Manchester Thursday Night SAA ‘Steps to Freedom’ Big Book Study

Hello, everyone. My name is \_\_\_\_\_\_\_\_\_ and I am a sex addict. I’ll be the chair for  
this meeting.

Welcome to the Thursday night Sex addicts anonymous Big Book Study.

Please switch your mobile phone to a silent profile and try to avoid any behaviour which may be distracting to other people during the meeting.

Now let’s have 2-minutes in silence, to meditate and reflect, on why we are here; to think about the still-suffering addicts inside and outside of this room; and to invite the God of our understanding into this meeting. We shall follow that with the Set aside pray.

(2 mins silence)

**God, Please help me set aside everything I think I know about myself,**

**Everything I think I know about my disease,**

**Everything I think I know about my own recovery,**

**And everything I think I know about especially about you,**

**so I may have an open mind and a new experience with all these things.**

**Please help me to see the truth.**  
  
Our Group Conscience has elected to use the Big Book of A.A. as its basic text. Time  
and experience have proven it to be the most successful approach to the Steps no matter what the addictive problem may be. Because of how it was written, we believe it to be the purest 12 Step document in existence.As far as we are concerned, it is what works for us. The purpose 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 it contains. During this meeting let’s try to stay focused on finding the clear-cut directions in the passage being covered today.

To paraphrase the foreword to the First Edition of the Big Book:

WE OF Alcoholics Anonymous are more than one hundred people who have  
recovered from a seemingly hopeless state of mind and body. To show other alcoholics  
precisely how we have recovered is the main purpose of this book. For them we hope these pages will prove so convincing that no further authentication will be necessary. We think this account of our experiences will help everyone better understand the alcoholic. Many do not comprehend that the alcoholic is a very sick person. And besides, we are sure that our way of living has its advantages for all.

When sharing, please can we focus on the solution found in the Big Book of A.A as it relates to our recovery from sex addiction. Please refrain from sharing your problems today and maintain focus on the passage which has just been read. We do not interrupt or give advice unless asked. We address our sharing to the whole group, not to one or more individuals. The study leader may interrupt to make sure that the focus remains on the solution found in the passage which has just been read. There will be a maximum of 2 minutes per share to which the chair will time.

If you have worked the Steps for sex addiction with a sponsor following the instructions in the Big Book, and had the promised spiritual awakening, then we would really like to hear your insights into these directions.

If are new to S.A.A., to this meeting or to this approach to the Steps, we want you to know you are welcome here and would also love to hear what the reading means to you or what you get back from it. Our hope is that you will hear something that will be helpful to you. There will be a period of fellowship after the meeting. If you have questions, if you need to check in or get current, or if you want to discuss other literature, please stick around for the fellowship. That would be a better time for these subjects. Before we close the meeting people willing to sponsor will announce their names and phone numbers. We encourage you to stick around.

\_\_\_\_\_\_\_\_ will be our study leader tonight. They will be using a copy of the Big Book translated into sec addiction prepared by members of Dallas’ Primary Purpose Group of SAA.

We would like to welcome newcomers to SAA or any visitors to this meeting, please introduce yourself now, this is not to single you out but to help us welcome you to the meeting. **(If newcomer present)** While this meeting welcomes newcomers, it is primarily a study meeting and newcomers may find the Monday, Wednesday, or Friday Manchester SAA meetings more relevant at the start of their recovery.

We will now go around the room to introduce the group members, stating our first names only.

I will now hand over to \_\_\_\_\_\_\_

My name is \_\_\_\_\_\_\_\_\_, and I am a sex addict. I’ll be your study leader for the evening. Before we begin our study we are going to review a Tradition (Found P562 -566). This weeks Tradition is \_\_\_ and I’ve asked \_\_\_\_\_\_ (please choose a member who is knowledgeable of the Traditions) to read the long form of the Tradition followed by the short form and to offer some comments. We will begin our study on page \_\_\_. That will be in Chapter \_\_\_\_\_\_\_. Please speak from your own experience, avoiding giving advice. I will pause after each paragraph for members to come in with any comments. Our study session will finish at 8:35PM.

That is all we have time for tonight, I will now pass back to the chair to close the meeting.

10 MINUTES BEFORE END (8:35PM)

Closing:

“Our book is meant to be suggestive only. We realize we know only a little. God will  
constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come if your own house is in order. But you obviously cannot transmit something you haven’t got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

“Abandon yourself to God as you understand God. Admit your faults to Him and 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 trudge the Road of Happy Destiny.

“May God bless you and keep you until then.”

Do any members have any group business or other SAA related announcements?

Our 7th tradition states that every “SAA group ought to be fully self-supporting, declining outside contributions”. If you can afford, we need money to pay for the room hire and literature.

Face to face groups around the world give out chips to celebrate significant milestones of sobriety. We have chosen to celebrate increments of 1 month, 2 months, 3 months, 6 months, 9 months and annual birthdays. Is there anyone here celebrating one of these milestones? (Pause) As S.A.A. members the most important symbol of our willingness is a desire chip. A desire chip signifies our desire to stop our addictive sexual behaviours for good and for all, though we stay sober just one day at a time. We would like to acknowledge anyone who wants to commit to our way of living. Is there anyone here that would like to begin their journey to sobriety tonight?

Our group conscience believes that the best place to check-in or get current is with a  
sponsor. After all, this is where real recovery takes place: in working the Steps with a sponsor. If your sponsor is unavailable and you need a temporary sponsor, if you don’t have a sponsor or if you are looking to change sponsors, we believe we can help. Please can everyone who is available to sponsor raise your hand, see one of these people. Alternatively, please see our group sponsor finder \_\_\_\_\_\_\_\_.

At this meeting we make both AA & CA literature available, if you wish to obtain any literature, please see our literature secretary \_\_\_\_\_\_\_\_\_. (SAA general leaflet given to newcomer & guide to 12 steps.)

Finally, anonymity is a core tradition of our program, please respect that whoever you see here, whatever you hear here, please let it stay here. Let us talk to one another and reason things out but let us not gossip as gossip is damaging.

Thank you for letting me chair tonight, fellowship will commence after the meeting, will you please join me standing (and holding hands if you would like), closing the meeting with the serenity prayer using the word god as you understand it.

(Chair to chose someone to lead us out!)

Finish Serenity pray with - Thy will be done

Meeting finish 8:45PM.