

Schedule of SA Zoom ~ Video Conference Meetings

(Based on US Eastern Time)

Connecting Sexaholics 365 days/year all over the Globe

| TIME | FORMAT |
|---------|-----------------------------------------------|
| 8:15 AM | 12 Steps Study - Step into Action or AA 12&12 |
| 1:15 PM | Speaker Meeting - Prerecorded & Live |
| 8:15 PM | Book Study - SA White Book, AA Big Book, etc. |

*“Good morning/afternoon/evening; my name is _____,
and I’m a recovering sexaholic. **Welcome** to our 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,
three times per day. We are also a mixed gender with both
women and men, singles and married, etc. For more info, please
visit our website @ www.saphonemeeting.org.*

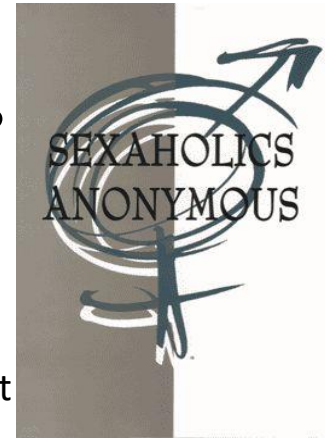
*LEADER **ASKS** SOMEONE TO READ “The SA Purpose.”
(WB page 4 and page 201)*

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 pages 3-4 and page 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 TWO OR THREE

SELECTIONS: (WB pages 185-209 or [CLICK HERE](#))

The Problem, The Solution, How It Works from Chapter Five of Alcoholics Anonymous, The Twelve Steps of SA, The Twelve Traditions of SA, Meetings How They Work, Meeting Guidelines or The Sobriety Definition.

“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 recovering 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.”*

SA Zoom Script & Meeting Format

Our format today over the course of this hour: _____

Step Study (0815), Speaker (1315), SA/AA 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”

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!”

Group Conscience

Our Sexaholics Anonymous Zoom Video Conference

“Business Meeting” **General Format:**

1. Serenity Prayer
2. Ask for Secretary to take “Roll Call”
3. Readings – Ask for volunteer to read SA 12 Traditions
4. State Purpose of Meeting – “Each group has but one primary purpose— to carry its message to the Sexaholic who still suffers.”
Tradition 5 (Emphasize this flexible agenda and suggested topics)
5. Ask secretary to read “minutes (notes) from last meeting” –
Motion to approve? Amendments?
6. Old Business – Discussion? Vote?
7. New Business – Does anyone have a suggestion on how we can improve the way our meeting reaches out to the “still suffering Sexaholic”? Motion? Second? Discussion? Vote? Table?
8. Closing Prayer (after approximately 30-45 minutes) – Can I get a motion to Close our monthly Group Conscience or table to next month?
9. Lord’s Prayer