

Saturday 8:30 AM SAA Women's Meeting Agenda

Virtual Meeting Format

Connection Information: Zoom Link:

<https://us02web.zoom.us/j/87919367546?pwd=STRUVmJnaVplaWovbmYvNGtHcmJYZZ09>

Meeting ID: 879 1936 7546

Passcode: 695348

Group conscious decided on this format on 3/21/2020

Revised 2/6/2021

Notes for the Meeting Leader

It is the meeting leader's responsibility to access the reading agenda for this meeting and to provide the link to those attending this meeting. The agenda is available for downloading from dcmetrosaa.org. Go to the Meeting Locator page and download the pdf by clicking on the link that says "Meeting Agenda for Saturday Women's 8:30 AM Meeting".

Welcome (Read by the meeting leader)

Welcome to the Saturday morning, 8:30 AM meeting of SAA. This is a closed women's meeting; only those seeking their own sexual sobriety please. Please keep your phone on mute unless you are sharing. If you have internet access, please download this meeting material. This agenda is available for downloading from dcmetrosaa.org. Go to the Meeting Locator page and download the pdf by clicking on the link that says "Meeting Agenda for Saturday Women's 8:30 AM Meeting".

Preamble (Read by another person asked to do so by the meeting leader)

Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous. Although we are not affiliated with AA or any other organization, we are deeply grateful to AA for making our recovery possible. Our primary purpose is to stop our addictive sexual behavior and to help others recover from sexual addiction. We find a new way of living through the SAA program, and carry our message to others seeking recovery. Membership is open to all who have a desire to stop addictive sexual behavior. There is no other requirement. Our fellowship is open to women and men, regardless of age, race, religion, ethnic background, marital status, or occupation. We welcome members of any sexual identity or orientation.

Prayer (Read by the meeting leader)

Let's take a moment of silence and then pray the serenity prayer.

**God, grant me the serenity to accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.**

Introductions (Read by the meeting leader)

We introduce ourselves by first names only. Newcomers need not admit to a sex addiction.

My name is _____ and I am a sex addict. (Members follow in turn)

Newcomer Welcome (Read by the meeting leader)

Do we have any newcomers? (If so, read Newcomer Welcome)

Welcome to this meeting. We know the courage it takes to attend your first meeting. All of us were in your shoes at one time. After we have finished our opening and beginning readings, we will open up the meeting for sharing. This is a time when you may share your thoughts or feelings on the topic, the reading, or whatever else is on your mind. We avoid cross-talk or interruptions when another person is sharing. We also do not offer advice or criticism. We recommend that you come to at least six meetings before you decide whether SAA has anything to offer you. You will find that each meeting is a little bit different. It is our sincerest hope that you find what you are looking for. And keep coming back!

Our Addiction (Read by another person asked to do so by the meeting leader)

Before coming to Sex Addicts Anonymous, many of us never knew that our problem had a name. All we knew was that we couldn't control our sexual behavior. Although the details of our stories were different, our problem was the same. We were addicted to sexual behaviors that we returned to over and over, despite the consequences.

Sex addiction is a disease affecting the mind, body and spirit. We experience it as compulsion, which is an urge that is stronger than our will to resist, and as obsession, which is a mental preoccupation with sexual behavior and fantasies. In SAA, we have come to call our addictive sexual behavior 'acting out.'

Meeting Format (Read by the meeting leader)

This meeting is focused on all 12 steps of the program and the three circles of defining sexual sobriety in SAA. It is the group conscience that we alternate between step, three circles and open discussion meetings. It is also the group conscience that members have the opportunity to present their First Step in this meeting. A First Step presentation may be scheduled at any week during the meeting cycle.

The Twelve Steps (Meeting leader starts, members follow in turn and each person reads one or more of the steps being mindful to give everyone an opportunity to read). [From Sex Addicts Anonymous, pages 20-21]

1. We admitted we were powerless over addictive sexual behavior and 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.

Guidelines for Sharing (Read by the meeting leader)

If someone's sharing is toxic for you, kindly interrupt with "Excuse me. Could you please amend your sharing?". We do not disclose locations or sources for either sexual liaisons or pornography when we share. Since this meeting ends promptly at 9:30, please be considerate of the time while sharing.

