

## **Suggested Format for SAA Sunday Night Men's Meeting San Rafael**

Welcome to the Sunday Evening Men's Meeting of Sex Addicts Anonymous. My name is \_\_\_\_\_ and I am a sex addict and your secretary for tonight's meeting.

As we begin, will someone be our **timekeeper**, please? Thank you.

Let's open the meeting with a minute of silence to recall why we are here, followed by the **Serenity Prayer**.

May we have the **Opening** read please? Thank you

May we have **How it works** read please? Thank you

May we have the **12 Traditions** read please? Thanks

May we have the **Abstinence Statement** read please? Thank you

We will now read one of the **TOOLS OF RECOVERY** from the SAA literature of the same name. Please read one paragraph and pass the book.

If this is your first, second, or third time at this meeting we ask that you now introduce yourself by your first name only. This is not meant to embarrass you but so that we can get to know you. Is there anyone here tonight for the first, second, or third time?

**[Introductions]** Welcome!

Also, if there are any **Newcomers** here tonight, we ask that you now introduce yourself. A newcomer by definition is someone in his first 30 days of sobriety. Are there any newcomers here tonight? **[Intros]...We're glad you're here. Keep coming back, it works (applause).**

Now we will have **general introductions**.

**[First Sunday only]: Since this is a Step Study Meeting, we ask that you also include the step you are currently working.]**

Those of you who have already introduced yourself, please introduce yourself again. My name is \_\_\_\_\_, and I am a sex addict.

**[After Intros]** We'll now pass around a **phone list** for this meeting. Putting your name on this optional list means you are willing to accept program calls. We provide the list to the outreach people following each meeting.

**This meeting is divided into four general parts:** first is SAA readings and introductions; second is a speaker, *first step*, or literature study; third is the getting current portion; fourth is concluding readings and announcements.

We *do* encourage formal First Step Presentations that have been arranged in advance and prepared working with a sponsor. In his presentation, a member shares with the group the details of his behavior and its consequences in order to illustrate his powerlessness and the unmanageability of life as an active addict. The member is allowed up to 30 minutes for his presentation, followed by feedback from other group members on what it was like hearing his presentation. Please contact the secretary after the meeting, or by phone, if you are interested in scheduling.

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**[FIRST SUNDAY OF MONTH, STEP STUDY]**

We will begin with **Step Study**. We'll read an entire Step from the SAA Green Book. Please read a paragraph then pass the book along. This week we're reading **Step \_\_\_\_**.

**[When finished]** Working the Steps is an important part of the SAA program and we recommend working with a sponsor. If you can't find a sponsor, you can work your Steps by working with another addict in a co-sponsorship. Refer to the "Tools of Recovery" or "Getting Started In SAA" pamphlets for more ideas about sponsorship.

Now it's time for the **GETTING CURRENT** portion of the meeting. As we begin, we ask that there be no cross-talk; that is, comments be addressed to the group as a whole and not directly to an individual. Cross-talk includes: advice giving, compliments, feedback, referring directly to another person's share, or being helpful. Please be civil, and save remarks to individuals for after the meeting. While we encourage you to speak freely about your sex addiction, to avoid triggering other members refrain from mentioning the specific name of acting out places, people, publications, or being too graphic or descriptive about your acting out behavior.

We also ask that shares describe your experience, strength, and hope around sex addiction. Try to limit your shares to three minutes. The timekeeper will signal you when there's one minute remaining. Please no second shares until all have had an opportunity the first time. Please honor the time limit. Now we will have a reading from **Answers in the Heart** and then a **silent meditation**. Who would like to read? **(reading)** Will the timekeeper please begin our silent meditation for a full **two minutes** to remind us why we are here. **[When finished] The meeting is now open for sharing.**

**[SECOND SUNDAY OF MONTH]**

Tonight is a **Speaker Meeting** (20 min.) {or **First Step Presentation** (30 min.)}  
**( If 1<sup>st</sup> Step, read that document & script from pg. 5 of 6 following ).** **Speaker's NAME** is here to share his story with us. **[When finished]** Thanks, \_\_\_\_\_.

