

# DISCUSSION MEETING

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## NOTES TO LEADER ON MEETING ORDER

### **NEED A TIME KEEPER?**

IF IT IS A LARGE MEETING (OVER 15-20 PEOPLE), OR LOOKS LIKE IT MIGHT GET THERE QUICKLY, THE LEADER HAS THE OPTION OF ASKING A MEMBER TO VOLUNTEER TO BE THE TIME KEEPER. UPON VOLUNTEERING, ASK THAT MEMBER TO ANNOUNCE "TIME" WHEN ANOTHER MEMBER HAS BEEN SPEAKING FOR 3 MINUTES. IF THE SPEAKING MEMBER IS UNABLE TO WRAP UP QUICKLY, YOU MAY ELECT TO ASK THAT MEMBER TO END THEIR SHARE SO THAT OTHERS MAY SHARE.

### **KEEP THE MEETING ON TOPIC**

You must keep the topic of the meeting related to S.A.A. It should also be focused on the 12 Steps and solutions. If you find the discussion to be losing direction consult the following suggested comments. These responses may be used by you as a trusted servant to draw discussion back on topic.

### **NON SEX ADDICT PRESENT**

"This meeting is for those who think or admit they have a problem with compulsive sexual behavior. If you are a friend or family member it is requested that you wait downstairs in the living room until the meeting is over."

### **NON-SAA DISCUSSION**

"The sole purpose of S.A.A. is freedom from sex addiction from the teaching and practice of the twelve steps. We ask that you respect our 3rd and 5th traditions and limit your comments to those pertaining to recovery from sex addiction."

### **CROSS-TALK PRESENT**

"We accept what others say because it is true for them and we work toward taking responsibility in our own lives rather than giving advice to others. Cross talk is to be avoided and this includes advice-giving, criticizing, controlling, debating, interrogating, one-on-one talk and using 'you' statements."

### **LARGE NUMBER IN ATTENDANCE**

"As a suggestion out of consideration for others, we ask that everyone limit the time and number of their sharing to only once until everyone has had a chance to share."

### **DOMINANT MEMBER**

"If you have already shared, it is requested that you refrain from other comments, providing others the opportunity to share."

# NOTE REGARDING LARGER GROUP MEETINGS

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IF IT IS A LARGE MEETING (OVER 15-20 PEOPLE), OR LOOKS LIKE IT MIGHT GET THERE QUICKLY, THE MEETING CHAIR HAS TWO OPTIONS:

- 1) ASK A MEMBER TO BE TIMEKEEPER. UPON SELECTING A VOLUNTEER, ASK THAT MEMBER TO ANNOUNCE "TIME" OR SIMPLY ALLOW THEIR PHONE TO BUZZ WHEN THE SHARING MEMBER HAS BEEN SPEAKING FOR 3 MINUTES.
- 2) NOTIFY THE GROUP THAT DUE TO THE MEETING SIZE THAT YOU ARE REQUESTING SHARES BE LIMITED TO 3 MINUTES OR LESS.

IN EITHER CASE, AS THE MEETING CHAIR, YOU HAVE THE OPTION TO REQUEST THAT A MEMBER WRAP UP THEIR SHARE SO THAT OTHERS MAY SHARE.

IF YOU ARE UNSURE WHETHER TO STEP IN, USE THE FIRST TRADITION AS YOUR GUIDE: "OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL RECOVERY DEPENDS ON SAA UNITY."

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Welcome to the **Serenity at 7** meeting of Sex Addicts Anonymous. My name is \_\_\_\_\_ and I am a sex addict.

Before we begin, are there any new members on the call?

IF THERE ARE NEW MEMBERS, ASK A CURRENT MEMBER TO SHARE HIS PHONE NUMBER WITH THE NEWCOMER SO THAT THEY MIGHT DROP THE GROUP CALL, DO A NEWCOMER INTERVIEW, AND THEN REJOIN.

Are there any members prepared to give a formal first step?

