

TUESDAY SA MEETING (Harmony-Zelienople)

Introduction

Good evening, my name is _____, and I'm a Sexaholic. Welcome to our Tuesday meeting of Sexaholics Anonymous. This is a closed meeting. Only those wishing their own personal sexual sobriety, please. Also, please silence all cell phones.

In order to provide a safe atmosphere, we suggest that you be respectful in your choice of attire. If you have come to this meeting unaware of this suggestion, please know that you are welcome regardless.

After a moment of silence, please join me in the Serenity Prayer (pg. 210 SA White Book)

The leader chooses two of these four readings for the group to read from the White Book pg. 201-204: The SA Purpose, what is a Sexaholic and what is Sexual Sobriety, The Problem, The Solution.

Read the Twelve Steps of Sexaholics Anonymous p. 208.

Member Introduction

The SA White Book definition of sexual sobriety is found on page 191 which states "For the married sexaholic, sexual sobriety means having no form of sex with self or with persons other than the spouse. For the unmarried sexaholic, sexual sobriety means freedom from sex of any kind. And for all of us, single and married alike, sexual sobriety also includes progressive victory over lust."

Let's take a minute to introduce ourselves by first name, state our length of sobriety, and what step or steps we are currently working on. We avoid specific details that might create triggers or legal problems for ourselves or for the members of the group. Please do not share on prosecutable offenses before adjudication. Also, please refrain from using profanity.

I'll begin and we'll proceed around the room to my _____. My name is _____ and I'm a Sexaholic. My length of sobriety is _____. I'm currently working on Step _____.

Meeting Subject

The subject for this evening is _____, and we will be reading _____.

The facilitator chooses a selection from any SA or AA-approved literature which will be read aloud by the group. He/she then asks 3 to 5 questions related to the reading. Questions and answers should last until approximately 8:20.

Participation

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. It's in our secrecy that our disease can thrive. It's in our honesty that we gain power over it.

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. Are there any announcements or anniversaries?

Closing

Anything that you have heard at this meeting is strictly the opinion of the individual participant. The principals 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.

Sponsorship

We strongly recommend that everyone should have a sponsor. It is essential to receive the aid of a sponsor as a guide on the journey of recovery. It is suggested that a sponsor should have at least six months of sexual sobriety. If anyone is willing to be a temporary sponsor, please indicate by raising your hand. (Pause)

Anyone wishing to have a temporary sponsor please see one of these individuals after the meeting.

Sobriety Renewal

Please join me in this sobriety renewal:

- 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:

- Practicing rigorous honesty
- Praying to your higher power
- Calling on others
- Forgiving all resentments
- Refusing all hits as toxic
- Reading literature
- Going to meetings
- Setting and keeping boundaries
- Surrendering all fears, self-pity, and entitlements, 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 kept you sober this morning and protected you from the full consequences of your lust in the past?

After a moment of silence, let's all stand and close with the Third Step Prayer. Found on page 95 of the White Book.