

7:30 AM ET - SA DSR PHONE MEETING SCRIPT

Phone Number: **(605) 475-6700** Access Code: **713-8664 #**

Welcome to the 7:30 AM Eastern Time (ET) Sexaholics Anonymous (SA) Daily Sobriety Renewal (DSR) Phone 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.”*

Gentle Reminder: Please be courteous and mute your phone when you are not speaking. There are many ways to mute your phone. It is very important that everyone be able to hear the message clearly. You can use the system mute feature by pressing star (*) and the number 6 to toggle back-n-forth between mute and unmute.

Let’s take a moment to introduce ourselves by first name, where you are calling from and your length of sexual sobriety.

Optional: “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 also includes progressive victory over lust. In SA’s sobriety definition, the term “spouse” refers to one’s partner in a marriage between a man and a woman.” ([SA WB pg. 191-193](#))

My name is ___ from ___ and I’ve been sexually sober _____. (*Chairperson writes down the list of callers.*)

In this sobriety renewal, participants take turns answering three (3) questions. 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. I will now read the order of callers. (*Chairperson reads the list of callers.*)

Question #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?

(After all shares, ask) Is there anyone who has joined the call who would like to answer question 1?

Question #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?

(After all shares, ask) Is there anyone who has joined the call who would like to answer question 1 & 2?

Question #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?

(After all shares, ask) Is there anyone who has joined the call who would like to answer question all 3 questions?

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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 email to the group address **730@saphonemeeting.org**.
- b) Additional information about these telephone meetings may be found at www.saphonemeeting.org or www.sa.org.
- c) We pass a "virtual basket" in keeping with our Seventh Tradition which states, "Every SA group ought to be fully self-supporting, declining outside contributions." You can make a donation via either of the sites previously listed.
- d) We have a regular "Group Conscience / Business Meeting" on the first Tuesday of every month starting @ 8:00 AM and generally lasts about half hour.
- e) I can repeat any of this information in the parking lot if necessary.
- f) Are there any other SA or group announcements?

CLOSING

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 "group-approved" spiritual meditation book, *Answers in the Heart*, following the closing prayer and then a "virtual parking lot."

After a moment of silence for the sexaholic who still suffers, let's close with the Third Step Prayer. (Chairperson allows a moment of silence). *"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*? (After the reading, the chairperson announces). The parking lot is now open, please announce yourself before you share.

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