

## **HMP Tuesday Open Telemeting** **of Sex Addicts Anonymous**

Updated 29/11/22

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

- **Meeting type:** Open, Mixed, Topic/Focus
  - *Meeting 1 – Main Share - Personal Story of Strength Hope and Recovery*
  - *Meeting 2 – Tools of the program*
  - *Meeting 3 – Main Share - Personal Story of Strength Hope and Recovery*
  - *Meeting 4 – Step reading of the month*
- **Day:** Every 2<sup>nd</sup> Tuesday commencing 26<sup>th</sup> July 2022
- **Time:** 10am
- **ISO Group Code:**
- **Email Contact:** [hmp\\_tuesday\\_open@saauk.info](mailto:hmp_tuesday_open@saauk.info)
- **Telephone/ WhatsApp Contact:** 07725548066 Joe W
- **Meetings Access :**  
Subject: HMP-Open-Tue-10am  
Meeting opens 09h50  
Meetings Starts 10h00 GMT

Join the meeting using one of these easy options:

1) One Tap Mobile Dialling: +443300881927,,4382703

Additional Options to connect:

Dial-in number (GB): 0330 088 1927

Access code: 4382703

*(Call costs – an 0330..Number costs exactly the same as if you were calling a normal landline number to a home or business)*

A note for Secretaries:

This initial structure for the HMP Tuesday Open Telemeeting 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.

<u>Date of Group Conscience.</u>	<u>Amendments</u>
26/07/2022	1st HMP Open Meeting. Meeting servants' positions - Secretary – Martin R - GSR – Position Vacant - Prison Liaison – Vacant Script Amendments- possibility of meeting monitoring highlighted in the introduction. Proposal to introduce a "Daily meditation reading"
09/08/2022	Readings to be shared on WhatsApp on the day of the meeting
29/11/22	Change from HMP Huntercombe to general HMP open telemeeting

## **MEETING SCRIPT**

### **PRE MEETING SERVICE VOLUNTEERS**

**(+0.05) Secretary:** Good morning. Before the meeting starts please can I ask for service volunteers to do the following readings:

- Acceptance & support
- The 12 steps - (pg. 20 SAA green book)
- Voices of recovery – (<https://saa-recovery.org/daily-meditation-from-voices-of-recovery/>)
- Just for today

All Readings are posted in the SAA Prison outreach WhatsApp Group

### **OPENING**

**(+0.00) Secretary:** Good morning. My Name is *<Your Name>* and I am a sex addict.

Welcome! I will be your script servant for today's meeting. This is the UK HMP Open Tele-Meeting of Sex Addicts Anonymous.

This is an open meeting and has been set up to allow recovering sex addicts currently serving a custodial sentence to attend an SAA recovery meeting. This is an open meeting, facilitated by the prison service and may be attended by people who do not identify as a sex addict. We welcome the opportunity for non-sex addicts to participate and be part of our recovery journey.

Please be aware that, for safety and security reasons, this meeting may be monitored by prison service staff or rehabilitation agencies.

We would like to remind members who are not speaking to mute their phones directly or by pressing star six, especially if they are in a noisy environment or using a speakerphone. To unmute press star 6 again.

SAA is a fellowship of people 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. The only requirement for membership is a desire to stop addictive sexual behaviour.

SAA is self-supporting; is not allied to any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sexually sober and help other sex addicts to achieve sexual sobriety.

Our programme is derived from the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. Although we are not affiliated with AA, we are grateful to AA for this gift.

Let us make this a Safe Meeting to bring the message of Strength Hope and Recovery, focused on the 12 steps and 12 traditions, opening 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.'*

## **ACCEPTANCE & SUPPORT**

**(+0.02) Secretary:** Please may we have a volunteer to read "*Our Acceptance & Support*" an extract from the SAA Literature pamphlet - "*Are your sexual behaviours causing you problems*"

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

Acceptance & Support (page 3 paragraph 1-2 of SAA Literature - <https://saa-recovery.org/literature/sexual-behaviors-causing-problems-2/> )

Many of us wondered if we would fit in because of our gender, sexual orientation, race, ethnicity, or something else, but what we found were acceptance and understanding. We met others who have experienced issues similar to ours. Many of us found the support and friendship of a caring recovery community. What we didn't find was criticism or judgment. The SAA twelve-step program provides tools and guidance needed to sustain abstinence from compulsive sexual behaviours and to recover from sex addiction.

