

Welcome to this Sobriety Renewal Call of Sexaholics Anonymous

Mon, Wed, Fri

First things first: please just remember to mute your phone when you're not speaking. If your phone doesn't have a mute feature, then you can press *6 to mute and/or "un-mute". Thank you; this helps us to minimize background noise.

In this Sobriety Renewal Call, participants take turns to answer a list of questions. Our goal is to finish within 45 minutes, so please limit your answers to a sentence or two. We simply want to commit to ourselves, each other and God, to what it takes to stay sober, just for today.

What is Sexual Sobriety? (from Newcomer Pamphlet)

In defining sobriety, we do not speak for those outside of Sexaholics Anonymous. Sexual sobriety for sexaholics of our type means no sex with ourselves and no sex with any partner other than the spouse. In SA's sobriety definition, the term "spouse" refers to one's partner in a marriage between a man and a woman. Sexual sobriety also means progressive freedom from the many forms of sexual thinking and stimulation and lust that enter our lives. This freedom is found by remaining sober and by using our Twelve Steps and Twelve Traditions in our daily lives.

Please take a moment to introduce yourself by first name (even if you don't plan to share) and state where you are calling from (if you wish) as well as your length of sexual sobriety. The order in which we introduce ourselves will be the same order we use to answer the questions. My name is _____ and I'm a sexaholic in [town/country]. My sobriety date is [date].

Member introductions then follow.

Will you please join me in the Serenity Prayer? I suggest we use the singular/plural form.

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

Preliminary Announcements:

a) We ask that all callers please introduce themselves, whether they plan to share or not. Has anyone else joined the call?

b) Here is the order of callers for tonight: (John, Will, Jean etc.)

c) In participation, we avoid topics that can lead to dissension or distraction. We also avoid explicit sexual descriptions and sexually abusive language. The emphasis is on honesty, recovery and healing – how to apply the Twelve Steps and Traditions in our daily lives. Let there be no 'cross talk' please. If someone feels another is getting too explicit, they may so signify by quietly saying "My hand is raised".

Now to the questions:

1. Are we willing to admit, just for today, that we are powerless over lust and sexual acting out?

(Optional reading: "We learned that we had to fully concede to our innermost selves that we were [sexaholics]. This is the first step in recovery." AA Big Book, p 30)

Has anyone else joined the call?

2. Do we desire sobriety and freedom for the next 24 hours, and are we willing to do whatever is necessary to protect this desire, just for today?

(Optional reading: That is, freedom from the actions and/or obsessions of lust; surrendering all fear, self-pity and entitlement; freedom from resentment, shame, and isolation? Do we desire freedom from all seven deadly sins: anger, envy, greed, gluttony, pride, sloth and of course lust?)

Has anyone else joined the call?

3. Just for today, do we commit to God and this group that we do not have to have sex with ourselves or with anyone else, other than our spouse, no matter what? In SA's sobriety definition the term spouse refers to one's partner in a marriage between a man and a woman. *(Optional reading: "We discovered that we could stop, that not feeding the hunger didn't kill us, that sex was indeed optional. There was hope for freedom, and we began to feel alive." SA White Book, p 204)*

This is the time during our call where we make a few brief ongoing announcements:

- a) If you would like a copy of this script please speak to the Chairperson after the meeting or contact the list coordinator (you can also email info@saphonemeeting.org)
- b) Additional information about SA telephone meetings may be found at www.DenverSA.org. Please refer to the alternative number (218) 339-2699 passcode 349956# if the main number isn't working. This meeting occurs nightly.
- c) Are there any brief SA or group announcements?

Has anyone else joined the call?

We now move to Question 4.

4. Let's share about our conscious contact with our Higher Power in the past day, realizing that it's not this renewal in itself or any other tool that keeps us sober, God does.

5. Is there anything in the recent past that has endangered our sobriety-lustful or otherwise-that we need to bring to the light?
(Optional reading: Alternatively, we may wish to share a victory over temptation).
(Optional reading: "[Sobriety involves] a manner of living which requires rigorous honesty. Remember that we deal with [lust], cunning, baffling and powerful." AA Big Book pp 58-59)

6. Is there anything in our plans for the next 24 hours that may lead us into difficulty? (Optional reading: e.g. danger zones, rain checks, slippery spots or hidden bottles). In addition, let's share about our recovery plan for the next 24 hours.

(Optional reading: For example, spiritual reading, contacting others to give and receive help, prayer and meditation, journaling and step work, giving and receiving sponsorship, physical care of our bodies, setting appropriate boundaries, service, going to meetings, and refusing all lust or other hits as toxic)

7. Let's share just one thing of the many we might be grateful for or proud of.

8. And just for today, are we willing now to hand over our wills and the care of our lives to the One who kept us sober yesterday and protected us from the full consequences of our lust in the past?

Thanks to everyone for sharing.

If there is anyone who needs additional help there is a virtual parking lot after the meeting. In the parking lot we have a script. The first thirty minutes of the parking lot are designated for SA related topics only. At the end of the meeting, before the parking lot begins, we leave a moment for members to extend gratefulness and say “goodbyes.” After this the format for the parking lot begins.

May God bless us all and let's remember we are never alone. Let's close with the Third Step Prayer, which you'll find on page 63 of the AA Big Book or page 95 of the SA White Book. I suggest we use the singular/plural form.

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.

Thanks for calling and for letting me be of service.

(Allow a moment for folks to show gratefulness and share goodnights.)

Now the parking lot is open. The format in the parking lot is as follows:

First, we make space for those who want to exchange contact information or communicate the desire to talk with another SA member outside of the parking lot.

Second, we make space for newcomers to ask questions.

Third, we make space for those who haven't had a chance to share tonight. They get as much time as everything one else received in the meeting.

Finally, those who have shared already may share again. We ask that shares be limited to 2 minutes.

Thank you for respecting the format of the parking lot. When we reach 10:30PST the parking lot is open to all topics.

Welcome to this Book Study Call of Sexaholics Anonymous

Sun, Tue, Thu, Sat

Hello; my name is _____, and I'm a recovering sexaholic. Welcome to the SA 9pm PST Telephone Meeting. This is a closed meeting. Only those desiring their own personal sexual sobriety, please.

Would someone be willing to read "the SA Purpose" from page 201 of the White Book?

Can someone Please Read "What is Sexual Sobriety" from the "SA to the newcomer" pamphlet?

