

# Essex Monday Meeting

## Secretary's Script

Hello and welcome to the Essex Monday meeting of Sex Addicts Anonymous.  
My name is \_\_\_\_\_ and I am a sex addict.

This meeting runs from 18:00 to 19:30. We will begin the meeting with saying the Serenity Prayer, using the word God as you understand it....

**God, grant me the serenity, to accept the things I cannot change, courage to change the things I can and wisdom to know the difference.**

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Membership is open to all who share a desire to stop their compulsive sexual behaviour and are willing to try to follow this simple programme.

The programme is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous, but it is not affiliated with A.A. or any other organisation or agency. SAA is not aligned with any religion, sect or denomination.

This group is self-supporting from the voluntary contributions of our members. We receive no outside donations. There are no fees or dues. You are free to contribute to our meeting as you see fit.

This is not a place to meet sexual partners, nor is it group therapy. We try to listen respectfully to what others have to say and share our own experience as it seems appropriate. We do not give advice.

Anonymity is a cornerstone of the Twelve-Step Programme. We use only our first names. Whatever our status or position outside of this group is not an issue here. Our common bond is our desire to stop our addictive sexual behavior and to live sexually healthy lives. Whoever you see and whatever you hear here, let it stay here when you leave.

We hope you will join in sharing the collective experience, strength and hope that is ours when we work the programme and trust our higher power to deliver the promises. If you are new or having a trying time, remember that others of us have been there too.

Keep coming back! It Works!

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And now we come to our readings:

Please may we have **Our Addiction**.

Please may we have **How it Works**.

Please may we have **The Abstinence Statement**.

Please may we have **The 12 Steps**.

Please may we have three of **The 12 Traditions** this is week number [week number].

## Newcomers

A newcomer is someone who is attending one of their first six meetings.

Do we have any newcomers at the meeting? This is not done to embarrass you, only so that we can welcome you properly.

Welcome [name of newcomer/s]. Please may we have **The Letter to Newcomers**.

## Meditation/Silence

We are now going to have reading from the book of meditation (Answers in the Heart /Voices of recovery) after which there will be a minute of silence in which to reflect on why we are here and to think of the still suffering addict.

Please may we have **today's reading**.

Thank you.

## Group Introductions

We now come to group introductions in which we each introduce ourselves by our first name only, and a brief description as appropriate. **We do not share our bottom lines at this point** to help keep this part of the meeting brief. You may share them at the general sharing later.

## General Sharing

We now come to General Sharing. Please be aware of the time, so that as many members as possible may get a chance to share.

Towards the end of our sharing time (~10 mins before the end) we will pause to allow newcomers and those who find sharing difficult the chance to speak or even just to 'claim their seat'. If we have time, we will open back up to general sharing afterwards.

We encourage you to bring into the light of the meeting those behaviours and experiences which cause you shame; to deprive them of their power which is in their secrecy.

Please, however, in your use of language, be sensitive to the safety of others. Please, also, avoid naming specific places, publications, broadcasts, apps or services.

Cross talk and feedback are discouraged. In our meetings we speak about our experiences and we listen without comment to what others share. We work towards taking responsibility for our own lives rather than giving advice to others. This is why cross talk is strongly discouraged. Examples of cross talk may include:

- Unsolicited feedback
- Advice
- Answering
- Interrogating
- Criticising
- Minimising another person's feelings or experiences
- Referring to someone else present by their name

As we pursue recovery it is important for each of us to speak as we are able. Many of us find speaking amongst others, especially strangers, a difficult task. We must remember that nothing we share is unimportant or stupid. The sharing of our experiences is best done by “I” statements rather than “You” statements to avoid sounding like you are giving advice. We must be careful to avoid the appearance of ridiculing or embarrassing anyone.

Cross talk guidelines help keep our meetings a safe place. If anyone believes that the cross-talk guidelines are not being observed, please ask the me to re-read them at any point during the meeting. Please do not be upset or embarrassed if this happens; this is simply to make sure the guidelines are understood by all and ensure that the meeting remains a safe place for people to share.

Would someone like to volunteer to be our spiritual timekeeper by noting thirty seconds left for sharing and time's up?

Please could you try to keep your shares to approximately \_\_\_ minutes [minimum 3 minutes] and please do not be offended if you are asked to stop by [timekeeper].

The meeting is now open.

## sharing time

At 19:10 say '*we have ten mins of sharing time left...*' Then after approx 1.5mins of silence '*sharing is open for everyone*' sharing ends at 19:20

That's all the time we have for sharing today.

If there was something you didn't get to say, or were afraid to during the meeting, please don't leave with a resentment. Talk to someone about it.

### The Seventh Tradition

We now practice Tradition 7 which states that we are fully self-supporting from our own contributions. Our rent is £28.75 per meeting and if you wish to contribute to our running costs please use the pot or consider making a donation via our Collectiv page\*. You can do so by scanning the QR code.

our Collectiv link



\* [pay.collectiv.com/saa-essex-monday-35385](https://pay.collectiv.com/saa-essex-monday-35385)

## Group Business

We now come to Group Business. If anyone has any business to bring before the group this is the time to do it.

## Sobriety Chips

In this meeting we celebrate progress by the distribution of chips and a round of applause. The chips can signify periods of sobriety from all bottom lines, specific bottom lines, your length of time in the program or anything that is important to you!

Is there anyone who is celebrating:

- Multiples years
- 18 months
- One year
- Nine months
- Six months
- Three months
- Two months
- One month

And finally is there anyone coming back from a slip or wishing to celebrate a new way of life with a 1 day chip?

Please may we have **The Promises**.

## Closing

In closing, Thank you to all the members that do service for this group.