SAA offers hope of a new way of life, free from compulsive sexual behaviour.

## **THE 12 STEPS**

**(+0.05) Secretary** "*The 12 Steps*"

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

The 12 Steps (pg. 59 AA blue book)

These steps are our program. They contain a depth that we could hardly have guessed when we started.

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 fearless and searching 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 all 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 all 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 His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to other sex addicts and to practise these principles in all areas of our lives.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

## **TRADITION OF THE MONTH**

**(+0.08) Secretary:** Thank you <volunteer's name> I'm a Sex Addict / Non Sex addict

I will now read the tradition of the month, this month being <xxx> of the year, Tradition <xx>  
"The tradition of the month, i.e., September = 9th tradition"

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.

## **REFLECTION**

**(+0.11) Secretary:** 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.

***Sufficient silence for reflection and thinking - usually about 30 seconds.***

Thank you.

## **VOICES OF RECOVERY**

**(+0.12) Secretary:** Thank you <volunteer's name> Please may we have a volunteer to read the daily meditation from "Voices of Recovery" ( <https://saa-recovery.org/daily-meditation-from-voices-of-recovery/>)

## GROUP INTRODUCTIONS

### **(+0.14) Secretary:**

We now come to Group Introductions in which we each introduce ourselves by our first name only, as either a sex addict or non-sex addict and how we are feeling today.

*Starting with the secretary each member, in turn, introduces themselves and the rest of the group responds by greeting them by their first name.*

*This style of introduction and group greeting is used every time a member speaks during the meeting, except when reading.*

## IF THERE IS A NEWCOMER,

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

Please may we have a volunteer to read the "*The letter to newcomers*"

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

Dear < Newcomers names >

Welcome to SAA 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 SAA. 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 SAA 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.

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. As this is an open meeting there may be members of the Legal, justice and rehabilitation community in attendance.

In addition to attending meetings and talking with others we suggest you read our primary text *Sex Addicts Anonymous (The Green Book)*, SAA pamphlets available via Intergroup, [saauk.info](http://saauk.info) and [saa-recovery.org](http://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 SAA alive and well. We encourage you to take it ONE DAY AT A TIME, BE GENTLE WITH YOURSELF, and KEEP COMING BACK.

## **FOCUS**

**(+0.20) Secretary:** We now come to the focus of today's meeting.

This being the *<x> week of the month >* the focus is :

- **Meeting 1** – Main Share - Personal Story of Strength Hope and Recovery
- **Meeting 2** – Tools of the program
- **Meeting 3** – Main Share - Personal Story of Strength Hope and Recovery
- **Meeting 4** – Step reading of the month

**Meeting 1** – Main Share - Personal Story of Strength Hope and Recovery, by *< Name >*, who will share for 20 minutes. *< Name >* would you like any time checks ( usually 10 minutes and 5 minutes to go)

**Meeting 2**– Tools of the Program - *See script below.*

**Meeting 3** – Main Share - Personal Story of Strength Hope and Recovery, by *< Name >*, who will share for 20 minutes. *< Name >* would you like any time checks (usually 10 minutes and 5 minutes to go)

**Meeting 4** - Step reading of the month.

## **Meetings 2 Topic**

**(+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
<b>1</b>	Seventh Step Prayer	46	<b>26</b>	Identify don't compare	31
<b>2</b>	Handling Travel	38	<b>27</b>	Third step Prayer	45