What is Sexual Sobriety? (from Newcomer Pamphlet)

In defining sobriety, we do not speak for those outside of Sexaholics Anonymous. Sexual sobriety for sexaholics of our type means no sex with ourselves and no sex with any partner other than the spouse. In SA's sobriety definition, the term "spouse" refers to one's partner in a marriage between a man and a woman. Sexual sobriety also means progressive freedom from the many forms of sexual thinking and stimulation and lust that enter our lives. This freedom is found by remaining sober and by using our Twelve Steps and Twelve Traditions in our daily lives.

INTRODUCTIONS:

Let's take a minute to introduce ourselves by first name and state our length of sexual sobriety and where we are calling from, if we wish. I'll begin. My name is _____, I'm a sexaholic, I've been sexually sober for _____, and I'm calling from _____.

MEMBERS INTRODUCE THEMSELVES.

Will you all now please join me in the serenity prayer? I suggest we use the singular/plural form:

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

To avoid problems of background noise, please press *6 on your phone to mute yourself; this makes it easier for us to hear you on the call. When you want to unmute and speak, press *6.

If you forget which is which, press either key & a recorded voice reminds you.

Has anyone else joined the call?

The format of this meeting is that a member chooses a paragraph or a few pages from any piece of SA Conference Approved Literature and reads it out. We then invite all members to share on what they have heard.

READING:

Tonight, _____ has chosen a reading from the literature:

MEMBER READS IT OUT.

AFTER READING HAS FINISHED, CHAIRPERSON SAYS: Thank you, X. Just before we proceed to the sharing portion of this meeting, I would like to read the following from page 198 of the White Book:

In participation, we avoid topics that can lead to dissension or distraction. We also avoid explicit sexual descriptions and sexually abusive language. The emphasis is on honesty, recovery and healing -- how to apply the Twelve Steps and Traditions in our daily lives.

No 'cross talk' please. If someone feels another is getting too explicit, they may so signify by quietly saying "My hand is raised".

Has anyone else joined us the call?

We have [6] members on the line this evening, and about [30] minutes of the meeting left. So tonight, we have approximately [5] minutes each. If you would like to be timed, please say so. If time and attendance allow, we will read &/or share again. And with that, who'd like to start?

CLOSING AT 9.40PM:

CHAIRPERSON READS: 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, telephone number and any other information about anyone you meet or learn about in SA to yourself. And what we say here, let it stay here. Remember that we never identify ourselves publicly with SA in the press, radio, TV or films, or any other medium. Neither does anyone speak for SA.

Does anyone have any SA or group announcements?

If there is anyone who needs additional help there is a virtual parking lot after the meeting. In the parking lot we have a script. The first thirty minutes of the parking lot are designated for SA related topics only. At the end of the meeting, before the parking lot begins, we leave a moment for members to extend gratefulness and say “goodbyes.” After this the format for the parking lot begins.

May God bless us all and let’s remember we are never alone. We close with the Third Step Prayer, which you’ll find on page 63 of the AA Big Book or page 95 of the SA White Book. I suggest we use the singular/plural form.

*God, I/we offer myself/ourselves to Thee
To build with me/us, and to do with me/us as Thou wilt.
Relieve me/us of the bondage of self, that I/we may better do Thy will.
Take away my/our difficulties, that victory over them
May bear witness to those I/we would help of Thy Power, Thy Love and Thy Way
of Life.
May I/we do Thy will always! Amen.*

AFTER CLOSING:

Thanks for calling and for letting me be of service.

Have a good day, everyone.

(Allow a moment for folks to show gratefulness and share goodnights.)

Now the parking lot is open. The format in the parking lot is as follows:

First, we make space for those who want to exchange contact information or communicate the desire to talk with another SA member outside of the parking lot.

Second, we make space for newcomers to ask questions.

Third, we make space for those who haven't had a chance to share tonight. They get as much time as everything one else received in the meeting.

Finally, those who have shared already may share again. We ask that shares be limited to 2 minutes.

Thank you for respecting the format of the parking lot. When we reach 10:30PST the parking lot is open to all topics.

Mixed SA Daily Sobriety Renewal - Format for the 06:30 GMT Call

Phone: (001) 267 507 0400 Code:349956# (on this number press *6 both to mute and un-mute)

Backup number: (001) 712 432 5620 Code: 1339# (on this number press 5 to mute and 4 to un-mute)

(Updated 7th November 2013)

Welcome to this Daily Sobriety Renewal. This is a closed meeting. Only those desiring their own personal sexual sobriety, please. Please remember to mute your phone when you're not speaking. If your phone doesn't have the mute feature, please press *6 both to mute and un-mute. Thank you.

In this sobriety renewal, participants take turns answering a list of questions. Our goal is to finish within 45 minutes, so please limit your answers to just a sentence or two. We simply want to commit to ourselves, each other and with God to what it takes to stay sober, just for today. *And in the interests of time-keeping and giving all members an equal opportunity to share on this call, the leader may call "Time" during a member's share. Please respect this request.*

Now let's please take a moment to introduce ourselves by first name (even if we don't plan to share) and state where we are calling from (if we wish) as well as our length of sexual sobriety. The order in which we introduce ourselves will be the same order we use to answer the questions. My name is _____ and I'm a sexaholic in _____. My sobriety date is _____. *Member introductions follow.*

Will you please join me in the Serenity Prayer? I suggest we use the singular/plural form.

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

Preliminary Announcements:

- a) Before we continue, a reminder that this meeting is intended for men and women who identify as sexaholic. We also ask that all callers please introduce themselves, whether they plan to share or not. Has anyone else joined the call?
- b) Here is the order of callers. (*Robert, Andy, George, etc.*)

1. Are we willing to admit, just for today, that we are powerless over lust and sexual acting out?

(Optional reading: "We learned that we had to fully concede to our innermost selves that we were [sexaholics]. This is the first step in recovery." AA Big Book, p 30)

2. Do we desire sobriety and freedom for the next 24 hours and are we willing to do whatever is necessary to protect this desire just for today?

(Optional reading: That is, freedom from the actions and/or obsessions of lust; surrendering all fear, self-pity and entitlement; freedom from resentment, shame, and isolation? Do we desire freedom from all seven deadly sins: lust, anger, envy, greed, gluttony, pride and sloth?

