

TUCSON GRACE GROUP
THURSDAY S.A.A. MEETING FORMAT
6:30 - 8:00 PM

1. Introduction

- a. Greeting and Serenity Prayer
- b. Preamble
- c. "Our Addiction"
- d. "Our Program and The Twelve Steps" & "The Twelve Traditions"
- e. Crosstalk/Technology
- f. Greeting of Newcomers
- g. Tools of the Program
- h. 7th Tradition, "How we Live" and Announcements
- i. Medallions and Anniversaries

2. Step/Story or Topic

(Story: 15-20 minutes; Feedback: 15-20 minutes)

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| 3. Mini Group Count and Serenity Prayer | 7:25 |
| 4. Break | 7:30-7:35 |
| 5. Mini Groups | 7:35-7:55 |
| 6. Closing Prayer | 7:58 |

GREETING

WELCOME! This is the Tucson Grace Group of Sex Addicts Anonymous. My name is _____. I am a (recovering) sex addict. The Grace Group is a closed meeting for sex addicts eighteen years or older.

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. We are committed to a program of spiritual recovery based on the 12 Steps of Alcoholics Anonymous, but we are not affiliated with A.A. or any other organization or agency. We are not a religious organization, nor are we aligned with any sect or denomination.

Anonymity is a cornerstone of the 12 Step Program. We use only our first names. Our status or position outside of this group is not an issue here. Our common bond is a desire to stop our addictive sexual behavior and to live sexually healthy lives. Anonymity and confidentiality are essential to this being a safe place for all of us.

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 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.

Would you please help me open this meeting with a moment of silence followed by the Serenity 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.

Who would like to read "Our Addiction"?

Who would like to read from "Our Program and The Twelve Steps"?

Who would like to read "The Twelve Traditions"?

We will now introduce ourselves by first names only. Please tell us if you are a newcomer or a visitor from another S.A.A. group. My name is _____ and I am a (recovering) sex addict.

(Introductions go around the room.)

CROSSTALK/TECHNOLOGY

To show respect to one another, we discourage crosstalk. Crosstalk is responding directly, out of turn, to someone who is sharing, usually in an advice-giving manner. We encourage each person to share their experience, strength, and hope so that each of us who wishes to speak may have a turn. Then, others may contribute. If you wish to speak at length with someone, please do so after the meeting.

The group has decided that all cell phones and other electronic devices should be turned off at this time so as not to disturb sharing during the meeting.

SPONSORSHIP

We have found it essential to our recovery to have a sponsor. Would those who are available to sponsor please raise your hand?

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 at an S.A.A. meeting for the first time?

(If there are no newcomers, proceed to Tools of Recovery on the next page.)

If you are attending your first SAA meeting tonight, or have not yet been greeted, we are going to ask you to spend a short period of time with two greeters who will explain our program to you and try to answer any questions you may have.

The greeters have at least 6 months in the program and have written and shared a 1st Step with their sponsor.

Who will be our first greeter tonight? Thank you _____.

Who will be our second greeter tonight? Thank you _____.

Please go with our greeters at this time to see if our program of recovery would be helpful to you.

If you are already a member of S.A.A. and want to learn to be a greeter, feel free to join the group.

For those of you seated next to a newcomer or greeters, to be welcoming to our newcomers and as a courtesy to our greeters, please reserve their chairs until they return.

TOOLS OF RECOVERY

Many of us in this 12 Step Program use one or more tools to help us in our recovery. Some examples are (*choose 3 or 4*):

Anonymity	Confidentiality
Boundaries	Honesty
Sponsorship	Abstinence
Meditation	Affirmations
Journaling	Meetings
Exercise	Humor
Phone Lists	Service
Steps	Slogans
Contracts	Prayer

Would three or four members who care to, each take a few moments at this time to share with us how you use a program tool and why it is important in your recovery?

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. The 7th Tradition is for meeting expenses such as rent and literature. The Area collection helps to fund expenses for Area service such as rent and expenses for Area assemblies, and travel, room, and board for our Area Delegate to attend the international conference. There is a wide range of literature available on the table.

While we are observing the 7th Tradition, _____ will read "How We Live." After that we will have time for any announcements regarding S.A.A. related events or activities. If you have a non-S.A.A. related announcement, we invite you to share it with us at the break or after the meeting.

("How we Live" is read)

(Announcements)

Would anyone who has not had a chance to introduce yourself please do so now?

(To be read on the last Thursday of the month only.)

Who is willing to update the white board with our new volunteers?

Who will chair the meeting next month?

Who will be our set up person next month?

We also need two welcomers, whose job is to welcome people outside before they enter the meeting.

