SAA: 3 Counties Thursday Night Online Meeting Script

Good evening. My name is \_\_\_\_\_\_\_\_\_ and I am a sex addict/recovering sex addict. As we open the meeting, please make sure all mobile phones are switched to silent and that you are on mute status, if you have tuned into the meeting through Zoom. Please remember that this is a program of constant thought and consideration for others and unmuted devices can cause unwanted disruption to the meeting.

Welcome! This is the 3 Counties Thursday Night Meeting of Sex Addicts Anonymous. 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 and dependency. Membership is open to all who share a desire to stop our 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 we are not affiliated with AA or any other organisation or agency. We are not aligned with any religion, sect or denomination. 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 here. Whatever our status or position outside this group is not an issue. Whoever you see and whatever you hear let it stay in the room when you leave. If you are new or having a trying time, remember that others of us have been there too. Keep coming back, it works!

I would like to invite fellows to take a short period of time to introduce themselves by either outlining their bottom lines, length of sobriety, time in recovery and a positive aspect or gratitude from their week.

Please could I have a volunteer to read:

(Secretary chooses one reading from the following)

➢ The Problem

➢ How It Works

➢ Our Addiction

Thank you. Please could I have a volunteer to read the ‘12 Steps of Sex Addict Anonymous’.

Thank you. We will now have around 2 minutes of silence in which to reflect on why we are here and to think of the still suffering addict.

Secretary to enquire if there are any newcomers at the meeting - Do we have any newcomers at this evening’s meeting? A newcomer is someone who is attending one of their first six SAA meetings. Welcome (name of newcomer). Please can I have a volunteer to read the ‘Letter To The Newcomer.’

We now come to this week’s topic (any recovery based readings).

Examples:-

* Voices of recovery.
* Chapter from Green or Blue book - Steps, Traditions, Personal Stories.
* Outer Circle Article (SAA monthly newsletter).
* Listen to a Recovery Podcast.
* SAA leaflets.
* Just for Today Meditations. E.G. from N.A. and A.A.
* A Step One Share.
* A Main Share.

If Step One or Main Share:-

Script Continued…

This week, ………………………… has volunteered to give a Step One/Main Share which will last upto 15 minutes. Would you like any time updates?

Thank you for coming forward to share your personal experience with sex addiction.

Thank the fellow for their Step One/Main share at the end…

Script Continued…..

Now we come to general sharing. When sharing, please remember to avoid mentioning places and behaviours that may be triggering to others. Please use “I” statements rather than “you” statements and please avoid cross-sharing. This means we speak to the group as a whole and do not make direct comments on someone else’s share, or give them advice or criticism. Remember each group has but one primary purpose, to carry the message to the still suffering sex addict. Could you try to keep your shares to approximately (time to be decided dependent on the number of attendees and allowing enough for ending readings) minutes. I will hold up a piece of paper as a reminder to any fellows that may exceed the time limit.

END OF SHARING……

Script continued…

We now come to the Seventh Tradition. That every SAA group ought to be fully self-supporting, declining outside contributions. At this time, please give only as you can and as you see fit to the work carried out by the SAA UK Intergroup. Donations can be made via the SAA website on [www.saauk.info/donate](http://www.saauk.info/donate) .

In this group, to share our experience, strength and hope, we like to celebrate milestones of sobriety.

Is there anyone here celebrating:

Multiple years?

18 months?

1 year?

9 months?

6 months?

3 months?

2 months?

1 Month

The most important one of all is for anyone starting, or restarting, their programme of Sex Addicts Anonymous.

Does anyone here want to mark their first meeting, first day of sobriety or recommitment to sobriety?

Please can I have a volunteer to read (one of the following):-

* Step 10 promises
* Step 9 promises
* How it Works
* How we Live

In closing, we would like to thank all members that do service for this group and thank you for allowing me to be of service to you as group secretary. The opinions expressed here today were strictly those of the person who gave them. Take what you like and leave the rest. Remember that anonymity is a core tradition on which the programme depends and what you see here, what you hear here, when you leave here, let it stay here. 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. Instead, let the understanding, love and peace of the programme grow in each of us one day at a time. Please join me in the closing serenity prayer…….

**Letter To The Newcomer Dear Newcomer**

Welcome to SAA. When we came to our first meeting, many of us experienced a variety of emotions. 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 could not 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 we needed help. The programme of SAA is patterned after the Twelve Steps 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 SAA is a desire to stop addictive sexual behaviours. It is a programme of progress, not perfection. If you are willing to be honest and have a desire to have and to maintain healthy relationships, then we believe that 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. Remember, however, that there is no obligation on you to attend meetings if you do not want to. We encourage you to talk to others and to exchange phone numbers with those whom you relate to. We urge you not to feel offended if others do not want to give their phone numbers, and remember that you only have to give your own number where you feel comfortable doing so.

We also suggest that you select a temporary sponsor to assist you in learning the basics. Ask someone you relate to if they would be willing to be your temporary sponsor until you learn your way around. We are happy that you are here, for it is the newcomer who keeps SAA alive and well. You may not believe it at this moment, but we have as much to learn from you, as you have to learn for us. We encourage you to take it one day at a time, be gentle with yourself and keep coming back!