

# SHEPTON MALLET 'SERENITY' MEETING OF S.A.A.

## 1. Introduction

Good Evening. My name is \_\_\_\_\_ and I'm a sex addict. Before we start, can we ask that you turn off all mobile phones or set them to a silent profile. Thank you.

## 2. Opening

Welcome! This is the Shepton Mallet '**Serenity**' meeting of Sex Addicts Anonymous. This is a closed meeting, which means it is attended only by sex addicts or those who think they may have a problem with sex addiction. This is not a place to meet sexual partners, nor is it group therapy. SAA 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. The only requirement for membership is a desire to stop addictive sexual behaviour. There are no fees or dues for SAA membership. We are self-supporting from our own contributions. SAA 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 make use of its literature, alongside SAA literature, in our meetings and our recoveries.

## 3. Traditions

I have asked \_\_\_\_\_ to read **two Traditions**

## 4. 'Our Addiction'

I have asked \_\_\_\_\_ to read '**Our Addiction**'

## 5. 'Our Programme'

I have asked \_\_\_\_\_ to read '**Our Programme**'

## 6. Silence (1 minute if there is a newcomer is in the room)

Thank you. There will now be a period of 3 mins silence which you can use for meditation or quiet reflection or in whatever way you may wish.....

Thank you

## 7. Reading

I have asked \_\_\_\_\_ to read a page from *Voices Of Recovery*.

## 8. Main Share/Step/Topic

1st Thursday	Step share
2nd Thursday	Main share
3rd Thursday	Topic meeting
4th Thursday	Main share

If 5th Thursday in the month - 10 minutes meditation followed by self checkins by attendees on how they were over the last month, how they are now and how they hope to be.

### **For Main Share:**

The focus of this meeting is a main share. \_\_\_\_\_ whose home group is \_\_\_\_\_ has kindly agreed to share with us his/her experience, strength and hope. He/she will speak for twenty minutes after which I will open the meeting for general sharing. Would you like any time reminders? Over to you.

### **For Step Share:** *(The step correlating to the month number, i.e. Jan is step 1)*

Tonight is a step meeting and we are looking at step \_\_\_\_\_. We will each in turn read a paragraph from the SAA green book on step \_\_\_\_\_ *(following the reading)* \_\_\_\_\_ whose home group is \_\_\_\_\_ has kindly agreed to share with us his/her experience, strength and hope.

He/she will speak for twenty minutes after which I will open meeting for general sharing. Would you like any time reminders? Over to you.

### **For Topic Meeting:**

Tonight is a Topic Meeting. The topic is \_\_\_\_\_ We will each in turn read a paragraph on the topic *(following the Topic reading we open for general sharing)*

## **9. General Sharing Time – Guidelines**

We now come to General Sharing time where we invite those present to share their own experience, strength and hope. We avoid giving individuals direct advice or feedback. Please keep your sharing to under 5 minutes so that as many people as possible get a chance to share. We appoint a group member as timekeeper \_\_\_\_\_ who will indicate when 4 minutes has been reached. Following this we would ask that sharers then finish up of their own accord rather than wait for any further reminders from the timekeeper. In your sharing, please be sensitive to the safety of everyone by avoiding overly specific descriptions of acting out behaviours, naming specific places you have acted out or publications, broadcasts and services you have used. Also, be mindful of your language when sharing, avoiding using slang terms for acting out behaviour. Finally, please bear in mind tradition five, which states that *'Each group has but one primary purpose - to carry its message to the sex addict who still suffers'*. The time is now \_\_\_\_\_ and General Sharing will finish at \_\_\_\_\_.

*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.*

## **10. Gratitudes**

That brings us to the end of general sharing. We now have 5 minutes for anyone wishing to share anything they are particularly grateful for - please keep it succinct/brief to allow as many people as possible to share something.

## **11. Group Business**

Thank you. Do any members have group business?

## **12. Secretary Announcements**

For anyone who is new it is suggested to get a home group; that is, a meeting that you attend regularly and at which you may undertake service commitments in the future. If you would like to make the Shepton Mallet '**Serenity**' group your home group then please see any of the current group members after the meeting. For anyone who is having a particularly trying time and is struggling to share in meetings, please feel free to talk to one of the group members after the meeting. If group members could raise their hands so that people know who they are? It is also suggested to get a sponsor as soon as possible. Anyone who would like help finding a sponsor, please speak to me after the meeting.

## **13. Literature Announcement**

At this meeting we make both SAA and AA literature available, some of it free for newcomers. Anyone who wants to obtain any literature please see

\_\_\_\_\_ (*name and indicate literature secretary or nominated stand-in*)

## **14. The Seventh Tradition**

\_\_\_\_\_ our treasurer, will now announce the seventh tradition:

## **15. The Promises**

I've asked \_\_\_\_\_ to read the promises associated with step nine from the AA basic text.

## **16. Closing**

Thank you to all who do service , and thank you very much indeed \_\_\_\_\_ for your share. In closing, the opinions expressed here tonight were strictly those of the person who gave them. The things that you heard were spoken in confidence and should be treated as confidential. Anonymity is a core tradition on which the programme depends. Whoever you see here, whatever you hear here, let it stay here. Let us talk to one another and reason things out but let us not gossip or criticise each other. Our first tradition states that our common welfare should come first; personal recovery depends upon SAA unity. Whatever problems you have, there are those among us who have had them too. If you keep an open mind, you will find help.

Keep coming back! The programme works if you work it! Will you join me in closing the meeting with the Serenity Prayer? Using the word God as you understand it;

God...