

Welcome to this Sobriety Renewal Call of Sexaholics Anonymous

Mon, Wed, Fri

First things first: please just remember to mute your phone when you're not speaking. If your phone doesn't have a mute feature, then you can press 5 to mute and 4 to "un-mute". Thank you; this helps us to minimize background noise.

In this Sobriety Renewal Call, participants take turns to answer a list of questions. Our goal is to finish within 45 minutes, so please limit your answers to a sentence or two. We simply want to commit to ourselves, each other and God, to what it takes to stay sober, just for today.

What is Sexual Sobriety? (from Newcomer Pamphlet)

In defining sobriety, we do not speak for those outside of Sexaholics Anonymous. Sexual sobriety for sexaholics of our type means no sex with ourselves and no sex with any partner other than the spouse. In SA's sobriety definition, the term "spouse" refers to one's partner in a marriage between a man and a woman. Sexual sobriety also means progressive freedom from the many forms of sexual thinking and stimulation and lust that enter our lives. This freedom is found by remaining sober and by using our Twelve Steps and Twelve Traditions in our daily lives.

Please take a moment to introduce yourself by first name (even if you don't plan to share) and state where you are calling from (if you wish) as well as your length of sexual sobriety. The order in which we introduce ourselves will be the same order we use to answer the questions. My name is _____ and I'm a sexaholic in [town/country]. My sobriety date is [date].

Member introductions then follow.

Will you please join me in the Serenity Prayer? I suggest we use the singular/plural form.

God, grant me/us the serenity to accept the things I/we cannot change, courage to change the things I/we can, and wisdom to know the difference. Thy will, not mine/ours, be done.

Preliminary Announcements:

a) We ask that all callers please introduce themselves, whether they plan to share or not. Has anyone else joined the call?

b) Here is the order of callers for tonight: (John, Will, Jean etc.)

c) In participation, we avoid topics that can lead to dissension or distraction. We also avoid explicit sexual descriptions and sexually abusive language. The emphasis is on honesty, recovery and healing – how to apply the Twelve Steps and Traditions in our daily lives. Let there be no 'cross talk' please. If someone feels another is getting too explicit, they may so signify by quietly saying "My hand is raised".

Now to the questions:

1. Are we willing to admit, just for today, that we are powerless over lust and sexual acting out?

(Optional reading: "We learned that we had to fully concede to our innermost selves that we were [sexaholics]. This is the first step in recovery." AA Big Book, p 30)

Has anyone else joined the call?

2. Do we desire sobriety and freedom for the next 24 hours, and are we willing to do whatever is necessary to protect this desire, just for today?

(Optional reading: That is, freedom from the actions and/or obsessions of lust; surrendering all fear, self-pity and entitlement; freedom from resentment, shame, and isolation? Do we desire freedom from all seven deadly sins: anger, envy, greed, gluttony, pride, sloth and of course lust?)

Has anyone else joined the call?

3. Just for today, do we commit to God and this group that we do not have to have sex with ourselves or with anyone else, other than our spouse, no matter what? In SA's sobriety definition the term spouse refers to one's partner in a marriage between a man and a woman. *(Optional reading: "We discovered that we could stop, that not feeding the hunger didn't kill us, that sex was indeed optional. There was hope for freedom, and we began to feel alive." SA White Book, p 204)*

This is the time during our call where we make a few brief ongoing announcements:

- a) If you would like a copy of this script please speak to the Chairperson after the meeting or contact the list coordinator (you can also email info@saphonemeeting.org)
- b) Additional information about SA telephone meetings may be found at www.DenverSA.org. Please refer to the alternative number (218) 339-2699 passcode 349956# if the main number isn't working. This meeting occurs nightly.
- c) Are there any brief SA or group announcements?

Has anyone else joined the call?

We now move to Question 4.

4. Let's share about our conscious contact with our Higher Power in the past day, realizing that it's not this renewal in itself or any other tool that keeps us sober, God does.

5. Is there anything in the recent past that has endangered our sobriety-lustful or otherwise-that we need to bring to the light?
(Optional reading: Alternatively, we may wish to share a victory over temptation).
(Optional reading: "[Sobriety involves] a manner of living which requires rigorous honesty. Remember that we deal with [lust], cunning, baffling and powerful." AA Big Book pp 58-59)

6. Is there anything in our plans for the next 24 hours that may lead us into difficulty? (Optional reading: e.g. danger zones, rain checks, slippery spots or hidden bottles). In addition, let's share about our recovery plan for the next 24 hours.
(Optional reading: For example, spiritual reading, contacting others to give and receive help, prayer and meditation, journaling and step work, giving and receiving sponsorship, physical care of our bodies, setting appropriate boundaries, service, going to meetings, and refusing all lust or other hits as toxic)

7. Let's share just one thing of the many we might be grateful for or proud of.

8. And just for today, are we willing now to hand over our wills and the care of our lives to the One who kept us sober yesterday and protected us from the full consequences of our lust in the past?