When there are 6 or more attendees, we limit shares to 4 minutes each. Please be mindful of this and be responsible for monitoring your share. We will break at 9:25 to honor the 7th tradition and ask for announcements.

Sharing (Meeting leader shares experience, strength and hope on the topic of the meeting)

Date	Topic
First Saturday	One of the 3 circles
Second Saturday	Step corresponding to the month
Third Saturday	Open Discussion
Fourth Saturday	Tradition corresponding to the month
Fifth Saturday	Open Discussion

Burning Desires (Read by the meeting leader at 9:25)

The time for sharing has ended. Does anyone have a burning desire to share? We ask that burning desires be limited to one minute.

7th Tradition (Read by the meeting leader)

Per the group conscious regarding this temporary suspension of in-person meetings, the group recommends honoring the 7th tradition by directly donating to intergroup via PayPal following the instructions on the website at dcmetrosaa.org:

- Select the "Donations/Payment" link at the top of the page for instructions to donate electronically via PayPal.
- When submitting your donation, please put in the PayPal note "General Donation".

We welcome newcomers to be our guest this morning.

Business and Announcements (Read by the meeting leader)

Are there any announcements for the good of the fellowship?

Anniversaries and Milestones (Read by the meeting leader)

Notes to the meeting leader: The method of giving Virtual chips is at the discretion of the group. Chips can be given in the form of verbal acknowledgement or perhaps an image of a chip can be sent to the recipient through text if they request it and if someone is willing to provide it.

At this meeting as in most 12 step meetings we operate on the chip system. We offer virtual chips during this temporary suspension of in-person meetings. They acknowledge various lengths of sobriety to mark our progress. These chips we offer will not keep us sober, but they have proved to be quite useful in keeping us focused on the path of Recovery.

The first chip we offer is the White chip or as it is known, the 24-hour chip. It is the chip that welcomes you to the program. The white chip is also available for anyone at any time. Is there anyone who would like a virtual white chip?

The rest of the chips mark our progress and anniversaries or milestones in SAA such as our length of sobriety or time in the program. Does anyone have an anniversary or milestone to celebrate in months or years? (*if so, meeting leader asks if they would like a virtual chip*).

The Twelve Promises (Meeting leader starts, members follow in turn and each person reads one or more of the promises being mindful so that each person has the opportunity to read)

If you have decided to follow the suggestions of this program, a new life will begin to unfold within you. Along with this new life are promises that will guide and sustain you. They are manifested among us in sobriety, sometimes quickly, sometimes slowly.

1. We will regain control of our lives.
2. We will begin to feel dignity and respect for ourselves.
3. The loneliness will subside and we will begin to enjoy being alone.
4. We will no longer be plagued by an unceasing sense of longing.
5. In the company of family and friends, we will be with them in body and mind.
6. We will pursue interests and activities that we desire for ourselves.
7. Love will be a committed, thoughtful decision rather than a feeling by which we are overwhelmed.
8. We will love and accept ourselves.
9. We will relate to others from a sense of wholeness.
10. We will extend ourselves for the purpose of nurturing our own or another's spiritual growth.
11. We will make peace with the past and make amends to those we have hurt.
12. We will be thankful for what has been given us, what has been taken away, and what has been left behind.

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.

Closing (Read by meeting leader)

As we prepare to close, if anyone is willing to serve as a temporary sponsor, please state your name and how someone can get in touch with you. For example, "I'm [your name] and I'm willing to serve as a temporary sponsor. If you need a sponsor contact me at [provide phone number or email address]"

In closing the opinions expressed here were strictly those of the person who gave them. Take what you like and leave the rest. The things we have shared were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind.

A few words to those who have not been with us very long: Whatever your problems, there are those among us who have had them, too. If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened. We are not perfect. The welcome we give you may not show the warmth we have in our heart for you. After a while, you'll discover that you may not like all of us, but you'll love us in a very special way – the same way we already love you.

Talk to one another, reason things out with someone else, but let there be no gossip or criticism of one another. Instead, let the understanding, love, and peace of the program grow in you one day at a time. Will all who care to join me, let's close with the Serenity Prayer:

**God, grant me the serenity to accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.**

Keep coming back! It works if you work it, so work it 'cause you're worth it!

Twelve Traditions

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.