

The background of the slide features a large, leafless tree on the left side, set against a light blue sky. Below the tree is a field of bright yellow flowers, possibly rapeseed, stretching across the horizon. The overall scene is peaceful and natural.

UK Saturday LGBTQ+

Telemeeting

of

Sex Addicts

Anonymous

ONE DAY AT A TIME



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.

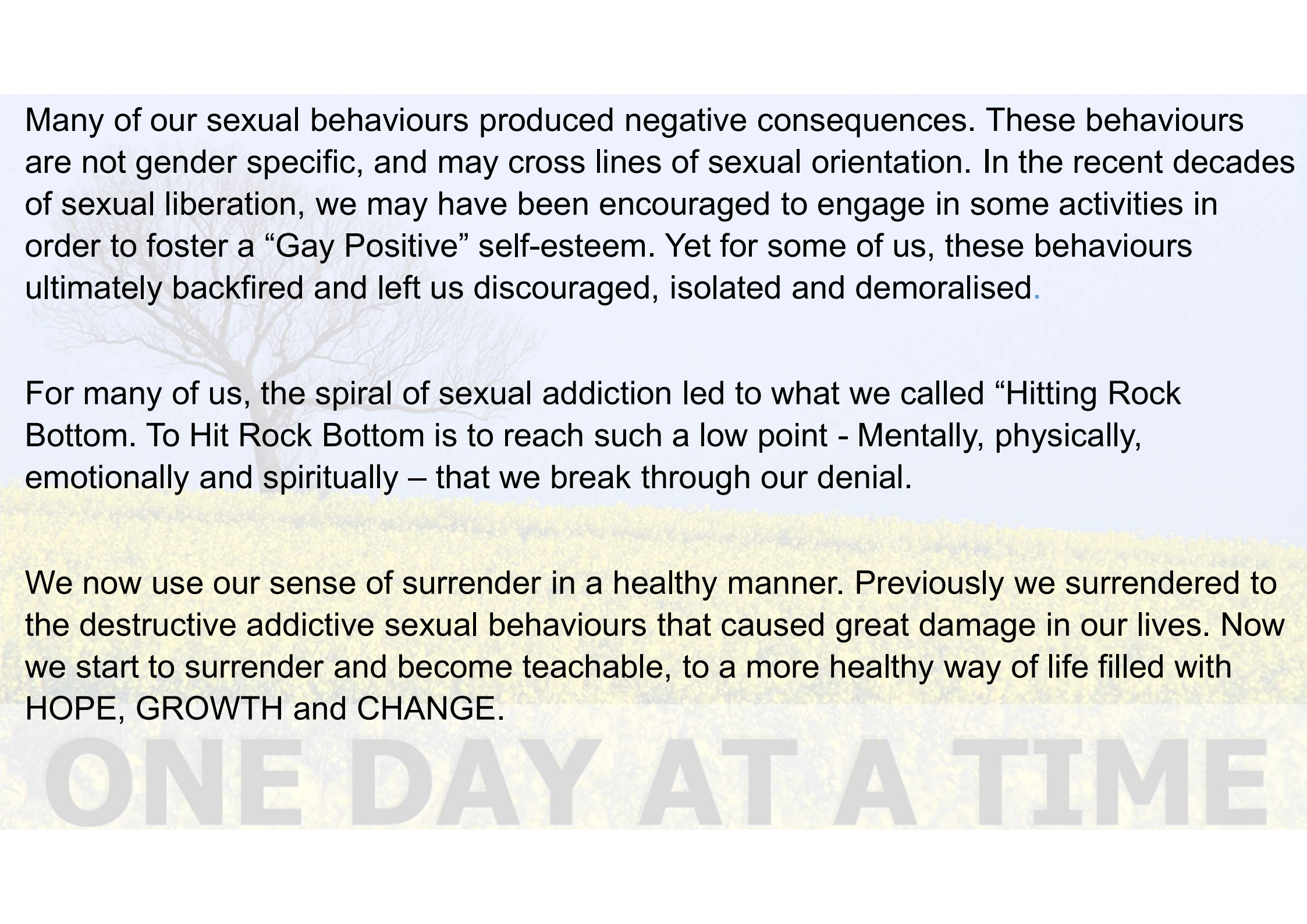
ONE DAY AT A TIME

A MESSAGE OF HOPE

Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholic Anonymous. We are grateful to A.A. for this gift which makes our recovery possible.