3. Just for today, do we commit to ourselves, each other and with God that we do not have to have sex with ourselves or with anyone else, no matter what?

(Optional reading: “We discovered that we could stop, that not feeding the hunger didn’t kill us, that sex was indeed optional. There was hope for freedom, and we began to feel alive.” SA White Book, p 204).

Ongoing Announcements: (Please always read item (f))

- a) If you would like a copy of the script for this meeting, please speak to the chairperson after the meeting has ended
 - b) Additional information about these telephone meetings may be found at www.sa.org
 - c) Seventh Tradition donations may be made by sending donations to the SA Central Office (SAICO) at the address in the White Book (PO Box 3565 Brentwood, TN 37024) or by visiting www.sa.org. Please note that your donations come from the ‘6:30 am GMT sobriety renewal phone meeting’.
 - d) Group business meetings take at 07.15 UK time on the first Wednesday of each month, following the regular meeting. If it is missed on the 1st Wednesday, it will take place on the 3rd Wednesday, following the regular meeting.
 - e) If you should have trouble connecting to this meeting, try calling the backup number: (712) 338-8720, Code: 1339#
 - f) Are there any brief SA or group announcements?
4. Let’s share about our conscious contact with our Higher Power in the past day, realizing that it’s not this renewal in itself or any other tool that keeps us sober, God does.
5. Is there anything in the recent past that has endangered our sobriety - lustful or otherwise - that we need to bring to the light? *(Optional reading: Alternatively, we may wish to share a victory over temptation).*
- (Optional reading: “[Sobriety involves] a manner of living which requires rigorous honesty... Remember that we deal with [lust], cunning, baffling and powerful.” AA Big Book pp 58-59*
6. Is there anything in our plans for the next 24 hours that may lead us into difficulty? *(Optional reading: e.g. danger zones, rain checks, slippery spots or hidden bottles).* In addition, let’s share about our recovery plan for the next 24 hours.
- (Optional reading: For example, spiritual reading, contacting others to give and receive help, prayer and meditation, journaling and step work, giving and receiving sponsorship, physical care of our bodies, setting appropriate boundaries, service, going to meetings, and refusing all lust or other hits as toxic)*
7. Let’s share **just one** thing of the many we might be grateful for or proud of.

8. And just for today, are we willing now to turn our wills and the care of our lives over to the One who kept us sober yesterday and protected us from the full consequences of our lust in the past?

Thanks to everyone for sharing.

Is there anyone who needs additional help who would like a member to talk with after the formal part of this meeting has ended? (*Chairperson or another member(s) may help with this*).

May God bless us all and let's remember we are never alone.

Let's close with the Third Step Prayer, which you'll find on page 63 of the AA Big Book or page 95 of the SA White Book. I suggest we use the singular/plural form.

*God, I/we offer myself/ourselves to Thee,
To build with me/us, and to do with me/us as Thou wilt.
Relieve me/us of the bondage of self, that I/we may better do Thy will.
Take away my/our difficulties, that victory over them
May bear witness to those I/we would help of Thy Power, Thy Love and Thy Way of life.
May I/we do Thy will always!
Amen.*

Thanks for calling and for letting me be of service. Have a safe, sane and sober day!

The Next 24 ~ 6:25 AM EDT

Welcome to Sexaholics Anonymous. This is a closed meeting for those who desire sexual sobriety. We will take turns answering a list of questions. Please remember to mute your phones when you're not speaking. If you don't have the mute feature, press 5 (*6 B/U Number) to mute and 4 (*6 B/U Number) to "un-mute".

Let's start the meeting with a moment of silence followed by the Serenity Prayer.

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

- 1) Do we admit we are powerless over lust and with our Higher Power's help, are we willing to seek sobriety and recovery?
- 2) Is there anything in the past 24 hours that endangered our sobriety, and what solutions can we use to overcome temptations or handle life today?
- 3) Name one thing you are grateful for and are you willing to turn your will and your life over to God?

SA announcements

7th tradition-(Sexaholics Anonymous International Central Office-Brentwood TN); Conference Dial-in Number: (610) 214-0000 Access Code: 851489#, Conference Instructions *4, mute *6

Any other SA related announcements?

Let's end the meeting with a moment of silence followed by the third step prayer.

God I offer myself to thee, to build with me and to do with me as thou will. Relieve me of the bondage of self that I may better do thy will. Take away my difficulties as 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

(Whenever possible, the group conscience asks that the chairperson have at least 30 days of consecutive SA sobriety.)

Welcome to the 6:30AM SA Daily Sobriety Renewal Meeting! Will you please join me in the Serenity Prayer: "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. Thy will, not mine, be done."

Background noise can be very disruptive to the call. Please remember to mute your phone when you're not speaking. If your phone doesn't have the mute feature, press *6 to mute and un-mute. It is the group conscience not to use the overall mute feature. In this sobriety renewal, participants take turns answering three questions. Our goal is to finish within 45 minutes, so please limit your answers accordingly. Our experience is that it is possible to be brief and still share in a way that is honest and meaningful and to commit to what it takes to stay sober just for today. We don't direct our sharing to or talk about other members, nor do we mention the name of any non-SA or group approved literature, media, or websites. The chairperson may remind you of these guidelines or to wrap up.

Let's take a moment to introduce ourselves by first name only, and if you wish, state your length of sexual sobriety and where you are calling from. My name is (Joe/Jane) in (Brentwood, Tennessee). *(Chairperson must write down the list of callers and check in for new callers after each question).*

I will now read the order of callers. Please prepare to answer the question while the person ahead of you is sharing and say who comes after you when you finish your share. *(Chairperson reads the list of callers).*

1. Do we admit that we are powerless over lust, do we desire sobriety, and are we willing to commit what it takes to stay sober by the S.A. definition for the next 24 hours, including recognizing all lust hits as toxic and using the tools of the program?
2. Are there any danger zones that we have faced in the past 24 hours or are facing in the next 24 hours that we need to bring to the light?
3. What time did we spend with our higher power yesterday and what is our recovery plan for the next 24 hours? What is one thing we are grateful for? Are we willing now to turn our lives and our wills over to the care of God as we understand God, realizing that it is only with the help of our higher power that we can stay sober one day at a time?

