

UK Friday Morning Telemeeting of Sex Addicts Anonymous

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

- **Meeting type:** Closed, Mixed, Topic/Focus
 - *First week* – Readings from Answers in the Heart and Voices of Recovery
 - *Second week* – Step reading of the month from AA (Blue Book) SAA (Green Book) or 12 x 12 (12 Steps and 12 Traditions)
 - *Third week* – Tools of Recovery
 - *Fourth week* – Main Share – Personal Share of Hope, Strength and Experience
 - *Fifth week* – Topic Week – Choice of Topics encountered in Addiction and Recovery
- **Day:** Friday
- **Time:** 9:30-10.30am
- **ISO Group Code:**
- **Email Contact :** GSR – uk.friday.morning@gmail.com
 Secretary - uk.friday.secretary@gmail.com
 Newcomer Servant - uk.friday.newcomer@gmail.com
- **Telephone Contact:** UK dial 0330 3902135 Access code 8083766#

A note for Secretaries:

This initial structure for the UK Friday Morning Meeting 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</u>	<u>Amendments</u>	<u>Name</u>
26/04/23	St Frances of Assisi Prayer to The 9 th Step Prayer	Sharon
26/04/23	Added Traditions to Step Focus of the Week	Sharon
26/04/23	Option of AA (Blue Book) and 12x12 (12 Steps and 12 Traditions) added to Step Focus of the week	Sharon
01/06/23	A number of small tweaks and spelling corrections, including the addition of the 'we' and 'us' version of the serenity prayer	Tom
10/08/20	Remove 'On Awakening' reading	Sharon
13/09/20	Edit telephone number	Sharon
13/02/24	Edit telephone access code to synchronise with FCC joining code ukfridaymorning.	Tom

DISTRIBUTE READINGS

(-0.05) Secretary

Ask for volunteers to read the following readings:

When to read	Reading
Every week	How It Works (inc. 12 Steps)
Every week	Step 9 Promises
Week 1	Answers In The Heart & Voices Of Recovery
Week 2	The Step of the Month from the AA (Blue Book), The SAA (Green Book), Or The 12 X 12 (12 Steps And 12 Traditions).
Week 3	Tools Of The Program
Week 5	Topic of the week

MEETING SCRIPT

WELCOME

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

I will be your script servant for today's meeting.

DISCLAIMER

Just to make members aware before we start the meeting: in order to facilitate this meeting, we use freeconferencecall.com. Our GSR *<NAME>* is able to see participants telephone numbers and usernames. No other person can see this information. If you wish to preserve your anonymity, please drop of the call, and redial using 141 prefix before the meeting telephone number, or, if you are joining via the app, ensure your username is anonymous.

We would like to remind members who are not speaking to mute their phones directly or by pressing star six. To unmute press star 6 again. Finally, please do not use the 'hold' function on your phone as this will disrupt the meeting for others.

OPENING

This is the UK Friday Morning Tele-Meeting of Sex Addicts Anonymous.

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.

Anonymity is a core tradition on which the programme depends. Let us make this a Safe Meeting to bring the message of Strength Hope and Recovery, focused on the 12 steps and 12 traditions.

SERENITY PRAYER

Let us now open the meeting with the 'we' and 'us' version of the serenity prayer, using the word 'god' as you understand it:

ALL AT WILL: *'God, grant us the serenity to accept the things we cannot change, courage to change the things we can, and wisdom to know the difference.'*

HOW IT WORKS

Secretary: Thank you <volunteer's name> Please may we have a volunteer to read How it Works?

VOLUNTEER: My name is _____<First names only>_____, and I'm a Sex Addict.

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually those who are constitutionally incapable of being honest with themselves. They are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided, you want what we have and are willing to go to any lengths to get it – then you are ready to take certain steps, at some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil, until we let go absolutely.

Remember that we deal with sex addiction – cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power – that One is God. May you find God now!

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

THE TWELVE STEPS

Please may we have a volunteer to read the 12 Steps

Here are the steps we took, which are suggested as a program of recovery:

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

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 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.
- 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.

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.

