

# 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 to 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

It's the **Xth** month of the year and \_\_\_\_\_ has agreed to read **two Traditions** including the **Xth** Tradition and a Tradition of their choice.

## 4. 'Our Addiction'

\_\_\_\_\_ has agreed to read '**Our Addiction**'

## 5. 'Our Programme'

\_\_\_\_\_ has agreed to read '**Our Programme**'

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

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

## 7. Reading

\_\_\_\_\_ has agreed to read today's page from *Voices Of Recovery*.

## 8. Main Share/Step/Topic/Gong Schedule

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

If there is a 5th Thursday in the month - Gong Meeting (Approx every 3 months)

**For Main Share:** The focus of this meeting is a main share. \_\_\_\_\_ whose home group is \_\_\_\_\_ has kindly agreed to share with us their 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 \_\_\_\_.

\_\_\_\_\_ has agreed to read from the SAA Green Book on Step\_\_\_\_\_

*(Following the reading)* \_\_\_\_\_ whose home group is \_\_\_\_\_ has kindly agreed to share with us their Experience, Strength and Hope including experience of Step \_\_\_\_\_.

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 \_\_\_\_\_.

\_\_\_\_\_ has agreed to read some paragraphs on the topic

*Find Topic entries from Green Book, Leaflets and Voices of Recovery index.*

*(following the Topic reading we open for general sharing - Item 9.)*

**For Gong Meeting:** Tonight is a gong meeting. This is an opportunity for longer meditation and a deeper reflection on your recovery.

There will now be a 10 minute gong meditation which you can use for bringing calm, quiet reflection, or in whatever way you may wish.

## **9. General Sharing Time – Guidelines for all meetings**

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 4 minutes so that as many people as possible get a chance to share. We appoint a group member as timekeeper \_\_\_\_\_ who will indicate when 3 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'*.

**For Gong Meeting only:** As this is a gong meeting, we invite those present to reflect on their recovery since the last gong meeting, how they are doing now, and where they want to be by the next gong meeting in two or three months time.

**For all Meetings:**

General Sharing will finish at 20.50.

*In the case of long silences (about a minute?) announce the following –  
I invite anyone who has already shared to come in again.*

## **10. Gratitudes (only if general sharing ends early i.e before 20.50)**

We now have a few 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. Reflection

That brings us to the end of general sharing. Let's take a minute in silence to reflect on what we have heard this evening.

## 12. Group Business

Thank you. Do any members have group business?

## 13. 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 '**Serenity**' meeting 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 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.

If anyone is currently available to sponsor, please raise your hand.

## 14. 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 \_\_\_\_\_  
(*indicate literature secretary or nominated stand-in*)

## 15. The Seventh Tradition

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

## 16. The Promises

\_\_\_\_\_ has agreed to read the Promises associated with Step Nine from the AA basic text.

## 17. Closing

Thank you to all who do service , and thank you very much indeed \_\_\_\_\_ for your share and \_\_\_\_\_ for your reading. 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.....**