

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.*