
SAPhoneMeeting every day @ Noon EST

Day: All **Time:** 12:00 PM **Access:** 712-338-8720 **Pin:** 5661#

WELCOME

Welcome to the mixed gender Sexaholics Anonymous Phone Meeting @ 12 Noon EST. This is a closed meeting. Only those desiring their own personal sexual sobriety, please. Let's start the meeting with a moment of silence followed by the serenity prayer. We meet 7 days per week and have adopted the SA *White Book* suggested Format¹.

ETIQUETTE

Please be courteous—mute your phone if there is background noise at your location and when you are not speaking. We recommended using the mute feature on your phone. If your phone does not have the mute feature, press 5 to mute and press 4 to un-mute (phone system will give you an audio acknowledgement when you are on mute).

READINGS

Leader asks for volunteer to read,

- The SA Purpose (WB pg. 201)
- What Is a Sexaholic and What Is Sexual Sobriety? (WB pg. 202)
- The Problem (WB pg. 203)
- The Solution (WB pg. 204-5)

For future reference, all the readings appear online @ www.saphonemeeting.org.

INTRODUCTIONS

The format of this meeting is to take turns reading a short section from SA approved literature and then share on the that topic. Let's take a minute to introduce ourselves by first name (even if you don't plan to share), where you are calling from and state our length of sexual sobriety. If you would like to suggest a reading and have access to a particular book, feel free to mention that as well.

I'll begin, and we'll go around the call. My name is ___ sexaholic from ___, and I've been sober for ___. I will pass to the next caller. Has anyone else joined the call?

The first person to share will be a member of SA who has been sexually sober for 30 days or more. We do this to help set the tone on recovery and program. After that, we will follow the order in which we introduced ourselves. As your trusted servant, I will share after any additional callers that may join later.

Here is the list of callers I have thus far ___, ___, etc. It is helpful if you can keep track of your name in the order of callers and introduce the person that follows you when done sharing. If you don't know, feel free to say, "I'll pass to the next caller".

PARTICIPATION

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 a subtle cough or dropping off the call and returning when necessary.

The goal is to finish within 1 hour, giving everyone an opportunity to participate. If there is time left over, we can continue reading & sharing.

Has anyone else joined the call? Again, here is the list of callers ____, ____, etc. Gentle reminder – Please mute your phone when you are not speaking. Press 5 to mute and press 4 to un-mute.

ANNOUNCEMENTS (at conclusion of participation)

It's time for our 7th Tradition, which states, “We have no dues or fees but we are self-supporting through our own contributions”. Please visit www.saphonemeeting.org to make a donation and get further information about SA. We have a regular Group Conscience meeting on the last Wednesday of the month.

Do we have any other announcements for the good of SA? If there is anyone who needs additional help or would like a member to talk to, feel free to stick around after the meeting. On Mon & Thu the next phone meeting meets at 2:00 PM and 3:00 PM EST (see internet for PIN#s)

CLOSING

I would like to thank everyone for sharing and the opportunity to be of service!

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, address, and phone number of 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. Neither does anyone speak for SA.

Leader asks someone to read, any one of the following: A Vision for you (WB pg. 210) or the Promises (BB pg. 83-84). After a moment of silent meditation, I'd like to ask ____ to lead us in the Lord's Prayer." **KEEP COMING BACK!**

SAPhoneMeeting every day @ Noon EST

LOG

#	Name	Calling from	White Book (yes/no)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Footnotes:

¹ The Noon group tries to offer a diverse style of meetings using the general “Book-study format” (*Suggested Meeting Format* WB pgs. 197-200).

Per the group conscience, readings must come from [SA Fellowship Approved literature](#). Closing reading can also include Traditions and How it Works. *Essay* is Sexaholics Anonymous’ quarterly newsletter. *Recovery Continues* is SA’s collection of personal stories originally published in the *Essay* newsletter 1984-1990 and we pick the current date’s Daily Meditation readings from AA [Daily Reflections](#).

Additional resources include *Best of Essay 2002 – Practical Recovery Tools 1994-2003*, [Alcoholics Anonymous Big Book](#) (aka AA BB), AA [Twelve and Twelve](#), SA *Step Into Action*, etc. One of the challenges is substituting sexaholism/lust for alcoholism during the AA readings, so feel free to use your imagination.

We have a regular Group Conscience / Business Meeting on the last Wednesday of the month (see [SA Service Manual](#)). We encourage anyone to volunteer to Lead/Secretary the meeting. If you would like to secretary on a regular basis (we suggest 1 month term of service and NO sobriety requirement), and/or have suggestions, please send an email to noon@saphonemeeting.org. Occasionally, we will have a guest speaker who will share his/her experience, strength and hope to kick-off the discussion. Speaker meetings are reserved for any SA member who has been sober for 30 days or more to lead the meeting and share what it was like, what happened and what it is like now. In addition, if you would like to do a First Step, please let the secretary know to schedule in advance.