Group announcements: a) If you would like a copy of this script or to add your name and contact information to our Men's or Women's Mutual Support List, please send an e-mail to the group address dsr630et@GMAIL.COM. I can repeat this information in the parking lot if necessary.

b) Additional information about these telephone meetings may be found at **SA.org**.

c) Seventh Tradition donations may be sent to the SA Central Office at the address in the White Book or by visiting SA.org. You may note that your donations come from the 6:30AM Eastern Time sobriety renewal phone meeting.

d) Group business meetings take place from 7-7:30AM Eastern on the last Thursday of the month. (Group Conscience 29 Aug2013) The DSR will finish at 7AM and the Business Meeting will begin on the same number. The backup number will be used only if necessary at 7:25pm – (712) 432-5620 PIN 5661.

e) Are there any brief SA or group announcements?

I'd like to thank the group for letting me be of service and may God bless us all. Let us remember that we are never alone. For those who wish to remain on the call, there will a 'virtual parking lot.' We suggest that members use the mailing lists instead of exchanging emails or phone numbers in the parking lot, and that at least three people are present. Let's close with the Third Step 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."

7:30AM SA Daily Sobriety Renewal Script

Dial In 605-475-6700 code 713-8664

(Whenever possible, the group conscience asks that the chairperson have at least 30 days of consecutive SA sobriety).

Welcome to the 7:30AM SA Daily Sobriety Renewal Meeting! Will you please join me in the Serenity Prayer: "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. Thy will, not mine, be done."

Background noise can be very disruptive to the call. Please remember to mute your phone when you're not speaking. If your phone doesn't have the mute feature, press *6 to mute and un-mute. In this sobriety renewal, participants take turns answering three questions. Our goal is to finish within 45 minutes, so please limit your answers accordingly. Our experience is that it is possible to be brief and still share in a way that is honest and meaningful and to commit to what it takes to stay sober just for today. We don't direct our sharing to or talk about other members, nor do we mention the name of any non-SA or group approved literature, media, or websites. The chairperson may remind you of these guidelines or to wrap up.

Let's take a moment to introduce ourselves by first name only, and if you wish, state your length of sexual sobriety and where you are calling from. My name is (Joe/Jane) in (Brentwood, Tennessee). *(Chairperson must write down the list of callers).*

I will now read the order of callers. Please prepare to answer the question while the person ahead of you is sharing and say who comes after you when you finish your share. *(Chairperson reads the list of callers).*

1. Do we admit that we are powerless over lust, do we desire sobriety, and are we willing to commit to go to any lengths to stay sober for the next 24 hours, including using the tools of the program and recognizing all lust hits as toxic?
2. Are there any danger zones that we have faced in the past 24 hours or are facing in the next 24 hours that we need to bring to the light?
3. What time did we spend with our higher power yesterday and what is our recovery plan for the next 24 hours? What is one thing we are grateful for? Are we willing now to turn our lives and our wills over to the care of God as we understand God, realizing that it is only with the help of our higher power that we can stay sober one day at a time?

Group announcements:

a) If you would like a copy of this script or to add your name and contact information to our Men's or Women's Mutual Support List, please send an e-mail to the group address dsr730et@yahoo.com. I can repeat this information in the parking lot if necessary.

b) Additional information about these telephone meetings may be found at www.sa.org

c) Seventh Tradition donations may be sent to the SA Central Office at the address in the White Book (PO Box 3565 Brentwood, TN 37024) or by visiting SA.org. You may note that your donations come from the 7:30AM Eastern Time sobriety renewal phone meeting.

d) Group business meetings take place from 8-8:30AM Eastern on the first Sunday of the odd months.

e) Are there any brief SA or group announcements?

I'd like to thank the group for letting me be of service and may God bless us all. Let us remember that we are never alone. For those who wish to remain on the call, there will be a reading from the meeting-approved meditation book *Answers in the Heart* following the closing prayer and then a 'virtual parking lot.' We suggest that members use the mailing lists instead of exchanging emails or phone numbers in the parking lot, and that at least three people are present. Let's close with the Third Step 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."

Who would like to read today's selection from *Answers in the Heart*?

Men's SA Daily Sobriety Renewal Format 8:30 AM ET Call
Phone: (605) 475-6700 Pass Code: 5843285#
DECEMBER 2013 Script

Welcome to the Men's 8:30 AM SA Daily Sobriety Renewal.

A special welcome to any newcomers who have joined us today. We're glad you are here. The purpose of our group is to carry our message of hope to the sexaholic who still suffers. The only requirement for membership is a desire to stop lusting and become sexually sober.

Please remember to mute your phone when you're not speaking. If your phone doesn't have the mute feature, press *6 to mute and *6 again to un-mute.

In this sobriety renewal, participants take turns answering a list of eight questions. Our goal is to finish within 45 minutes, so please limit your answers to just a sentence or two. We simply want to commit to ourselves, each other and with God to what it takes to stay sober, just for today. In defining sobriety, we do not speak for those outside Sexaholics Anonymous. We can only speak for ourselves. Thus, for the married sexaholic, sexual sobriety means having no form of sex with self or with persons other than the spouse. For the unmarried sexaholic, sexual sobriety means freedom from sex of any kind. And for all of us single and married alike, *sexual sobriety includes progressive victory over lust*. (SA pg. 191-192)

At this point we ask each of you to introduce yourself by first name and state where you are calling from (if you wish) as well as your length of sexual sobriety. **Please introduce yourself whether you plan to share or not so that we can protect the anonymity of all participants.** The order in which we introduce ourselves will be the same order we use to answer the questions.

Will you please join me in the Serenity Prayer? I suggest we use the singular/plural form.

God, grant me/us the Serenity to accept the things I/we cannot change, Courage to change the things I/we can, and the Wisdom to know the difference. Thy will, not mine/ours, be done.

Preliminary Announcements:

- a) Before we continue, a reminder that this meeting is intended for men who identify as sexaholic. Women sexaholics are welcome at mixed meetings such as the 6:30 and 7:30 AM Eastern Time calls, using the same number and code 7138664#. We also ask that all callers please introduce themselves whether they plan to share or not. Has anyone else joined the call?
- b) I will now read the order of callers. It helps the call to run more smoothly if you prepare to answer the question while the person ahead of you is sharing and to say who comes after you when you finish. Here's the order. (*John, Will, Paul, etc.*)

Has anyone else joined the call?

