

MEETING SCRIPT

Sunday 7 am | 12 & 12 – Living in the Solution

PREPARATION

Italics are guides for chairperson—not to be read out loud

Prior to meeting: arrange for lead if no one has signed up 1 week prior.

Gather the following items at your chair:

- Meeting Format Binder
- Business Meeting Agenda
- Pen
- Service Sign-Up Sheets
- 7th Tradition Basket

Review the Service Sign-Up Sheets and note the names of the Timer, Treasurer, Secretary, and lead-giver (if Weeks 2, 4, or 5). If any are not present, arrange for backup.

Distribute readings.

OPENING

Welcome to the “12&12 - Living in the Solution” meeting of Sex Addicts Anonymous. My name is _____, and I am _____. “Please turn off cell phones. If you choose to use the chat window in ZOOM, please keep your chats related to recovery/outreach, and please don’t chat while others are sharing. Now please join me in a time of silence.”

Sex Addicts Anonymous is a fellowship of people who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from sexual addiction. The only requirement for membership is a desire to stop addictive sexual behavior. There are no dues or fees for SAA membership. We are self-supporting through our own contributions. Although we are not affiliated with Alcoholics Anonymous or any other organization, Sex Addicts Anonymous is based on the principles and traditions of AA.

Except for the first Sunday of the month, this meeting is limited to people with a desire to stop addictive sexual behavior and people questioning whether this program is right for them.

SAA is not a place to meet sexual partners. If anyone approaches you in a manner that seems inappropriate, we encourage you to share this with your sponsor or another member.

In SAA, each member determines what behavior they need to stop. This meeting focuses on addiction to relationships, romantic obsession, and compulsive avoidance of sex and intimacy, along with those behaviors more commonly considered sexual.

INTRODUCTIONS

Is this anyone’s first SAA meeting ever?

[If so] Please identify yourself by your first name so we may welcome you.

[If there is a newcomer] We ask for a member (or two) actively working the steps with a sponsor to

join newcomers in a Zoom breakout room to spend a few minutes discussing SAA and addressing Step 1: “We admitted we were powerless over addictive sexual behavior – that our lives had become unmanageable.” Who is willing to greet the newcomer? [Chair times lead]

In a minute we will introduce ourselves, beginning with today’s zoom meeting host, [name of host]. Before we do that, the host will read a list of attendees, which will be the round-robin rotation for introducing ourselves, reading, and sharing during the meeting, unless you choose to pass. Please listen carefully so you will know when it is your turn to speak. The list will also be displayed by the host in the chat window. [Host reads attendance list and then starts the introductions]

Host: My name is _____. I am a _____, and I’m working on Step ____. [Members introduce themselves in order. Host can prompt as needed.]

Would a member please read “The Twelve Steps of SAA”?

THE TWELVE STEPS

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1. We admitted we were powerless over addictive sexual behavior - that our lives had become unmanageable.
 2. Came to believe that a Power greater than ourselves could restore us to sanity.
 3. Made a decision to turn our will and our lives over to the care of God as we understood God.
 4. Made a searching and fearless moral inventory of ourselves.
 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
 6. Were entirely ready to have God remove all these defects of character.
 7. Humbly asked God to remove our shortcomings.
 8. Made a list of all persons we had harmed and became willing to make amends to them all.
 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
 10. Continued to take personal inventory and when we were wrong promptly admitted it.
 11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.
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The steps help us live with ourselves while the traditions help us live with others. [Would a member please read the Twelve Traditions?](#)

THE TWELVE TRADITIONS

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1. Our common welfare should come first; personal recovery depends upon SAA unity.
2. For our group purpose there is but one ultimate authority—a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for SAA membership is a desire to stop addictive sexual behavior.
4. Each group should be autonomous except in matters affecting other groups or SAA, as a whole
5. Each group has but one primary purpose—to carry its message to the sex addict who still suffers.
6. An SAA group ought never endorse, finance, or lend the SAA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every SAA group ought to be fully self-supporting, declining outside contributions.
8. Sex Addicts Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. SAA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Sex Addicts Anonymous has no opinion on outside issues; hence the SAA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Sex Addicts Anonymous, p. 77

Abstinence is a cornerstone of recovery. [Would a member please read the Abstinence Statement?](#)

ABSTINENCE STATEMENT

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Our primary purpose is to abstain from sexually compulsive behavior and help others to achieve abstinence. In line with this purpose, we feel that a brief statement regarding the meaning of abstinence is in order.

