

Breakfast Club-Tuesday & Thursday Meeting Format

7:00 am ET | Dial: 712-432-3011 | Code: 419-289 | Self Mute: 4*

- 1) Good morning, welcome to the Wednesday Breakfast Club meeting. My name is _____, and I am a recovering Sexaholic. This is a step-study meeting that is both a face-to-face and teleconference meeting. We'll begin the meeting with a moment of silence followed by the Serenity Prayer.
- 2) Would someone please read **What Is a Sexaholic and What Is Sexual Sobriety?**.
- 3) Would someone read, **The Solution**.
- 4) Would someone read today's reading from **Answers in the Heart**.
- 5) Let's take a moment to introduce ourselves in the church with what step you are working on. Is there anyone on the line that would like to introduce themselves? Please press *6 to un-mute yourself and when done please re-mute with *6.
- 6) Each week we alternate reading from Sexaholics Anonymous Essay, Member Stories & Recovery Continues.
- 7) Would someone please start us off on page ___ paragraph__
- 8) In participation, we avoid topics that can lead to dissention or distraction. We also avoid explicit sexual descriptions and sexually abusive language.
- 9) The floor is now open for sharing
- 10) 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.
- 11) Now, let's take turns reading 1-2 passages from **Just for Today**
- 12) After a moment of silence would you please join me in the 3rd Step Prayer.