

SAPhoneMeeting every day @ Noon EST

Day: All **Time:** 12:00 PM **Access:** 858-200-4900 **Pin:** 7138664#

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 Format (see footnotes¹ at end of script)

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 *6 to mute and/or 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 these readings appear online @ the “Group Conscience approved” saphonemeeting.org website. Goto [Readings Commonly Used in Meetings](#). If you have any other questions, please send an email to the group mailbox – noon@saphonemeeting.org

INTRODUCTIONS

The format of this meeting (Monday: refer to Speaker Meeting footnotes² at end of script) is to take turns reading a short section from SA approved literature and then share on the 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. This includes mentioning acting out locations, websites and TV/Movie shows. The emphasis is on honesty, recovery, and healing—how to apply the Twelve Steps and Traditions in our daily lives. No cross talk, please. We define cross talk as validating or invalidating any person's share, including mentioning another person's name³. If someone feels another is getting too explicit, they may so signify by saying, "my hand is raised" or dropping off the call and returning when necessary.

The goal is to finish within one hour, giving everyone an opportunity to participate. Please self monitor your sharing time averaging around two minutes per person. If necessary, the secretary we'll remind you of the time limit by saying, "time". If we finish early, we can continue reading & sharing. Also, you'll have plenty of time to share longer in the car park after the formal part of the meeting has ended.

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 *6 to mute and/or 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 saphonemeeting.org to make a donation and get further information about SA. We are a "Home Group", and if you would like to join please send an email to noon@saphonemeeting.org. 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? Is there anyone on the call that would like to be a "temporary sponsor"? If there is anyone who needs additional help or would like a member to talk to, feel free to stick around after the meeting.

Optional: Monday the next phone meeting meets now (1:00 PM EST) using PIN 5403 (Men Only) and Thursday there is another mixed gender meeting at 2:00 PM EST using the same PIN# 5661. Other meetings are later tonight, depending on your time zone.

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!**

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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.

² We have a guest speaker meeting on Mondays, 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 1 year or more to lead the meeting and share what it was like, what happened and what it is like now. Often this can take 20 minutes or longer leaving less time for everyone to share, so please adjust accordingly. In addition, if you would like to do a First Step, please let the secretary know to schedule in advance.

³ Meeting Guidelines

We can benefit from the unwritten guidelines that have contributed so profoundly to the success of other Twelve Step program meetings and have proven as valuable in our own.

1. Leaders of meetings are servants of that meeting. They don't "carry" the meeting; they merely facilitate it. A common mistake of those who have no prior Twelve Step meeting experience is to feel they must comment on everything that is said or "help out" in some way by giving "the answer." The effective leader surrenders this impulse and lets the meeting work itself.

2. The leader of the meeting does not have to acknowledge a raised hand; he or she can call on someone else. They can interrupt the one talking, if it is called for. This is in line with our common tradition. At the same time, a good meeting is one where the leader's presence is inconspicuous and non-controlling.

3. Most groups stick with a certain basic set of readings that are read at every meeting, adding to this to suit the particular meeting. A list of suggested readings from which to draw is included in the Suggested Meeting Format. We use authorized SA and AA literature only, both for use during meetings and for distribution on the literature table.

4. Participation guidelines:

- There is no cross talk. We don't interrupt others. However, the leader has the right to remind the person sharing of guidelines, time consumed, etc.

- We don't give advice. We talk in the "I," not the "we" or the "you," speaking from our own experience. If we want to respond to what someone has said, we do so only in terms of our own experience. "I can only speak for myself, but whenever I did such and such, this is what happened in my life . . ."

- We don't get carried away analyzing what caused our behavior or attitudes. If we were victimized in early life, we slowly learn to face and work through it in acknowledgment, acceptance, and forgiveness. We talk as those who are now responsible for our attitudes and actions and are willing to take responsibility for our lives and recovery.

- In sharing, rather than displaying our knowledge or insights, we lead with our weakness and give of ourselves.

- We avoid politics, religious dogma, and other divisive issues. We also avoid explicit sexual descriptions and sexually abusive language.

- We avoid dumping, self-pity, and blaming others.

- We don't take the "inventories" of others; that is, we uncover and work on our own defects, not those of others. We refer to our own experiences.

- We do speak honestly of where we really are today. We try to develop transparent honesty of complete self-disclosure, letting the other members know where we are currently, regardless of length of sobriety.

- We do lead with our weakness and take the risk of total self-disclosure.

- By attending on time and sharing regularly, we give of ourselves to others in the group. We get back recovery.

(See the material under the heading "I Am a Sexaholic" under Step One, in this book, and read the article "Meeting Quality and Use of Non-SA Literature," in Discovering the Principles.) WB, pg. 188-189