

SA 10:15 PM (Eastern Time) Nightly Reflections Phone Meeting

Welcome to the Nightly Reflection meeting at 10:15 PM Eastern Time. I'm ____ from ____.

This is a closed reflection meeting, giving those recovering from sex addiction a chance to review our day and recovery as seen through the program, similar to a 10th step inventory at the end of the day.

If you value these meetings, and want to participate in chairing meetings, please send an email to nightlyreflectionsmeeting@gmail.com. That's nightlyreflection**S** with an "s", meeting@gmail.com. Although 30 days of sobriety is preferred, we removed this requirement to allow additional members the opportunity to be of service.

When it is your turn, please do not give an extended or detailed account. Share briefly, one or two minutes, for each question, so that everyone has the chance to share.

Please remain on topic. Speak in "I" statements, as opposed to "you," or "we." Avoid cross-talk by NOT commenting on others' shares. Remember to mute your phone when you are not speaking. If your phone does not have a mute button, you can press *6. If you are muted by the dashboard operator because of background noise, you can press *6 to unmute yourself when it is your turn to speak.

At this time I would like to ask each person to check in by first name and where you are calling from, whether you are sharing or just listening for the sake of group anonymity. (**Take the list of names for sharing order and read back.**)

Would someone volunteer to lead us into the meeting with a moment of silence, followed by the serenity prayer?

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Thy Will, not mine be done.

Questions: (combine questions 1&2 if there are 12+ attendees)

- 1. What was your worst lust temptation today, and what did you do about it?**

(At the end, ask if anyone else has joined the call and wants to answer question 1.)

- 2. What was your worst resentment or fear, and what would you have done differently?**

(Ask if anyone else has joined and wants to answer questions 1 & 2. If you might run past 11:15 PM EST, you may time the shares, or invite them to the virtual parking lot.)

3. 3-Part Question

- a. **Have you prayed for other people today?**
- b. **Have you done something good and loving for somebody today?**
- c. **Share one thing you are grateful for today.**

(At the end, ask if anyone else has joined and wants to answer all 3 questions. If you might run past 11:15 PM EST, you may instead invite them to the virtual parking lot.)

Group Announcements:

a) Additional information about these phone meetings may be found at www.sa.org or <http://saphonemeeting.org/index>.

b) To get a copy of this script, to be added to our email list, or if you are interested in chairing these meetings, please contact our email coordinator at nightlyreflectionsmeeting@gmail.com. That's nightlyreflection**S** with an "s," meeting@gmail.com.

c) 7th Tradition donations may be sent to the SA Central Office (SAICO) at the address in the White Book, or by visiting www.sa.org. If you would like to donate on behalf of this meeting, please put "Nightly Reflections Meeting" on the subject line.

d) Our group conscience is the first Monday of every month **30 minutes before the regular phone meeting**. Are there any other announcements for the good of the fellowship?

Anyone is welcome to stay after the regular meeting to fellowship, or to answer the 3 reflection questions, if you joined late.

At this time, would a volunteer close us out in the 3rd step or 7th step prayer, remembering the sexaholic that still suffers?

THIRD STEP PRAYER: God, I offer myself to THEE to build with me and to do with me as THOU wilt. Please 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

SEVENTH STEP PRAYER: My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.

Group Conscience Meeting Script

1. Host States Purpose of Meeting
 - a. Welcome to our monthly Group Conscience Meeting. My name is _____. I am a sexaholic in _____. May I have a volunteer to be our recording secretary today? _____
 - b. The purpose of our Group Conscience is to live up to Tradition 5, which states that:
 - c. *“Each group has but one primary purpose - to carry its message to the sexaholic who still suffers.”*
2. Approval of Last Meeting’s Minutes
 - a. *“Will the group secretary please read the minutes from the last Group Conscience meeting?”*
 - b. Secretary reads minutes from the last meeting.
 - c. After reading them, host asks the group, *“May I have a motion to approve the minutes?”*
 - d. One member moves to approve the minutes, another seconds it, and the group votes to approve minutes.
 - e. If approved, the secretary states, *“Minutes stand approved.”*
3. Old Business
 - a. Host asks, *“Is there any old business?”*
 - b. 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, ask, “Can I get a motion to close the discussion and take a vote?”
 - c. Then take a vote.
4. New Business
 - a. Host asks, *“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?”*
 - b. Leader and secretary keep 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.
 - c. 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:
 - d. *“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

- a. If the Group Conscience meeting ends before the last 5 minutes, make this announcement:
- b. *“That ends our monthly Group Conscience meeting.” The regular meeting will start shortly at 11:15 PM EST.*
- c. *If meeting lasts until 5 minutes before the start of the regular meeting, leader asks, “Can I get a motion to close the meeting?”*
- d. *“Can I get a second?”*
- e. *“All in favor? “All opposed?”*
- f. *“Meeting is now officially closed.”*
- g. *Ask for a volunteer to close the meeting out with the prayer of their choice.*
- h. *Thank everyone who did service or participated in the group conscience.*

Revised: February 3, 2020

