

SAPhoneMeeting Tue 7:00 am ET

Access: 712-432-0600

Pin: 61-2034#

Help: *4

Good morning, welcome to the mixed gender Sexaholics Anonymous Phone Meeting @ 7 am Eastern Time (ET). 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.

Please be courteous—mute your phone when you are not speaking by pressing *6 and you'll hear an acknowledgement. This helps ensure the greatest sound quality so everyone can listen to the message of recovery. Phone numbers will be given at the end of the meeting.

Leader asks for volunteer to read, today's reading from the [Answers in the Heart](#)

The 11 Step, says "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

This is a volunteer meeting. Please feel free to share on today's reading and your "Top Shelf".

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 saying, "my hand is raised" or dropping off the call and returning when necessary.

The meeting is now open for sharing. Press *6 to unmute yourself.

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 can now have a voluntary phone exchange. If there is someone whose phone number you would like, please call out their name now, and we'll ask if that person would like to share their phone number?

Do we have any other announcements for the good of SA?

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 the Promises (BB pg. 83-84).

“If we are painstaking about this phase of our development, we will be amazed before we are half way through.

1. We are going to know a new freedom and a new happiness.
2. We will not regret the past, nor wish to shut the door on it,
3. We will comprehend the word serenity,
4. And we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain insight into our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook will change.
10. Fear of people and economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.”

Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them...”

After a moment of silent meditation, I'd like to ask ___ to lead us in the Lord's Prayer." **KEEP COMING BACK!**