***Secretaries, please read these notes, as they may change after group consciences!***

***Anything in bold italics isn’t to be read out.***

1. ***Make sure you know what page and paragraph we will begin with.***
2. ***No later than 6:55pm, login to Zoom app as*** [***understandingthebigbook@gmail.com***](mailto:understandingthebigbook@gmail.com) ***NOT as your personal Zoom account.***
3. ***How long to wait before reading the next paragraph? Go with what feels right and if in doubt, wait for about 15 seconds.***
4. ***Intervene when a fellow starts asking for advice about personal issues - tell them this can be discussed AFTER the meeting.***
5. ***It there is excessive background noise then read the following out:***

***“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”***

***{Start promptly at 7:00pm}***

Good Evening Everyone, Welcome!

This is the “Understanding the Big Book” group of Sex Addicts Anonymous.

My name is ...... and I'm a Sex Addict.

I will now start the meeting with the set aside Prayer....

Higher Power, please help us SET ASIDE everything we think we know about ourselves, each other, our illness, the Big Book, the 12 Steps and 12 Traditions and all Spiritual terms, especially the word God, so we may have an open mind and a new experience with all these things.

PLEASE HELP US SEE TRUTH!

AMEN.

***{GROUP INTRODUCTIONS}***

We now come to group introductions, where we introduce ourselves by our first name and title. If you're a newcomer and feel uncomfortable, then please say your first name only.

I will start, my name is ...... and I am a Sex Addict.

***{Wait for fellows to introduce themselves}***

It is the conscious of this group that for the remainder of the meeting, we will ALL use our first names only. We don't find it necessary to keep repeating the “sex addict” label every time we share.

***{PRIMARY PURPOSE}***

The primary purpose of our group is to try to help the still suffering sex addict recover from the two fold illness of sex addiction...

A mental obsession of the mind

and

A physical craving of the body.

In our experience this is the 1st Step:

An admission of Powerlessness over Addictive sexual behaviour AND our lives have become unmanageable.

With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have held onto our old ideas and the result was nil, until we LET GO absolutely.

Remember we deal with addictive sexual behaviour- Cunning, Baffling, Demoralising!

Without help it is too much for us. But, there is one who has all Power - that one is God. May you find God now!

Half measures availed us nothing.

We stood at the turning point.

We ask God for protection and care with complete abandon.

As Recovered sex addicts we approach the 12 Steps and 12 Traditions with a COURAGEOUS loyalty to each other.

We do NOT dilute the message!

We work out our solution from the

Alcoholics Anonymous Big Book,

the original source of the 12 steps.

We study it SLOWLY, we continuously

gain insight and wisdom from it because we know it works, when we work it!

Frothy emotional appeal seldom suffices.

The message which can interest and hold chronic sex addicts must have depth and weight.

If we are to recreate our lives, then in nearly all cases our ideals must be grounded in a Power greater than ourselves!

We hope you will find inspiration, strength and hope here this evening.

We are 100% committed to prioritising Sobriety over all else in life because without it, everything that we hold so dear will eventually be taken from us.

Our own experience confirms this!

If any feel we appear somewhat sentimental or too hard-line in our approach, let them stand with us a while on the firing line, see the tragedies, the DISTRESSED families, the suicides and the devastation.

This is life and death!

Daily actions arrest the disease by creating strong NEURAL network defences in the addict’s brain.

The 12th step promise of...

"A Spiritual awakening as **THE** result of these steps"

is a reality that the founding AA members experienced!

That motivates our group to carry the message to others, who are WILLING to go to any lengths to recover!

Though not essential and meeting participation does not depend upon it, we suggest that visitors have a copy of the AA Big Book, to help them reference the passages, as we read and comment.

We will be reading one paragraph at a time, some of which will be translated into terms of sex addiction.

Our group conscience is that all comments be related to the passage read. If anyone drifts away, the secretary will gently guide you back to the topic at hand.

***{BIG BOOK STUDY}***

We now come to the main focus of the meeting, the study of the Alcoholics Anonymous Big Book. Will members who have a copy with them please open to page ……. where we will start shortly with the paragraph which begins …………………...

After each paragraph, members may comment on the passage read.

I will offer members who drift away from the reading a friendly reminder to REALIGN their comments to the paragraph. Please do not be offended! We are simply trying to keep to the original solution.

We avoid talking directly to another fellow during the Big Book study. Instead we talk to the group, sharing experience, strength and hope.

I will now read the paragraph

***{Read the paragraph SLOWLY}***

The paragraph is now open for COMMENT.

***{After some moments of silence...}***

Can I please have a volunteer to read the next paragraph, which begins …………………...

***{After they’ve read the paragraph...}***

The paragraph is now open for COMMENT.

***{REPEAT FOR EACH PARAGRAPH}***

***{Around 7:55pm - stop Big Book study}***

***{CLOSING}***

We have now come to the end of the meeting.

We hope we have inspired the individuals here this evening.

For those of you on the call who are still suffering from a seemingly hopeless condition with no ability to stop acting out, we recommend you get a sponsor who has recovered, a sponsor whose directions come from the Alcoholics Anonymous Big Book, precisely as it is written, a sponsor who has had a psychic change. We recommend you do this if you do not want to suffer any longer. Will all those who have recovered and are willing to work with others please say your name now?

***{Wait for Sponsors to say their names}***

If anyone is looking for a sponsor then please stay on the line after the Serenity Prayer.

This group is fully self supporting, declining outside contributions. The Zoom account cost for tonight’s meeting is around £3.50 or $4.50. If you would like to contribute then please go to any SAA website, locate this meeting and look for the Donate button.

I will now read from Chapter 11-

'A Vision For You ' page 164

From the Big Book...

Abandon yourself to God as you understand God. Admit your faults to your Higher Power and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you travel the Road of Happy Destiny.

May God bless you and keep you - until then.

I will now close with the plural version of the Serenity Prayer.

I ask those present to say the prayer SILENTLY, as we find it more effective on the phone to have just the secretary say the prayer.

God grant US serenity

To accept the things WE cannot change

Courage to change the things WE can

And wisdom to know the difference.

Thank you and God Bless!