First, we define abstinence in terms of behavior rather than mental states. We do not focus our efforts upon abstaining from mental "lust", but from compulsive behavior. Just as A.A. focuses on the need to stop the behavior of drinking, and as O.A. focuses on compulsive eating as the point of abstinence, so S.A.A. focuses on compulsive sexual acting out. The lust of the mind may take years to drain away as one works the Twelve Steps of recovery; abstinence from the destructive and addictive behaviors, however, can begin today, and is the foundation upon which all subsequent personal growth depends. "Progress rather than perfection."

Secondly, abstinence will be different for each member of S.A.A., depending upon what behaviors are compulsive and lead to pitiful and incomprehensible demoralization. Some addicts can engage in sexual behaviors from which other addicts find they must abstain; in S.A.A., we leave the choice up to the individual.

Finally, abstinence does not imply the complete elimination of sexuality from the addict's life, whether married, partnered or single; rather, it lays the foundation for learning a new approach to the experience of sex and relationships which is non-compulsive and non-destructive. Such an approach is possible to all who earnestly desire it.

BUSINESS AND ANNOUNCEMENTS

Who has any SAA business or announcements?

[Second to last week of the service term, if service positions remain open] **We have the following service position(s) open for the next two months: _Meeting Chair, Treasurer, Secretary_. Please sign up. As a reminder, service positions can be shared.**

[Last week of the service term, if service positions remain open] **We have service have the following service position(s) open for the next two months: _Meeting Chair, Treasurer, Secretary_. As a reminder, service positions can be shared. *[If meeting chair or treasurer remain open]* Who will serve as _____?**

MEETING SCHEDULE

There is a business meeting the second Sunday of the month beginning 5 minutes after the meeting’s close. All are welcome.

Experience, strength, and hope of others is an invaluable help for addicts in recovery. The third Sunday of each month is reserved for SAA members who wish to share their stories, or to speak about a topic of their choice related to recovery. Please contact the leader if you would like to sign up to be a monthly speaker.

On the second Sunday of the month, we read the tradition of the month from the Green Book, and on the fourth Sunday of the month, we read the step of the month from the Green Book. The first and fifth Sundays are topic/discussion meetings. The monthly schedule for 2023 is as follows. If there is not a speaker scheduled on those designated days, it will be a topic/discussion meeting.

Date	Lead Topic		Date	Lead Topic	
Jan. 1	Topic/Discussion		July 2	Topic/Discussion	
Jan. 8	1 st Tradition		July 9	7 th Tradition	
Jan. 15	Speaker	(Speaker Name)	July 16	Speaker	(Speaker Name)
Jan. 22	1 st Step		July 23	7 th Step	
Jan. 29	Topic/Discussion		July 30	Topic/Discussion	
Feb. 5	Topic/Discussion		Aug. 6	Topic/Discussion	
Feb. 12	2 nd Tradition		Aug. 13	8 th Tradition	
Feb. 19	Speaker	(Speaker Name)	Aug. 20	Speaker	(Speaker Name)
Feb. 26	2 nd Step		Aug. 27	8 th Step	