(page 2 of 6)

In a few moments we'll have feedback from other group members on what it was like hearing your talk. But before we begin we ask that there be no cross-talk except for remarks to the speaker. Cross-talk includes: advice giving, compliments, feedback, referring directly to another person's share, or being helpful. Please be civil, and save remarks to other individuals for after the meeting. While we encourage you to speak freely about your sex addiction, to avoid triggering other members refrain from mentioning the specific name of acting out places, people, publications, or being too graphic or descriptive about your acting out behavior. We also ask that shares describe our experience, strength, and hope around sex addiction. Try to limit your shares to three minutes. The timekeeper will signal you when there's one minute remaining. Please no second shares until all have had the opportunity a first time. Please honor the time limit.

But before that we'll have a reading from **Answers in the Heart** and a **silent meditation**. Who would like to read? (**reading**)...Will the timekeeper please begin our **silent meditation** for a full **two minutes** to remind us why we are here. [**After meditation**] **The meeting is now open for sharing.**

**[THIRD SUNDAY, LITERATURE MEETING] (only 1<sup>st</sup> 99pgs of Green Book)**

**or First Step Presentation ; if so, read that doc. and script of page 5 of 6 following or if 2<sup>nd</sup> or 4<sup>th</sup> Sunday &there is NO SPEAKER we read Literature**

It's time for the **literature portion** of the meeting. {**Secretary says, if we're NOT reading a step or tradition**} *"Will the timekeeper set the timer for 10 minutes. We'll pick up where we left off last time, page \_\_\_\_ . Please read a paragraph from the SAA Book then pass the book along. (When finished)*

Now it's time for the **GETTING CURRENT** portion of the meeting. As we begin, we ask that there be no cross-talk; that is, comments be addressed to the group as a whole and not directly to an individual. Cross-talk includes: advice giving, compliments, feedback, referring directly to another person's share, or being helpful. Please be civil, and save remarks to individuals for after the meeting. While we encourage you to speak freely about your sex addiction, to avoid triggering other members refrain from mentioning the specific name of acting out places, people, publications, or being too graphic or descriptive about your acting out behavior. We also ask that shares describe your experience, strength, and hope around sex addiction. Try to limit your shares to three minutes. The timekeeper will signal you when there's one minute remaining. Please no second shares until all have had an opportunity the first time. Please honor the time limit. Now we'll have a reading from **Answers in the Heart** followed by a **silent meditation**. Who would like to read? (**reading**)...Will the timekeeper please begin our **silent meditation** for a full **two minutes** to remind us why we are here.

**[When finished] The meeting is now open for sharing.**

**[FOURTH SUNDAY, SPEAKER MEETING]**

Tonight is a **Speaker Meeting** (**Lit** if no speaker is available; **if so**, read text for Third Sunday preceding.) **Speaker's NAME** is here to share his story with us. Will the timekeeper set time **for 20 min.** **[When finished]** Thanks,\_\_\_\_\_

In a few moments we'll have feedback from other group members on what it was like hearing your talk. But before we begin we ask that there be no cross-talk except for remarks to the speaker. Cross-talk includes: advice giving, compliments, feedback, referring directly to another person's share, or being helpful. Please be civil, and save remarks to other individuals for after the meeting. While we encourage you to speak freely about your sex addiction, to avoid triggering other members refrain from mentioning the specific name of acting out places, people, publications, or being too graphic or descriptive about your acting out behavior. We also ask that shares describe our experience, strength, and hope around sex addiction. Try to limit your shares to three minutes. The timekeeper will signal you when there's one minute remaining. Please no second shares until all have had the opportunity a first time. Please honor the time limit.

But before that we'll have a reading from **Answers in the Heart followed by a silent meditation.** Who would like to read? (**reading**)

Will the timekeeper please begin our **silent meditation** for a full **two minutes** to remind us why we are here. **[After meditation] The meeting is now open for sharing.**

**[IF FIRST STEP PRESENTATION TONIGHT]**

Tonight, \_\_\_\_\_ is prepared to share his **First Step** with us. Would you like the introduction read by your sponsor or myself? (Timekeeper alert to be determined.)

**[Read intro document for First Step Presentation...** (allow up to 30 minutes)

**[When First Step finished]** Thank you, \_\_\_\_\_, for sharing your First Step with us. It's time for feedback from other group members on what it was like hearing your presentation. The group has a responsibility to be loving, caring, and accepting of you. Members will avoid judging you, giving advice, or taking care of you.

