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SAPhoneMeeting Every Day @ Noon EST

Day: All **Time:** 12:00 PM **Access:** 712-338-8720 **Pin:** 5661#

WELCOME

Welcome to the Mixed SA Phone Meeting @ 12 Noon EST. 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.

FORMAT (optional)

We meet 7 days per week and want to offer a different style of meetings than the morning Daily Sobriety Renewals. We have adopted the SA *White Book* Formatⁱ suggestions found in Appendix 1. We are currently looking for volunteers to help lead the group on any given day and help facilitate the reading and sharing. Our goal is to offer a quality teleconference focused on the 12 Steps/Traditions and SA/AA literature. Since inception (7/09) we have tried to mix-up the "Book-Study" resources using *Essay*ⁱⁱ, AA's *Twelve & Twelve* and Daily Mediations. We welcome any and all suggestions.

ETIQUETTE

Please be courteous—mute your phone if there is background noise at your location and when you are not speaking. We recommended using the mute feature on your phone. If your phone does not have the mute feature, press 5 to mute and press 4 to un-mute (phone system will give you an audio acknowledgement when you are on mute).

READINGS

Leader asks for volunteer to read,

- The SA Purpose (WB pg. 201)
- What Is a Sexaholic and What Is Sexual Sobriety? (WB pg. 202)
- The Problem (WB pg. 203)
- The Solution (WB pg. 204-5)

For future reference, all the readings appear online @ www.saphonemeeting.org.

INTRODUCTIONS

Let's take a minute to introduce ourselves by first name (even if you don't plan to share), where you are calling from and state our length of sexual sobriety. I'll begin, and we'll go around the call. My name is ___ and I'm a sexaholic, I'm calling from ___, I've been sober for ___, and I do / do not have access to the White Book. I will pass to the next caller...Has anyone else joined the call?

The first person to share will be a member of SA who has been sexually sober for 30 days or more. We do this to help set the tone on recovery and program. After that, we will follow the order in which we introduced ourselves. Leader shares at the end.

Here is the list of callers I have thus far ____, ____, etc. It is helpful if you can keep track of your name in the order of callers and introduce the person that follows you when done sharing. If you don't know, feel free to say, "I'll pass to the next caller".

PARTICIPATION

The format of this meeting is to take turns reading a paragraph from a short section in ____ and then share if you like. We will continue reading & sharing until everyone has had a chance to share. The goal is to finish within 1 hour. Please limit your sharing to give everyone an opportunity to participate.

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 a subtle cough or dropping off the call and returning when necessary.

Has anyone else joined the call? Again, here is the list of callers ____, ____, etc. Gentle reminder – Please mute your phone when you are not speaking. Press 5 to mute and press 4 to un-mute.

ANNOUNCEMENTS

At conclusion of participation, 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 www.saphonemeeting.org to make a donation, download a copy of this script and get the schedule of other SA Phone Meetings. If you would like to join our “Home Group”, please send an email to noon@saphonemeeting.org with your name, location, sobriety date, and phone #. Our next Group Conscience meeting is ____ Do we have any other announcements for the good of SA? If there is anyone who needs additional help or would like a member to talk to, feel free to stick around after the meeting. The next meeting starts (see *printer-friendly* schedule):

CLOSING

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, any one of the following: A Vision for you (WB pg. 210) or the Promises (BB pg. 83-84). After a moment of silent meditation, I'd like to ask ____ to lead us in the Lord's Prayer." **KEEP COMING BACK!**

LOG

#	Name	Calling from	White Book (yes/no)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Footnotes:

¹ The Noon group tries to offer a diverse style of meetings using the general “Book-study format”. Per the group conscience, readings must come from [SA Fellowship Approved literature](#). The Sun-Fri meetings have a regular Group Conscience / Business Meeting on the last Wednesday of the month (see [SA Service Manual](#)). Also, refer to “Suggested Meeting Format” WB pgs. 197-200. Closing reading can also include Traditions and How it Works

We encourage anyone to volunteer to Lead/Secretary the meeting. If you would like to secretary on a regular basis (we suggest 1 month term of service and NO sobriety requirement), and/or have suggestions, please send an email to noon@saphonemeeting.org. Occasionally, we will have a guest speaker who will share his/her experience, strength and hope to kick-off the discussion. Speaker meetings are reserved for any SA member who has been sober for 30 days or more to lead the meeting and share what it was like, what happened and what it is like now. In addition, if you would like to do a First Step, please let the secretary know to schedule in advance.

