

4/1/24

Approved Zoom Meeting Script

Each meeting host should have the following material for distribution in the chat at appropriate times in the meeting:

Meeting readings

Electronic Chips

Welcome to Sex Addicts Anonymous packet (long form)

Sex Addicts Anonymous

Voices of Recovery

First Step Introduction (for sponsor to use to introduce First Step).

We recommend having 5 to 10 minutes for fellowship and questions after the meeting.

Ways to provide opportunities for service during the meeting include:

Meeting host

Asking members to read the meeting readings and the meditation.

Chip distributor

The ISO phone number is 713-869-4902, the website is saa-recovery.org, and the email address is info@saa-recovery.org.

Denton Hope and Recovery SAA Meeting Format

Zoom Version

Opening:

“Welcome to this meeting of Sex Addicts Anonymous.

My name is _____ and I am a sex addict.”

“This meeting is open to those who are seeking recovery from their own compulsive sexual behavior. Please turn all cell phones to off or vibrate unless you are using them to join this meeting. Our history has shown that face-to-face communication is more beneficial to recovery. We encourage but do not require you to turn on your video.”

Serenity Prayer:

“Let’s share in a moment of silent meditation, followed by the serenity prayer.”

Note: Allow at least 10 seconds for silent meditation.

“God, grant me the serenity

Introductions:

“Do we have anyone new to SAA or this meeting?”

Welcome new members and start introductions.

“Now let’s introduce ourselves using first names only and abstinence date if you choose. New members need not admit to a sex addiction.”

Note to meeting host: If there is a new member who is new to SAA, at this point go to the new member page.

Opening Readings:

I’ve asked (a friend) to read **“Who We Are.”**

I’ve asked (a friend) to read **“Our Addiction”** and **“Our Program.”**

I’ve asked (a friend) to read **“Our Solution.”**

During the first week of the month, ask someone to read **“The Traditions.”**

During other weeks the chairman reads the tradition of the month.

Note to meeting host: if someone arrives after introductions, ask them to introduce themselves.

Meeting Boundaries:

“Anonymity is the cornerstone of our 12-step program. Whatever our status or position outside this group is not an issue here. Our common bond is our desire to stop our compulsive sexual behavior and to live sexually healthy lives. Anonymity and confidentiality are essential to this being a safe place for all of us.”

“In this meeting we use the words “I” or “We” instead of “you” when sharing about our recovery. We do not interrupt or give advice unless asked. We address our sharing to the whole group, not to one or more individuals.

Seeking a sexual relationship within the group goes against the purpose of this fellowship. A meeting is not a place to meet sexual partners. Nor is this a replacement for counseling or group therapy. We try not to use offensive language, or descriptions that are too explicit. We avoid mentioning specific names, places or web sites associated with our acting out behavior. Our focus remains on the solution, rather than the problem. Please allow everyone to speak before speaking a second time.”

This meeting lasts one hour (*1 ½ hours on Saturday*). Discussion will stop 5 minutes before the scheduled end of the meeting and the host will begin the closing section.

Note: If someone is doing their First Step, have the sponsor read the First Step Introduction from the First Step pamphlet.

Discussion Meeting Topic

The topic for this meeting will be “_____.”

Note: If applicable, read the meditation or topic. The topic must be recovery related. Keep the topic and the discussion focused on the Twelve-Steps and on solutions rather than problems. There are many topic resources available including “Sex Addicts Anonymous,” the “Big Book” of AA, “Answers in the Heart,” Voices of Recovery,” or other SAA literature. Remember, you are a TRUSTED SERVANT not an ULTIMATE AUTHORITY. Assuring that the boundaries are maintained is the meeting host’s responsibility. If someone is violating the boundaries politely remind them of the boundary.

Following the meditation, if a member new to SAA is present read Mini-First Steps, otherwise continue below.

The meeting is now open for sharing on the topic or check-in. To share in this meeting just introduce yourself and you have the floor.