GROUP INTRODUCTIONS

(+0.12) Secretary:

We now come to Group Introductions in which we each introduce ourselves by our first name only, and General Location. If there are any newcomers, that is anyone for whom this is their first SAA meeting, please let us know when you introduce yourselves so we can welcome you to the meeting. We would also like to welcome anyone who is new to this particular meeting, we are glad to have you with us 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 I will now read 'The Letter to Newcomers'.

Dear < Newcomers names >

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 this meeting we do not share individuals' numbers. For outreach or sponsorship, we encourage you to stay on the call after the meeting to speak with the Newcomer Servant, alternatively you can email uk.friday.newcomer@gmail.com.

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, *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.

FOCUS

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

This being the $<x^{th} \text{ week of the month} >$ the focus is:

First week – Daily Reflections from “Answers in the Heart” and “Voices of Recovery”

- Please could $<\text{name of volunteer}>$ now read the relevant pages for us?

OR

- Please could we have a volunteer to read the relevant pages for us?

Second week – The Step reading of the month from the AA (Blue Book), the SAA (Green Book), or the 12 x 12 (12 Steps and 12 Traditions).

Use table below to identify the assigned reading:

Jan- step 8	May – step 3	Sept – step 11
Feb–step 6	June – step 1	Oct– step 9
March – step 4	July – step 12	Nov – Step 7
April – step 2	August – step 10	Dec step 5

Third week – Tools of the Program – available at saa-recovery.org/literature

(+0.21) Secretary: Please can we have two volunteers to each select a number between 1 and 39 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”

Page	Tool	Call out number
2	Introduction	1
3	The Twelve Steps	2
3	Sponsorship	3
4	Attending Meetings	4
5	Literature	5
5	The Three Circles	6
7	Getting honest about the middle circle	7
8	Using the telephone	8
8	First step presentation	9
9	One day at a time	10
9	Fellowship	11
10	Friendship	12
10	Changing old routines	13
11	Living through the discomfort of withdrawal	14

12	Prayer	15
14	Defining the God of our understanding	16
14	Let go and let God	17
15	Meditation	18
15	Writing (powerlessness, fears, resentments, gratitude)	19
17	Book-ending	20
18	H.A.L.T	21
19	The three-second rule	22
19/20	Looking at consequences	23
20	Thinking a slip all the way through	24
21	Letting go of old ideas	25
21	Rigorous honesty	26
22	Identify – don't compare	27
23	Progress, not perfection	28
23	Easy does it	29
24	Live and let live	30
25	Asking questions	31
25	Feedback	32
26	Outside resources	33
26	Three things a day	34
27	Handling travel	35
28	Being positive	36
28	Outer-circle activities	37
29	Getting some exercise	38
29	Service	39

Fourth week - *Main Share - Personal Story of Strength Hope and Recovery*

Please keep your share to around 15 to 20 minutes – share finder to be spiritual timekeeper

Fifth Week Topic Week

(Secretary) Please can someone call out 2 numbers from 1 to 52?

The topics for this week's meeting focus are [\[read out the two corresponding topics from list below\]](#).

1. Acceptance
2. Faith
3. Surrender
4. Honesty
5. Courage
6. Willingness
7. Humility
8. Forgiveness
9. Freedom
10. Perseverance
11. Patience and Tolerance
12. Love and Helping Others

13. Action
14. Character Defects
15. Life on Life's Terms
16. Cunning, Baffling and Powerful
17. Gratitude
18. Trust God, Clean House, Help Others.
19. Resentment
20. Powerlessness
21. Insanity
22. Hope
23. Service
24. Tools of the Program
25. Gift of Desperation
26. Relationships
27. Selfishness
28. Self-Will
29. Higher Power
30. Practising the Principles
31. Change
32. Fellowship
33. Choice
34. Responsibility
35. Prayer and Meditation
36. Inventory
37. Attitude
38. Making Amends
39. Mental, Physical and Spiritual Illness
40. Complacency and Procrastination
41. Self-Reliant
42. Greed
43. Discipline
44. Commitment
45. Self-pity
46. Manipulation
47. Serenity
48. Expectations
49. Denial
50. Loneliness
51. The Promises
52. The Family After

GENERAL SHARING

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

We encourage your share on today's meeting focus. Please share on 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.*

12 step recovery is a program of constant thought of others. In your sharing, please be sensitive to the safety of others by using these guidelines:

We do not share overly specific descriptions of acting out behaviours and we don't name specific places where we have acted out, or services and websites we have used. We also avoid using slang terms for acting out behaviour. We speak in "I" statements, not "you" statements to avoid sounding like we are giving advice, and we don't interrupt when others are sharing.