Questions 1, 2, 3 and 4:

- 1. Are we willing to admit, just for today, that we are powerless over lust and sexual acting out?
(*Optional Reading: "We learned that we had to fully concede to our innermost selves that we were [sexaholics]. This is the first step in recovery." AA Big Book, p. 30.*)
- 2. Do we desire sobriety and freedom for the next 24 hours and are we willing to do whatever is necessary to protect this desire?
(*Optional Reading: "That is, freedom from the actions and/or obsessions of lust: surrendering all fear, self-pity and entitlement; freedom from resentment, shame and isolation? Do we desire freedom from all seven deadly sins: anger, envy, greed, gluttony, pride, sloth and, of course, lust?"*)

3. Just for today, do we commit to God and this group that we do not have to have sex with ourselves or with anyone else, no matter what?
(Optional Reading: "We discovered that we could stop, that not feeding the hunger didn't kill us, that sex was indeed optional. There was hope for freedom, and we began to feel alive." SA White Book, p. 204.)
4. Let's share about our conscious contact with our Higher Power in the past day, realizing that it's not this renewal in itself or any other tool that keeps us sober, God does.

Ongoing Announcements:

- a) If you would like a copy of this script or to add your contact information to our Accountability List, please speak to the chairman after the meeting or contact the list coordinator. You must send your contact information in an e-mail to gregsrecovery@gmail.com to be added to the list.
- b) Additional information about these phone meetings may be found at www.SA.org.
- c) Seventh Tradition donations may be sent to the SA Central Office (SAICO) at the address in the White Book (P.O. Box 3565, Brentwood, TN 37024) or by visiting www.SA.org. Please note that your donations come from the 8:30 AM Eastern Time sobriety renewal phone meeting.
- d) Group business meetings take place from 9:00-9:30 AM Eastern on the first Wednesday of each month following the regular meeting.
- e) *(Optional: If you should have trouble connecting to this meeting, try calling the backup number: 712-432-5620, Code: 5403#).*
- f) Are there any brief SA or group announcements?

Has anyone else joined the call?

Questions 5, 6, 7 and 8:

5. Is there anything in the recent past that has endangered our sobriety—lustful or otherwise—that we need to bring to the light?
(Optional Reading: Alternatively, we may wish to share a victory over temptation – or Optional Reading: [Sobriety involves] a manner of living which requires rigorous honesty ... Remember that we deal with [lust], cunning, baffling and powerful." AA Big Book pp. 58-59).
6. Is there anything in our plans for the next 24 hours that may lead us into difficulty?
(Optional Reading: e.g. danger zones, rain checks, slippery spots or hidden bottles)
Or, let's share about our recovery plan for the next 24 hours.
[Optional Reading: For example, spiritual reading, contacting others to give and receive help, prayer and meditation, journaling and step work, giving and receiving sponsorship, physical care of our bodies, setting appropriate boundaries, service, going to meetings, and refusing all lust or other hits as toxic.]
7. Let's share just one thing we might be grateful for or proud of.
8. Just for today, are we willing to hand over our will and the care of our life to the One who kept us sober yesterday and protected us from the full consequences of our lust in the past?

Thanks to everyone for sharing.

Is there anyone who would like a member to talk with after the formal part of this meeting has ended? *(Chairman or another member(s) may help with this).*

May God bless us all and let's remember we are never alone.

Let's close with the Third Step Prayer, which you'll find on page 63 of the AA Big Book or page 95 of the SA White Book. I suggest we use the singular/plural form.

*God, I/we offer myself/ourselves to Thee,
To build with me/us, and to do with me/us as Thou wilt.
Relieve me/us of the bondage of self, that I/we may better do Thy will.
Take away my/our difficulties, that victory over them
May bear witness to those I/we would help of
Thy Power, Thy Love and Thy Way of life.
May I/we do Thy will always!
Amen.*

Thanks for calling and for letting me be of service. Have a safe, sane and sober day!

Day: All **Time:** 12:00 PM EDT/EST **Access:** 605-475-6700 **Pin:** 713-8664#

WELCOME

Welcome to the mixed gender Sexaholics Anonymous Phone Meeting @ 12 Noon EST. This is a closed meeting. Only those desiring their own personal sexual sobriety, please. Let's start the meeting with a moment of silence followed by the serenity prayer. We meet 7 days per week and have adopted the SA *White Book* suggested Format (see footnotes¹ at end of script)

ETIQUETTE

Please be courteous—**Mute your phone when you are not speaking.** Press *6 to share or silence your line. This ensures the greatest sound strength for the entire teleconference and provides the greatest service to all members of the phone bridge during the meeting. Also, we suggest that you please do not make other calls or use "call waiting" while on the teleconference.

READINGS

Leader asks for volunteer to read,

- The SA Purpose (WB pg. 201)
- What Is a Sexaholic and What Is Sexual Sobriety? (WB pg. 202)
- The Problem (WB pg. 203)
- The Solution (WB pg. 204-5)

For future reference, all these readings appear online @ the "Group Conscience approved" saphonemeeting.org website. If you have any other questions, please send an email to noon@saphonemeeting.org.

INTRODUCTIONS

The format of this meeting is to take turns reading a short section from SA approved literature and then share on the topic. Let's take a minute to introduce ourselves by first name (even if you don't plan to share), where you are calling from and state our length of sexual sobriety. If you would like to suggest a reading and have access to a particular book, feel free to mention that as well. (On Monday, please refer to Speaker Meeting footnotes²).

I'll begin, and we'll go around the call. My name is ____ sexaholic from ____, and I've been sober for _____. I will pass to the next caller. Has anyone else joined the call?

The first person to share will be a member of SA who has been sexually sober for 30 days or more. We do this to help set the tone on recovery and program. After that, we will open it up to volunteers. Please wait to be acknowledged by the secretary before you start sharing to avoid confusion when multiple people check-in.

PARTICIPATION

In participation, we avoid topics that can lead to dissension or distraction. We also avoid explicit sexual descriptions and sexually abusive language. The emphasis is on honesty, recovery, and healing—how to apply the Twelve Steps and Traditions in our daily lives. No cross talk³, please. If someone feels another is getting too explicit, they may so signify by saying, “my hand is raised” or dropping off the call and returning when necessary.

The goal is to finish within one hour, giving everyone an opportunity to participate. It’s a SA tradition to time shares. Would someone like to volunteer to be our “spiritual timekeeper”? Please say “time” after 3 minutes and whoever is sharing, if you could please acknowledge the timekeeper and wrap things up.