MEDALLIONS AND ANNIVERSARIES

Claiming and giving medallions is one way of marking and celebrating mileposts in our journey of sobriety and recovery. This S.A.A. meeting gives recognition for time in recovery, length of sobriety, or attendance at six S.A.A. meetings.

Each week we give birthday medallions for six meetings, one month, two months, three months, six months, and nine months in the program. On each third Thursday of the month, we also honor one year or more anniversaries. Please feel free to choose someone special to give you your medallion. How many people will be receiving a medallion this evening?

(If you have trouble noting how many): As leader of this meeting, I ask for help in obtaining a complete and accurate count of all those who will be receiving a medallion tonight.

(Every week)

Tonight, who is entitled to receive:

- A blank medallion for six S.A.A. meetings?
- A one month medallion?
- A two month medallion?
- A three month or 90 day medallion?
- A six month medallion?
- A nine month medallion?

(To be read on the third Thursday only)

The Grace Group celebrates the anniversaries of its members by giving a medallion representative of the amount of recovery time special to that person. In

addition, a private celebration can be made by each person by making an Anniversary contribution to ISO or Southern Arizona Intergroup.

The Anniversary contribution can be an expression of your gratitude for the changes that have taken place in your life as a result of working this program. Some of us are choosing to contribute one dollar for each year of recovery. We can also offer our previous medallions to friends in recovery.

(Note to leader: On each third Thursday of the month, the leader gets an accurate count and then divides the number of yearly medallions into 30 minutes. Presentation and feedback are not to go past 7:25pm. If the number of yearly medallions is seven or more, the following action must be taken: Instead of feedback being given after each yearly medallion, all medallions will be given and then the members are encouraged to give feedback to each person as they see fit.)

After any of the following medallions are presented, we give feedback for the member's effort and courage in the program. Honoring and sharing of all the medallions will be limited to 30 minutes. This portion of the meeting ends at 7:25, so please limit your sharing to one to two minutes so that all those who wish may have the opportunity to share. How many people will be receiving a yearly medallion this evening?

Who is entitled to receive:

A one year medallion?

An eighteen month medallion?

A two year medallion?

A three year medallion?

A four year medallion?

A five year medallion?

*(And so forth until everyone receiving a medallion has been honored.)
(If it is the third Thursday and there is extra time, we may have a discussion/topic)*

GUIDELINES FOR SPEAKING FOR GRACE GROUP

A clipboard is being passed around that you can sign up to share our story or a step.

CRITERIA FOR SPEAKING

- Must have 6 months in the program.
- Must have done a written 1st Step.
- Must discuss what will be conveyed with their sponsor.

IF YOU ARE TELLING YOUR STORY

In telling ones' story or discussing a step, the emphasis should be on recovery. The speaker should discuss how recovery has changed their life or in discussing a specific step the speaker should emphasize what that step has meant to their recovery.

Remember that we would like to hear your experience, strength and hope.

We would like to discourage you from giving explicit details of your acting out behavior. Some of the members may be triggered by this.

STORY/STEP

The members of the Tucson Grace Group have found their program of recovery aided by sharing their stories or a step. Tonight, _____ has agreed to share with us and we want to acknowledge and affirm their courage in doing so.

OR *If no one has signed up to share their story or a step:*

Since no one has signed up to share their story or a step tonight, the meeting will be a discussion meeting. Does anyone have a topic related to sex addiction or recovery that they would like to discuss this evening?

The group has a responsibility to be loving, caring, and accepting, without judging _____ for what they will share with us tonight. _____, remember we are here for you. I will let you know by holding up my hand when it has been about fifteen minutes and you should conclude.

May your Higher Power grant you serenity.

(Person shares story or step.)

Thank you for sharing with us, _____. We now have a few moments for comments and shared experiences.

at 7:25pm

CLOSING AND MINIGROUPS

This part of the meeting will be closing soon. We will count off for mini groups and close with the Serenity Prayer. The opinions expressed here were strictly those of the person who spoke them. What you heard was spoken in confidence and should be treated as confidential. Keep it within the walls of this room and the confines of your mind. Remember that anonymity is a core tradition on which the program depends. Whatever problems you have, there are those among us who have had them too. If you keep an open mind, you will find help. Let us talk to one another and reason things out, but let us not gossip or criticize each other. Instead, let the understanding, love, and peace of the program grow in each of us one day at a time.

We will break up into mini-groups of three or four people. You may use this time to either share and receive feedback from those in your mini-group, or you may simply want to report or “check in” and not receive feedback. Please tell the others in your group what you want. Also, please give everyone who wants to, enough time to share and avoid advice-giving and being judgmental. There will be a five minute transition period. I will ring a bell after that time to indicate it is time to find your group members. I will also ring a bell when it is time to return to the large group for closing. Return promptly so that we can close by 8:00 pm. You may choose to pass during the counting and join a group of your choice. If you pass, please wait until assigned group members are present before joining a group. Keep group size to 4 or less. How many people will be breaking into small groups?

