**Folkestone SAA Monday Meeting Agenda (Rev. May 2015)**

**Good evening everyone, before we start may we have volunteers for the readings:**

**How it works**

**12 steps**

**The Step Nine promises**

**Please will you help me open the meeting with the Serenity Prayer, using the word ‘God’ as you understand it:**

1. **Serenity Prayer:** *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.*
2. **Opening Statement:**

**Welcome! This is the Folkestone Monday Mixed meeting of Sex Addicts Anonymous.**

**S.A.A. 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 and dependency.**

**Membership is open to all who share a desire to stop addictive sexual behaviour and are willing to try to follow this simple programme. The programme is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous, but we are not affiliated with A.A. or any other organization or agency. We are not aligned with any religion, sect or denomination. Our only connection with the organization that operates this building is that of a renter of meeting space.**

**This is not a place to meet sexual partners, nor is it group therapy. We try to listen respectfully to what others have to say and to share our own experience as it seems appropriate. We do not give advice.**

**Anonymity is a cornerstone of the Twelve Step Programme. We use only our first names. Whatever our status or position outside of this group is not an issue here. Our common bond is our desire to stop our addictive sexual behaviour and to live sexually healthy lives. Whoever you see here and whatever you hear here, let it stay here when you leave here.**

**We hope you will join us 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!**

**Would <volunteer’s name> please read “How it works”**

1. **How it Works:**

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program. They cannot develop a manner of living which demands rigorous honesty. There are those, too, who suffer from serious emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided, you want what we have and are willing to go to any length to get it – then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all of the earnestness at our command. We beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with sexual addiction – cunning, baffling, powerful! 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 asked God’s protection and care with complete abandon.

**Would <volunteer’s name> please read the Twelve Steps of Sex Addicts Anonymous**

1. **The Twelve Steps**
2. We admitted we were powerless over addictive behaviour – that our lives had become unmanageable.
3. Came to believe that a power greater than ourselves could restore us to sanity.
4. Made a decision to turn our will and our lives over to the care of God, as we understood God.
5. Made a searching and fearless moral inventory of ourselves.
6. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
7. Were entirely ready to have God remove all these defects of character.
8. Humbly asked God to remove our shortcomings.
9. Made a list of all the people we had harmed and became willing to make amends to them all.
10. Made direct amends to such people wherever possible, except when to do so would injure them or others.
11. Continued to take personal inventory, and when we were wrong promptly admitted it.
12. Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of God’s will for us and the power to carry it out.
13. Having had a spiritual awakening as a result of these Steps, we tried to carry this message to other sex addicts and to practice these principles in all areas of our lives.

**Silence**

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

**Thank you**

1. **It is the group conscience of this group that we introduce ourselves by First name only and if you wish a BRIEF description of your bottom lines and how you are feeling today -- *Remember to keep it brief as we will have time later for general sharing.***
2. **Group business.**
3. **In this meeting we celebrate clean time with medallions, claps, and hugs.**

Is anyone celebrating today or this week: Multiple years, 18 months, 1 year, 9 months, 6 months, 3 months, 2 months, 1 month, 1 day, or are there any new members.

1. **Letter to Newcomers (if any are present – otherwise omit)**

Dear Newcomer,

Welcome to S.A.A.. 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 we needed help.

The programme od S.A.A. is patterned after the twelve steps 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 S.A.A. is a desire to stop compulsive sexual behaviours. It is a program 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 to exchange telephone numbers with those you relate to. We also suggest that you select a temporary sponsor to assist you in learning the basics. Ask someone you relate to (of the same sex) if they would be will 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 or co-sponsor, or form a step group.

In addition to attending meetings and talking to others we suggest you read our primary text **‘*Sex Addicts Anonymous’*** and the pamphlet ***‘First Step to Recovery’***. We also recommend books by Patrick Carnes, such as ***‘Don’t Call it Love’***, and Charlotte Davis Kasl’s ***‘Women, Sex and Addiction’***. Other literature is available on the SAA websites saauk.info and saarecovery.org

We are happy that you are here, for it is the newcomer that keeps S.A.A. alive and well. You may not believe it at this moment, but we have as much to learn from you as you have to learn from us. We encourage you to take it one day at a time… be gentle with yourself… and keep coming back!

1. **Meeting Focus (please choose one of the following):**
	1. Read Step of the month from the Green Book (week 1)
	2. Chair or speaker (live or recorded)
	3. Read tradition of the month
	4. Tools of the program
2. **Meeting Boundaries:** [from *Sex Addicts Anonymous* page 12, first sentence through the end of paragraph 1]

“In this meeting, we use the words ‘I’ or ‘we’ instead of ‘you’ when sharing about our recovery. We do not interrupt or give advice unless asked. We address our sharing to the whole group, not to one or more individuals. We try not to use offensive language, or descriptions that are too explicit. We avoid mentioning specific names or places associated with our acting-out behaviour. Because of the nature of our addiction, we are careful about touching or giving hugs to others in the fellowship without permission. Our focus remains on the solution, rather than the problem.

We strive to practice anonymity and confidentiality, so that the meeting will be a safe place for each and every sex addict. We generally use only our first names in the group, to help ensure anonymity. Who we meet or what is said in a meeting is treated as confidential and is not discussed with non-group members.” **–** *Please keep sharing to X minutes so everyone has a chance to share who wants to.*

1. **We now come to the 7th Tradition:**

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

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.

At this meeting we don’t pass a basket. Members pay their own telephone charges. If you can afford to give a little extra, then donations to the UK Intergroup at saauk.info or the Telemeeting Intergroup at saatalk.info will help all of us in our recovery

1. **Would <volunteer’s name> please read the Step Nine Promises**

 **The Promises: If we are painstaking about this phase of our development, we will be amazed before we are halfway 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 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? We think not.**

**They are being fulfilled among us sometimes quickly, sometimes slowly.**

**They will always materialise if we work for them.**

1. **Closing Statement:**

**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. Remember that anonymity is a core tradition on which the programme depends.**

**Whatever problems you may 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, may the understanding, love, and peace of the programme grow in each of us one day at a time.**

**Will you join me in the closing serenity prayer, standing and holding hands metaphorically if you wish.**