

Tuesday 6:30 PM SAA Women's Agenda

Virtual Meeting Format

ZOOM Meeting Connection Information:

<https://us02web.zoom.us/j/5530518107?pwd=enRyKzAOUWlzMjNmYVRtUVludDRIUT09>

Meeting ID: 553 051 8107

Passcode: 123456

Rewritten: 03/21/2020, 02/02/2021, 10/5/2021

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 Tuesday Women's 6:30 PM Meeting".

Welcome (Read by the meeting leader)

Welcome to the Tuesday evening, 6:30 PM meeting of SAA. This is a closed women's meeting; only those seeking their own sexual sobriety please. In this meeting we share on our recovery as it relates to sex addiction. Please put your microphone on mute unless you are sharing.

What is Sex Addicts Anonymous? (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.

Moment of Silence/Serenity Prayer (Read by the meeting leader)

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

**God, grant us the serenity to accept the things we cannot change,
The courage to change the things we 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 crosstalk 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 our group conscience decision that we:

- Rotate leadership so that each member can lead the meeting. During sharing, the meeting leader will choose the topic or optionally ask if any member has a topic to share.
- Optionally read to the group one of our inner circle and outer circle behaviors during the sharing portion of the meeting. The purpose of this is to remind ourselves of our personal commitment to the behaviors for which we are willing to be responsible and set our intention for our recovery.
- Any member may 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.

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

In this meeting, we use the words 'I' or 'we' instead of 'you' when sharing about our recovery. We do not interrupt or give advice unless asked. We address our sharing to the whole group, not to one or more individuals. A meeting is not a place to meet sexual partners, nor is it group therapy. We try not to use offensive language, or descriptions that are too explicit. We avoid mentioning specific names or places associated with our acting-out behavior. Our focus remains on the solution, rather than the problem.

We strive to practice anonymity and confidentiality, so that the meeting will be a safe place for each and every sex addict. We generally use only our first names in the group, to help ensure anonymity. Who we meet or what is said in a meeting is treated as confidential and is not discussed with non-group members.

Introduction to Sharing (Read by the meeting leader)

All participation is voluntary. We are not required to speak if we don't want to. Just by listening we can learn how other members become honest, confront their addiction, find support from fellow addicts and practice the program. Though our addictive behavior may have multiple dimensions, this is a sex addicts anonymous meeting, so our focus is on our recovery from sex addiction.

For those who have inner and outer circle defined and wish to share with the group, now is the time to share one inner circle and one outer circle behavior (meeting lead begins).

The meeting leader now introduces the topic or introduces another member who wishes to lead with a topic. The lead is encouraged to speak from a place of strength and hope.

Burning Desires (Read by the meeting leader at 7:20)

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)

There are no dues or fees for membership; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. We welcome newcomers to be our guest this evening. During this temporary suspension of in-person meetings, the group members can honor 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”.

Business and Announcements (Read by the meeting leader) Are there any announcements for the good of the fellowship? Group conscious will be held on the first Tuesday of the month directly following this meeting.

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 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.

How We Live (Read by another person asked to do so by the meeting leader)

[From Sex Addicts Anonymous, page 61]

Practicing these principles in our lives means applying program principles at home, at work, and wherever else we gather with others for a common purpose. As we grow spiritually, we find opportunities for service in virtually any situation. Our closest relationships may offer the most challenges to our honesty, compassion, and integrity, but we are often rewarded beyond our expectations. We find that spiritual principles can guide us in the everyday challenges of life, and they can help us face even loss, grief, and death with fortitude and grace. What we gain in this program is a blueprint for full and successful living, whatever may come.

We maintain our recovery by working a daily program, in the knowledge that although we can never be perfect, we can be happy today. We can live life on life's terms, without having to change or suppress our feelings. Our serenity and sobriety grow as we continue to live according to spiritual principles. We enjoy the gifts that come from being honest and living a life of integrity. We ask for help when we need it, and we express our love and gratitude every day. We realize that everything we have been through helps us to be of service to others. We learn that the world is a much safer place than we had ever known before, because we are always in the care of a loving God.

Closing (Read by meeting leader)

[From Sex Addicts Anonymous, page 98, paragraph 6] "This is how recovery has been for us. Each of us has taken steps of courage and leaps of faith. Each of us has contributed, not only to

our own recovery, but to the recovery of other suffering sex addicts as well. We have contributed by showing up at meetings and by sharing our experience, strength, and hope. We have listened to our fellow addicts and supported them in their recovery journey. Like the first members of our fellowship, we continue to remain sexually sober by helping our fellow addict stay sober. Our prayer is that every sex addict who seeks recovery will have the opportunity to find it. And keep coming back".

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. Let's close with the "we" version of the Serenity Prayer.

**God, grant us the serenity to accept the things we cannot change,
The courage to change the things we 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!