Our Primary Purpose is to stop our addictive sexual behaviour and to help others recover from sexual addiction. We find a new way of living through the SAA Program, and carry our message to others seeking recovery. Membership is open to all who have a desire to stop addictive sexual behaviour. There is no other requirement. Our fellowship is open to all people, regardless of age, race, religion, ethnic background, marital status, gender identity or occupation. We welcome members of any sexual identity, orientation and gender, whether they are gay, lesbian, straight, bisexual, transgendered, Questioning or of any other identity.

ONE DAY AT A TIME



Many of our sexual behaviours produced negative consequences. These behaviours are not gender specific, and may cross lines of sexual orientation. In the recent decades of sexual liberation, we may have been encouraged to engage in some activities in order to foster a “Gay Positive” self-esteem. Yet for some of us, these behaviours ultimately backfired and left us discouraged, isolated and demoralised.

For many of us, the spiral of sexual addiction led to what we called “Hitting Rock Bottom. To Hit Rock Bottom is to reach such a low point - Mentally, physically, emotionally and spiritually – that we break through our denial.

We now use our sense of surrender in a healthy manner. Previously we surrendered to the destructive addictive sexual behaviours that caused great damage in our lives. Now we start to surrender and become teachable, to a more healthy way of life filled with HOPE, GROWTH and CHANGE.