It's also time for the **GETTING CURRENT** portion of the meeting. We ask that there be no cross-talk; that is, comments be addressed to the group as a whole, except for remarks to the speaker. Cross-talk includes: advice giving, compliments, feedback, referring directly to another person's share, or being helpful. Please be civil, and save remarks to individuals other than the speaker for after the meeting. While we encourage you to speak freely about your sex addiction, to avoid triggering other members refrain from mentioning the specific name of acting out places, people, publications, or being too graphic or descriptive about your acting out behavior. We also ask that shares describe your experience, strength, and hope around sex addiction. Try to limit your shares to

three minutes. The timekeeper will signal you when there's one minute remaining. Please no second shares until all have had an opportunity the first time. Please honor the time limit

But first we'll have a reading from **Answers in the Heart** followed by a **silent meditation**. Who would like to read? (reading)

Will the timekeeper please begin our silent meditation for a full two minutes to remind us why we are here. **[When finished]** The meeting is now open for sharing.

### **FIFTH SUNDAY: TWELVE and TWELVE reading**

Fifth Sunday is a reading from the AA Twelve and Twelve. (Read the entire Step or Tradition) **(When finished)**

Now it's time for the **GETTING CURRENT** portion of the meeting. As we begin, we ask that there be no cross-talk; that is, comments be addressed to the group as a whole and not directly to an individual. Cross-talk includes: advice giving, compliments, feedback, referring directly to another person's share, or being helpful. Please be civil, and save remarks to individuals for after the meeting. While we encourage you to speak freely about your sex addiction, to avoid triggering other members refrain from mentioning the specific name of acting out places, people, publications, or being too graphic or descriptive about your acting out behavior. We also ask that shares describe your experience, strength, and hope around sex addiction. Try to limit your shares to three minutes. The timekeeper will signal you when there's one minute remaining. Please no second shares until all have had an opportunity the first time. Please honor the time limit.

Now we'll have a reading from **Answers in the Heart** followed by a **silent meditation**. Who would like to read? (reading) Will the timekeeper please begin our **silent meditation** for a full **two minutes** to remind us why we are here. **[When finished]** The meeting is now open for sharing.

### **EVERY MEETING]**

**[At approximately 8:50 PM.]**

That's all the time we have for tonight. Thanks to all of you for participating. **[Thanks to the First Step Presenter or Speaker if applicable.]** If you are new and didn't get to share and feel the need, please approach one of us after the meeting. New members also receive any tri-fold pamphlets they wish to take. Please see the Literature person.

**[Acknowledgment of those new to the meeting or Newcomers.]**

Now is the time to practice the **Seventh Tradition** which states that every SAA meeting ought to be fully self-supporting, declining outside contributions. Your donation tonight helps cover the cost of this meeting. In addition to our expenses we contribute to the

**(page 5 of 6)**

International Service Organization, the umbrella organization of the SAA fellowship that provides many outreach, networking, and communication services, including supplying our meetings with literature. The suggested donation is \$2. Any amount is acceptable.

**May we have brief comments by the literature person.**

**May we hear from the CD librarian.**

Are there any **SAA related Business Announcements?**

We have a **Service Position** to fill every week. We need someone to be an outreach person. You will be responsible for calling this week's **Newcomers and New Members** once or twice in the coming week to check in and offer support. The term of service is one week, and the only sobriety requirement is that you be currently abstinent. Who would like to be the **Outreach Person** this week? Thank You.

We also each week ask one or two people **to volunteer for set-up before the next meeting**. There are no sobriety requirements for this. Do we have any **volunteers?**

A **business meeting** is held before this meeting on the **first Sunday of each month**.

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**[ LAST SUNDAY OF THE MONTH, CHIP MEETING]**

Tonight's meeting is a **chip meeting**. We use chips to celebrate periods of continuous sexual sobriety of one day or more. We encourage anyone who cares to do so to step forward and accept a chip in recognition of the hard work and commitment you have shown in maintaining your sobriety. Is there anyone who would like a chip for one day of Sobriety? 30 days? 60 days? 90 days? Six months? Nine months? One year? 18 months? Periods greater than a year? **[If someone raises his hand the chip person gives him the appropriate chip and a hug.]**

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**[EVERY MEETING]**

**Since we know that long- term sobriety can be a source of hope to others in the program, we ask that anyone with one year or more sobriety stand.**

**Are there any (other) Sobriety Anniversaries? Has anyone completed one of the Steps?**

May we have **the Promises** read...Thank you.

May we have **the Closing** read...Thank you

Will all who care to do so, please join me in concluding this meeting by standing, joining hands, and saying the **Unity Prayer**.