

No One Stands Alone – Los Altos Sunday SPEAKER Meeting

Setup: Circle with **8 chairs** to allow everyone in the circle to share.

Secretary Opening:

Good afternoon and welcome to the “**No One Stands Alone**” **Sunday Meeting** of Sex Addicts Anonymous. My name is *[Secretary Name]*. I am a sex addict and your secretary. This is a closed, mixed meeting, open to anyone with a desire to stop compulsive sexual behaviors. Our meeting ends promptly at 5:00 pm. Our monthly business meeting is held on the last Sunday of the month immediately following the closing prayer.

We ask that you mute your cell phone and avoid texting to avoid disturbances during the meeting. In this meeting, we use either snaps or “jazz hands” instead of clapping to show support for each other.

May we have a moment of silence followed by the **Serenity Prayer**? *[Secretary leads the 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.”*

I have asked a friend to read **The Opening**.

I have asked a friend to read **How It Works** and another friend to read **The Twelve Steps**.

I have asked a friend to read **The Abstinence Statement**.

I have asked a friend to read **Traditions**:

- 1st Sunday: 1 - 3
- 2nd Sunday: 4 - 6
- 3rd Sunday: 7 - 9
- 4th Sunday: 10 - 12
- 5th Sunday: ALL 12

Newcomers:

It is the custom of this meeting to welcome **Newcomers**. A Newcomer is anyone in the first 30 days of sobriety. This is not done to embarrass you, but so we can get to know and talk with you after the meeting. Are there any newcomers with us today? *[Pause]* We’re glad you’re here; keep coming back.

First Time or Visitors:

Is anyone at this meeting for the first time or visiting from out of town who would like to introduce themselves by first name only? *[Pause]* Welcome. Keep coming back.

General Introductions:

Now it is time for general introductions. Newcomers and visitors, please include yourselves. My name is *[Secretary’s Name]*, and I am a sex addict. *[Continue around the room in a clockwise fashion.]*

Sobriety Achievements: [ALL SUNDAYS EXCEPT LAST SUNDAY OF THE MONTH]

Is anyone celebrating a new sobriety achievement since our last meeting? We will celebrate birthdays with chips on the last Sunday of the month. Keep coming back!

Chips: [LAST SUNDAY OF THE MONTH]

Today is the last Sunday of the month. Do we have any sobriety birthdays to celebrate since the last chip ceremony? *[After all chips.]* Congratulations, and cherish the chips you hold.

Meeting Format:

The format of this meeting is either a member-selected reading from SAA-approved literature, a guest speaker sharing their personal SAA recovery story, or a First-step presentation when arranged in advance with their sponsor and the meeting secretary. **Today is a speaker meeting.** After the speaker, the meeting will open for general sharing and reflecting on the speaker's presentation or a personal topic dealing with recovery from addictive sexual behavior. The room is set up in a circle with enough chairs to allow everyone in the circle to share. If you would like to share and are sitting outside of the circle, we welcome you to take a moment to join us in the circle at this time if an open seat is available.

Speaker Introduction:

Today we are pleased to have *[Speaker's Name]* share their personal SAA recovery story. The timer will notify you when you have 3 minutes remaining for your talk.

[Speaker shares for 15 minutes]

Sharing: [After Speaker, the Secretary reads]

The meeting is now open for sharing in a round-robin format, beginning with the Speaker. The Group Conscience of this meeting is that we do not crosstalk, which means directly commenting on what someone else has said. To avoid triggering others, please avoid naming specifics such as websites or acting out locations.

Please use the timer to keep the length of your share to no more than three minutes. Following these guidelines allows many attendees to share and participate in each other's recovery. If you do not wish to share, please pass.

Burning Desire: [4:52 pm]

Does anyone have a burning desire to share?

After Meeting Resources:

For those who are new to SAA, we encourage you to try out several different meetings to learn more about the program and find a meeting that is a good fit for you. A critical part of recovery is knowing when to ask for help. If you are feeling unsteady in your recovery and would like support after the meeting, we encourage you to either speak up now or remain to speak with a fellow attendee.

7th Tradition:

It's time to practice our 7th Tradition, which states that: "Every SAA group ought to be fully self-supporting, declining outside contributions." We have no dues or fees, but we have expenses for rent, literature, chips, and we donate to the Bay Area SAA and the ISO.

Literature:

While the baskets are being passed, may we hear from the Literature Person?

Phone List:

The phone can be an essential recovery tool. Members are encouraged to get the phone number of individuals whose shares they relate to as part of a support system. Please be sensitive when using the phone and understand that sharing your phone number is voluntary. If you want to participate in program calls, please add your information to the "No One Stands Alone – Los Altos" phone list circulating. If you would like to update your information, please contact the Phone List coordinator, *[Name]*, after the meeting.

Sponsorship:

Sponsorship and working the steps are important tools for sobriety and recovery. For those looking for a sponsor, we suggest approaching or calling those whose recovery you relate to and/or admire to ask about their availability to sponsor. If you are unsuccessful on your first inquiry, be patient and remember, "You are not alone."

SAA-Related Announcements:

Are there any SAA Related Announcements to include but not limited to ISO, GSR, New Meetings, Retreats, Events, and/or SAA Podcast announcements?

Next Meeting:

Do we have a reader or speaker volunteer for next week? Remember, first-step presentations may be presented when arranged in advance with the member's sponsor and the meeting secretary.

Open Service Positions: *[Read only if there are open Service Positions]*

We currently have the following service positions available. *[List open positions]*. Is anyone interested in volunteering for an open position?

Thank Volunteers:

Let's thank those who served at this meeting.

And thank you for letting me be of service.

Anonymity:

As a reminder – Tradition 12 states that "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities." What you heard was spoken in confidence and should be treated as confidential. Please keep the things you heard here and the people you saw here within the walls of this room and the confines of your mind. Remember, what you hear here, the people you see here, when you leave here, let it stay here.

[Everyone "Here, Here."]

The Promises:

Now we will have a round-robin reading of ***The Promises*** starting with the reader. We ask that each member read one of the 12 Promises and then pass it to their neighbor to continue. If you do not wish to read, pass.

Serenity Prayer:

Let's circle and close with the WE version of the Serenity Prayer led by *[the **Speaker** is asked to lead the group]*

*"God, grant US the serenity to accept the things WE cannot change,
the courage to change the things WE can,
and the wisdom to know the difference."
Keep coming back. It works if you work it.*

Clean up: *return chairs to a large circle, turn off lights, and lock the room.*