**Wednesday Willingness**

**Meeting Format**

**Welcome**

**Welcome to the Wednesday Willingness Meeting of Sex Addicts**

**Anonymous. My Name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I am a (recovering) sex**

**addict. This is a closed meeting. Please turn off or silence your cell**

**phone.**

**Serenity Prayer**

**Will all those who care to, join me in a moment of silence followed by**

**the Serenity Prayer.**

**Preamble**

**SAA is a fellowship of men and women who share their experience,**

**strength and hope with each other so that they may stop their**

**addictive sexual behaviors and help others to recover from sexual**

**addition or dependency.**

**Membership is open to all who share a desire to stop compulsive**

**sexual behavior and 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.**

**This 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. 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 a 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 participation.**

**Anonymity is the cornerstone of the Twelve Step Program. We use**

**only our first names. Whatever our status or position outside of this**

**group is not an issue here. Our common bond is our desire to stop**

**our compulsive sexual behaviors and to live a 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.**

**Volunteers for Program**

**A friend \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has volunteered to read Our Program and**

**another friend \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has volunteered to read The Twelve Steps.**

**Our Program**

**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, 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 allow fundamental change to occur and be sustained in our lives.**

**They are the foundation of our recovery.**

**(At this time, the person who volunteered reads the 12 Steps. - . then continue**

**to read below)**

**(Program Continued)**

**These steps are the heart of our program. They contain a depth that we could**

**hardly have guessed when we started. As we work them, we experience a**

**spiritual transformation. 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 Steps**

**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.**

**(Program Continued)**

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**Tradition of the Month**

**A Friend \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has volunteered to read The Tradition of the**

**Month.**

**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.**

**Daily Meditation**

**A Friend \_\_\_\_\_\_\_\_\_\_\_\_\_ has volunteered to read today's meditation**

**from Voices of Recovery.**

**Introductions**

**We will now go around the room and introduce ourselves by first**

**name only. Please let us know if you are a newcomer attending your**

**first SAA meeting, a visitor from out of town, or attending this**

**meeting for the first time.**

**Birthdays**

**Is there anyone celebrating an SAA birthday today or this month that**

**would like to be recognized? (If so, ask the person or persons if they**

**would like to share a little about their program)**

**Note about Cross-Talk**

**We discourage cross-talk in this meeting. Cross-talk is speaking**

**directly to another out of turn, usually in an advise-giving manner, or**

**having side conversations. We use the words "l" and "for me" when**

**sharing. If anyone deems the share too graphic, he or she can request**

**the share be less explicit by raising their hand. Our hope is that the**

**focus will be on Recovery and how we can apply the steps in our daily**

**lives.**

**Newcomers**

**Is there anyone attending their first SAA meeting today?**

**(if so, ask for two volunteers to welcome them with the Greeting**

**Format)**

**Topic**

**The floor is open for a topic on the reading, individual issues, or any issues you wan to discuss or a check in.**

 **If more than 8 members then add: Please limit your sharing to three minutes. The timekeeper will raise their hand to signal you to wrap up your share. Who will be our Timekeeper today? Thank you!**

**Close the Discussion at 12:55pm**

**We are about out of time and will now observe the Seventh Tradition**

**and have any SAA announcements. The one bag is for 7th tradition**

**donations to the group.**

**Please save any non-SAA announcement for after the meeting. Are**

**there any SAA announcement?**

**Weekly Announcements**

**We have a variety of SAA literature available, including the Tucson**

**SAA Meeting list. The small pamphlets are free. The books and larger**

**Pamphlets are available for sale at our costs. If interested check with**

**the leader of the meeting.**

**The Southern Arizona Intergroup of SAA meets the first Thursday of**

**each month at 5:30 pm before the "Grace Meeting" at the Bethel**

**Community Baptist Church. All Sex Addicts are welcome to attend.**

**We have a business meeting on the last Wednesday of the month**

**after the meeting, everyone is welcome to attend. We encourage**

**everyone to remember the value of program service and to attend the**

**business meeting.**

**Some of us share fellowship at lunch after the meeting and all are**

**welcome.**

**Last Chance to Share**

**Our time is up. Does anyone have a need to share who has not had**

**an opportunity to do so?**

**How We Live**

**A Friend \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has volunteered to read How We Live.**

**How We Live**

**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.**

**The opinions expressed here are strictly those of the person who gave**

**them. Everything you have heard was spoken in confidence and**

**should remain confidential. Keep it within the walls of this room and**

**the confines of your mind. Remember that anonymity is the core**

**tradition upon which this 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.**

**Closing Prayer**

**Will all those who care to, please join me in closing with the Serenity**

**Prayer.**

Sunday, May 26, 2024, Tim B Edited