The opinions expressed here today were strictly those of the individuals who gave them. Take what you like and leave the rest.

The things that you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this meeting and the confines of your mind. Remember that 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.

We will now recite the closing serenity prayer. You may join me, using 'God' as you understand it:

**God,**

**Grant me the serenity**

**To accept the things I cannot change**

**Courage to change the things I can**

**and wisdom to know the difference.**

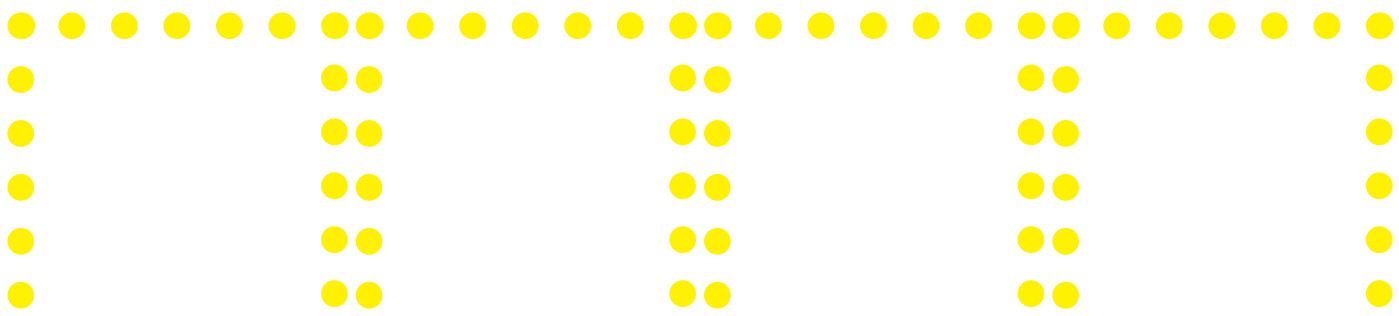
**Keep  
Coming  
Back!**



**Easy**

**Does**

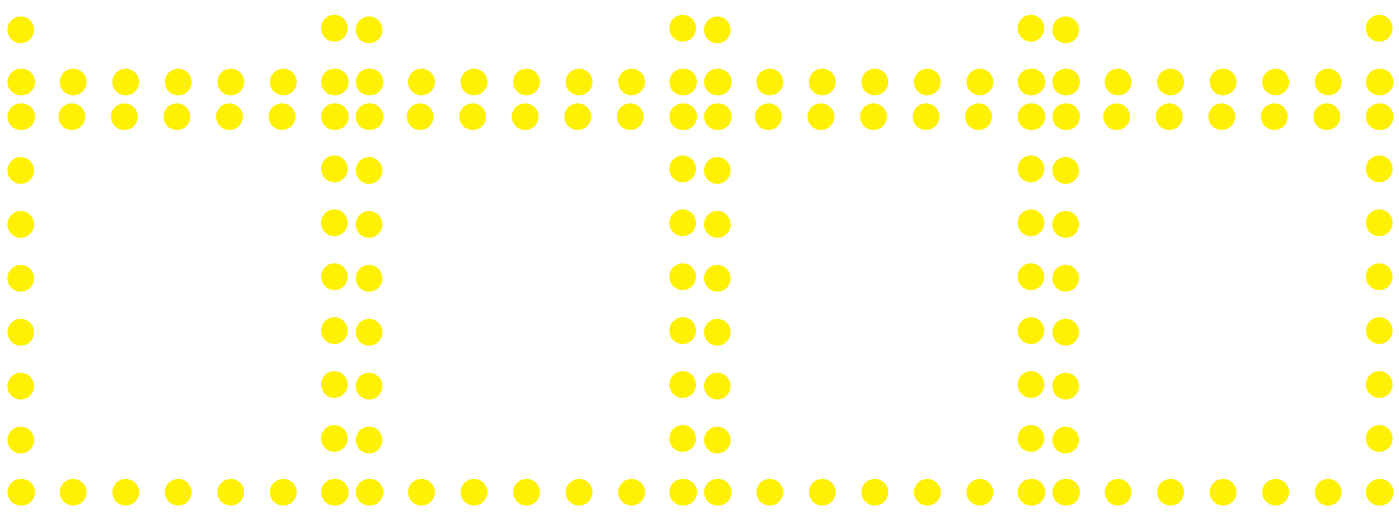
**It**



One

Day At

A Time



Please remember

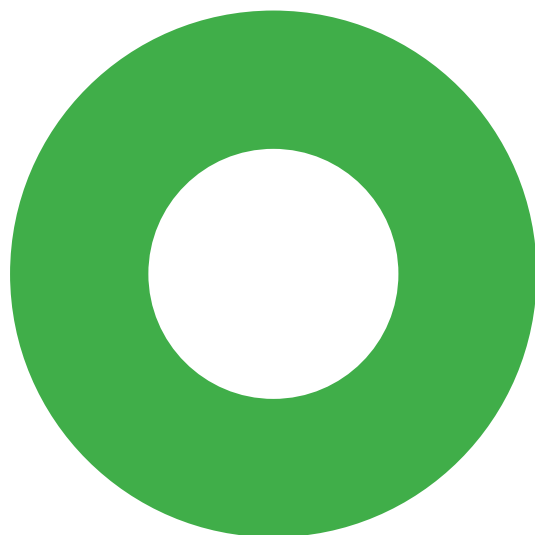
This is Sex Addicts Anonymous

**Who** you see here

**What** you hear here

**When** you leave here

**Let it stay here**





# The Serenity Prayer

God,

Grant me the *serenity*  
to accept the things  
I cannot change,  
*courage* to change  
the things I can,  
and *wisdom* to know  
the difference.