(Count the total number of people, and see chart below. This will give you the number to count up to.)

People	1-3	4-7	8-10	11-14	15-18	19-22	23-26	27-30	31-34
Groups	1	2	3	4	5	6	7	8	9

We will now count off by (4, 5, 6, etc.).

A reminder to please exit the room when you hear the bell if you are not staying for mini-groups. For those that are staying, return promptly at 7:55 so the meeting can close by 8:00 pm and our closers can lock up.

After the serenity prayer, will everyone please help put the room back in order?

Will those who care to join me in the Serenity Prayer. If you are comfortable, we invite you to look each other in the eye as we move from shame to grace.

(Higher Power of your choice), grant me the serenity to accept the things we cannot change, courage to change the things we can, and the wisdom to know the difference. Keep coming back, it works.

at 7:35pm

(Ring the bell to indicate mini-groups are starting.)

(At 7:55 leave your group and, if necessary, walk down both hallways and outside in courtyard to announce the closing.)

at 7:58pm

CLOSING

A reminder that the opinions expressed here were strictly those of the person who spoke them. What you heard was spoken in confidence and should be treated as confidential.

Will those who care to, please join me in the Serenity Prayer?

(Higher Power of your choice), 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!

Our Addiction

(from *Sex Addicts Anonymous*, p. 3)

Before coming to SAA, many of us never knew that our problem had a name. All we knew was that we couldn't control our sexual behavior. For us, sex was a consuming way of life. Although the details of our stories were different, our problem was the same. We were addicted to sexual behaviors that we returned to over and over, despite the consequences.

Sex addiction is a disease affecting the mind, body, and spirit. It is progressive, with the behavior and its consequences usually becoming more severe over time. We experience it as compulsion, which is an urge that is stronger than our will to resist, and as obsession, which is a mental preoccupation with sexual behavior and fantasies. In SAA, we have come to call our addictive sexual behavior *acting out*.

OUR PROGRAM

[Green Book, pages 20 and 21]

Attending SAA meetings starts us on a new way of life. But while the SAA fellowship supports our recovery, the actual work of recovery is described in the Twelve Steps. Meetings are forums for learning how to integrate the steps into our lives. Working the Twelve Steps leads to a spiritual transformation that results in sustainable relief from our addiction.

When we start attending meetings of Sex Addicts Anonymous, many of us are surprised to meet people who are enjoying life and experiencing freedom from the painful, compulsive behaviors that had brought them to SAA. Listening to other members share about their recovery, we gradually realize that in order to make the same kind of progress, we need to be willing to do whatever it takes to get sexually abstinent, and to stay abstinent. We have learned from hard experience that we cannot achieve and maintain abstinence if we aren't willing to change our way of life. But if we can honestly face our problems, and are willing to change, the Twelve Steps of SAA will lead to an awakening that allows us to live a new way of life according to spiritual principles. Taking these steps allows fundamental change to occur and be sustained in our lives. They are the foundation of our recovery.

The Twelve Steps of Sex Addicts Anonymous

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.

These steps are the heart of our program. They contain a depth that we could hardly have guessed when we started. Over time, we establish a relationship with a Power greater than ourselves, each of us coming to an understanding of a Higher Power that is personal for us. Although the steps use the word "God" to indicate this Power, SAA is not affiliated with any religion, creed, or dogma. The program offers a spiritual solution to our addiction, without requiring adherence to any specific set of beliefs or practices. The path is wide enough for everyone who wishes to walk it.

The Twelve Traditions of Sex Addicts Anonymous

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.

How We Live

[GB page 61, paragraph 1, 2]

Practicing these principles in our lives means applying program principles at home, at work, and wherever else we gather with others for a common purpose. As we grow spiritually, we find opportunities for service in virtually any situation. Our closest relationships may offer the most challenges to our honesty, compassion, and integrity, but we are often rewarded beyond our expectations. We find that spiritual principles can guide us in the everyday challenges of life, and they can help us face even loss, grief, and death with fortitude and grace. What we gain in this program is a blueprint for full and successful living, whatever may come.

We maintain our recovery by working a daily program, in the knowledge that although we can never be perfect, we can be happy today. We can live life on life's terms, without having to change or suppress our feelings. Our serenity and sobriety grow as we continue to live according to spiritual principles. We enjoy the gifts that come from being honest and living a life of integrity. We ask for help when we need it, and we express our love and gratitude every day. We realize that everything we have been through helps us to be of service to others. We learn that the world is a much safer place than we had ever known before, because we are always in the care of a loving God.