If we finish early, we can continue reading & sharing. Also, you’ll have plenty of time to share longer in the car park after the formal part of the meeting has ended.

Gentle reminder – Please mute your phone when you are not speaking. Press *6.

ANNOUNCEMENTS (at conclusion of participation)

It's time for our 7th Tradition, which states, “We have no dues or fees but we are self-supporting through our own contributions”.

- Please visit saphonemeeting.org to make a donation and get further information about SA.
- We are a “Home Group”, and if you would like to join please send an email to noon@saphonemeeting.org.
- We have a regular “Group Conscience” meeting on the last Wednesday of the month⁴.
- If there anyone on the call celebrating an anniversary this week?
- Do we have any other announcements for the good of SA?
- If there is anyone who needs additional help or would like a member to talk to, feel free to stick around after the meeting.

CLOSING

I would like to thank everyone for sharing and the opportunity to be of service!

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, address, and phone number of anyone you meet or learn about in SA to yourself. And what we say here, let it stay here. Remember that we never identify ourselves publicly with SA in the press, radio, TV, or films. Neither does anyone speak for SA.

Leader asks someone to read, any one of the following: A Vision for you (WB pg. 210) or the Promises (BB pg. 83-84). After a moment of silent meditation, I'd like to ask ____ to lead us in the Lord's Prayer." **KEEP COMING BACK!**

SAMPLE LOG

#	First Name	Calling from	White Book (yes/no)
1			
2			
3			

Footnotes:

¹ **Book-study format:** The Noon group tries to offer a diverse style of meetings using the general *suggested Meeting Format* found in the White Book, pgs. 197-200.

Per the group conscience, readings must come from [SA Fellowship Approved literature](#). Closing reading can also include Traditions and How it Works. *Essay* is Sexaholics Anonymous' quarterly newsletter. *Recovery Continues* is SA's collection of personal stories originally published in the Essay newsletter 1984-1990 and we pick the current date's Daily Meditation readings from AA [Daily Reflections](#).

Additional resources include *Best of Essay 2002 – Practical Recovery Tools 1994-2003*, [Alcoholics Anonymous Big Book](#) (aka AA BB), AA [Twelve and Twelve](#), *SA Step Into Action*, etc. One of the challenges is substituting sexaholism/lust for alcoholism during the AA readings, so feel free to use your imagination.

We have a regular Group Conscience / Business Meeting on the last Wednesday of the month (see [SA Service Manual](#)). We encourage anyone to volunteer to Lead/Secretary the meeting. If you would like to secretary on a regular basis (we suggest 1 month sobriety requirement), and/or have suggestions, please send an email to noon@saphonemeeting.org.

² **Monday Speaker Meeting:** The format of this meeting is for a guest speaker to share his/her experience, strength and hope to kick-off the discussion. Speaker meetings are reserved for any SA member who has been sober for 1 year or more to lead the meeting and share what it was like, what happened and what it is like now. Often this can take 20 minutes or longer leaving less time for everyone to share, so please adjust accordingly.

(If you already have a speaker designated beforehand, you can skip introductions) Let's take a minute to introduce ourselves by first name (even if you don't plan to share), where you are calling from and state our length of sexual sobriety. If you would like to volunteer to speak and have one year or more sexual sobriety, feel free to mention that as well. I'll begin, and we'll go around the call. My name is ____ sexaholic from ____, and I've been sober for _____. I will pass to the next caller. Has anyone else joined the call?

The first person to share will be a member of SA who has been sexually sober for 1 year or more. We do this to help set the tone on recovery and program. After that, we will open it up to volunteers. Please wait to be acknowledged by the secretary before you start sharing to avoid confusion when multiple people check-in.

Wednesday Group Conscience/Business meeting (last Wed. of month) is also a volunteer sharing meeting – do NOT take a list of callers to help expedite the optimum number of people who get a chance to share.

In addition, if you would like to do a First Step, please let the secretary know to schedule in advance (90 day sobriety requirement).

³ **Meeting Guidelines:** (*White Book* (pg. 188-189))

1. Leaders of meetings are servants of that meeting. They don't "carry" the meeting; they merely facilitate it. A common mistake of those who have no prior Twelve Step meeting experience is to feel they must comment on everything that is said or "help out" in some way by giving "the answer." The effective leader surrenders this impulse and lets the meeting work itself.
2. The leader of the meeting does not have to acknowledge a raised hand; he or she can call on someone else. They can interrupt the one talking, if it is called for. This is in line with our common tradition. At the same time, a good meeting is one where the leader's presence is inconspicuous and non-controlling.
3. Most groups stick with a certain basic set of readings that are read at every meeting, adding to this to suit the particular meeting. A list of suggested readings from which to draw is included in the Suggested Meeting Format. We use authorized SA and AA literature only, both for use during meetings and for distribution on the literature table.

Participation guidelines:

- There is no cross talk. We don't interrupt others. However, the leader has the right to remind the person sharing of guidelines, time consumed, etc.
- We don't give advice. We talk in the "I," not the "we" or the "you," speaking from our own experience. If we want to respond to what someone has said, we do so only in terms of our own experience. "I can only speak for myself, but whenever I did such and such, this is what happened in my life . . ."
- We don't get carried away analyzing what caused our behavior or attitudes. If we were victimized in early life, we slowly learn to face and work through it in acknowledgment, acceptance, and forgiveness. We talk as those who are now responsible for our attitudes and actions and are willing to take responsibility for our lives and recovery.
- In sharing, rather than displaying our knowledge or insights, we lead with our weakness and give of ourselves.
- We avoid politics, religious dogma, and other divisive issues. We also avoid explicit sexual descriptions and sexually abusive language.
- We avoid dumping, self-pity, and blaming others.
- We don't take the "inventories" of others; that is, we uncover and work on our own defects, not those of others. We refer to our own experiences.
- We do speak honestly of where we really are today. We try to develop transparent honesty of complete self-disclosure, letting the other members know where we are currently, regardless of length of sobriety.
- We do lead with our weakness and take the risk of total self-disclosure.
- By attending on time and sharing regularly, we give of ourselves to others in the group. We get back recovery.

⁴ **Group Conscience:**

Opening: Serenity Prayer

Member role call

Reminder: Motion, 2nd, Discuss, Vote, Amend

Chairperson Report:

Read minutes from last business meeting: Attendees & Duration

Review secretaries and vacancies for 7 days/week.

