of strength, hope, and recovery, by <name>, who will share for 15-20 minutes. <Name>, would you like any time checks? (usually 10 minutes and 5 minutes to go)

Third week: Step reading of the month. This month being <xxx> of the year, Step <xx>

Fourth week: Voices of Recovery (read General Sharing first) (ask a volunteer to choose any date in the year, read from the book, members share, choose another date etc.) / Story from the Blue Book

Fifth week: Answers in the Heart (read General Sharing first) (ask a volunteer to choose any date in the year, read from the book, members share, choose another date etc.) / Tradition of the month. This month being <xxx> of the year, Tradition <xx>

In the event of a First Step share, read the First Step Presentation before member begins sharing (similar timings to a Main Share).

GENERAL SHARING

Secretary: We now come to General Sharing.

We encourage your share on today's meeting focus. Please share on your experience, strength, and hope encountered in recovery and the Twelve Steps and Twelve 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 overly specific descriptions of acting out behaviours, naming specific places you have acted out in, or publications, broadcasts and services you have used and avoid 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.

Please avoid cross sharing, this means that when speaking we should address the group as a whole and we should not comment on anyone else's share, nor provide them with advice or criticism. *If there has been a main share, the secretary will check with the person providing the main share whether fellows may refer to their share.*

Although anonymity is a core tradition, you should be aware that some people may decide, after careful thought, to report certain disclosures to the authorities. We use only our first names. Whatever our status or position outside of this group is not an issue here.

Try, if you can, to keep your sharing to within *<three to five>* minutes. We do not have to check in if we don't want to.

The time is now *<time>* and General Sharing will finish at 7:55pm.

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

(Optional) 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.

END OF SHARING

Secretary: Thank you everyone for your shares.

SEVENTH TRADITION

Secretary: I will now ask the treasurer, <name>, to announce the Seventh Tradition.

Treasurer: The Seventh Tradition states that “*Every SAA group ought to be fully self-supporting, declining outside contributions.*” Contributions are used to pay for the room hire which is £20/week, refreshments, and literature for newcomers. Newcomers do not need to contribute to their first meeting. We also have a PayPal account which members can contribute to, please ask another member for the details.

Secretary: Thank you. Being self-supporting involves not only money in the basket. 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.

GROUP BUSINESS & ANNOUNCEMENTS

Secretary: Does anyone have any Group business or SAA related announcements?

Remind members of the Group Conscience after the meeting if it is scheduled

STEP 9 PROMISES

Secretary: Please may we have a volunteer to read the “*Step 9 Promises*”?

STEP 10 PROMISES

Secretary: Thank you <volunteer’s name>. Please may we have a volunteer to read the “*Step 10 Promises*” as we end our day?

IN CLOSING

Secretary: Thank you <volunteer's name>.

In closing, the opinions expressed here today were strictly those of the person who gave them and were spoken in confidence. Anonymity is a core tradition on which the programme depends. Take what you like and leave the rest.

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 programme grow in each of us one day at a time.

This group meets next Wednesday at 7pm, opening before the start time for checking in, fellowship, sharing numbers, sponsorship, outreach, and service. For all please consider staying afterwards to do the same.

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

OUR ADDICTION (PG. 3 SAA GREEN BOOK)

Volunteer: My name is <first name only>, and I'm a sex addict.

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 usually 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*.

THE TWELVE STEPS OF SAA (PG. 20 SAA GREEN BOOK)

Volunteer: My name is <first name only>, and I'm a sex addict.

These steps are the heart of our programme. They contain a depth that we could hardly have guessed when we started.

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 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.

LETTER TO NEWCOMERS

Volunteer: My name is <first name only>, and I'm a sex addict.

Dear <newcomers' names>,

Welcome to SAA. When we came to our first meeting many of us were having a variety of feelings. We were relieved to have found a place where our pain and despair might be understood. We were angry that we had to get help and couldn't manage this part of our lives. We felt lonely and were ashamed of our sexual history. We had secrets that we were reluctant to share. We were distrustful, guarded and frightened. We had been abused and we had abused others. We were sex addicts and needed help.

The programme of SAA is patterned after the Twelve Step Programme of Alcoholics Anonymous. Here we learn a new way of living. We learn, at our own pace, to experience intimacy and sharing with others in a healthy way. We learn to trust; to express our feelings; to ask for our needs to be met; to say *no* when *no* is appropriate; and to stay around when all we want to do is run. Here no one shames us for what we have done or are still doing. Here we have a safe harbour within which to heal, and for that we are grateful.

The only requirement for membership in SAA is a desire to stop compulsive sexual behaviours. It is a programme of progress, not perfection. If you are willing to be honest and have a desire to have and maintain healthy relationships, then you are in the right place.

It is suggested that you attend at least six meetings before you decide whether the programme is for you. At your first meeting we encourage you to talk to others and exchange telephone numbers with those you relate to. We also suggest that you select a temporary sponsor to assist you in learning the basics. The selection process is easy: all you do is ask someone you relate to (to whom you are not sexually attracted) if they would be willing to be your temporary sponsor until you learn your way around. At a later date, after you have got to know us better, we suggest you choose a permanent sponsor.

