

## Monday, McCandless SA Meeting Format

### **Introduction**

Good evening, my name is \_\_\_\_\_ and I'm a recovering sexaholic.

Welcome to this Monday evening meeting of Sexaholics Anonymous. This is a closed meeting - only those wishing their own personal sexual sobriety, please. We welcome all new members. Out of respect for those in the fellowship, please refrain from the use of forceful or offensive language that may offend others. Also, no crosstalk and no side conversations.

*Read during warm weather:* To the end of making this an atmosphere conducive to recovery for all members, we ask that you be respectful in your choice of attire. Specifically, sleeveless shirts, open-toed shoes, and shorts can be triggers for some members. If you came to the meeting unaware of this suggestion, please know that you are welcome regardless.

After a moment of silence, please join me in the Serenity Prayer. (*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.*)

Would someone please volunteer to read \_\_\_\_\_? (Choose two from: SA Purpose, What is a Sexaholic and What is Sexual Sobriety, The Problem, and The Solution. WB p201-205)

Let's now read the Twelve Steps of Sexaholics Anonymous, found on pg. 208 of the White Book. (*Optionally also read the Traditions, or read the Tradition, Promise, and Reward of the month.*)

### **Member Introductions**

Please take approximately 30 seconds to introduce yourself by first name, briefly describe your addiction, what step or steps you are currently working on, and state your length of sobriety. We avoid specific details that might create triggers or legal problems for ourselves or for members of the group. Please do not share on prosecutable offenses before adjudication. I'll begin and we'll proceed to my right/left.

### **Meeting Subject**

The subject for this evening is \_\_\_\_\_ OR We will be reading from \_\_\_\_\_ OR etc. (*The facilitator chooses a selection from any SA- or AA-approved literature which will be read aloud by the group.*)

Please read a paragraph or two each and then pass. I'll start and let's proceed around the group to my right/left.

## **Group Sharing**

In participation, the emphasis is on honesty, recovery, and healing. It's about how we are learning to apply the Twelve Steps and Traditions each day to maintain our sobriety. Please remember in our discussion we try to speak openly and honestly about our own personal experience, strength, and hope. We don't give advice; we talk in the "I", not the "we" or the "you". If we want to respond to something someone else has said, we do so only in the terms of our own experience. It's in our secrecy that our disease can thrive. It's in our honesty that we gain power over it.

*If necessary: Would someone be willing to run a two/three/etc-minute timer? Please set an alarm at the end of the time period. If the alarm goes off during your share, please quickly finish your thought and then pass.*

We ask that those members with 30 days or more of sobriety share first to set the tone on recovery and program. I will announce when the floor is open to everyone.

*(Proceed with sharing. You can go around in a circle or let members share in any order as they choose. After a few members with 30+ days of sobriety have shared, announce "the floor is now open to all members" or something similar.)*

## **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 we pass the basket, are there any announcements or anniversaries? *(Anniversaries are when a member reaches 1, 2, 3, 6, or 9 months or 1 or more years of sobriety. Ask them how they did it and present them with the relevant coin, if available.)*

## **Closing**

Anything 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, addresses, and telephone number of anyone you meet or learn about to yourself. And what we say here, let it stay here. *(Here, 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.

Please remember that the meeting starts at 7:15. Please arrive a few minutes early to limit distractions and help the meeting start on time.

It is essential to receive the aid of a sponsor as a guide on the journey of recovery. It is suggested that sponsors have at least six months of sexual sobriety and further progress on the steps than the sponsee. All persons interested in being at least a temporary sponsor, or those in

need of a sponsor, stay after the formal meeting has closed and connect with other members in an informal format.

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.

### **Sobriety Renewal**

Now if you would, please join me in this sobriety renewal. (*After each question, pause and wait for a "yes" response from the group.*)

Are you willing to admit that you are powerless over lust?

Do you desire sobriety and freedom from the actions and obsessions of lust?

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?
- 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 has protected you from the full consequences of your lust in the past?

### **Send Off**

After a moment of silence, would \_\_\_\_\_ please lead us in the Third Step Prayer? (*White Book p95*)

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