Old Business:

New Business:

Motion to adjourn?

Closing Prayer

Step Into Action Meeting Script

5:30 pm Mountain, 7:30 pm Eastern Tuesdays-Thursdays

Main Number/Pin: 712-338-8720 /5661#

Alternate Number/Pin: 218-339-2699/349956#

(Note to Leader before beginning: 1. Confirm the page and book number in the Step Into Action series we are reading from today. 2. If you don't know, ask the members who are present on the call. 3. If no one has a Step Into Action book, pick a reading from the White Book. 4. Finally, write down the names of the participants when people introduce themselves so you can tell people in what order they will share.)

1. WELCOME: Welcome everyone to the Tuesday-Thursday phone meeting of Sexaholics Anonymous. The primary purpose of our meeting is to stay sexually sober and help others to achieve sexual sobriety.

2. MUTE YOUR PHONES: Please remember to mute your phone when you're not speaking. If your phone doesn't have mute, press 5 to mute and 4 to "un-mute."

3. EXPLAIN OUR MEETING TIME AND FOCUS: This is a Mixed Step Study Meeting that focuses on the *Step Into Action* books of Sexaholics Anonymous. You can find a copy of this script in the SA Online group at Yahoo Groups. You can also request a copy of this script by emailing our group secretary at stepintoactiongroup@yahoo.com.

3A. *ON THE FIRST THURSDAY OF THE MONTH:* I want to remind everyone that today is our monthly Group Conscience meeting. (The format is on p. 9 of this script.) We will stop sharing at 10 minutes past the hour to allow time for this.

4. WELCOME NEWCOMERS: Is anyone at their very first SA meeting? (*Welcome the newcomer(s) to the group.*). Can I get a couple of volunteers with 30 days of sobriety or more to speak with the newcomer after the meeting?

5. INTRODUCTIONS: Let's introduce ourselves. Tell us your first name, state where you are calling from, and if you wish state your length of sexual sobriety. Please do this whether you plan to share or not so that we know who's on the call. The order in which we introduce ourselves will be the same order we will share. (*Note to Leader: Write down the names and states of each participant, so you can read the order that participants will share later in the meeting.*)

6. SERENITY PRAYER: Will those who wish please join me in the "We" version of the Serenity Prayer.

7. SERVICE OPPORTUNITIES: Service is the key to attaining sobriety, and we have many service opportunities. These include leading the meeting, acting as a telephone sponsor, and holding the position of group secretary or other service position.

8. SPONSORSHIP: Working with a sponsor and being a sponsor are important tools of sobriety. We suggest you look for a member who has sobriety and experience working the steps. If you are willing to sponsor by telephone, please identify yourself now, and indicate if you are able to stay on the line after the meeting to speak with any member in need of a telephone sponsor.

9. SA PURPOSE: Would someone read *The SA Preamble* found on p. 201 of the *White Book*? (*Note to Leader: This reading is on p.5 of this script.*)

10. PICK ONE OF THE FOLLOWING READINGS: Would someone please read *What Is a Sexaholic and What Is Sexual Sobriety*? Found on p. 202 of *The SA White Book*? (*Note to Leader: It's on p. 6 of this script.*) You may also choose *The 12 Steps of Sexaholics Anonymous* found on p. 208 of *The White Book* (*Leader: It's also on p.7 of this script.*).

11. READ FROM THE STEP INTO ACTION BOOK: Today we will be reading from (*NAME the Step Into Action Book, Page and Paragraph Number*). Who has their book and is able to read? (*Please read the names of the people who have a Step Into Action book in the order they introduced themselves.*) We'll each read a couple paragraphs/section /page and then pass to the next reader. I'll start the reading and pass to the next person until we have read for 10 minutes.

12. START THE SHARING: (*After 10 minutes of reading*) We'll stop reading there and start our sharing. (*Make a note of where we left off in the book.*) Please remember to mute your phone when you're not speaking. If your phone doesn't have the mute feature, press 5 to mute and 4 to "un-mute." Our meeting lasts only an hour. When sharing, the emphasis is on honesty, recovery and healing--how to apply the 12 steps and traditions in our daily lives. No cross talk please. While we encourage you to be descriptive, we avoid explicit sexual descriptions and sexually abusive language.

13. ASK IF ANYONE NEW HAS JOINED THE CALL: (*Refer to the order that participants introduced themselves.*) The order for sharing is _____. Has anyone else joined the call? (*Tell them who they will follow.*)

14. REMIND PEOPLE TO MUTE THEIR PHONES: We're hearing background noise. Can everyone who isn't sharing please press your mute button. If your phone doesn't have the mute feature, press 5 to mute, 4 to unmute.

15. ANNOUNCEMENTS: After everyone on the call originally has shared, but before :20 after the hour, ask if there are any announcements.

16. REMIND THE GROUP WHERE THEY CAN FIND THE MEETING SCRIPT: You can find a copy of this script by joining the SA Online group at Yahoo Groups. Or by emailing our group secretary at stepintoactiongroup@yahoo.com. Additional information about phone meetings may be found at www.denversa.org.

17. ANNOUNCE THE 7TH TRADITION: Every SA meeting is self-supporting declining outside contributions. We suggest you send your Seventh Tradition donations to the SA Central Office. You can also contribute online at www.sa.org.

18. ANNOUNCE THE GROUP CONSCIENCE MEETING: The group conscience meeting for this group takes place the first Thursday of every month at 10 minutes past the hour. (The format is on p.9 of this script.)

19. ACKNOWLEDGE ANNIVERSARIES: Is anyone celebrating SA sobriety milestone they would like to share with us?

20. READ THE 12 TRADITIONS: Will someone please read the *12 Traditions of SA* found on p. 209 of the *White Book*? (If no one has a *White Book*, read from p. 8 of this meeting script.)

21. RESUME SHARING (If there's still time): We will now resume sharing until :25 past the hour or everyone has had a chance to share. Has anyone joined the call who would like to share? (If it looks like the sharing is running behind schedule, remind people how many people are left and the time remaining.)

21A. At :10 PAST THE HOUR ON THE FIRST THURSDAY, OPEN THE GROUP CONSCIENCE MEETING: Turn to p. 9 of this script, and follow the instructions.

