

Good evening to everyone here; welcome to Wednesday night's meeting of SAA Oxford. My name is _____ and I am a sex addict.

To open the meeting, please will you all join me in the Serenity Prayer using the word God as you understand God...

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.

For those of you joining via Zoom, please go on mute until it's time for introductions and fellows in the Café, please be respectful of ambient noise.

Thank you.

This group also has two sister meetings on Tuesday from 6.45pm & Sundays from 6pm, with which we share a WhatsApp group.

If you'd like to join the WhatsApp group, or find out more, please put your number in the chat or stay after the meeting. Please also feel free to stay after the meeting if you would like further fellowship, and if you would like any SAA literature then it is available here at The Refresh Café as well as the SAA website.

A very warm welcome to any visitors or newcomers here this evening. This is a closed meeting of SAA, meaning that all people here identify with being a sex addict or have a desire to stop addictive sexual behaviour. Is there anyone here attending their first (or one of their first six) SAA meetings this evening?

If newcomer: LETTER TO NEWCOMERS if not continue to Preamble.

If women newcomers: There is a link for women to find women's groups and women sponsors, which is being posted in the chat now.

<https://saauk.info/en/women>

Secretary: Since this is _____ first meeting can we have a volunteer to read the Letter to Newcomers.

We would like to welcome you to our meeting, we know the courage it takes, walking into these rooms for the first time. All of us in this room were in your shoes at one time. After we have finished our introductions and readings, we will open the meeting for what is called sharing. Sharing back on what's being read is a time when you may want to share your thoughts or feelings on the topic, the reading, or whatever else is on your mind. There is no requirement to share if you do not want to, it is suggested that we listen for the similarities and not the differences when we share with each other.

We avoid interruptions when another person is sharing, we also do not offer advice or criticism. Stick around and talk to one of us after the meeting if you have any questions.

We suggest swapping phone numbers, only with people to whom you are not attracted, as a way of building a strong support network and we recommend that you attend at least six meetings before you decide whether SSA has anything to offer you. You will find that each meeting is a little bit different, and it is our sincerest hope that you find what you are looking for.

As mentioned, this group has two sister meetings, held on a Sunday at 6pm and on Tuesdays at 6:45pm, with which we share a WhatsApp group, if you would like to join the group, please put your number in the chat or stay around after the meeting. Newcomers' literature is also available if you wish.

Please may I ask someone to read the **PREAMBLE**.

Preamble

- Sex Addicts Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may find freedom from addictive sexual behaviour and help others recover from sexual addiction
- Membership is open to all who share a desire to stop addictive sexual behaviour. There is no other requirement.
- SAA is supported through voluntary contributions from members
- We are not affiliated with any other twelve-step programs, nor are we a part of any other organisation. We do not support, endorse or oppose outside causes or issues.
- Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. We are grateful to AA for this gift which makes our recovery possible.

If a newcomer is at their first meeting of SAA then we do not read The Problem, instead we go straight to The Twelve Steps of SAA as The Problem is a precis of Chapter One "Our Addiction" which is what we read when a newcomer attends. In this case go straight to line 2 below. The only exception to this is when we have a Main Share, in this scenario we WILL read The Problem, in this case go to line 1.

1. Thank you, please may I have a volunteer to read **The Problem**
2. Thank you, please may I have a volunteer to read **The Twelve Steps of Sex Addicts Anonymous.**

Thank you. Please may I ask someone to read the **PROBLEM**:

The Problem

Many of us find that our histories have several characteristics in common. Early on, as children and adolescents, we had come to feel disconnected - from siblings and peers, from parents and from ourselves. We felt inadequate, unworthy, alone and afraid. Our insides never matched what we saw on the outsides of others.

We lost the ability to trust in others to fulfil our needs for nurturing and security. To compensate for our loss, we started to develop a reliance upon sexual experience as a way of escaping the pain and the emptiness of our lives. Some of us feared being sexual at all - we couldn't see that our sexuality was healthy and God-given.

