

NOTES:

BEFORE MEETING

Identify 3 fellows to read the Preamble, 12 Steps and Page 164

SCRIPT

Welcome everyone, to the Edinburgh Big Book Study meeting of Sex Addicts Anonymous. My name is _____ and I am a sex addict.

This is a closed meeting, open to those who have a desire to stop their compulsive sexual behaviours. Here, we focus on recovery from addiction as described in "Alcoholics Anonymous", AKA "The Big Book".

This meeting was started in the belief that the precise directions for working the Twelve Steps are contained in the pages up to 164 of the Big Book. Although the text was originally written for the addiction of alcoholism, we have found it works equally well for recovery from sex addiction. It has been in use in our fellowship from our earliest days.

Let us now share a minute's silence to set our intention for this meeting and think of the still suffering sex addict.

_____ is going to read the Set Aside Prayer.

God, we invite you into this room, to guide and direct each of us as we seek your truth, setting aside that which would block us. Lay aside our prejudices about what we think we know about this process, this meeting and our spiritual condition. Give us the strength and courage to share with each other in the spirit of love and compassion and remove our fears; that we may remain open to hear Your message of recovery through the collective wisdom of the group.

_____ will now read How it Works

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 programme, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. 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 length 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 alcohol - 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 Him now!

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

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

- 1. We admitted we were powerless over alcohol—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 Him.*

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 alcoholics and to practice these principles in our lives.

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.

Our personal adventures before and after make clear three pertinent ideas:

- a) That we were alcoholic and could not manage our own lives.
- b) That probably no human power could have relieved our alcoholism.
- c) That God could and would if He were sought.

Thank you

Let us go round the room and introduce ourselves. I'll start, my name is _____ and I am a sex addict.

In this meeting, we will be reading and discussing The Big Book. Please have your book to hand if you have one. The Chair will read up to 4 paragraphs before inviting participants to share their interpretation of the reading. When reading, we do not edit the text of the Big Book, and when sharing we welcome you to translate your share into how it relates to your sex addiction. We ask that you share on the topic read, and what this means to you.

Please be responsible with your time so everyone has an opportunity to share. Once everyone who wants to speak has done so, the reading will continue. Group Conscience has agreed that we will read until ***pm.

Please turn to page _____, the paragraph beginning _____

(Chair does the reading)

I'll now turn over to (Sharer 1) who has volunteered to share first on the paragraphs we have just read.

(Sharer 1 shares on the reading)

Thank you

The meeting is now open for sharing. Please introduce yourself if you would like to share.

(After everyone shares, the Secretary reads the next 1-4 paragraphs, until time is reached)

19:45 Sharing Close

Thank you everyone for your participation, whether you read, shared or listened.

Our group believes in sponsorship. If anyone here tonight has had the privilege of being taken through the Twelve Step Programme of recovery and has the time and willingness to do the same for another sex addict, please raise your hand. These folk will be around at the end of the meeting. We welcome new members to our group. If you would like to make our meeting your home group please contact one of the group members who are waving now and we will be happy to welcome you. If you are new to SAA or to this group please feel free to stay behind afterwards for a chat.

Are there any SAA related announcements from the group?

Seventh Tradition: SAA groups are self supporting, declining outside contributions. A bag is being passed round for contributions. You can also contribute using Paycollctiv

Our Twelfth Tradition: Anonymity is the spiritual foundation of all our traditions reminding us to place principles before personalities.

Please acknowledge the words of the Yellow Card: Whoever you see here, whatever you hear here, please, when you leave here, let it stay here.

We will conclude our meeting with a reading from page 164 of the Big Book, which _____ has kindly agreed to do.

Our book is meant to be suggestive only. We realise we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the person who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you until then.

Thank you to _____ for leading, sharing, _____ for welcoming, _____ for being of service, and of course, to everyone for being here tonight.

Good night and God bless.

For those who wish to please join us by standing and holding hands and quietly saying the Serenity Prayer. Would (Sharer 1) please lead us out.