**European LGBTQ+, Tuesday Telemeeting of Sex Addicts Anonymous**

This meeting is registered with the UK Intergroup with the following details:

* **Meeting type:** Closed, Mixed, LGBTQ, Weekly Focus:
  + ***First week*** *- Step reading of the month*
  + ***Second week*** *- Tools of the programme*
  + ***Third week*** *- Reading of the day*
  + ***Fourth week*** *– Presentation / Share*
  + ***Fifth week*** *– Tradition of the Month*
* **Day:** Tuesdays
* **Time:** 7:30pm
* **Registered with ISO**: Group code NROL0043 December 2017
* **Email Contact :** [**eu.lgbtq.tues@saauk.info**](mailto:europeanlgbtskypemeeting@gmail.com)

|  |  |
| --- | --- |
| A note for Secretaries:  This initial structure for European LGBTQ, Tuesday Skype Meeting of Sex Addicts Anonymous has been prepared for review and agreement by Group Conscience.  Each group should be autonomous except in matters affecting other groups or S.A.A. as a whole. Within this constraint the structure and content of this meeting and meeting script can be changed at any time by a Group Conscience Meeting given two weeks' notice. | |
| **Date of Group Conscience.** | **Amendments** |
| January 2018 | * The Group conscience agreed that as of 6th February the meeting will be a Telemeeting |
| July 2018 | * Group Conscience – Service Positions Agreed * GSR – Marco * Share Finder - Emily |
| January 2019 | * Group Conscience – Service Positions Agreed * Co-secretary – Roland * Changes to script: * grammar & Context * altering Gender specific pronouns to Gender Neutral pronouns. * Amended weekly focus to include 2 main shares per month. |
| Jan 2021 | * Group conscience agreed to move from Telemeeting to Zoom meeting |
| March 2021 | * Script updated |
| 18th Jan 2022 | Service positions:   * Script - Mathew ( Backup - Eduardo) * Zoom Tech - Eduardo - Tech ( Backup Joe) * Chair Finder - Joe * Time keeper - Luke * GSR - Required * WhatsApp - Duane |
| 29th March 2022 | Service positions:   * Script – Eduardo ( Backup – John G ) * Zoom Tech - Duane - Tech ( Backup – Eduardo ) * Chair Finder - Joe * Time keeper - Luke * GSR – John G * WhatsApp - Duane |

**MEETING SCRIPT TUESDAY NIGHT LGBTQ SKYPE MEETING.**

1. PRE MEETING

***(-10.00)***  *Secretary dials-in to welcome early attenders*

***(-5.00)*** *Secretary asks for volunteers to read.*

* *A message of hope*
* *12 Steps -*
* *The Promises*

1. SERVANTS INTRODUCTION

***(+0.00) Secretary:*** Welcome to the Tuesday night Sex Addicts Anonymous (SAA) European LGBTQ Zoom Meeting. My name is \_\_\_\_\_\_\_\_\_, and I am a sex addict. I will be your script servant for tonight’s meeting.

**ALL**: Hello ***<Script servants name>***

Sex Addicts Anonymous (SAA) is a fellowship of People who share their experience, strength and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction and dependency.

Whilst this particular meeting is focused on LGBTQ issues and for anyone suffering from same sex issues, Sex addicts of any and all sexual orientations, and gender identity are welcome.

2. SILENCE AND PRAYER

***(+0.02) Secretary:*** Please can we have a few moments silence *(30-60 seconds)* in which to reflect on why we are here and to think of the still suffering addict.

Join me now as we 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.***

3. A MESSAGE OF HOPE

***(+0.03) Secretary: <Volunteer’s name>*** has volunteered to read *“A Message of Hope for Sex addicts in the LGBTQ Communities” (SAA Literature – SAA & the Lesbian / Gay / Bisexual / Transgendered Sex Addict.)*

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 though 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 l people 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.

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.

