

## SATURDAY MORNING OAKLAND PHONE MEETING FORMAT.

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### SUGGESTED PARTICIPATION MEETING FORMAT

Rev. Jul 2020

### INTRODUCTION

Good morning: my name is \_\_\_\_\_, and I'm a recovering sexaholic. Welcome to this meeting of Sexaholics Anonymous.

This is a closed meeting. Only those wishing their own personal sexual sobriety please.

To be sure that we have a suitable auditory environment, please mute your phone when not speaking either on your phone or by pressing \*6. Background noise can be quite distracting on a conference call, and for some of us this meeting is a lifeline and necessity to stay sane and alive.

During readings or prayers where we all typically participate, please pray, or respond while muted.

Sexaholics Anonymous is not a sex therapy or group therapy and offers no treatment of any kind. It is not a place to pick up sex partners, or for learning how to control and enjoy lust; it is not a social club. SA is based on the principles of Alcoholics Anonymous.

I now invite everyone to check in with their first name and sobriety date. If you are new to this meeting, we welcome you. Although you may not be familiar with this format, we ask that you state your name so we can properly recognize your bravery, as well as honor our group commitment to anonymity.

As you check in, please note and/or write down the name of the person before you and after you. This will assist us later when we do the reading for this morning.

[members check in]

Thank you everyone.

I will also check in with the group from time/time to see if anyone has joined the meeting late, so they can be recognized.

### SA PURPOSE (p. 201 of the White Book)

SA is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem, and help others recover. Although

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there are no dues or fees for SA membership, most meetings are self-supporting through their own contributions. Our group has decided through group conscience to not "pass the hat". There will be no contributions. SA is not allied with any sect, denomination, politics, organizations, or institutions; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sexually sober and help other sexaholics achieve sobriety. The only requirement for membership in SA and attending meetings is the desire to stop lusting and become sexually sober. Sobriety means no form of sex with oneself or with partners other than your heterosexual spouse.

Would someone like to read "What is a sexaholic, and what is sexual sobriety?" found on page 202 of the White book?

We can only speak for ourselves. The specialized nature of Sexaholics Anonymous can best be understood in terms of what we call the sexaholic. The sexaholic has taken himself or herself out of the whole context of what is right or wrong. He or she has lost control, no longer has the power of choice, and is not free to stop. Lust has become an addiction. Our situation is like that of the alcoholic who can no longer tolerate alcohol and must stop drinking altogether but is hooked and cannot stop. So, it is with the sexaholic, or sex drunk, who can no longer tolerate lust but cannot stop.

Thus, for the sexaholic, any form of sex with one's self or with partners other than the spouse is progressively addictive and destructive. We also see that lust is the driving force behind our sexual acting out, and true sobriety includes progressive victory over lust. These conclusions were forced upon us in the crucible of our experiences and recovery; we have no other options. But we have found that acceptance of these facts is the key to a happy and joyous freedom we could otherwise never know.

This will and should discourage many inquirers who admit to sexual obsession or compulsion but who simply want to control and enjoy it, much as the alcoholic would like to control and enjoy drinking. Until we had been driven to the point of despair, until we really wanted to stop but could not, we did not give ourselves to this program of recovery. Sexaholics Anonymous is for those who know they have no other option but to stop, and their own enlightened self-interest must tell them this.

### SERENITY PRAYER

Before joining me in the Serenity prayer (found on page 210 of the White Book), let's take a moment to collect our thoughts and search for union with our higher power.

God, grant me the serenity to accept the things I cannot change,  
courage to change the things I can,  
and wisdom to know the difference.  
Thy will not mine be done.

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### 12&12 AND 12&12

Let's read the Twelve Steps and Twelve Traditions, along with the Twelve Promises and Twelve rewards. They begin on page 208 of the White Book. Can I have a volunteer to start us off by reading the 12 steps?

#### THE TWELVE STEPS

1. We admitted that we were powerless over lust – that our lives had become unmanageable.
2. Came to believe that a Power greater than us 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 him.
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 Him 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 Him, praying only for knowledge of His 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 sexaholics, and to practice these principles in all our affairs.

Would someone read the traditions?

