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## 7:30 AM ET - SA DSR PHONE MEETING SCRIPT

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Welcome to the 7:30 AM Eastern Time (ET) Sexaholics Anonymous (SA) Daily Sobriety Renewal (DSR) Phone Meeting! (Number: **(712) 770-8061** Code: **330-912**)

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. It is very important that everyone be able to hear the message clearly. When you call in, your line is automatically **unmuted**. You can use the system mute feature by **pressing the number 4 and star (\*)** to toggle back-and-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. *“My name is \_\_\_ from \_\_\_ and I’ve been sexually sober \_\_\_”*. (Chairperson writes down the list of callers).

A Daily Sobriety Renewal meeting is slightly different from a regular meeting. We welcome newcomers to the DSR and, if you are new, we suggest listening during your first meeting to see how the DSR is run. We have a virtual parking lot after the meeting where you can ask questions and make contact with other people on the call.

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 questions 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 all 3 questions?

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## GROUP ANNOUNCEMENTS

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- 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](mailto:730@saphonemeeting.org).
- b) You can also go to [www.saphonemeeting.org](http://www.saphonemeeting.org). There you will find links to recovery literature, the extensive schedule of SA phone meetings, and a link of our 0730 DSR ~ Group Blog. On this "Web Blog" you can download the meeting format and find links to a wealth of other recovery information.
- 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 and get additional information about these telephone meetings at [www.saphonemeeting.org](http://www.saphonemeeting.org) or [www.sa.org](http://www.sa.org).
- d) Please note that face-to-face meetings are not being held at this time, which means that the SA Central Office will soon be low on funds. Please consider donating money that you would have otherwise put in the basket.
- e) We have a regular "Group Conscience / Business Meeting" on the **first Friday** of every month starting @ 8:00 AM and generally lasts about half an hour.
- f) Are there any other SA or group announcements?

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## CLOSING

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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* or *The Real Connection*, 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* or *The Real Connection*? (After the reading, the chairperson announces). The parking lot is now open, please announce yourself before you share.

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## IMPORTANT

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Per our group conscience, "there is NO TIME LIMIT on individual shares" but we try to keep the formal part of the meeting to 60 minutes (ending @ 8:30 AM ET). Whenever possible, the group conscience asks that the chairperson have at least 30 days of consecutive SA sobriety, but we have waved this requirement in accordance with "Step Zero (0) – Participating in the Program".

**NOTICE:** It is recommended that Chairpersons login to the conference at least 10-15 minutes before 7:30 AM ET (to allow for "meeting before the meeting"). After question #1, chairperson may decide to press 1\* to mute the conference if there is chronic ambient noise and sounds that "callers are accidently making" which distracts from sharing. Also, Chairperson has the ability to get "Attendee Total Count" by pressing 8\*. Depending on number of callers, it may save time to combine questions #1 and #2 (Problem) and begin answering question #3 (Solution) by 8:00 AM ET.