ONE DAY AT A TIME

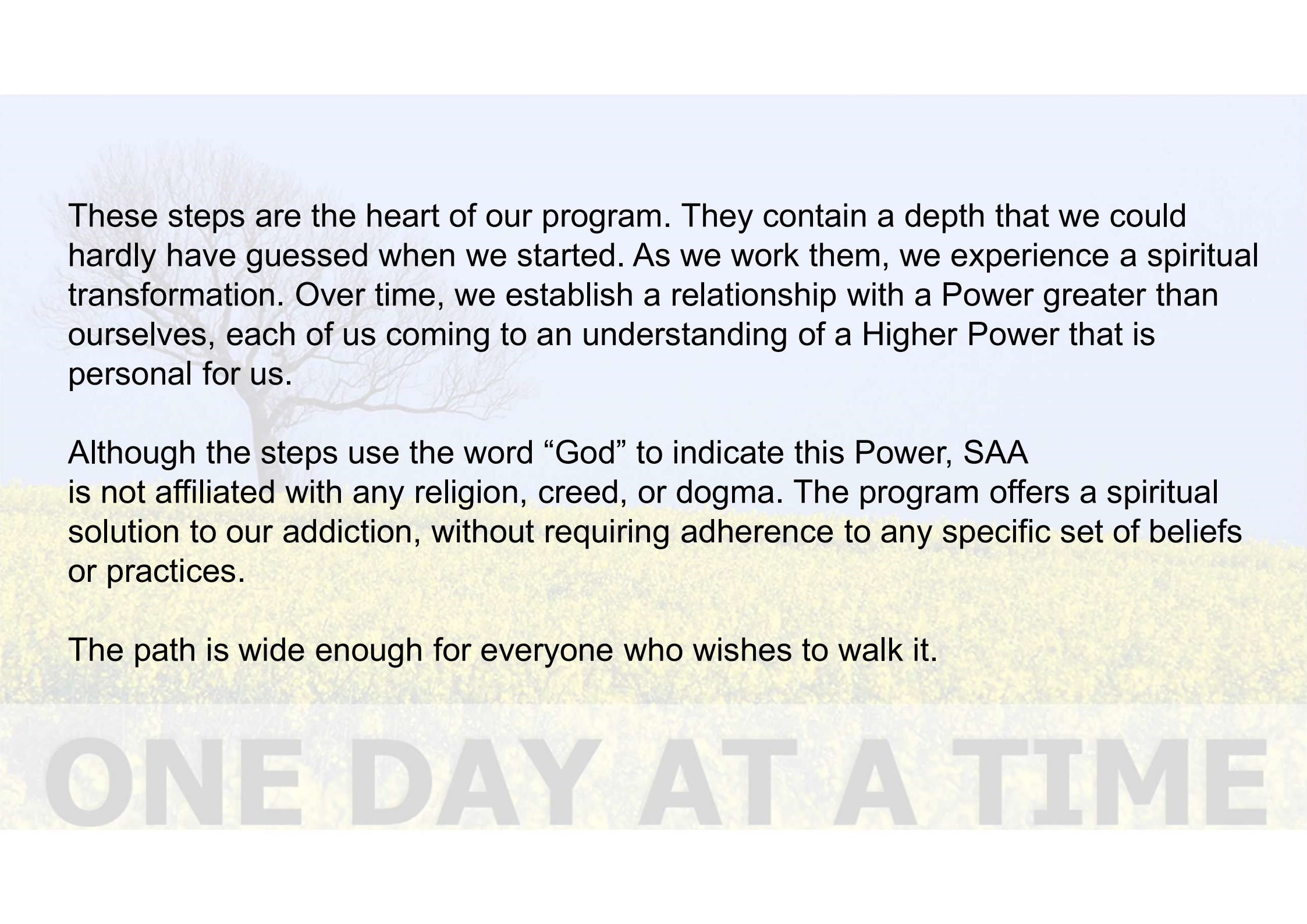
SAA 12 STEPS

- 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.*

ONE DAY AT A TIME

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 principles in our lives.

ONE DAY AT A TIME



These steps are the heart of our program. They contain a depth that we could hardly have guessed when we started. As we work them, we experience a spiritual transformation. Over time, we establish a relationship with a Power greater than ourselves, each of us coming to an understanding of a Higher Power that is personal for us.

Although the steps use the word “God” to indicate this Power, SAA is not affiliated with any religion, creed, or dogma. The program offers a spiritual solution to our addiction, without requiring adherence to any specific set of beliefs or practices.