22. AT :25 PAST THE HOUR DO THE CLOSING READINGS: That's all the time we have for sharing. If you did not get a chance to speak, please call another member after the meeting. Will someone read *A Vision for You* on p. 9 of the meeting script or p. 210 of the *White Book*?

23. ANONYMITY STATEMENT: 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, address, and phone number of anyone you meet or learn about in SA to yourself. And what we say here, let it stay here. Remember that we never identify ourselves publicly with SA in the press, radio, TV, films or internet. Neither does anyone speak for SA.

24. CLOSE THE MEETING: Thank you for allowing me to be of service. Let's take a moment to remember by name the sexaholic who is still suffering or can't be with us tonight. Then let's close with the 3rd step prayer.

The SA Preamble

Sexaholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover. The only requirement for membership is a desire to stop lusting and become sexually sober. There are no dues or fees for SA membership; we are self-supporting through our own contributions. Sexaholics Anonymous is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sexually sober and help other Sexaholics to achieve sobriety.

What Is a Sexaholic and What Is Sexual Sobriety?

We can only speak for ourselves. The specialized nature of Sexaholics Anonymous can best be understood in terms of what we call the *sexaholic*. The sexaholic has taken himself or herself out of the whole context of what is right or wrong. He or she has lost control, no longer has the power of choice, and is not free to stop. Lust has become an addiction. Our situation is like that of the alcoholic who can no longer tolerate alcohol and must stop drinking altogether but is hooked and cannot stop. So it is with the sexaholic, or sex drunk, who can no longer tolerate lust but cannot stop.

Thus, *for the sexaholic*, any form of sex with one's self or with partners other than the spouse is progressively addictive and destructive. We also see that lust is the driving force behind our sexual acting out, and true sobriety includes progressive victory over lust. These conclusions were forced upon us in the crucible of our experiences and recovery; we have no other options. But we have found that acceptance of these facts is the key to a happy and joyous freedom we could otherwise never know.

This will and should discourage many inquirers who admit to sexual obsession or compulsion but who simply want to control and enjoy it, much as the alcoholic would like to control and enjoy drinking. Until we had been driven to the point of despair, until we really wanted to stop but could not, we did not give ourselves to this program of recovery. Sexaholics Anonymous is for those who know they have no other option but to stop, and their own enlightened self-interest must tell them this.

The Twelve Steps of Sexaholics Anonymous

1. We admitted that we were powerless over lust—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 Him 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 Him*, praying only for the knowledge of His 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 Sexaholics and to practice these principles in all our affairs.

The Twelve Traditions of Sexaholics Anonymous

1. Our common welfare should come first; personal recovery depends on SA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop lusting and become sexually sober.
4. Each group should be autonomous except in matters affecting other groups or Sexaholics Anonymous as a whole.
5. Each group has but one primary purpose—to carry its message to the sexaholic who still suffers.
6. An SA group ought never endorse, finance, or lend the SA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every SA group ought to be fully self-supporting, declining outside contributions.
8. Sexaholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. SA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Sexaholics Anonymous has no opinion on outside issues; hence the SA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need to always maintain personal anonymity at the level of press, radio, films, and television.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

A Vision for You.

We realize 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 man 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 the 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.

Monthly Group Conscience Meeting Format

1. State Purpose of Meeting:

- **“Welcome to our monthly Group Conscience Meeting. The purpose of our Group Conscience is to live up to Tradition 5, which states that:**
- **“Each group has but one primary purpose—to carry its message to the sexaholic who still suffers.”**

2. Approval of Last Meeting's Minutes

- **“Will the group secretary please read the minutes from the last Group Conscience meeting?”**
- *Secretary reads the minutes from the last meeting.*
- *After reading them ask the group, “Can I have a motion to approve the minutes?”*
- *One member moves to approve the minutes, another seconds it, and group votes to approve minutes.*
- *If approved, the secretary states, “Minutes stand approved.”*

3. Old Business:

- **“Is there any old business?”**
- *Lead the discussion of old business, and keep track of any motions put forth by members. Remember: One person makes a motion, you ask for a second, then you ask, “Is there any discussion?” After allowing for at least two opposing viewpoints you ask, “Can I get a motion to close the discussion and take a vote?” Then take a vote.*

4. New Business:

- **“Does anyone have a suggestion on how we can improve the way our meeting reaches out to the still suffering sexaholic, or any other suggestions on how we can make our meeting better?”**
- *Leader keeps track of motions put forth before the group. All motions must be seconded, and followed by a period of discussion. Once a variety of opinions are heard, the leader brings a motion to a vote, and the secretary records each vote in the minutes.*
- *Please note: Majority does not rule in Group Conscience meetings. If there is a strong and vocal minority on a motion before the floor, announce to the group:*
- **“The spirit of Group Conscience is that we have a clear consensus to make any changes to our meeting. Since we do not, we will put aside this motion. Members are free to bring this motion up for a vote at a later date to see if the group conscience on this issue has changed.”**

5. Closing Prayer:

- *If the Group Conscience meeting ends before :25 past the hour, make this announcement:*
- **“That ends our monthly Group Conscience meeting. Let’s return to our regular sharing.”**
- *If meeting lasts until 7:25 p.m, leader asks, “Can I get a motion to close the meeting?”*
- **“Can I get a second?”**
- **“All in favor?” “All opposed?”**
- **“Meeting is now officially closed.”**
- *Pick someone to close the meeting out with the prayer of their choice.*

Nightly Reflections ~ 10:15 PM ET

Welcome to the Nightly Reflection meeting at 10:15 PM Eastern Time. This reflection meeting gives us a chance to review our recovery as seen through the program (similar to a 10th Step Inventory at the end of the day). Please do not give an extended or detailed account but a brief overview for each the three questions.

Let's take a minute to introduce ourselves by first name and this will be the order of sharing. Now, let's begin with a moment of silence followed by the serenity prayer.

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

Read together

2. What was your worst resentment or fear? Character defect involved.

Do you surrender those character defects? How could you have reacted?

Read together

3. Have you prayed for other people today?

Have you done something good and loving for somebody?

Are there any announcements for the good of the fellowship?

Close with the 3rd step prayer.

The Secretary Schedule is typically determined at the "Group Conscience". Please ask the secretary when the next business meeting is held to get involved.

Glenn J., from St. Louis and Susan from Canada were two of the pioneers who started this great 10th Step format meeting.