4. SAA 12 STEPS

***(+0.08) Secretary:*** Thank you***<volunteer’s name>***

***<volunteer’s name*** has volunteered to read “*The 12 Steps of ex addicts Anonymous*” *(Page 20-21; SAA Green Book)*

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 practice these principles in our lives.*

*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.*

1. SAA 12 TRADITIONS

***(+0.12) Secretary:*** *Thank you <volunteer’s name>*

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

“*The step of the month, i.e. September = 9th tradition” (Page 77; SAA Green Book)*

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.
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.
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.
13. GROUP INTRODUCTIONS

***(+0.13) Secretary:***

We now come to Group Introductions in which we each introduce ourselves by our first name only, any short description that might be appropriate and if we wish, how we are feeling at this moment. If you are able Please can you turn you came your camera on when you introduce yourself. (If you wish you can turn you camera off after your introduction)

If you are a newcomer to SAA and this is your first ever SAA meeting, please say so , so we can welcome you.

1. LETTER TO NEWCOMERS

***(+0.20) Secretary:*** Since this is <New comer’s name>first meeting can I have a volunteer to read the letter to newcomers:

**VOLUNTEER*:*** My name is <*First names only*>\_\_\_\_\_\_, and I'm a Sex Addict.

Dear <Newcomer’s Name>

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 Many 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. 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. 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 or co-sponsor. Meetings are available in a variety of formats, including Face to Face, Telephone meetings and Skype voice meetings. Further information on meetings can be found at [www.saauk.info](http://www.saauk.info) and [www.saatalk.info](http://www.saatalk.info)

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, SAA & the Lesbian / Gay / Bisexual / Transgendered Sex Addict and other S.A.A. pamphlets available at [www.saa-recovery.org](http://www.saa-recovery.org) and *Alcoholics Anonymous (The Big Book)* and other AA or relevant addiction 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.

1. FOCUS FOR THE MEETING

***(+0.20) Secretary:*** We now come to the focus of today’s meeting. This being the <*xth week of the month* > the focus is :

***First week*** *- Step reading*

*The reading from either Sex Addicts Anonymous book “Green book”, 12 & 12 or Alcoholics Anonymous “ The Big Book”. To avoid repetition with other meetings we do the Step corresponding with the month of the Year less 3. So:*

*April = Step 1, May = step 2, June = step 3,*

*July = step 4, August = Step 5, September = Step 6*

*October = step 7, November = step 8 December Step 9*

*January = step 10, February = step 11, March = step 12)*

***Second week*** *–Main Share Focus on Experience Strength & Hope encountered in recovery through the SAA Programme. ( Generally by Addict with sponsor, having worked step 5, and with 3 months sobriety)*

***Third week*** *- Tools of the programme  
see 'Tools of the programme, pot luck reading'*

***Fourth week*** *–Main Share Focus on Experience Strength & Hope encountered in recovery through the SAA Programme. ( Generally by Addict with sponsor, having worked step 5, and with 3 months sobriety)*

***Fifth week*** *– Tradition of the Month – Reading form the SA Green Book, AA Big Book or Twelve& twelve*

*To avoid repetition with other meetings we do the tradition corresponding with the month of the Year less 3. So:*

*April = Tradition 1, May = tradition 2, June = tradition 3,*

*July = tradition 4, August = Tradition 5, September = Tradition 6*

*October = tradition 7, November = tradition 8 December Tradition 9*

*January = tradition 10, February = tradition 11, March = tradition 12)*

***Second week*** *focus- Tools of the programme – pot luck*

***(+0.21) Secretary:*** Please can we have two volunteers to each 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”*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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 & Let God | 19 | **44** | HALT | 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 & Let Live | 34 | **48** | Fear | 22 |
| **24** | Feedback | 35 | **49** | 11th step prayer | 46 |
| **25** | 3 things a day | 37 | **50** | The 12 traditions | 44 |

GENERAL SHARING

***(+0.30) Secretary:*** We now come to General Sharing.

We encourage your share to on today’s reading and / or the focus of today’s meeting. Please share on your Experience Strength & Hope encountered in recovery and the 12 Steps and 12 Traditions.

We do not have to check in if we don't want to.

