

Sunday 11:30 AM SAA Meeting
Survivors: Healing in Recovery

(Pass the readings out before the start of the meeting. Do not read the parts in parentheses out loud.)

Good morning and welcome to the Sunday **Survivors: Healing in Recovery** meeting of Sex Addicts Anonymous. My name is ____, I am a sex addict and your secretary for today.

This is a closed mixed meeting for sex addicts and CoSAs. The only requirement is a desire to stop addictive sexual or codependent of sex addict behavior.

Let's start with a moment of silence to remember why we are here, followed by the **Serenity Prayer**.

God grant me the serenity
To accept the things I cannot change
Courage to change the things I can
And the wisdom to know the difference.

May we please hear **Who We Are?** *(Reading)* Thank you.

May we please hear **Our Program** and the **Twelve Steps?** *(Readings)*
Thank you.

May we please hear the **Tradition of the month?** *(Reading)* Thank you.

May we please hear the **Abstinence Statement?** *(Reading)* Thank you.

Is anyone from out of town or at this meeting for the first time? We ask you to introduce yourselves by your first name only so that we can get to know you and support you after the meeting. *(Introductions)* Welcome!

It is the custom of this group to welcome **newcomers**. A newcomer is anyone new to SAA or CoSA with less than 30 days of sexual and/or codependent of sex addict sobriety as defined by abstinence from inner circle behavior. Are there any newcomers with us today? *(Introductions)*
Welcome!

Now let's go around for **general introductions**. Newcomers and everyone please re-include yourselves. I'm _____, I'm a sex addict and/or codependent of sex addicts. (*Introductions*)

This is a getting current meeting with a focus on the relationship between early childhood trauma and sexual addiction. Childhood trauma is defined as, but not limited to, physical, emotional or sexual abuse; neglect, or anything that you think affected you in relation to your sex addiction or codependency of sex addiction.

Some of us find that our memories and feelings surface and/or intensify when we stop the active addiction. At times, this intensification can feel overwhelming and presents an additional challenge to staying sober.

It is our experience that when we feel free to tell our stories and be honest about our feelings, it becomes easier to maintain our sobriety. With sobriety we find that true recovery is possible.

Members are encouraged to talk about whatever they need to; however, to make this space safe for everyone, group conscience asks that we do not talk about our abusive behaviors. It is up to individual members to take care of themselves. In doing so, it is entirely appropriate to leave the meeting and return at any time.

The **meeting format** is as follows:

On the **first** and **third Sundays**, a speaker shares for 10-15 minutes.

Otherwise, there is a **suggested topic** from the floor. (*Introduce speaker for 10-15 minute share.*)

(*When speaker is finished or if it is a non-speaker meeting*) It is now time for the discussion portion of the meeting. Group conscience states that members may share for up to five minutes (or 3 minutes if there are six or more attendees). Who wants to be timekeeper?

There is no **crosstalk** at this meeting. **Crosstalk** is defined as any comment on or during another person's share. However, it is group conscience of this meeting that the Secretary may remind us not to talk about our abusive

behaviors.

Also, each share is to be held in complete confidence to protect the anonymity of our group. This is a tag meeting. Who would like to begin?

(General shares)

(At about 12:25 PM) That is all the time we have for shares. If you did not get a chance to share and need to, please speak with someone after the meeting.

It is now time for the **7th Tradition** which states: “Every SAA group ought to be fully self-supporting, declining outside contributions.” There are no dues or fees for SAA. Our rent is our 7th tradition, give what you can.

(On the last Sunday of the month) On the last week of the month, which is this week, it is our tradition to pass the basket for a second round; this second round goes towards literature for this meeting and contributions to ISO and the Bay Area Intergroup.

Regarding **phone numbers**: the phone can be an important tool during recovery. Members are encouraged to get phone numbers of individuals whose shares they relate to, to use as part of a support system. Please be sensitive when using the phone and understand that sharing your phone number is completely voluntary.

While the basket is being passed, may we hear from the literature person regarding available literature?

Are there any **sobriety acknowledgements**?

Our **business meeting** is held on the last Sunday of the month.

Are there any **SAA-related announcements**?

Thanks to all for coming and making this meeting possible. Talking about abuse and its relationship to our recovery can be evocative. Some of us find that during or following this meeting difficult feelings arise. Others of us may experience a pull toward the old solution of addiction.

For these reasons, we suggest that you might want to schedule to be with people after this meeting and that you stay close to the program. Reach out and talk to others and make use of the many tools of the program to help you maintain your abstinence from compulsive sexual and/or codependent of sex addict impulses and behaviors. Sobriety is the fundamental path to recovery.

May we now hear **A Vision for You?** (*Reading*) Thank you.

May we now hear **The Closing?** (*Reading*) Thank you.

Let's close with **The Unity Prayer.**