

# Mixed SA Daily Sobriety Renewal - Format for the 06:30 GMT Call

Phone: (001) 712 338 8720 Code:1339#

Backup number: (001) 218 339 2699 Code: 349956#)

(Updated 23 November 2009)

Welcome to this Daily Sobriety Renewal. This is a closed meeting. Only those desiring their own personal sexual sobriety, please.

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

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

Now let's please take a moment to introduce ourselves by first name (even if we don't plan to share) and state where we are calling from (if we wish) as well as our 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 \_\_\_\_\_. 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 ourselves, each other and with God 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)*

### **Ongoing Announcements:**

- a) If you would like a copy of this script or to add your name and contact information to our Accountability List, please speak to the chairperson after the meeting or contact the list coordinator. You will need to send an email to [uk0630dsr@hotmail.co.uk](mailto:uk0630dsr@hotmail.co.uk) to be added to the list.
  - b) Additional information about these telephone meetings may be found at [www.DenverSA.org](http://www.DenverSA.org).
  - c) Seventh Tradition donations may be made by sending donations to the SA Central Office (SAICO) at the address in the White Book (PO Box 3565 Brentwood, TN 37024) or by visiting [www.SA.org](http://www.SA.org). Please note that your donations come from the '6:30 am GMT sobriety renewal phone meeting'.
  - d) Group business meetings take place from 07.15 to 08.00 am UK time on the first Wednesday of each month, following the regular meeting. If it is missed on the 1st Wednesday, it will take place on the 3rd Wednesday, following the regular meeting.
  - e) *(Optional: If you should have trouble connecting to this meeting, try calling the backup number: (218) 339-2699, Code: 349956#).*
  - f) Are there any brief SA or group announcements?
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!