

Daily Sobriety Renewal Questions ~ 6:30 AM EST

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

Welcome to the 6:30AM SA Daily Sobriety Renewal 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.”

Background noise can be very disruptive to the call. Please remember to mute your phone when you’re not speaking. If your phone doesn't have the mute feature, press *6 to mute and un-mute. While not used lightly, the Universal Mute may be used at the discretion of the Group Moderator. In this sobriety renewal, participants take turns answering three questions. Our goal is to finish within 45 minutes, so please limit your answers accordingly. Our experience is that it is possible to be brief and still share in a way that is honest and meaningful and to commit to what it takes to stay sober just for today. We don't direct our sharing to or talk about other members, nor do we mention the name of any non-SA or group approved literature, media, or websites. “At the discretion of the moderator, “a one minute time limit for shares is the norm.” “Since people may join the call during the meeting, remember to keep your sharing in accordance with the guidelines in the White Book, protecting your anonymity and not discussing or sharing issues that are or may be illegal, may face or have faced adjudication.” The chairperson may remind you of these guidelines or to wrap up.

Let’s take a moment to introduce ourselves by first name only, and if you wish, state your length of sexual sobriety and where you are calling from. My name is (Joe/Jane) in (Brentwood, Tennessee). (Chairperson must write down the list of callers and check in for new callers after each question).

I will now read the order of callers. 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. (Chairperson reads the list of callers).

1. Do we admit that we are powerless over lust, do we desire sobriety, and are we willing to commit what it takes to stay sober by the S.A. definition for the next 24 hours, including recognizing all lust hits as toxic and using the tools of the program?
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?
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?

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 e-mail to the group address dsr630et@GMAIL.COM. I can repeat this information in the parking lot if necessary.
- b. Additional information about these telephone meetings may be found at SA.org.
- c. Seventh Tradition donations may be sent to the SA Central Office at the address in the White Book or by visiting SA.org. You may note that your donations come from the 6:30AM Eastern Time sobriety renewal phone meeting.
- d. Group business meetings take place from 7-7:30AM Eastern on the 2nd Thursday of the month. (Group Conscience 31 December 2015) The DSR will finish at 7AM and the Business Meeting will begin on the same number. The backup number will be used only if necessary at 7:25pm – (712) 432-5620 PIN 5661.
- e. After the meeting closes there will be a reading from group approved “Answers in the Heart” for today’s date.
- f. Are there any brief SA or group announcements?

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 a ‘virtual parking lot.’ We suggest that members use the mailing lists instead of exchanging emails or phone numbers in the parking lot, and that at least three people are present. Let’s close with the Third Step Prayer.

“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