

# 8AM Eastern Time “New Day” SA Book Study Meeting Format

(April 9, 2015)

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**Instructions for meeting chairperson:** If possible, you should have at least 30 days of sobriety and have attended several phone meetings, including the “New Day” phone meeting. Please dial into the conference line by 7:55 AM and then greet participants and welcome newcomers as they arrive (\*3 to turn off the music; a beep usually means that someone has joined or left the call). If you are unable to stay in the parking lot after the meeting, try to find a replacement to serve as a newcomer greeter at that time. In this meeting format, the chair reads out loud whatever is written in *italics*. The text in non-italic print is for the chair’s information only.

- 1) *“Hello; my name is \_\_\_\_\_, and I’m a recovering sexaholic and your chairperson for today. Welcome to the 8AM ‘New Day’ Sexaholics Anonymous book study meeting. Please be sure to mute your phone when you’re not speaking so that all participants may hear the conference call more clearly. If your phone doesn’t have the mute feature, press \*6 to mute and \*6 again to un-mute.*
- 2) Optional statement in case of persistent background noise: *“I’m still hearing background noise. If your phone doesn’t have the mute feature, please press \*6 to mute your phone. You should then hear the conference service announce “you are now muted.” If you don’t hear this announcement, it means that the \*6 feature isn’t working for you. In this case, please be as quiet as possible. If you are in a noisy environment, please consider hanging up and joining the call at another time.”*
- 3) *This meeting is open to any adult who has a desire to stop lusting and become sexually sober. If you’re new to Sexaholics Anonymous or to SA phone meetings, we’re glad you’re here. There will be an opportunity to ask questions at the conclusion of the meeting. We ask all callers to remember that SA is an anonymous program. Keeping confidences within the group builds unity and a sense of security that is essential to the group and individual recovery.”*
- 4) Ask someone to read, "The SA Purpose." (White Book (WB), page 201).
- 5) Ask someone to read, "What Is a Sexaholic and What Is Sexual Sobriety." (WB 202).
- 6) ***“Please remain muted as I lead us in a moment of silence followed by the Serenity Prayer.*** (Pause) *‘God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Thy will, not mine be done.’ ”*
- 7) *“To help build a sense of community in the meeting, we now ask each of you to introduce yourselves, even if you are just listening. Please tell us your first name and, if you wish, where you’re calling from and your length of sexual sobriety. If you need to leave the call early, you can let us know so that we can adjust the order we use to share in the meeting. You don’t need a book to participate.*
- 8) *“My name is \_\_\_\_\_. I’m a sexaholic calling from \_\_\_\_\_ ... (Write down and number the names in a list and welcome each person as they introduce themselves).*
- 9) *“Here’s the order of callers.” (Read the list of callers slowly and clearly). “Have I missed anyone? (Pause). I will read the list again in a moment.”*
- 10) *“Please wait a moment while I check to see how many callers are present in the teleconference.” (Press \*# to hear the number of callers in addition to the chair who are present in the teleconference. If the number doesn’t match your list, the chair can ask if anyone else has joined the call).*

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**Conference number:** 605-475-6006, PIN 349956#. **Beginning May 1, 2015: 712-832-8310 PIN 7636210#** (\*6 to mute/un-mute; \*3 to turn off the music while you’re waiting for a second caller to join the call). **Backup number: 712-432-5620, PIN 1339#** (\*5 to mute, \*4 to un-mute).

