

Daily Sobriety Renewal Questions ~ 6:00 PM NZST

Welcome to the Mixed SA Daily Sobriety Renewal.

Please remember to mute your phone when you're not speaking. If your phone doesn't have the mute feature, press 5 to mute and 4 to "un-mute". Thank you.

Now let's 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 Nepal, Wales, Philadelphia etc. My sobriety date is _____. Member introductions 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 the wisdom to know the difference. Thy will, not mine/ours, be done.

Preliminary Announcements:

a) Before we continue, a reminder that this meeting is intended for men and women who identify as sexaholic. We also 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. (Robert, Andy, George, etc.)

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)

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: lust, anger, envy, greed, gluttony, pride and sloth?)

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, no matter what?

(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)

Are there any brief SA or group announcements?

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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/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.

Thanks for calling and for letting me be of service. Have a safe, sane and sober day!