

Daily Sobriety Renewal Questions ~ 7:30 AM EST

Welcome to the 7:30AM SA Daily Sobriety Renewal Meeting.

In this sobriety renewal, participants take turns answering a list of seven questions. Our goal is to finish within 45 minutes, so please limit your answers to a sentence or two. Our experience is that it is possible to be brief and still share in a way that is honest and meaningful. We simply want to commit to ourselves, each other and with God to what it takes to stay sober just for today. Sometimes gentle cross talk may be allowed for mutual support.

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

"Let's take a moment to introduce ourselves by first name only, and if you wish, state your length of sexual sobriety, where you are calling from, along with whether or not you are working with a sponsor and what step you are working on ." My name is ----- & I'm a ---- in -----.

Will you please join me in the Serenity Prayer: "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Thy will, not mine, be done."

1. Do we admit that we are powerless over lust and sexual acting out just for today?
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?
3. Do we understand that sex is optional and do we commit, with God's help, not to have sex with ourselves or anyone other than our spouse for the next 24 hours no matter what?
4. Is there anything in the recent past or in our plans for the next 24 hours that endangers our sobriety?

Group announcements

- a) If you would like a copy of this script or to add your name and contact information to our Men's or Women's Mutual Support List, please send an e-mail to the group address (dsr730et@yahoo.com).
- b) Additional information about these telephone meetings may be found at DenverSA.org.
- c) Seventh Tradition donations may be made by sending donations to the SA Central Office at the address in the White Book (PO Box 3565 Brentwood, TN 37024) or by visiting www.SA.org. Please note that your donations come from the 7:30 am Eastern Time sobriety renewal phone meeting.
- d) Group business meetings take place from 8-8:30 AM Eastern on the first Sunday of the odd months.

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e) Are there any brief SA or group announcements?

5. What time did we spend with our higher power in the past 24 hours and what is our recovery plan for the next 24 hours?

(Chairperson: combine questions Six and Seven after 8AM).

6. Let's name just one thing we are grateful for.

7. Are we willing to now turn our will and life over to God, recognizing that it is not this renewal but God, who alone keeps us sober?

I'd like to Thank the group for letting me be of service and may God bless us all. Let us remember that we are never alone. For those who wish to remain, there will be a reading from the meditation book Answers in the Heart following the closing prayer. Let's close with the Third Step Prayer.

“God, I offer myself to Thee, to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love and Thy way of life. May I do Thy will always. Amen.” *(This prayer may be found on p. 95 of the White Book or p. 63 of the AA Big Book).*