

SA 10:15 pm (Eastern Time) Nightly Reflections Phone Meeting

Welcome to the Nightly Reflection meeting at 10:15 PM Eastern Time. I'm ... from ... This is a closed reflection meeting, giving those recovering from sex addiction a chance to review our day and recovery as seen through the program, similar to a 10th step inventory at the end of the day.

We now have regular service members scheduled to chair meetings. We have Steven on Mondays, Michael on Tuesdays, Marco on Wednesdays, Adam on Thursdays, Marc on Fridays, and Harvey on Saturdays. If you find these meetings of value to your recovery program and would like to participate in chairing meetings, please send an email to nightlyreflectionsmeetings@gmail.com. That's nightlyreflections with an "s", meeting@gmail.com. Although 30 days of sobriety is preferred to chair meetings, we have removed this requirement to allow members the additional opportunity to be of service.

When it is your turn to share on tonight's reflection questions, please do not give an extended or detailed account but share briefly, one or two minutes, for each of the three questions, out of respect for all to have the opportunity to share. We appreciate that shares remain on topic and speak in "I" statements, as opposed to "you" or "we". We also avoid cross-talk by commenting on others shares. Please also remember to mute your phone when you are not speaking. If your phone does not have a mute button, you can press *6.

At this time I would like to ask each person to check in by first name and where you are calling from, whether you are sharing or just listening for the sake of group anonymity. (*Take the list of names for sharing order and read back*)

At this time, I would like to ask if someone would like to volunteer to lead us into the meeting with a moment of silence, followed by the serenity prayer.

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Thy Will, not mine be done.

Questions:

1. What was your worst lust temptation today and what did you do about it?

(After each person shares the first question, ask if anyone else has joined the call and allow them to share the answer to the first question)

2. What was your worst resentment or fear and what would you have done differently?

(After each person shares on the second question, if there is still time, ask if anyone else has joined the call and allow them to share their answers to the first and second question. If you are running out of time and believe the meeting will run past 11:15 PM Eastern Time, remind anyone who has joined the call that they will have an opportunity to share in the virtual parking lot)

3. a) Have you prayed for other people today?

b) Have you done something good and loving for somebody today?

c) Share one thing you are grateful for today.

(After each person shares on the third question, if there is still time, ask if anyone else has joined the call and allow them to share their answers to the first, second, and third question. If you are running out of time and believe the meeting will run past 11:15 PM Eastern Time,

remind anyone who has joined the call that they will have an opportunity to share in the virtual parking lot)

Group announcements:

- a) Additional information about these phone meetings may be found at www.sa.org.
- b) To get a copy of this script, to be added to our email list, or if you are interested in chairing these meetings, please contact our email coordinator by emailing your first name to nightlyreflectionsmeeting@gmail.com. That's nightlyreflections with an "s", meeting@gmail.com
- c) 7th Tradition donations may be sent to the SA Central Office (SAICO) at the address in the White Book or by visiting www.sa.org .
- d) Our group conscious is the first Monday every month following the regular phone meeting.

Are there any other announcements for the good of the fellowship?

Anyone is welcome to stay after the regular meeting to share or if you joined late you are welcome to share your answers to the 3 reflection questions.

At this time, would a volunteer like to close us out in the 3rd step or 7th step prayer, remembering the sexaholic that still suffers?

THIRD STEP PRAYER: God, I offer myself to THEE to build with me and to do with me as THOU wilt. Please relieve me of the bondage of self that I may better do THY will. Take away my difficulties that victory over them may bear witness to those I would help of THY power, THY love, and THY way of life. May I do THY will always. Amen

SEVENTH STEP PRAYER: My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.