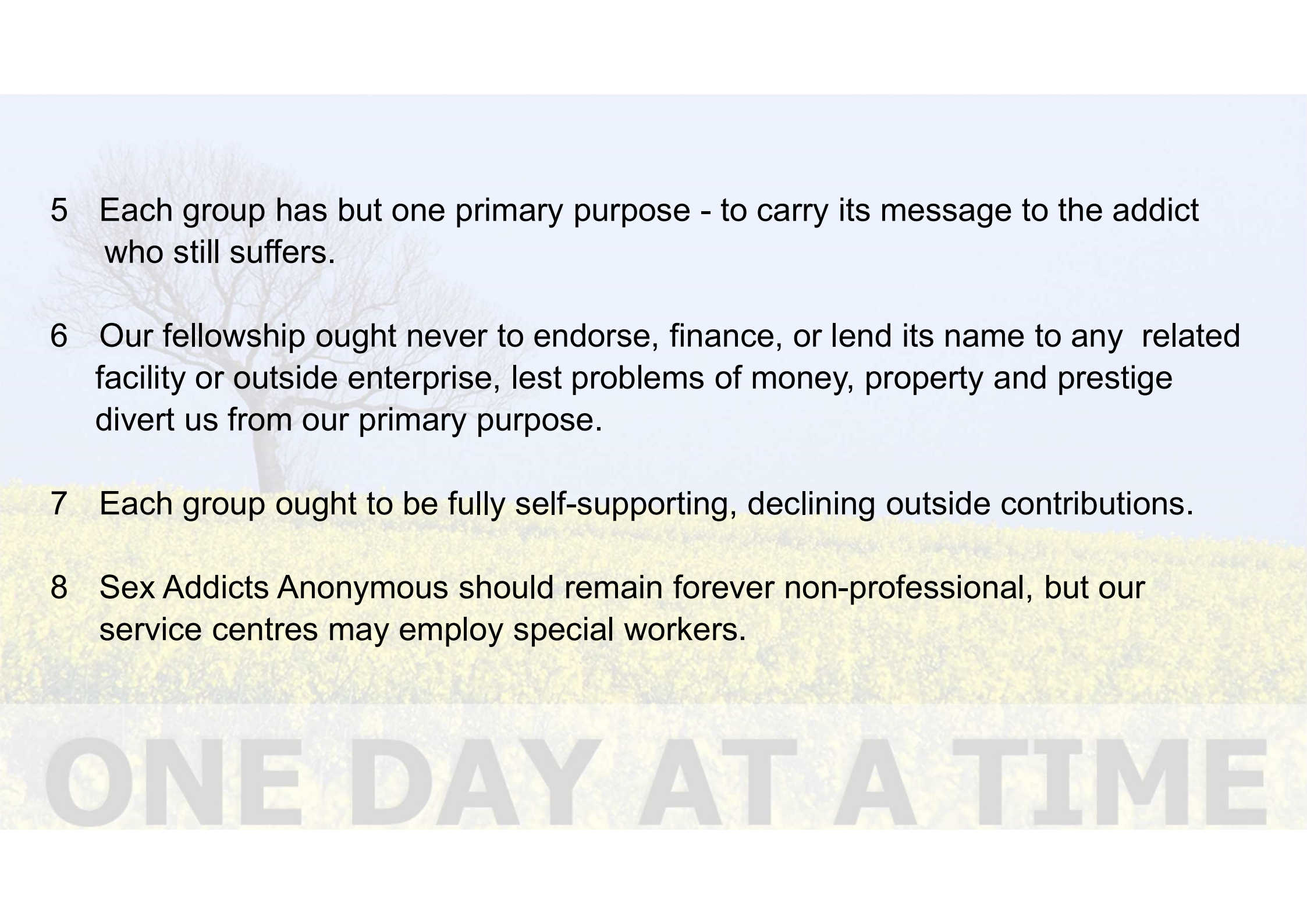
The path is wide enough for everyone who wishes to walk it.