IF THERE IS A MEMBER WANTING TO GIVE A FIRST STEP, PLEASE ASK THEM TO SCHEDULE WITH THEIR SPONSOR FOR A SUBSEQUENT MEETING. IF THERE IS A FIRST STEP SCHEDULED FOR TODAY, SWITCH TO THAT SECTION IN THE LEADER'S GUIDE.

S.A.A. is a fellowship of men and women committed to a program of spiritual recovery from a life that involved compulsive, uncontrollable and harmful practices.

S.A.A. is not aligned with any religion, sect or denomination. It is not affiliated with any organization and neither accepts nor receives any financial support, aside from the voluntary contributions of its members. We carry our message of hope to other sex addicts who seek our help.

This is a closed meeting. Participation in this meeting is open to all who share a desire to stop compulsive sexual behavior.

Although our personal stories differ, we have embraced a program of recovery that has these aspects in common:

- a) Whether our behavior was acted out alone or in relationships we found ourselves powerless over our behavior;
- b) We came to believe that a power greater than ourselves could restore us to sanity and;
- c) Asking that Higher Power to accept control over our life and remove these defects of character, we fully and honestly committed ourselves to a program of spiritual recovery.

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Please remember to mute **yourself on zoom** while in the meeting and unmute only when sharing.

Now let's share in a moment of silent meditation followed by the Serenity Prayer.

PAUSE IN SILENCE FOR APPROXIMATELY 15 SECONDS BEFORE PROCEEDING.

“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.”

IF LATECOMERS HAVE ARRIVED IT IS APPROPRIATE TO ASK AGAIN IF NEWCOMERS ARE PRESENT. IF THERE ARE, PROCEED TO THE PAGE TITLED “NEW MEMBER MEETING” IN THIS BINDER. IF NOT, CONTINUE...

First, I've asked a friend to read “The Problem.”

(ADAPTED FROM SEXAHOLICS ANONYMOUS)

I've also asked a friend to read “How It Works.”

(ADAPTED FROM THE A.A. BIG BOOK, PP58-60)

Last, I've asked a friend to read “The Promises” and “Tradition of the Month.”

(ADAPTED FROM THE A.A. BIG BOOK)

Now, let's introduce ourselves using our first names only and abstinence date if you wish. New members do not need to admit to sex addiction. My name is \_\_\_\_\_, and I am a sex addict.

AT THIS TIME INTRODUCE YOURSELF AND DIRECT THE NEXT MEMBER IN THE CIRCLE TO DO THE SAME. ALLOW EVERYONE IN THE ROOM TO INTRODUCE THEMSELVES.

IF THERE ARE LATECOMERS AFTER THIS INTRODUCTION PROCESS AND/OR IN THE MIDDLE OF THE DISCUSSION PORTION, IT IS APPROPRIATE TO ASK THE MEMBERS TO INTRODUCE THEMSELVES TO THE GROUP. AFTER THEY HAVE INTRODUCED, PLEASE RESTATE THE DISCUSSION TOPIC.

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Anonymity and confidentiality, the cornerstone of our 12 Step Program, are essential to this being a safe place for all.

At this time, instead of passing the binders, I'll call your attention to the website: [Serenityat7.com](https://serenityat7.com), which has all of our materials, including literature binders, leader's guides, reading sheets, and a link to the online version of the SAA "green book".

If you need a phone list, or need to add your name to the list, please contact **Michael S.**

PLEASE DON'T GIVE OUT ON THE CALL, BUT IF SOMEONE NEEDS A PHONE LIST, THEY CAN TEXT MICHAEL S.

Today is a discussion meeting. In discussion meetings we speak about our own experience, strength, and hope. We accept what others say because it is true for them and we work toward taking responsibility in our own lives rather than giving advice to others. Cross-talk is to be avoided and that includes advice-giving, criticizing, controlling, debating, interrogating, one-to-one talk, and using "you" statements.

Does anyone have a topic they wish to offer for discussion?

