

SAA Saturday H.P. Meeting at Himmel Park

Opening

Welcome to the Saturday H.P. Meeting at Himmel Park of Sex Addicts Anonymous. This is a closed meeting for sex addicts, eighteen years or older, who have a desire to achieve freedom from compulsive sexual behavior. My name is _____. I am a (recovering) sex addict.

We request that all those attending silence their cell phones. If you must use your cell phone for reasons other than recovery, please step away from the circle so as not to distract or disturb others.

This meeting begins at 8:30 a.m. from October through March; it begins at 7:30 a.m. April through September. If it is raining, we will meet under the solar panels in the parking lot at Catalina United Methodist Church directly north of the park.

Will all those who care to, please join me in a moment of silence followed by the Serenity Prayer:

(Higher Power of your choice) 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.

S.A.A. is a fellowship of people who share their experience, strength, and hope with each other to stop their addictive sexual behavior and to help others recover from sexual addiction and dependency.

Membership is open to all who share a desire to stop compulsive sexual behavior, and who are willing to follow this simple program. There is no other requirement. Our common goal is to become sexually healthy and to help others achieve freedom from

compulsive sexual behaviors. The group is self-supporting through voluntary contributions from its members. There are no dues or fees for membership. We are not affiliated with Alcoholics Anonymous, nor are we part of any other organization or agency. We are not a religious organization, nor are we aligned with any sect or denomination. We do not support, endorse or oppose outside issues. Sex Addicts Anonymous is a program based on the principles and traditions of Alcoholics Anonymous. We are grateful to AA for this gift which makes our recovery possible.

This is not a place to meet sexual partners, nor is it group therapy. We try to listen respectfully to what others have to say and to share our experience as it seems appropriate. We do not give advice. While we all strive for sexual sobriety, its achievement is not a requirement for attendance or participation.

Anonymity is a cornerstone of the 12 Step Program. We use only our first names. Our status or position outside this group is not an issue here. Our common bond is a 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. Whomever you see here, whatever you hear here, let it stay here when you leave here.

Our Program and the Twelve Steps

We will now go around the circle, introduce ourselves and read a portion of Our Program and the Twelve Steps of SAA.

Tradition of the Month

A member has volunteered to read the tradition of the month

Greeting of Newcomers

Due to the sensitive nature of sexual addiction, this meeting is closed, and only those who desire to stop their addictive sexual behavior are allowed to attend. Is there anyone here attending their first SAA meeting, or has not been greeted yet?

(IF YES:) If you are attending your first SAA meeting, we ask that you step aside with two members of our fellowship, actively working the steps with their sponsor; who can provide a brief introduction to our program.

Do we have 2 volunteers to greet our newcomer today?

Would anyone who has not had an opportunity to introduce themselves please do so?

Anniversaries or Birthdays

In this meeting, we recognize members for time in recovery or length of sobriety; please inquire about the availability of anniversary chips.

Is anyone here celebrating an SAA birthday or anniversary today? Is there anyone celebrating an SAA birthday or anniversary this month?

(IF YES) Congratulations, _____; is there someone here who will present your chip to you?

(IF THE RECIPIENT HASN'T SPOKEN YET) _____, would you like to say a few words about your recovery?

Sharing and Discussion

On the first Saturday of each month, this meeting welcomes a speaker to share their story to the group. If you would like to sign up to speak, please write your name on the schedule that will be passed around the circle at this time.

(IF IT IS A SPEAKER MEETING)

_____ has agreed to share with us, and we want to acknowledge and affirm their courage in doing so. The group has a responsibility to be loving, caring and accepting, without judging _____ for what they will share with us today. _____, remember we are here for you. We suggest you limit your sharing to 20 minutes, and I will raise my hand when five minutes remain. May your Higher Power grant you serenity.

(IF NOT A SPEAKER MEETING)

This is a topic discussion meeting.

In keeping with the Third Tradition and our primary purpose, we invite all to share their experience, strength and hope about recovery. Our focus remains on the solution, rather than the problem. We avoid cross talk, which this group defines as focusing one's sharing on one or more specific individuals, or responding directly to another during your sharing.

Please be considerate of our time and limit your topic introduction – as well as your sharing – to two to three minutes, so that everyone who wishes to share gets a chance. **If there are more than 15 or more members present, ask for a volunteer to serve as timekeeper.** Our time keeper will signal when it is time to wrap up your share.

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

(Member shares topic.)

The meeting is now open to share on the topic or to check in.

(AT 8:20/9:20) Our time is almost up. The meeting will be closing soon. Does anyone have a need to share who hasn't had an opportunity to do so yet?

Seventh Tradition and Announcements

According to our Seventh Tradition, there are no dues or fees for S.A.A. membership, and we are entirely self-supporting through our own contributions. Our treasurer is Gene, and he has agreed to accept and keep track of donations for this meeting.

You can also donate to the Southern Arizona SAA Intergroup or to the ISO. Please see the leader or another member for details, or you can visit the website of either organization.

(DO NOT READ THIS PARAGRAPH ALOUD. This information is here to share after the meeting in case anyone asks for it: To donate to Intergroup via Zelle, please use the address **igr.7th@gmail.com**. To donate to the ISO, you can text “SAA” to 91999, and you’ll receive a response containing a link to a secure website.)

At this meeting, you can buy a copy of the SAA Green Book, our program’s basic text, or a copy of *Voices of Recovery*, an SAA-approved book of daily meditations. No one who needs these publications should have to do without them, so costs are on a sliding scale, according to your ability to pay. These publications are also available online – in read-only versions on the International Service website of SAA. That link and others can be found on the SAA of Southern Arizona website. (URL in case anyone asks: saa-soaz.org.) SAA pamphlets are available at no charge.

It is now time for any announcements regarding SAA-related events or activities.

(On the last Saturday of the month)

There will be a short business following the closing. Thank you for letting me lead this meeting this month. Who will chair the meeting next month?

How We Live

_____ has volunteered to read How We Live

Closing

We have had to work at staying sexually sober, as well as rebuilding our lives and relationships. Sometimes the steps seemed overwhelming. But we found that we had several things working in our favor. We had time and energy we used to waste on our addiction. We had our new friends in recovery. And most importantly, we had the God of our understanding to sustain us. Through the program, we were able to face problems that we never had the courage to face before, and to do things we never imagined possible.

This is how recovery has been for us. Each of us has contributed, not only to our own recovery, but to the recovery of other suffering 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 addict who seeks recovery will have the opportunity to find it. And keep coming back.

(from "Keep Coming Back," Sex Addicts Anonymous, p. 98)

The opinions expressed here were strictly those of the persons who spoke them. Everything you heard was spoken in confidence and should be treated as confidential. Keep it within this circle and the confines of your mind. Remember that anonymity is a core tradition on which the program depends. If you are having a difficult time, please remember that there are those among us who have had them too. If you keep an open mind, you will find help. Let us talk to each other and reason things out, but let there be

no gossip or criticism among us. Instead, let the understanding, love, and peace of the program grow in each of us one day at a time.

Will those who care to, please join me by closing with the Serenity Prayer?

(Higher Power of your choice) 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.

Keep coming back. It works, if you work it, because you're worth it!!