Looking for love in all the wrong places, we became true addicts: - promiscuity, dependent relationships, abusive relationships, pornography, compulsive masturbation, anonymous sexual encounters, and much more besides. We got it through the eyes. We bought it, we sold it, we traded it, we gave it away.

Addicted to the tease, to the forbidden, to the 'high', we abused others and we abused ourselves. In a vicious downward spiral of despair, we acted out to try to take away our pain, but this only increased our self-hatred which, sooner or later, we would try to ease again by acting out.

The more we did it the more difficult it was for us to stop. We risked our relationships, our jobs, our health, our freedom, even our lives. We felt guilty, ashamed and in pain, and we were driven ever inwards, away from reality, away from love, lost inside ourselves.

Our addiction made true intimacy impossible. Lust killed love. We took from others to fill up what was lacking in ourselves, and, in desperate search of the Big Fix, we turned other human beings into objects of our gratification. We could never know true intimacy with another because we were addicted to the unreal, the chemistry, the intoxication and the intensity of the pursuit.

We looked for the instant hit, the danger, the connection that had the magic, because it bypassed intimacy and true union with another, which we feared more than death. Conning ourselves time and again that the next one would save us, we were really losing our lives.

In the solution, by surrendering again and again to the discipline of meeting with each other, we find that people, without knowing it, through the honest revelation of their own lives, confront us with our disease as it really is; and, by bringing our disease out of the shadows and into the light of the meeting, we deprive it of its source of power, which is in our secrecy and shame.

As time passes, we gradually realise that we are coming to accept ourselves and to recognise that we really do have worth and value. Our healing has already begun.

Thank you.

Thank you. Please may I ask someone to read the **Twelve Steps of Sex Addicts Anonymous:**

Twelve Steps of Sex Addicts Anonymous

Attending SAA meetings starts us on a new way of life. But while the SAA fellowship supports our recovery, the actual work of recovery is described in the Twelve Steps. Meetings are forums for learning how to integrate the steps into our lives. Working the Twelve Steps leads to a spiritual transformation that result in sustainable relief from our addiction:

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 all 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 all 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 a result of these steps, we tried to carry this message to other sex addicts and to practise these principles in all areas of our lives.

In accordance with tradition 5, can we now have a moment of silence to remember why we are here, and for the still suffering addicts inside and outside this room.

short silence

We now come to Group Introductions in which we each introduce ourselves by our first name only, our designation and if we wish our bottom lines and briefly how we are feeling at this moment. Can I please remind all fellows to be aware of the language they use during their introduction and the time taken.

We will start in the room and then follow the order of the list on the chat.

wait for introductions

Has anyone not had a chance to introduce themselves?

wait a few seconds

Thank you everyone.

We now offer up a short period up to 5 minutes for of any group business if needed.

The Service positions for this meeting are:

Secretary	Matt
Treasurer	Rob
GSR	Phil C
Zoom	Phillip & Nikalay
Room Tech	Whoever on day
Room refreshments	Modris
Newcomers	James
Outreach	Tom
Literature	Rohan
Phone	Rohan
e-mail servant	Dermot

Are there any group announcements, apologies or points for discussion?

wait a few seconds.

Make sure not to overrun and if needed step in and suggest points are discussed at a GC.

Thank you. The format of this evening's meeting will be:

[If there is a Newcomer]

Today as we have a newcomer, we will be reading the chapter on Our Addiction from the Green book. We will read a paragraph at a time then pass to the next person to carry on. If you don't wish to read, then please say pass. Once we have fully completed the chapter the meeting will be open for sharing. We will continue to share until 8:42pm, in order to close the meeting on time at 8.45pm.

When finished chapter then go to General Sharing guidelines.