IF MORE THAN ONE TOPIC, YOU MAY CHOOSE ONE OR ASK FOR A SHOW OF HANDS.

TOPIC RESOURCES AVAILABLE AND CAN BE FOUND IN SECTION 4

If not, let's discuss \_\_\_\_\_.

SOMEWHERE AROUND 7:35am, WHEN THERE IS A BREAK BETWEEN SHARING, PLEASE STOP AND READ THE FOLLOWING:

In accordance with our 7th Tradition, we pass the virtual basket for donations to support this S.A.A. Group.

Please visit [Serenityat7.com](https://serenityat7.com) to donate anonymously via Venmo. All donations will be automatically deposited into the Serenity at 7's account. While there are no dues or fees, our group exists solely on member donations. A suggested amount is \$3 or \$4 to cover costs associated with this meeting including virtual meeting expenses, and other necessary expenses. All contributions are greatly appreciated to ensure this meeting will continue reaching those suffering from this addiction.

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WHEN YOU FIND NO OTHER MEMBERS ARE GOING TO SHARE OR IT IS 7:55am OR LATER, PROCEED TO CLOSING.

We are near the end of our time today. Are there any burning desires to share before we close?

With no other members sharing in connection with today's topic, the time for discussion has come to an end.

In keeping with our 3rd tradition, anyone who has a desire to stop compulsive sexual behavior may speak up now to receive a Desire Chip, which signifies willingness to stop acting out our own bottom line behaviors for the next 24 hours. Is there anyone who would like a Desire Chip?

Our Group Conscience has suggested that sexual sobriety means compliance with an individual's sex plan which is a written description of the sexual behavior for which a person is willing to be responsible. To recognize significant milestones in sobriety, or celebrate our time in the program, we present chips at milestones of 1, 2, 3, 6, 9, 18 months and yearly milestones. Has anyone achieved a milestone they wish to celebrate?

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Before closing, are there any S.A.A. related announcements?

ALLOW FELLOW MEMBERS TO SHARE ANNOUNCEMENTS .

Success in the program hinges on working the 12 Steps with a sponsor. Newcomers are encouraged to not leave the call until they have a temporary sponsor. Would those willing to serve as a sponsor or help someone find a sponsor, please remain on the call for a few minutes after we close to connect fellow members.

PLEASE STAY ON THE CALL OPEN FOR 3-4 MINUTES AFTER CLOSING AND IF THERE ARE NEW MEMBERS WHO NEED A SPONSOR, TAKE WHATEVER ACTION YOU ARE COMFORTABLE WITH — FOR EXAMPLE, OFFER TO BE A PROGRAM BUDDY, A TEMP SPONSOR OR HELP THEM FIND A SPONOR.

Regarding program buddies, we have found that one of the most important aspects of the program is being connected each day with our fellow members. If you are not connected with other members or need phone numbers of others in the program, please stay on the call after the meeting to connect.

ALLOW APPROPRIATE MEMBERS THE OPPORTUNITY TO RAISE THEIR HAND AND BE RECOGNIZED.

In closing, remember the opinions expressed here were those of the person who gave them. The things heard have been spoken in confidence and should be treated as such—keep them within this call, and within the confines of your mind. Take what you like and leave the rest.

ALLOW MEMBERS WHO WISH THE OPPORTUNITY TO STAND IN A CIRCLE AND JOIN HANDS WITH FELLOW MEMBERS.

Now, let's close with the serenity prayer:

“Lifting our eyes from shame to grace...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.”

IT IS CUSTOMARY AFTER THE PRAYER THAT MEMBERS RAISE AND LOWER THEIR HANDS AS THEY CHANT THE FOLLOWING STATEMENT..

“Keep coming back, it works if you work it AND you're worth it!”

Now, for all that are able to stay on the call to connect or help a new member find a sponsor, the line is open.

— GOOD WORK. THANKS FOR SERVING THE GROUP BY LEADING TODAY! —