Closing

The time available for sharing has ended. According to our Seventh Tradition, we have no dues or fees, but are entirely self-supporting through our own contributions. Due to costs associated with our Zoom account, our outreach efforts, and support of our International Service Organization, all contributions are needed and sincerely appreciated. Contributions can be made through our PayPal account at dentonsaahr24@gmail.com. (Host should put the address in the chat)

In keeping with our Third Tradition, anyone who has a desire to stop compulsive sexual behavior may come forward to receive a Desire Chip. (Members respond: **What's a desire chip?**) A Desire Chip is a chip that signifies our willingness to stop acting out our own inner-circle behaviors for the next 24 hours. Is there anyone who would like to receive a Desire Chip? (Host delivers the chip electronically.)

Our group conscience has suggested that sexual sobriety means compliance with an individual sex plan. (Members respond **What's a sex plan?**) A sex plan is a written description – utilizing the help and support of the Three Circles and a sponsor – of the sexual behavior for which a person is willing to be responsible. To recognize such sobriety, we present chips at significant milestones. We celebrate monthly milestones of one, two, three, six, and nine months, and yearly milestones as well. Has anyone achieved a monthly or yearly milestone they wish to celebrate? (Host delivers the chip electronically).

Some of us have made a commitment to call a friend in recovery for fellowship or whenever we're in a slippery situation or when obsessive thinking or desires begin to arise. Sometimes all we need is for someone to ask us **what's going on** and to listen to the answer. Before long, we know what is bothering us, and once we know the urge to act out usually passes. Members willing to receive phone calls can put their phone number in the chat now. We will keep the meeting open for fellowship or questions for a few minutes after closing.

Success in this program hinges on working the Twelve Steps with a sponsor. We encourage new members to make finding a sponsor a priority. Simply approach a more experienced member after the meeting and ask. Please don't be discouraged if you get a few "no's or not right now's." In time you will receive the "yes" that is meant for you.

Before closing are there any SAA related announcements?

Note: Announcements may include ISO and Intergroup reports, sign-up reminders for step or topic presentations, or introducing issues for the next Group Conscience.

(Optional) This is how recovery has been for us. Each of us has taken steps of courage and leaps of faith. Each of us has contributed, not only to our own recovery, but to the recovery of other suffering sex addicts as well. We have contributed by showing up at meetings and by sharing our experience, strength, and hope. We have listened to our fellow addicts and supported them

in their recovery journey. Like the first members of our fellowship, we continue to remain sexually sober by helping our fellow addict stay sober. Our prayer is that every sex addict who seeks recovery will have the opportunity to find it. Keep coming back.

In closing, the opinions expressed here were those of the persons who gave them. Take what you like and leave the rest. Things you heard here were spoken in confidence and should be treated as confidential. It is this confidentiality which makes this a safe place for all of us. Please keep what you heard within the walls of this room and the confines of your mind.

I've asked (a friend) to read **"The Promises."**

Host to lead the prayer slowly and with purpose.

Now all of those who wish to join in please join us in the Serenity Prayer.

"In lifting our eyes from Shame to Grace...."

If a member new to SAA is present use the following format:

Newcomers' Introduction:

We would like to welcome you to our meeting. We know the courage it takes walking into these rooms for the first time. All of us in this room were in your shoes at one time. After we have finished our opening and beginning readings, we will open the meeting for sharing. This is a time when you may share your thoughts and feelings on the topic or any other recovery issue. Stick around and talk to us after the meeting. We recommend you come to at least 6 meetings as close together as possible before you decide whether SAA has anything to offer you. We encourage you to find a sponsor from among the senior members of the group as soon as possible. You will find that each meeting is a little bit different. It is our sincerest hope that you find what you are looking for.

Note: At this point go to the readings

Mini First Steps

Today, in the presence of the new member(s), we would like to reaffirm our commitment to the program and the twelve steps of recovery by sharing our experience, strength and hope around our first steps. I will ask 2 or 3 members to volunteer to share their stories and include what brought us here and what kept us returning. Then we will allow approximately 5 minutes for the new member(s) to share their story(ies) should they choose to do so.

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.

Let's begin by reading the first step: **"We admitted we were powerless over our compulsive sexual behavior and that our lives had become unmanageable."**

At this time, you as the host may share his story or ask another member to begin. Select 2 or 3 members to share. Put the Welcome to Sex Addicts Anonymous packet in the chat so that new members can download it.

New Member Story

At this time, we invite you to share your story with us if you are comfortable doing so. Whichever you choose, to share or not, we are glad you are here.

After the new member has shared (or declined to share) proceed to member sharing of the discussion topic or check in.