ONE DAY AT A TIME

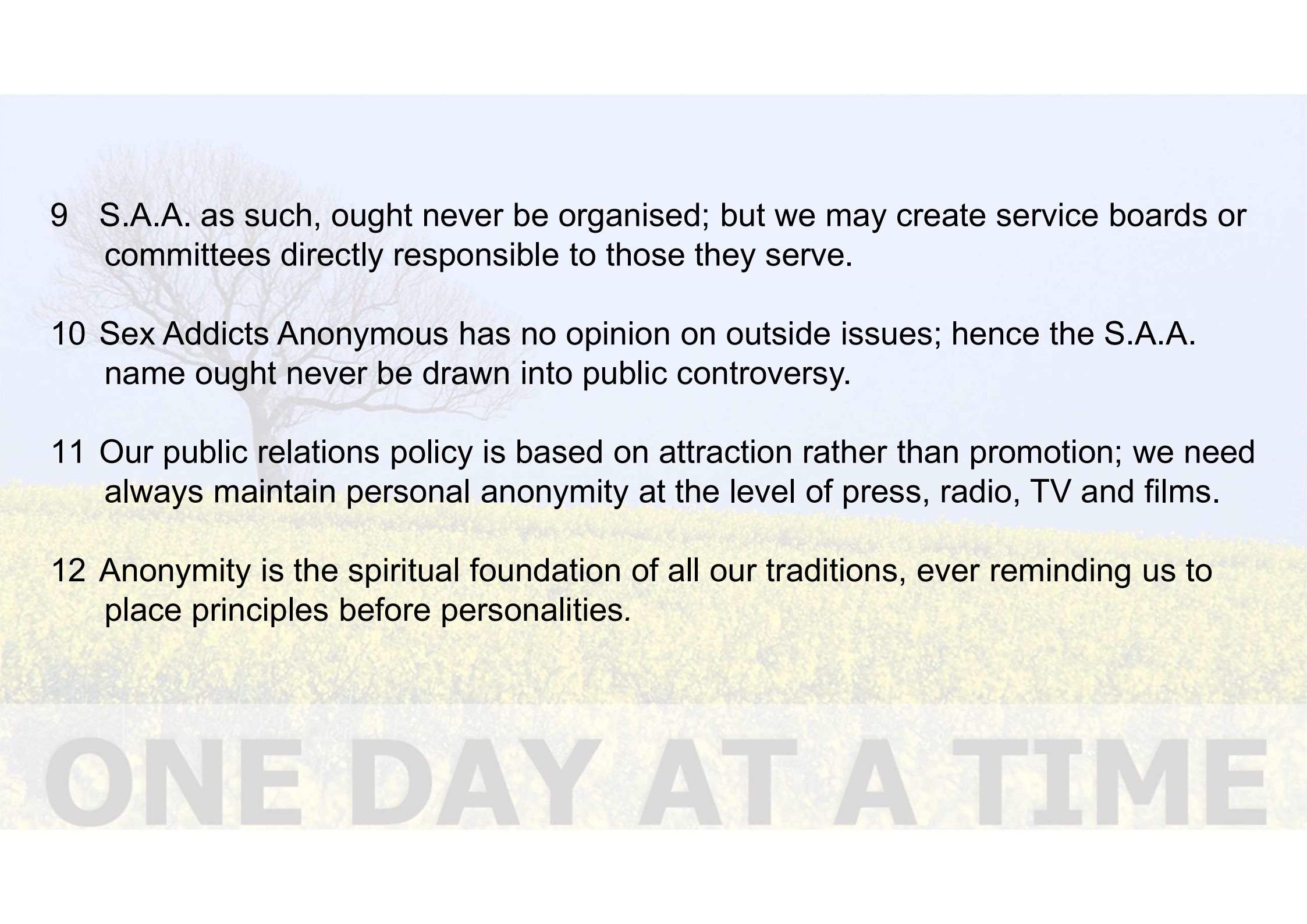
SAA 12 TRADITIONS

1. Our common welfare should come first; personal recovery depends upon S.A.A. unity.
2. For our group purpose there is but one ultimate authority - a loving God as may be expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership in S.A.A. is a desire to stop addictive sexual behaviour.
4. Each group should be autonomous except in matters affecting other groups or S.A.A. as a whole.

ONE DAY AT A TIME

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- 5 Each group has but one primary purpose - to carry its message to the addict who still suffers.
 - 6 Our fellowship ought never to endorse, finance, or lend its name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
 - 7 Each group ought to be fully self-supporting, declining outside contributions.
 - 8 Sex Addicts Anonymous should remain forever non-professional, but our service centres may employ special workers.

ONE DAY AT A TIME

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- 9 S.A.A. 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 S.A.A. 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.

ONE DAY AT A TIME

NEWCOMMERS WELCOME

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

The programme of S.A.A. 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.