In the event of an inappropriate share, the Secretary will gently interrupt to remind you of these guidelines. Please don't worry if this happens to you - this is a program of progress, not perfection, and we are all here to learn.

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] minutes. We do not have to check in if we don't want to. Please be mindful of muting your phone if you are not speaking to avoid interrupting others' shares, you can mute your phone directly or by pressing star 6, to unmute press star 6 again. Please be aware that the secretary may intervene in the event of background noise or if a sharer cannot be heard.

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.

(Optional) *In the case of background noise –*

Apologies for interrupting, please can I ask that all fellows check their phones are muted as background noise can be heard on the call.

(Optional) *In the case that the person sharing cannot be heard –*

Apologies for interrupting, [name of person sharing] your share cannot be heard clearly, can I request that you check your signal and proximity to the microphone to ensure we are able to hear you.

If the issue continues –

[name of person sharing] unfortunately you still cannot be heard clearly, can I suggest that you end your sharing due to this.

END OF SHARING

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

SEVENTH TRADITION

(+0.50) Secretary: May I remind everyone of the Seventh Tradition, that is, that every S.A.A. group ought to be fully self-supporting, declining outside contributions. Being self-supporting

involves not only money in the basket. To be self-supporting, our group relies on members to volunteer to support the group by attending meetings, to share, to do service, outreach, fellowship, sponsor, and much more.

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

At this meeting we don't pass a basket. Members pay their own telephone charges. If you can afford to give a little extra, then donations to the UK Intergroup at saauk.info will help all of us in our recovery.

Step Nine Promises

(+0.56) Secretary: Please may we have a volunteer to read "Step 9 Promises" as we start our day.

Step Nine Promises AA p83-84

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realise that God is doing for us what we could not do for ourselves.

Are these extravagant promises? **We Think Not**

They are being fulfilled among us, sometimes quickly, sometimes slowly. They will always materialise if we work for them.

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 & were spoken in confidence. Take what you like and leave the rest

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.

For outreach or sponsorship, we encourage you to stay on the call after the meeting to speak with the Newcomer Servant, alternatively you can email uk.friday.newcomer@gmail.com. For all please stay on the line after the meeting to connect in fellowship.

Will you join me in the closing serenity prayer, using the 'we' and 'us' version, holding hands metaphorically, using the word God as you understand it.

ALL AT WILL: *'God, grant us the serenity to accept the things we cannot change,
Courage to change the things we 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!

<IF A GROUP CONSCIENCE IS SCHEDULED>

GROUP CONSCIENCE SCRIPT

Group Conscience Serenity Prayer (about + 1:05)

Secretary: Please will you help me open our Group Conscience with the 'we' and 'us' version of the Serenity Prayer, substituting 'me' and 'I' with 'we' and 'us':

All at will: God, grant us the serenity to accept the things we cannot change, courage to change the things we can and wisdom to know the difference.

Opening (about + 1:06)

Secretary: Welcome! This is the Group Conscience of the UK Friday 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...

[briefly describe 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 <TIME> we can schedule another Group Conscience. In any case I will summarise any decisions and progress made and record them in the meeting notes.

Please can we have a volunteer to take minutes for this meeting and to circulate these minutes after the meeting?

[If a volunteer is not available the secretary will take minutes]

The 12 Traditions (volunteer, about + 1:08)

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.

Group Conscience discussion (about + 1:10)

Secretary: The Group Conscience is open for discussion. Please introduce your contributions by your first name and any short description that might be appropriate.

Closing a Group Conscience (by + 1:45)

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 were strictly those of the person who gave them.

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.

Will you join me in closing our Group Conscience with the 'we' and 'us' version of the Serenity Prayer, substituting 'me' and 'I' with 'we' and 'us':

All at will: God, grant us the serenity to accept the things we cannot change, courage to change the things we can and wisdom to know the difference.