

# SATURDAY PHONE/ONLINE STEP STUDY MEETING FORMAT

## **INTRODUCTION**

Good morning, my name is \_\_\_\_\_, and I am a recovering sexaholic. Welcome to this Step Study meeting of Sexaholics Anonymous. While this is a step study meeting, it is not meant to be a substitute for working the steps in depth with a sponsor. This is a closed meeting. Only those wishing their own personal sexual sobriety, please. We welcome all new members. In order to provide a safe atmosphere, we suggest that those using video be respectful with their choice of attire and keep cameras focused on their faces. Out of respect for those in the fellowship we ask that you refrain from the use of forceful and offensive language that might offend those inside and outside of these calls. Please refrain from using any profanity. Also, no crosstalk and no side conversations. Please show respect to the person who is speaking and please silence all cell phones. Finally, please keep your phone or computer muted unless you are speaking. This helps to insure the best call quality and limits distractions. If your phone does not have a mute button please press \*6 on your keypad to mute and unmute.

In addition, in order to protect each member's anonymity, access to the meeting will be locked during members qualifying statements and shares. If you call in late and are unable to join the call please try again in a few minutes and remain on mute until you are invited to introduce yourself.

After a moment of silence, please join me in reading this month's prayer, followed by the Serenity Prayer.

This morning and all this month, we are working on Step \_\_\_\_\_. Please join me in reading the Step and the associated Tradition, Promise, and Reward.

## **MEMBER INTRODUCTION**

Because we have a large group this morning, please limit your introduction to just your name, the step you are working on, and your SA sobriety date. You will be invited to qualify yourself at the beginning of your sharing if you wish to do so. I'll begin and we will proceed through the assigned order .

## **SEVENTH TRADITION**

It is now time for our Seventh Tradition. We have no dues or fees, but we are self-supporting through our own contributions. While our meetings are on the phone we ask that you consider supporting our local churches and SAICO through online giving. You can contribute to \_\_\_\_\_ at \_\_\_\_\_ and to SAICO at SA.org. If you cannot give, please come anyway. Are there any announcements or anniversaries?

## **READING**

The topic for today is Step \_\_\_\_\_. We will be reading \_\_\_\_\_ .

## **GROUP SHARING**

In participation, the emphasis is on honesty, recovery, and healing - how we are learning to apply the Twelve Steps and Traditions in our daily lives.

Please remember in our discussion we try to speak using only our personal experience, strength, and hope, focusing on healing and recovery. We don't give advice; we talk in the "I" not the "we" or the "you". If we want to respond to what someone has said, we do so only in the

terms of our own experience. Our meetings focus on the SA approach to recovery, so we avoid the mention or discussion of specific titles or authors of publications other than AA or SA approved literature. If someone feels that another is getting too explicit, you may stop listening to the call until the member has completed his or her share. Also, please talk to me after the meeting.

To start your sharing you are invited to qualify yourself to the group, especially when there are newcomers present so that they may hear your reasons for being here. When doing so, please avoid specific details that might create triggers or legal problems for yourself or members of the group. Please do not share on prosecutable offenses before adjudication. Would someone be willing to run a two minute timer? Please start the timer after the member has completed his qualifying statements. If time is called on your share, please acknowledge the reminder, quickly finish your thought, and pass. Also because of the size of the group please target 30 seconds max for your qualifying statements.

### **CLOSING**

Anything that you have heard at this meeting is strictly the opinion of the individual participant. The principles of SA are found in the Twelve Steps and Twelve Traditions. This is an anonymous meeting. Please keep the name, address, and telephone number of anyone you meet or learn about to yourself. And what we say here, let it stay here. Remember that we never identify ourselves publicly with SA in the press, radio, TV, films, or on the internet. Neither does anyone speak for SA.

Connection is the opposite of addiction. All are encouraged to reach out to others in this program. Sharing phone numbers and calling or texting are good ways to promote connections.

Also, it is essential to receive the aid of a sponsor as a guide on the journey of recovery. All persons interested in being at least a temporary phone sponsor or those in need of a sponsor, please stay on the line and identify yourself after the formal meeting has closed in the "parking lot".

### **SOBRIETY RENEWAL**

If you would, please join me in this sobriety renewal:

Are you willing to do whatever is necessary to protect your sobriety every minute of every day, including: asking God for help...calling on others...going to meetings...reading literature...exercising rigorous honesty...forgiving all resentments...setting and keeping boundaries...refusing all hits as toxic...and maintaining an attitude of gratitude?

Are you willing with me now to turn your will and the remainder of this day over to the care of God, the one who keeps you sober and protects you from the full consequences of your lusting in the past?

After a moment of silence, let's close with this month's prayer.

1-2-3.....