12 & 12 - Living In The Solution – Meeting Format

March 5	Topic/Discussion		Sept. 3	Topic/Discussion	
March 12	3 rd Tradition		Sept. 10	9 th Tradition	
March 19	Speaker	(Speaker Name)	Sept. 17	Speaker	(Speaker Name)
March 26	3 rd Step		Sept. 24	9 th Step	
April 2	Topic/Discussion		Oct. 1	Topic/Discussion	
April 9	4 th Tradition		Oct. 8	10 th Tradition	
April 16	Speaker	(Speaker Name)	Oct. 15	Speaker	(Speaker Name)
April 23	4 th Step		Oct. 22	10 th Step	
April 30	Topic/Discussion		Oct. 29	Topic/Discussion	
May 7	Topic/Discussion		Nov. 5	Topic/Discussion	
May 14	5 th Tradition		Nov. 12	11 th Tradition	
May 21	Speaker	(Speaker Name)	Nov. 19	Speaker	(Speaker Name)
May 28	5 th Step		Nov. 26	11 th Step	
June 4	Topic/Discussion		Dec. 3	Topic/Discussion	
June 11	6 th Tradition		Dec. 10	12 th Tradition	
June 18	Speaker	(Speaker Name)	Dec. 17	Speaker	(Speaker Name)
June 25	6 th Step		Dec. 24	12 th Step	
			Dec. 31	Topic/Discussion	

BIRTHDAYS AND ANNIVERSARIES

This meeting celebrates periods of continuous sobriety from inner circle, bottom-line behaviors.

Who is counting days of sobriety or celebrating a sobriety anniversary?

Who has a birthday or other SAA-related anniversary?

IF THERE IS A SPEAKER:

Today we have a lead on... *[per lead sheet]*. We suggest that leads be limited to 20 minutes, and I will signal the speaker when five minutes remain. Please help me welcome _____.

IF THERE IS A READING:

Today we will read the... *[tradition or step of the month]*. Anyone may begin, and reading will then proceed according to the attendees, unless you choose to pass.

7th TRADITION

We will now observe the 7th tradition.

During this time when we cannot meet face-to-face, many members are collecting their 7th tradition donations in an envelope, to be delivered to the treasurer at a suitable time.

Members can also make donations electronically through Zelle. Information for doing so will be posted by the host in the chat window. *[post in the chat window: Donate via Zelle: 520-419-1632]*

Special 7th tradition appeal: Although the group at this time does not pay rent for a physical meeting space, we are all still encouraged to donate to maintain funds for future expenses

[Pass the 7th tradition basket, the lead and service signup sheets, pen, and the business meeting agenda, to your right – opposite the direction of the sharing.]

TIME TO SHARE

This is the time of the meeting when we share. We focus on the steps, spirituality, and our progress in sobriety. We do not comment directly on another member's comments, and we avoid sexually explicit or sexually abusive language. Please keep shares to three minutes or less. A timer will sound when three minutes are up. Any member can present a topic, and after that the sharing will pass in the order of the list presented by the host. *[Host: read the sharing order list again now]*

IF IT IS A TOPIC/DISCUSSION MEETING:

Does anyone have a topic related to sexual recovery that they would like to discuss?

The floor is now open for comments.

AT 7:45

[If newcomers have not shared] It's 7:45. Are there any newcomers who wish to share? *[If not, or after newcomers share, continue where the sharing left off.]*

AFTER THE CIRCLE HAS BEEN COMPLETED ONCE

[If anyone has passed and time remains until the sharing closes at 7:55] We have ___ minutes remaining. If anyone who passed would like to share, please raise your hand. *[Sharing continues around the circle in original direction.]*

AT 7:55, OR AFTER EVERYONE WHO WANTS TO HAS SHARED ONCE

We will now close the meeting. Will those members willing to be temporary sponsors please raise your hands?

Some of us may meet for fellowship after the meeting. All are welcome.

Would a member please read the Promises?

THE PROMISES

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If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Alcoholics Anonymous, p. 83-84 (9th step)

SERENITY PRAYER

Please join me in the Serenity Prayer. *[Lead prayer]* “God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.”