Although anonymity is a core tradition on which the programme depends, you should be aware that some people may decide after careful thought to report certain disclosures to the authorities.

In addition to attending meetings and talking with others we suggest you read our primary text *Sex Addicts Anonymous (The Green Book)*, SAA pamphlets available via Intergroup, saauk.info and saa-recovery.org, *Alcoholics Anonymous (The Blue Book)* and other appropriate recovery literature.

We are happy that you are here, for it is the newcomer that keeps SAA alive and well. We encourage you to take it ONE DAY AT A TIME, BE GENTLE WITH YOURSELF, and KEEP COMING BACK.

FIRST STEP PRESENTATION

Where requested and following discussion with their sponsor, it may be helpful for a member to share with the group the details of our behaviour and its consequences, to illustrate the powerlessness and unmanageability of our lives as addicts. The secretary (or member's sponsor) will read the suggested words from SAA leaflet "*First Step to Recovery*":

<First name only>, you are about to share your First Step with us. We acknowledge and affirm your courage in taking this step. We would like to clarify some things about this experience for each of us. The primary purpose of your formal First Step presentation is to aid you in your programme of recovery. It need not be done to please the group or to gain status. There is no right or wrong way to present a First Step. Any effort you make is legitimate.

Here are some suggestions which others have found helpful. We encourage you to be specific about behaviours and to speak from your heart. This will help you get in touch with the pain and reality of your addiction. Try not to bury yourself in shame or victimhood. Let us hear you, not your addict speaking.

The group has a responsibility to love, care for, and accept you. The members will avoid judging, giving advice, or taking care of you. Some members may become triggered and may leave the room. Please do not take this personally nor as a reflection of the quality of your share.

I will let you know when <time> minutes remain. This will give you time to complete your presentation and allow time for members to share their impressions of your First Step. Remember, we are here for you! May God grant you serenity.

[15 or 20-minute First Step presentation followed by General Sharing](#)

TOOLS OF THE PROGRAMME

Secretary: Please can we have a volunteer to select a number between 1 and 50 by which we will choose the tools for today's readings from the SAA Literature *"Tools of Recovery - A Practical Guide for New Members of SAA"*?

Digital version can be found online, scan QR code (however page numbers don't match). See also reference page for prayers:

Tool		Page	Tool		Page
1	Seventh Step prayer	46	26	Identify don't compare	31
2	Handling travel	38	27	Third Step prayer	45
3	Outer circle activities	40	28	Attending meetings	4
4	Sponsorship	2	29	Using the telephone	9
5	Easy does it	33	30	Easy does it	33
6	Literature	5	31	Service	42
7	Using the telephone	9	32	Prayer	16
8	Fellowship	39	33	Meditation	20
9	Being positive	39	34	Resentments	22
10	Gratitude lists	23	35	Bookending	24
11	Asking questions	35	36	The Twelve Steps	2
12	Exercise	41	37	Changing old routines	14
13	Honesty	30	38	Unity prayer	45
14	Outside resources	36	39	Journaling / writing	21
15	Serenity prayer	45	40	Living with withdrawal	15
16	3 circles	6	41	Getting honest about the middle circle	8
17	One day at a time	11	42	Friendship	13
18	Changing old routines	14	43	God of our understanding	18
19	Let go and let God	19	44	H.A.L.T.	25
20	Looking for consequences	27	45	Thinking a slip all the way through	28
21	Letting go of old ideas	29	46	Defining our God	18
22	Progress not perfection	29	47	3 second rule	26
23	Live and let live	34	48	Fear	22
24	Feedback	35	49	Eleventh Step prayer	46
25	3 things a day	37	50	The Twelve Traditions	44

STEP 9 PROMISES (PG. 83 AA BLUE BOOK)

Volunteer: My name is <first name only>, and I'm a sex addict.

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

All at will: *We think not.*

Volunteer: They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialise if we work for them.

STEP 10 PROMISES (PG. 84 AA BLUE BOOK)

Volunteer: My name is <first name only>, and I'm a sex addict.

And we have ceased fighting anything or anyone - even our addictive sexual behaviours. For by this time sanity will have returned. We will seldom be interested in our addictive behaviours. If tempted, we recoil from them 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 addictive behaviours 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 our experience. That is how we react so long as we keep in fit spiritual condition.

THIRD STEP PRAYER (PG. 63 AA BLUE BOOK)

God, I offer myself to Thee - to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

SEVENTH STEP PRAYER (PG. 76 AA BLUE BOOK)

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.

ELEVENTH STEP PRAYER (PG. 99 AA 12 & 12)

Lord, make me a channel of thy peace - that where there is hatred, I may bring love - that where there is wrong, I may bring the spirit of forgiveness - that where there is discord, I may bring harmony - that where there is error, I may bring truth - that where there is doubt, I may bring faith - that where there is despair, I may bring hope - that where there are shadows, I may bring light - that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted - to understand, than to be understood - to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life. Amen.

UNITY PRAYER

I put my hand in yours and together we can do what we could never do alone. No longer is there a sense of hopelessness. No longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for a power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.