In your sharing, please be sensitive to the safety of others by avoiding overly specific descriptions of acting out behaviours. Please speak in ***“I”*** Statements not ***“You”*** statements to avoid sounding like you are giving advice.

Please bear in mind tradition five, ‘*each group has but one primary purpose - to carry its message to the sex addict who still suffers*’ and that we live tradition and step 12 through every share we make.

Try, if you can, to keep your sharing to within [? *Three ?*] minutes so that all members may get a chance to share

The time is now (\_\_\_\_\_) and General Sharing will finish at +0:55.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 General SHARING

***(+0.55) Secretary:*** Thank you everyone for your shares.

1. GROUP BUSINESS & ANNOUNCEMENTS

***(+0.55) Secretary:*** Does anyone have any SAA related Group Business or announcements.

Any member may introduce themselves again and bring business notices or queries before the meeting.

*Simple decisions may be decided by consensus within Group Business but more complex or important decisions must be deferred by consensus to a Group Conscience Meeting, which must take place with at least one week's notice immediately after a normal meeting.*

*In September & January: May we have a volunteer to be Script Servant for next 6 months. This involves preparing the focus for each meeting, and to moderate the meeting.*

1. SEVENTH TRADITION

***(+0.56) Secretary:*** We now come to the Seventh Tradition.

May I remind everyone of the Seventh 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 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.

At this meeting we don’t pass a basket. Members pay their own connection charges. If you can afford to give a little extra, then donations to the UK Intergroup at [www.saauk.info](http://www.saauk.info) or the Tele meeting Intergroup at [www.saatalk.org](http://www.saatalk.org) will help all of us in our recovery.

PROMISES

***(+0.58) Secretary:*** *Thank you <volunteer’s name>* Please may we have a volunteer to read “*The step 9 Promises*” *(page 83-84 : AA big Book)*

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 experiences 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 realise that God is doing for us what we could not do for ourselves.

Are these extravagant promises?

***ALL:*** We think not.

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

1. IN CLOSING

***(+0.58) Secretary:*** *Thank you <volunteer’s name>*

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

For anyone who wants to share their number or would like another member number; Anyone seeking a sponsor or anyone available to be a sponsor, please stay on the line to exchange numbers in fellowship after the meeting has ended.

This meeting has a WhatsApp group, please stay on the line to get details on how to join.

For all; please stay on the line to connect in fellowship, do outreach, to check in and to share numbers.

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!**

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Group Conscience Serenity Prayer (about + 1:05 if scheduled)

*Secretary*: Please will you help me open our Group Conscience with the Serenity Prayer, using the word 'God' as you do or do not 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.

1. Opening a Group Conscience (about + 1:06 if scheduled)

***GSR:***Welcome! This is the Group Conscience of the LGBTQ Meeting of Sex Addicts Anonymous.

A Group Conscience is a special decision-making meeting for the group to consider an issue that it is felt requires more time than could be given during the regular meeting. This Group Conscience was called to consider

*[describe briefly the reason for the Group Conscience]*

Decisions are normally by unanimous agreement, but many meetings also agree to conform to a majority vote if necessary. We have scheduled a maximum of 45 minutes for this Group Conscience. If we have not reached an agreement by 21:45 we can schedule another Group Conscience. In any case I will summarise any decisions and progress made and record them in the meeting notes.

1. The 12 Traditions (volunteer, about + 1:08 if a Group Conscience is scheduled)

***GSR:***Could a volunteer read The Twelve Traditions of Sex Addicts Anonymous

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.

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.

9. S.A.A. as such, ought never to 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.

1. Group Conscience discussion (about + 1:10 if scheduled)

***GSR:***The Group Conscience is open for discussion. Please introduce your contributions by your first name and any short description that might be appropriate.

1. Closing a Group Conscience (by + 1:45 if scheduled)

***GSR:*** *Either:* This Group Conscience has decided *[briefly describe the group decision]*

*or:* Unfortunately the group has indicated that this question needs more time but the time scheduled for this Group Conscience is up. Any member may call for another Group Conscience if further discussion is required. We must close now but we have made the following progress *[briefly describe progress made]*

*In any case:*

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 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.

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