#### THE TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends on SA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

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3. The only requirement for membership is a desire to stop lusting and become sexually sober.
4. Each group should be autonomous except in matters affecting other groups or Sexaholics Anonymous as a whole.
5. Each group has but one primary purpose—to carry its message to the sexaholic who still suffers.
6. An SA group ought never endorse, finance, or lend the SA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every SA group ought to be fully self-supporting, declining outside contributions.
8. Sexaholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. SA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Sexaholics Anonymous has no opinion on outside issues; hence the SA 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, films, TV and the internet.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

### THE TWELVE PROMISES OF SA

1. We are going to know a new freedom and a new happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word serenity.
4. We will know peace.
5. No matter how far down we have gone, we will see how our experience can help others.
6. The feelings of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook on life will change.
10. Fear of people and economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us

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12. 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.

### THE TWELVE REWARDS OF SA

1. Hope instead of desperation.
2. Faith instead of despair.
3. Courage instead of fear.
4. Peace of mind instead of confusion.
5. Self-respect instead of self-contempt.
6. Self-confidence instead of helplessness.
7. The respect of others instead of their pity and contempt.
8. A clean conscience instead of a sense of guilt.
9. Real friendships instead of loneliness.
10. A clean pattern of life instead of a purposeless existence.
11. The love and understanding of our families instead of their doubts and fears.
12. The freedom of a happy life instead of the bondage of a sexaholic obsession

We strongly recommend that everyone have a sponsor. For new members, we have people who are willing to be temporary sponsors. If you want a temporary sponsor, someone could be assigned at the end of the meeting. If you would like to be a temporary sponsor, we recommend 6 months of continuous sexual sobriety. All those with six months of sobriety who are willing to be temporary sponsors, please raise your hand.

Do we have any announcements?

- 555-888 PGH regional number text: SA Pittsburgh for updates
- [pghsaig@gmail.com](mailto:pghsaig@gmail.com)
- Choose a leader for next week

### READING

\*For this week's leader\* Per group conscience on June 27 we will continue to read through the end of 'Step Into Action' (pgs. 189-215) after completing our usual readings for step 12 of 'Step

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Into Action' (incl. "Some Questions to Consider"). It is at the leader's discretion to decide which parts to read and which parts to skip from what's coming up next in the appendix.

The topic for today is \_\_\_\_\_, on page \_\_\_\_\_. Please take a paragraph or two and then pass to the next person. [NAME] can you begin, and we'll go around the room to your \_\_\_\_\_.

### SILENCE

At this meeting, we take five minutes of silence to reflect before sharing.

### GROUP SHARING

All participants in the first part of the sharing will be members of SA who have been sexually sober for 30 days or more. We do this to help set the tone on recovery and program. After that, any member may share.

In participation, we avoid topics that can lead to dissension or distraction. We also avoid explicit sexual descriptions and sexually abusive language. The emphasis is on honesty, recovery, and healing – how we are learning to apply the Twelve Steps and Traditions in our daily lives.

No crosstalk, please. If someone feels another is getting too explicit, they may so signify by unmuting your phone and stating, "I'm raising my hand."

Please remember in our discussion, we try to speak only using our own personal experience, strength, and hope, focusing on recovery and healing. 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 terms of our own experience.

(THE FLOOR IS OPEN TO THOSE WITH 30 DAYS OR MORE. We do this to set the tone on program and recovery. I ASK THAT YOU LIMIT YOUR SHARE TO 2 MINUTES. I WILL alert YOU WHEN YOUR TIME IS UP IF YOU REACH 2 MINS. PLEASE REMEMBER TO MUTE YOUR PHONE WHEN YOU HAVE FINISHED YOUR SHARE.)

### CLOSING

Anything you have heard at this meeting is strictly the opinion of the individual participant; the principles of SA are found in our Twelve Steps and the Twelve Traditions.

This is an anonymous program. Please keep the name, address, and phone number of anyone you meet or learn about in SA to yourself. And what we say here, let it stay here.

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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.

Would someone please read "A Vision for You" found on page 210 of the White Book.

We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you — until then.

This concludes the formal portion of our meeting. I invite all to continue sharing our experience, strength, and hope in an informal format in the virtual parking lot following the meeting.

After a moment of silent meditation, I'd like to ask [NAME] to lead us in the Third Step Prayer. As a reminder, if you need a sponsor, please see me after the Third Step Prayer.

(ALL STAND AND HOLD HANDS IN A CIRCLE.)

God, I offer myself to thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always!

Keep coming back. It works if you work it. It won't if you don't, so work it because you're worth it.