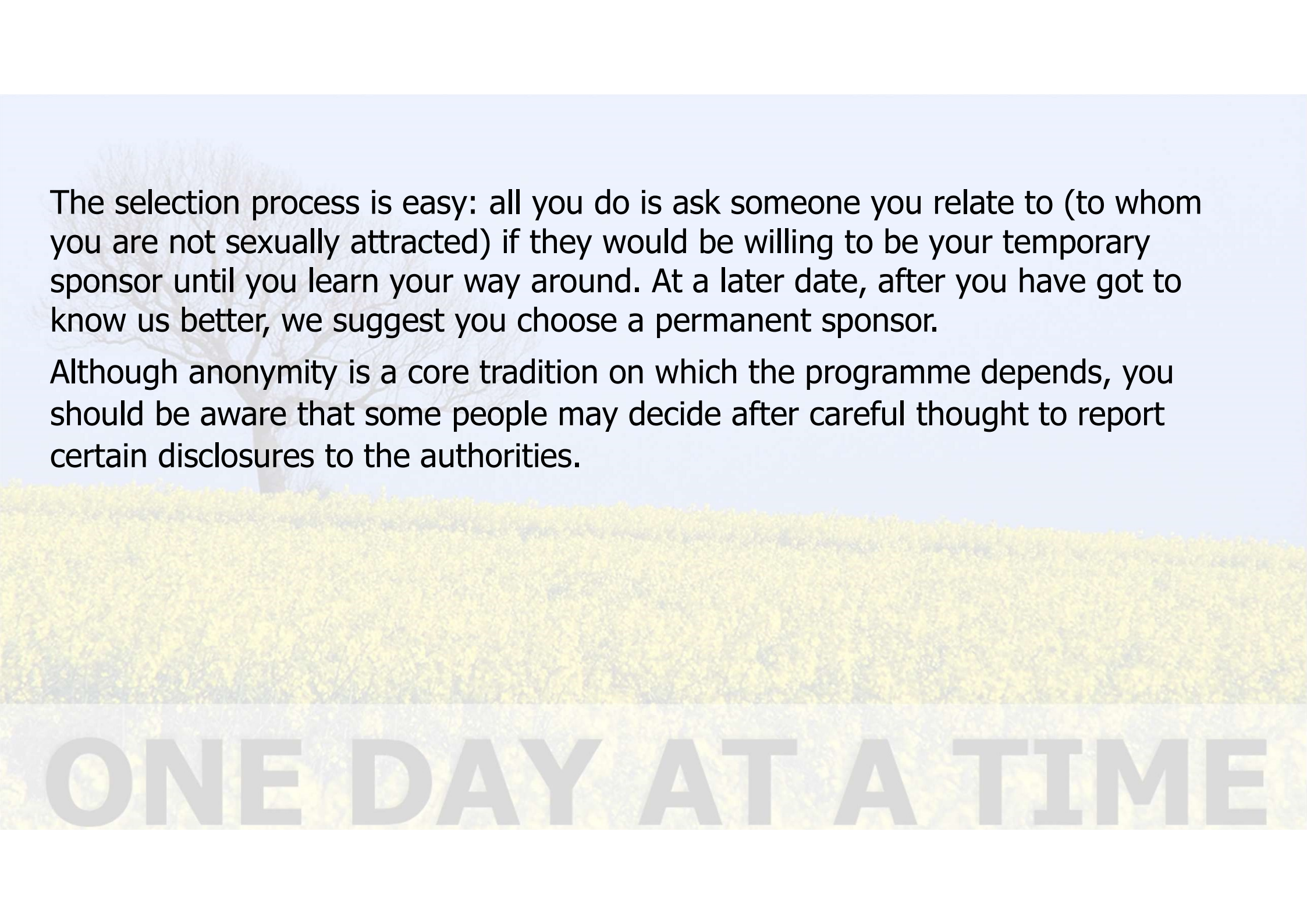
ONE DAY AT A TIME

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 S.A.A. 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.

ONE DAY AT A TIME



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.

ONE DAY AT A TIME

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

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

ONE DAY AT A TIME

A landscape photograph featuring a large, leafless tree on the left side, standing on a hill. The foreground is filled with a dense field of bright yellow flowers, likely rapeseed. The sky is a clear, light blue. The text 'WELCOME' is overlaid in the center of the image in a bold, dark green, italicized font.

WELCOME

ONE DAY AT A TIME

JUST FOR TODAY

Just for today I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that would appal me if I felt that I had to keep it up for a lifetime.

Just for today I will be happy. Most folks are as happy as they make up their minds to be.

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my 'luck' as it comes, and fit myself to it.

Just for today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

ONE DAY AT A TIME

Just for today I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do —just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

Just for today I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticise not one bit, not find fault with anything and not try to improve or regulate anybody except myself.

Just for today I will have a programme. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will try to get a better perspective of my life.

Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

ONE DAY AT A TIME



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