

London Wednesday "There is a Solution" Meeting of Sex Addicts Anonymous

MEETING SCRIPT

OPENING

Good evening everyone, welcome. This is the London "There is a Solution" group of sex addicts anonymous. My name is <Your Name> and I am a sex addict.

Could we please ensure all phones are switched to silent or if you are tuning in by Zoom, that you are muted.

S.A.A. is a fellowship of people who share our experience, strength and hope with each other so that we may stop our compulsive sexual behaviour and help others to recover from sexual addiction and dependency.

Our 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 a religious organisation or aligned with any sect or denomination. Our only connection with the organisation that operates this building is that of a renter of meeting space.

Here we try to listen respectfully to what others have to say and to share our experience of Recovery. While we all strive for sexual sobriety, its achievement is not a requirement for attendance or participation.

We hope you will join in sharing the collective experience, strength and hope that is ours, when we work the programme and trust our Higher Power to deliver the promises. If you are new or having a trying time, remember that others of us have been there too. Keep coming back! It works!

Could we have a moment's silence to remember tradition 5: *"Each group has but one primary purpose - to carry its message to the sex addict who still suffers."*

SILENCE (15-30 seconds)

HOW IT WORKS

<Volunteer's name> has offered to read "How it works"

THE 12 STEPS

Thank you <volunteer's name>

<Volunteer's name> has offered to read "The 12 Steps"

SOBER HANDS

To show that this program works, could all addicts who have over 3 months of sobriety please raise their hand or type Sobriety into the Zoom chat function.

GROUP INTRODUCTIONS

We now come to Group Introductions in which we each introduce ourselves by our first name only, and if we wish, how we are feeling at this moment.

(At this meeting we do not encourage people to list their bottom lines, but you may if you wish)

If you are a Newcomer to SAA please tell us so we can welcome you.

We will start with the people in the room before moving onto those tuning in by Zoom.

NEWCOMMERS WELCOME

As this is <Newcomer's name> first meeting, can I please have a volunteer to read the Newcomers Letter. Thank you <Volunteer's name>.

FOCUS

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

Week Main Share Weeks

Now *<Name of Main Share>* is going to share for us.

You have 15 minutes. Please be sensitive to the safety of others, avoiding overly descriptive examples of acting out, and using swear words.

Would you like any time checks?

Big Book Study Weeks

Today we are focusing on *<section & Page of the big book>*.

We will begin by going around the room, as we did with group introductions. From there we will move onto Zoom where we will carry on in alphabetical order. I encourage you to follow in your own big book when not reading to the group.

The Big Book Alcoholics Anonymous, was written to provide each of us with an opportunity to learn how to live and enjoy life and how we may protect the future of this Fellowship. The purpose and focus of this meeting is to learn from the Big Book, how to improve how we each work the 12 Steps, by extracting the precise instructions the big book contains. During this meeting let's try to stay focused on finding the clear-cut directions in the passage being covered today.

GENERAL SHARING

We now come to General Sharing. Please could you try to keep your shares to *<number of minutes>*. May we have a volunteer to be timekeeper, who will say "Time!" when your time has ended. Sharing will go round the room as before.

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 or publications, broadcasts and services you have used. Avoid using slang terms for acting out behaviour. Please speak in "I" Statements not "You" statements to avoid sounding like you are giving advice.

Please remember each group has but one primary purpose: To carry the message to the still suffering sex addict. The meeting is now open.

END OF GENERAL SHARING

General Sharing is over, thank you. For those that did not get to share, please feel free to share in fellowship after the meeting has ended.

7TH TRADITION & SAA BUSINESS

May I remind everyone of the 7th Tradition, that is, that every S.A.A. group ought to be fully self-supporting, declining outside contributions. Being self-supporting involves not only money in the pot. 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 pass a pot.

While the pot is being passed we come to SAA & Group Business.

Our GSR is *<GSR Name>* Please bring any intergroup related items to the GSR

Do any members have group business or SAA related announcements?

SPONSORS & SOBRIETY CHIPS

Please can all sponsors raise your hands or type Sponsor into the Zoom chat function. If anyone is looking for information on sponsorship or are looking for a sponsor, please speak to these members who may be able to help

Could we please have a volunteer to hand out the sobriety chips?
Thank you *<Volunteer's name>*.

LITERATURE

This group recommends that all sex addicts read the A.A. Big book and translate it into terms of sex addiction. You can obtain a copy, and other SAA and recovery related literature from our literature secretary *<Literature secretary Name>* who will sell it to you at cost price.

JUST FOR TODAY

<Volunteer's name> has offered to read "Just For Today"

CLOSING

Join me as we close the meeting with the Serenity prayer, standing, holding hands, using the word God as you see fit

**God grant me the serenity to
Accept the things I cannot change
The courage to change the things I can
And the wisdom to know the difference**