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- 11) If there aren't too many people on the call, you can invite someone to do a “reading commonly used in meetings” from the back of the White Book (The Problem WB 203, The Solution WB 204, Twelve Steps WB 208, Twelve Traditions WB 209, etc).
- 12) *“In the next part of the meeting, we will continue our study of the \_\_\_\_\_ book. After explaining the guidelines for participation, I'll read a short section from page \_\_\_\_ and then we will begin sharing.*
- 13) *“We do our best to limit our shares to about 3 minutes. When the person speaking has 30 seconds left, the timekeeper says ‘30 seconds’ and then at 3 minutes, says ‘time.’ It helps if the caller acknowledges the timekeeper. Is there someone who'd like to do service as timekeeper today?”* (Thank the volunteer and make sure they understand the timekeeping instructions).
- 14) *“Remember that in participation, the emphasis is on honesty, recovery and healing - how to apply the Twelve Steps and Traditions in our daily lives. We avoid explicit sexual descriptions and sexually abusive language as well as topics that can lead to dissension or distraction. Since the dial-in information for this conference is accessible to the public, participants should remember that not everyone listening to this call may be here for purposes of their own recovery. No cross-talk, please. Cross-talk means interrupting, giving advice or criticizing another person's share. However, if you identify with a previous share, you're welcome to share along the same lines from your own experience, strength, and hope. In extreme cases, if you feel that a caller is sharing in an inappropriate manner, you may quietly say “I raise my hand,” and the chairperson can then consult the group conscience. In case of background noise or other disruptions, members may ask the chair for assistance.*
- 15) *This teleconference runs more smoothly if you remember who comes before you and if you say who comes after you when you finish your share. Also, please ensure that your phone is muted when you're not speaking. Press\*6 to mute and \*6 again to un-mute. Has anybody else joined the call, even if you're just listening today?”* (Welcome the new callers and add their names to the list.) *“Here again is the order of callers.”* (Read the list of callers again).
- 16) *I'll now read today's reading from page \_\_\_\_ of the \_\_\_\_\_ book. When your turn comes, you may share on today's reading or talk about your current work in the program. If you don't have a book, you can ask the chair to summarize the topic and reading of the day. Later in the meeting, once we have finished our first round of sharing, the group has the option of doing an additional reading.*
- 17) Reading: The chair reads the text for the day (usually 1-4 paragraphs, depending on the content, the size of the group and the preference of the chair and the group that day).
- 18) Begin sharing. (If the chair has less than 30 days, the chair can ask a caller with 30+ days to start the sharing).
- 19) Do announcements by 8:55AM, or before asking if there are any new callers or a second round of sharing begins.
  - a) “Group announcements:
    - a) *“You can ask for a copy of this script by writing to our group's address: [8ambookstudy@gmail.com](mailto:8ambookstudy@gmail.com). You can also use this email to apply to be included in the meeting's separate mutual support lists for men and women.*
    - b) *This group functions thanks to the service of volunteers. If you'd like to help out, you can speak to me or another member of the group at the end of the meeting. We also invite you to our group conscience meetings, which usually take place from 8:30-9AM Eastern Time on the first Saturday and third Wednesday of the month.*

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- c) *In the absence of a treasurer, Seventh Tradition donations may be sent directly to the SA central office (SAICO). You may note that you participate in the 8AM Eastern Time ‘New Day’ phone meeting.*

Optional announcements the chair should make if there is enough time:

- d) *You can contact SAICO or visit the Meeting Search tab at SA.org to find out about face-to-face, telephone and other types of SA meetings.*  
e) *Women may wish to visit WomenInSA.org or to contact SAICO to connect with a wider group of women in SA.*  
f) *Men may contact SAICO to apply to be part of the international SA buddy list.*  
g) *[Info to be shared after the meeting, if needed: SAICO, PO Box 3565 Brentwood, TN 37024, (US only) 866-424-8777, (615) 370-6062 or SA.org].*  
h) *Are there any other brief SA or group announcements?”*

- 20) *“Has anyone else joined the call?” Welcome all the new callers, write down and then read out the list of additional names. After informing them of the text and topic of the day, invite the first new caller to resume the sharing.*

- 21) *At 8:55 AM or at the conclusion of sharing: “It is time to wrap up our meeting. Would someone please read the Tradition of the month?” (WB 209. Tradition One for January, Tradition Two for February, etc.).*

- 22) *“Anything you have heard at this meeting is strictly the opinion of the individual participant; the principles of SA are found in our Twelve Steps and Twelve Traditions.*

*This is an anonymous program. Please keep the name and personal information of anyone you meet or learn about in SA to yourself. And what we say here, let it stay here.”*

- 23) *Ask someone to read “A Vision for you” (WB 210) or “The Twelve Promises” (Big Book 83-84).*

- 24) *“Please remain muted as I lead us in a moment of silence followed by the Third Step Prayer” (or another Twelve Step program prayer). The chair may also ask another member to lead the prayer.*

*“God, I offer myself to Thee, to build with me and to do with me as Thou wilt. 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.” (WB 95, AA Big Book 63).*

- 25) *“Thanks to everyone for taking part and allowing me to be of service. Please feel free to stick around in our ‘virtual parking lot.’ During this fellowship time newcomers or those struggling with sobriety may ask questions and receive support. It’s also an opportunity to share for those who didn’t have a chance to do so during the meeting. To protect participants’ confidentiality and because some callers may be triggered by the exchange of contact information, we suggest that members use the group’s email address or SAICO for this purpose. Commitment to healthy boundaries in the parking lot is recommended. Finally, we encourage all callers to support their local SA groups, get a sponsor and work the steps. Have a great day!”*

- 26) *Pause while people sign off and say thank you, etc.*

- 27) *Are there any newcomers who have questions or who would like to share? (Pause) Anyone else?*

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