

7:30AM SA Daily Sobriety Renewal Script (November 1, 2011)
Dial In 858-200-4900 code 7138664 (Backup number 712-338-872, PIN 5661)

(Whenever possible, the group conscience asks that the chairperson have at least 30 days of consecutive SA sobriety).

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

Please remember to **mute** you phone when you're not speaking. If your phone doesn't have the mute feature, press *6 to **mute and un-mute**.

In this sobriety renewal, participants take turns answering a list of **six questions**. Our goal is to **finish within 45 minutes**, so please limit your answers to 30 to 45 seconds. Our experience is that it is possible to be brief and still share in a way that is honest and meaningful. The chair may gently remind callers to wrap up their share if they extend beyond 45 seconds. 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.

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 (Joe/Jane) in (Brentwood, Tennessee). *(Chairperson writes down the list of callers in the order in which they check 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."

I will now read the **order of callers**. It helps the call to run more smoothly if you prepare to answer the question while the person ahead of you is sharing and to say who comes after you when you finish your share. *(Chairperson reads the list of callers).*

1. Do we admit that we are **powerless over lust** and sexual acting out just for today?

After all on the list have answered question 1, 2 etc., the chairperson asks: Would anyone else like to answer that question?

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?

Please remember to **mute** you phone when you're not speaking. If your phone doesn't have the mute feature, press *6 to **mute and un-mute**. Also, our goal is to finish answering all six questions by 8:15 Eastern, so please do your best to limit your answers to 30 to 45 seconds. The chair may gently remind callers to wrap up their share if they extend beyond 45 seconds.

4. Is there anything in the recent past or in our plans for the next 24 hours that **endangers our sobriety**?

Group announcements:

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- 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 which I can provide at the end of the call (dsr730et@yahoo.com).
- b) Additional information about these telephone meetings may be found at DenverSA.org.
- c) Seventh Tradition donations may be sent to the SA Central Office at the address in the White Book (PO Box 3565 Brentwood, TN 37024) or by visiting SA.org. You may note that your donations come from the 7:30AM Eastern Time sobriety renewal phone meeting.
- d) Group business meetings take place from 8-8:30AM Eastern on the first Sunday of the odd months.
- 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?

6. Let's name just one thing we are **grateful** for, and 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 on the call, there will be a reading from the meeting-approved 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*).

Would anyone like to do today's reading from **Answers in the Heart**?

Following the reading: Thanks for reading. I wish everyone a sober day! Please feel free to stick around in the "virtual parking lot." To protect the personal anonymity and sobriety of all participants, we **suggest** that no one exchange phone numbers or e-mails in the parking lot. Please use the contact list for this purpose. Along these same lines, **we suggest that** at least three people be in the "parking lot" at all times. I will be staying and am happy to provide the group email address.

(When possible, the chairperson remains on the call to provide the group e-mail address (dsr730et@yahoo.com), which may be spelled by the first letters of the following phrase: Daily Sobriety Renewal 730 Eastern Time).