[First Wednesday of the month - Tools of Recovery]

Today we will be reading the Tools of Recovery. Fellows will get the chance to pick a number between 1 and 38 and read the corresponding reading in the Tools of Recovery booklet. You will then get a chance to share back on your experience strength and hope of the tool. You do not need to wait until you pick a number to share your experience. If you find a tool chosen by someone else resonates with you, you can also share. We will continue to read and share until 8:42pm in order to close the meeting on time at 8.45pm. Before we start though let's have the General Sharing guidelines.

Go to General Sharing guidelines.

[Last Wednesday of the month - Main Share]

As it is the last Wednesday of the month we have a main share and today I am happy to introduce _____ from _____ group who has joined us tonight to share what addiction was like for them, what happened and how recovery is for them today. Sharing time will be 15 - 20 minutes. (Ask the Fellow giving the Main Share if they would like reminders of time left during their share). The meeting is yours.

Thank you _____ for your share. Shortly I will open the meeting for sharing back on _____'s share, but before that lets have the General Sharing guidelines.

Go to General Sharing guidelines.

[All other weeks - reading from our basic text, Sex Addicts Anonymous (Green Book)]

Today we will be reading from our basic text, "Sex Addicts Anonymous" continuing from where we left off last time. We will read a paragraph at a time and then pass onto the next person, if you do not wish to read, please say pass. We will continue to read until at latest 8:15 or a suitable point in the reading. We will open the meeting for sharing back on what has been read until 8:42pm in order to close the meeting on time at 8.45pm.

Once reading has finished go to General Sharing guidelines.

Please may I ask someone to read the **GENERAL SHARING GUIDELINES**

We encourage you to share your experience, strength and hope, we also 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.

In your use of language, however, please be sensitive to the safety of others. Also please avoid explicit descriptions of sexual acts, and avoid naming specific places, publications, broadcasts, services or websites. Furthermore, it is important that we can share without fear of interruption, contradiction or criticism.

Therefore, we do not judge, offer advice or comment on what other fellows say, even if the comment is positive or solicited. We do not interrupt one another or engage in discussion. When sharing, we use "I" statements, we avoid using the words "you", "we" and "one" and we don't address someone by name.

But if you feel the guidelines are not being followed, please raise your hand, asking for the Guidelines to be read again. Please do not be upset or embarrassed if this happens; this is simply to make sure that the Guidelines are understood by all, and to ensure that the meeting remains a safe place to share.

Thank you. I will now open the meeting for sharing. Please introduce yourself if you wish to share or put your name in the chat and I will call your name.

We will continue to share until 8:42 in order to close the meeting on time at 8:45pm.

Given the number of people here this evening I will suggest a sharing time of _____. Please can I have a Spiritual timekeeper, best practice has been found for this person to be someone on Zoom.

WATCH FOR 'SHARE' ON THE CHAT

WATCH FOR TIME

8:42

Thank you to everyone here this evening for making this meeting possible. It's the end of sharing time but not the end of the meeting.

Can we remember Tradition 7: "Each group ought to be fully self-supporting, declining outside contributions."

All donations are voluntary but if this is your first meeting of SAA you are not required to contribute.

Our Treasurer is Rob, so if you want to donate via a bank transfer, please contact him and I'm sure he will send you the relevant details, they are also available in the WhatsApp group.

Wait for the cup to come to rest in the Refresh.

Can I please have a volunteer to read what is promised if we follow this programme of recovery?

READING: THE STEP 9 PROMISES

If we are painstaking about this phase of our development, we will be amazed before we are half-way 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 experiences 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.

Thank you. In SAA we encourage you to work the Twelve Steps with a sponsor. If you don't have a sponsor, speak to the secretary after the meeting and I will try to arrange a temporary sponsor for you.

Would all those who are willing to be a sponsor, permanent or temporary, please raise their hands.

Wait for hand raises.

We would like to mention Tradition 12: "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities." We would like to emphasise the importance of a safe place to share. So please remember... Who you see here, what you hear here, when you leave here, please let it stay here.

To close the meeting, please join with me in the Serenity Prayer, using the word God as you understand God...

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.