

SA Zoom Script & Meeting Format

Schedule of SA Audio and Video Conference Meetings during Pandemic / COVID-19 (Based on US Eastern Time)

TIME	TYPE
6:15 AM	Daily Sobriety Renewal
8:15 AM	SA Step into Action
10:15 AM	Essay Member Stories
1:15 PM	Speaker
5:15 PM	AA Book(s) Study Discussion
8:15 PM	SA Book(s) Study Discussion

*“Good morning/afternoon/evening; my name is _____,
and I’m a recovering sexaholic. **Welcome** to our new &
improved Zoom SA Videoconference meeting of Sexaholics
Anonymous.”*

*“This is a closed meeting. Only those desiring their own
personal sexual sobriety, please. We meet daily for one hour at
the times listed above and on the www.saphonemeeting.org
website. We are also a mixed gender with both women and
men, singles and married, etc. (please refer to page 178 in SA
WB for more details).”*

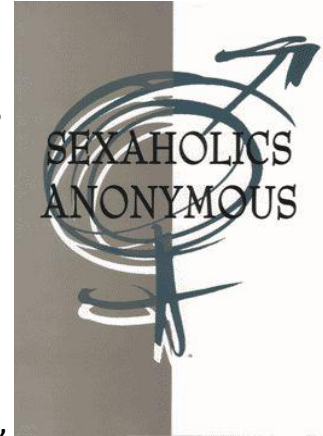
*LEADER **ASKS** SOMEONE TO READ “The SA Purpose.” (WB pg. 4 and pg. 201)*

THE SA PURPOSE

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. SA 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 others to achieve sexual sobriety.

LEADER ASKS SOMEONE TO READ “What Is a Sexaholic and What Is Sexual Sobriety?” (WB pgs. 3-4 and pg. 202)

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.

LEADER ASKS FOR PERSON TO READ “Meeting Guidelines.”

MEETING GUIDELINES

We can benefit from the unwritten guidelines that have contributed so profoundly to the success of other Twelve Step program meetings and have proven as valuable in our own.

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.
4. **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.

(See the material under the heading “I Am a Sexaholic” under Step One, in this book, and read the article “Meeting Quality and Use of Non-SA Literature,” in *Discovering the Principles*.)

SA Zoom Script & Meeting Format

“Let’s take a minute to introduce ourselves by first name, where you are calling from and state your length of sexual sobriety. I’ll begin, and we’ll go around the room. My name is _____ . I’m a sexaholic, from _____ and I’ve been sober for _____ .”

“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.”

LEADER READS: *“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 raising their hand.”*

Our format today over the course of this hour: _____

DSR (0615), Step Study (0815), Essay Newsletter (1015), Speaker (1315), AA Book Study (1715), SA Book Study (2015)

“We will go around the virtual room, each person reading one or more paragraphs, until we’ve read through the portion we have set for ourselves (either the whole chapter or portion thereof).

When the LEADER calls on you, you can read, pass if you don’t have the book, share or read & share. We will continue the discussion for the remaining hour. The aim is to see how we can learn to apply the Step and use it in our own lives. We try always to see the difference between mere understanding and belief and actually putting that principle into action in all areas of our lives.”

LEADER BEGINS READING (or SPEAKER INTRODUCTION).

(At conclusion of participation) “It’s time for our Seventh Tradition. While we pass the basket, do we have any announcements from the secretary?” “We have no dues or fees but we are self-supporting through our own contributions. You can visit www.saphonemeeting.org to make a donation with a credit card”

*LEADER **ASKS** FOR PERSON TO READ “The Twelve Traditions of SA.” (WB pg. 209)*

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 nonprofessional, 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 always maintain personal anonymity at the level of press, radio, films, and TV.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

CLOSING 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, or films. Neither does anyone speak for SA”*

LEADER ASKS FOR PERSON TO READ "A Vision for you" (WB pg. 169 and pg. 210 and pg. BB pg. 164)

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 your 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.

LEADER READS: *"After a moment of silent meditation, I'd like to ask _____ to lead us in the Lord's Prayer or a prayer of your choosing."*

"KEEP COMING BACK!"

DAILY SOBRIETY RENEWAL (DSR)

After the serenity prayer, one person reads the following questions and both people answer them:

1. Are you willing to admit we are powerless over lust?
2. Do we desire sobriety and freedom from the actions and obsessions of lust for the next 24 hours?
3. Are you willing to do whatever is necessary to protect this sobriety for the next 24 hours, including rigorous honesty, praying to God, calling on others, surrendering all fears, selfpity and entitlements, forgiving all resentments, refusing all hits as toxic, reading literature, going to meetings, setting boundaries, and maintaining an attitude of gratitude (modify list as appropriate)?
4. Are you willing to do whatever is necessary to continue in recovery—in other words, work the Steps for at least 15 minutes (up to several hours if necessary) in the next 24 hours?
5. Do you realize that this renewal does not keep us sober—God does, however, it does help us to be aware of ourselves and to be accountable to others?
6. Do you realize that this renewal is only for this 24 hours, and that tomorrow you are free to go another way?
7. Tell me about time spent with your Higher Power and your Step work during the past 24 hours. Have you done anything you are grateful for during the past 24 hours?
8. Have you done anything you wish to bring to the light or are disappointed or ashamed of during the past 24 hours? Have you violated any boundaries?
9. Are you planning on doing anything you would be disappointed about or ashamed of during the next 24 hours? (Any “danger zones” coming up?)
10. Will you call me if you make any such plans before our next renewal?
11. Are you planning on doing anything you would be grateful for during the next 24 hours?
12. Are you willing with me now to turn your will and your life over to the care of God, the one who kept you sober yesterday and protected you from the full consequences of your lust in the past?

Close with the Third Step Prayer. (*Essay, Issue Four, 2002*)