<b>3</b>	Outer circle activities	40	<b>28</b>	Attending meetings	4
<b>4</b>	Sponsorship	2	<b>29</b>	Using the Telephone	9
<b>5</b>	Easy Does it	33	<b>30</b>	Easy Does it	33
<b>6</b>	Literature	5	<b>31</b>	Service	42
<b>7</b>	Using the Telephone	9	<b>32</b>	Prayer	16
<b>8</b>	Fellowship	39	<b>33</b>	Meditation	20
<b>9</b>	Being Positive	39	<b>34</b>	Resentments	22
<b>10</b>	Gratitude lists	23	<b>35</b>	Bookending	24
<b>11</b>	Asking Questions	35	<b>36</b>	The Twelve Steps	2
<b>12</b>	Exercise	41	<b>37</b>	Changing old Routines	14
<b>13</b>	Honesty	30	<b>38</b>	Unity Prayer	45
<b>14</b>	Outside Resources	36	<b>39</b>	Journaling / Writing	21
<b>15</b>	Serenity Prayer	45	<b>40</b>	Living with Withdrawal	15
<b>16</b>	3 Circles	6	<b>41</b>	Getting honest about the middle circle	8
<b>17</b>	One day at a time	11	<b>42</b>	Friendship	13
<b>18</b>	Changing Old Routines	14	<b>43</b>	God of our understanding	18
<b>19</b>	Let go & Let God	19	<b>44</b>	HALT	25
<b>20</b>	Looking for Consequences	27	<b>45</b>	Thinking a Slip all the way through	28
<b>21</b>	Letting go of old ideas	29	<b>46</b>	Defining our God	18
<b>22</b>	Progress not perfection	29	<b>47</b>	3 Second Rule	26
<b>23</b>	Live & Let Live	34	<b>48</b>	Fear	22
<b>24</b>	Feedback	35	<b>49</b>	11 <sup>th</sup> step prayer	46
<b>25</b>	3 things a day	37	<b>50</b>	The 12 traditions	44

## **GENERAL SHARING**

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

We encourage your share on today's meeting focus. Please share your Experience, Strength & Hope encountered in recovery and the 12 Steps and 12 Traditions. Please bear in mind tradition five, *'each group has but one primary purpose - to carry its message to the sex addict who still suffers.*

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 in or publications, broadcasts and services you have used and avoid using slang terms for acting out behaviour.



We do not interrupt each other, and we do not ask questions or engage in discussion. Please speak in **"I"** Statements not **"You"** statements to avoid sounding like you are giving advice.

Although anonymity is a core tradition, you should be aware that some people may decide, after careful thought, to report certain disclosures to the authorities. We use only our first names. Whatever our status or position outside of this group is not an issue here.

Try, if you can, to keep your sharing to within [- *Three to Five* -] minutes. We do not have to check in if we don't want to.

The time is now <time > and General Sharing will finish at 10:20am. 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 SHARING**

**(+0.50) Secretary:** Thank you everyone for your shares.

### **GROUP BUSINESS & ANNOUNCEMENTS**

**(+0.51) Secretary:** Does anyone have any Group business or SAA related announcements. Literature including approved pamphlets and the Sex Addicts Anonymous Green Book & this script are available from SAA Websites

[saauk.info](http://saauk.info) & [saatalk.info](http://saatalk.info)

**Meeting Service.** The Tele-meeting call opens about 10 minutes before the start of the meeting. Members are invited to call at this for fellowship and to volunteer to do service, such as readings

### **JUST FOR TODAY**

**(+0.56) Secretary:** Please may we have a volunteer to read *"Just for Today"* as we start our day.

## *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.*

*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.*

## **IN CLOSING**

**(+0.59) Secretary:** *Thank you <volunteer's name>*

In closing, the opinions expressed here today were strictly those of the person who gave them and were spoken in confidence. Take what you like and leave the rest.

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. 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.

For anyone who wants to share their number, would like another member's number, is seeking a sponsor or is available to be a sponsor please stay on the line so you can connect in fellowship.

Will you join me in the closing serenity prayer, standing and holding hands metaphorically, using the word God as you do or are coming to 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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### **1. 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. Opening a Group Conscience (about + 1:06 if scheduled)

**Secretary:** Welcome! This is the Group Conscience of the UK Tuesday Morning 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 11:15 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)**

**Secretary:** 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)**

**Secretary:** 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)**

**Secretary:**

*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!