**Introduction**

**Secretary**: Good evening everyone, welcome. This is the Birmingham Online Tuesday meeting of Sex Addicts Anonymous. My name is ………. and I'm a sex addict.

The meeting will run until 8.00pm *[except week 1 when it finishes at 7:45pm for group conscience].*

We would like to remind members who are not speaking to mute their mics or phones, especially if they are in a noisy environment.

This is a recovery meeting of Sex Addicts Anonymous. Our first tradition reminds us that our common welfare comes first. In keeping with that tradition, may I remind all present that this meeting should be a safe place for everyone.

Throughout the meeting we introduce ourselves each time by our first name only and any short description that may be appropriate, can I also remind you that when you volunteer to read out a reading to do the same please . This applies to the whole of the meeting, including in both Group Conscience and Group Business. When speaking, we address the group as a whole and avoid private conversations. We are careful in our use of language and avoid words that may be offensive. We listen respectfully and show consideration for others at all times.

We keep in mind not only the welfare of those present, but of all sex addicts in the future who will come to our meetings hoping to find a safe place to recover. Do not be offended if you are reminded by the secretary to keep to the spirit and traditions of the meeting.

The purpose of our attendance at this meeting is that we are addicts seeking recovery and to carry that message of recovery to others. We reflect that message both in our words and actions during the meeting and in our relations with the group as a whole. A stable and united fellowship provides a safe place for all of us seeking help.

Opening Statement - Can someone read the Opening statement.

Silence

Secretary: Can we have a moment's silence to remember tradition five that each group has but one primary purpose, to carry its message to the sex addict who still suffers [silence – about 20 seconds)

Group introductions

Secretary: It is now time for group introductions. This is when we introduce ourselves to the group by first name only and say why we are here.

We will go around the room first and introduce ourselves in the order that the Zoom participants are showing on your application, I should have it set so that we all see the same order

If you are new to SAA, please say so, there will be a welcome for you shortly. -How it Works - Can someone please read how it worksThe 12 Steps *-* These are the steps we took, which are suggested as a program of recovery:- Can someone please read the steps reading pleaseTwelve Traditions - Can someone read the 3 of the 12 traditionsFocus

It is week \_\_\_\_\_\_ so the focus of this week’s meeting is \_\_\_\_

*The Focus Monthly Schedule is:*

Week 1: No topic – straight to general sharing for 7.45pm finish (Conscience week)

Week 2: Main Share -up to 15 minutes - (If there is no main share my proposal is to pick one of the personal stories from the SAA Book - I can make a note of the one’s we’ve read as there are 46 in the SAA book)

Week 3: Reading from SAA Green Book – Step of the Month (e.g. January = Step 2, February = Step 3 etc…….

Week 4: Reading from Big Book ( AA Book ) (15 minutes) \*\*\*\*\*\*

Week 5: Reading from the SAA Green Book - see if anyone wants to nominate a particular reading

Secretary: If we are reading from the big book or 12 & 12, it is the conscience of this group that members, may if they wish to, translate the text into terms of sex addiction.

General Sharing

Secretary: We’ve now come to our time for general sharing where we have an opportunity to share on this week’s reading/share or anything we feel sharing in our own recovery.

This is a closed meeting. Please remember each group has but one primary purpose to carry its message to the still suffering sex addict. When sharing, avoid mentioning places and behaviours that may be triggering to others. If someone feels another is getting too explicit, they may state this.

Please avoid cross sharing, this means that when speaking we should address the group as a whole and we should not comment on anyone else's share, nor provide them with advice or criticism. [If there has been a main share, the secretary will check with the person providing the main share whether fellows may refer to their share]

Please do not be offended if you are asked to stop by the secretary.

Because of the size of the meeting, could you try to keep your shares to approximately \_\_\_ minutes.

Could someone volunteer to be a spiritual timekeeper? They will let you know when your time is up, The meeting is now open.Closing Reading

Secretary: We have now come to the end of the sharing but not the end of the meeting

Can someone read a passage based upon pages 152 and 153 from the book “Alcoholics Anonymous”

*[After the passage is read out]*  This is the basic text of Alcoholics Anonymous, often referred to as the Big Book. This group recommends that all sex addicts read it and translate it into terms of sex addiction.Sponsor

Secretary: If you are currently available to sponsor another member of the group or could provide temporary sponsorship to a newcomer to help them learn the basics, please state this now.

If there is anyone who does not have a sponsor, and would like one, please speak to one of these people or speak me after the meeting and I will help you find someone.Yellow Card

Secretary: Please remember, “who you see here, what you hear, when you leave here, let it stay here”. Keep it in the meeting, breaking someone's anonymity in SAA is dangerous.Tradition 7

Secretary: Every SAA group ought to be fully self-supporting, declining outside contributions. I will post the PayPal link in the group chat on Zoom and the Whats app group for the Birmingham meeting <https://paypal.me/bhamonlinemeeting?country.x=GB&locale.x=en_GB>Group Business

Secretary: We now come to group business. If anyone has any business to bring before the group, please introduce yourself and any short description that may be appropriate.Step 9 Promises - Could someone please read the step 9 promises.Next Meeting

Secretary: This group next Tuesday at 6:50

Closing

Secretary: Would you please join me in the serenity prayer using the word God as you do or do not understand it?

God - grant me the serenity to…………..

Newcomer

*If there is a newcomer, the secretary to ask a member to read the “Letter to Newcomers” below and give a 5-minute share.*

Dear …………..

Welcome to S.A.A. When we came to our first meeting many of us were having a variety of

feelings. We were relieved to have found a place where our pain and despair might be

understood. We were angry that we had to get help and couldn’t manage this part of our lives.

We felt lonely and were ashamed of our sexual history. We had secrets that we were reluctant to

share. We were distrustful, guarded and frightened. We had been abused and we 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.

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 (The green Book) , S.A.A. 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 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.

5 minute newcomers share