Thanks to everyone for sharing.

Is there anyone who needs additional help who would like a member to talk with after the formal part of this meeting has ended? (*Chairperson or another member(s) may help with this*).

May God bless us all and let's remember we are never alone. Let's close with the Third Step Prayer, which you'll find on page 63 of the AA Big Book or page 95 of the SA White Book. I suggest we use the singular/plural form.

God, I offer myself to Thee, To build with me, and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them May bear witness to those I would help of Thy Power, Thy Love and Thy Way of Life. May I do Thy will always! Amen.

Thanks for calling and for letting me be of service. Have a good day, everyone.

Welcome to this **Book Study** Call of Sexaholics Anonymous

Sun, Tue, Thu, Sat

Hello; my name is _____, and I'm a recovering sexaholic. Welcome to the SA 9pm PST Telephone Meeting. This is a closed meeting. Only those desiring their own personal sexual sobriety, please.

Would someone be willing to read "the SA Purpose" from page 201 of the White Book?

Can someone Please Read "What is Sexual Sobriety" from the "SA to the newcomer" pamphlet?

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INTRODUCTIONS:

Let's take a minute to introduce ourselves by first name and state our length of sexual sobriety and where we are calling from, if we wish. I'll begin. My name is _____, I'm a sexaholic, I've been sexually sober for _____, and I'm calling from _____.

MEMBERS INTRODUCE THEMSELVES.

Will you all now please join me in the serenity prayer? I suggest we use the singular/plural form:

God, grant me/us the serenity to accept the things I/we cannot change, courage to change the things I/we can, and wisdom to know the difference. Thy will, not mine/ours, be done.

To avoid problems of background noise, please press the 5 key on your phone to mute yourself; this makes it easier for us to hear you on the call. When you want to unmute and speak, press the 4 key. If you forget which is which, press either key & a recorded voice reminds you.

Has anyone else joined the call?

The format of this meeting is that a member chooses a paragraph or a few pages from any piece of SA Conference Approved Literature and reads it out. We then invite all members to share on what they have heard.

READING:

Tonight, _____ has chosen a reading from the literature:

MEMBER READS IT OUT.

AFTER READING HAS FINISHED, CHAIRPERSON SAYS: Thank you, X. Just before we proceed to the sharing portion of this meeting, I would like to read the following from page 198 of the White Book:

In participation, we avoid topics that can lead to dissension or distraction. We also avoid explicit sexual descriptions and sexually abusive language. The emphasis is on honesty, recovery and healing -- how to apply the Twelve Steps and Traditions in our daily lives.

No 'cross talk' please. If someone feels another is getting too explicit, they may so signify by quietly saying "My hand is raised".

Has anyone else joined us the call?

We have [6] members on the line this evening, and about [30] minutes of the meeting left. So tonight, we have approximately [5] minutes each. If you would like to be timed, please say so. If time and attendance allow, we will read &/or share again. And with that, who'd like to start?

CLOSING AT 9.40PM:

CHAIRPERSON READS: Anything you have heard at this meeting is strictly the opinion of the individual participant; the principles of SA are found in our Twelve Steps and Twelve Traditions. This is an anonymous program. Please keep the name, telephone number and any other information about anyone you meet or learn about in SA 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 or films, or any other medium. Neither does anyone speak *for* SA.

Does anyone have any SA or group announcements?

Is there anyone who needs additional help who would like a member to talk with after the formal part of this meeting has ended? (Chairperson or another member(s) may help with this).

May God bless us all and let's remember we are never alone. We close with the Third Step Prayer, which you'll find on page 63 of the AA Big Book or page 95 of the SA White Book. I suggest we use the singular/plural form.

*God, I/we offer myself/ourselves to Thee
To build with me/us, and to do with me/us as Thou wilt.
Relieve me/us of the bondage of self, that I/we may better do Thy will.
Take away my/our difficulties, that victory over them
May bear witness to those I/we would help of Thy Power, Thy Love and Thy Way
of Life.
May I/we do Thy will always! Amen.*

AFTER CLOSING:

Thanks for calling and for letting me be of service. Can I have a volunteer to select a reading from SA Conference Approved Literature for next week?

Have a good day, everyone.