² *Essay* is Sexaholics Anonymous’ quarterly newsletter. *Recovery Continues* is SA’s collection of personal stories originally published in the *Essay* newsletter 1984-1990 and we pick the current date’s Daily Meditation readings from AA [Daily Reflections](#).

Additional resources include *Best of Essay 2002 – Practical Recovery Tools 1994-2003*, [Alcoholics Anonymous Big Book](#) (aka AA BB), AA [Twelve and Twelve](#), SA *Step Into Action*, etc. One of the challenges is substituting sexaholism/lust for alcoholism during the AA readings, so feel free to use your imagination.

Daily Sobriety Renewal Questions ~ 6:30 AM EDT

Welcome to Sexaholics Anonymous. This is a Daily Sobriety Renewal meeting. It is a closed meeting for those who desire sexual sobriety. We will take turns answering a list of questions. We ask that all callers limit their shares to one or two sentences so there is time for all to share. Please remember to mute your phones when you're not speaking. If you don't have the mute feature, press 5 to mute and 4 to "un-mute". If you are not sharing please identify yourself and state you are just listening.

Let's start the meeting with a moment of silence followed by the serenity prayer.

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the 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 for the next 24 hours and are we willing to do whatever is necessary to protect this desire?
3. Just for today, with the help of our Higher Power do we commit not have to have sex with ourselves or anyone else no matter what, realizing this is a 24 hour a day program.
4. Is there anything in the recent past or in our plans for the next 24 hours that endangers our sobriety?
5. What time did we spend with our higher power in the past 24 hours, what is our recovery plan for the next 24 hours, name just one thing we are grateful for and just for today, are we willing now to hand over our wills and the care of our lives to the One who keeps us sober and protected us from the full consequences of our lust in the past?

SA announcements

Let's end the meeting with a moment of silence followed by the third step prayer.

God I offer myself to thy, to build with me and to do with me as thou will. Relieve me of the bondage of self that I may better do thy will. Take away my difficulties as 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

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.
- 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).*

Men Only ~ Daily Sobriety Renewal Questions ~ 8:30 AM EST

Phone: 712.338.8720, Code: 5403#
November 2009 script

Welcome to the Men's 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.

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 please. 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 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 who identify as sexaholic. Women sexaholics are welcome at mixed meetings such as the 6:30 and 7:30 am Eastern Time calls, using the same number and code 5661#. 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. (*John, Will, Paul 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: anger, envy, greed, gluttony, pride, sloth and of course lust?)

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)

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 must send an email to [\[announced on call\]](#) to be added to the list.

b) Additional information about these telephone meetings may be found at 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. Please note that your donations come from the 8:30 am Eastern Time sobriety renewal phone meeting.

d) Group business meetings take place from 9:00-9:30 am Eastern on the first Wednesday of each month following the regular meeting if it is missed on the 1st Wednesday it will happen 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!

Daily Sobriety Renewal Questions ~ 6:30 AM BST

Mixed SA Daily Sobriety Renewal Format for 6:30 am UK Call
Phone: (001) 712.338.8720: Pin, 1339#

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.

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 please. 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 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)

Ongoing Announcements:

a) At the first Group Business Meeting, a group conscience will be held to decide whether or not the meeting wishes to have an accountability list.

b) Additional information about these telephone meetings may be found at 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 or by visiting 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!

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?

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!

Sobriety Renewal Call Midnight Format ~ 12:00 AM EST

Mon, Wed, Fri, Sun

Welcome to this Sobriety Renewal Call of Sexaholics Anonymous.

First things first: please just remember to mute your phone when you're not speaking. If your phone doesn't have a mute feature, then you can press 5 to mute and 4 to "un-mute". Thank you; this helps us to minimize background noise.

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

What is Sexual Sobriety? (from Newcomer Pamphlet)

In defining sobriety, we do not speak for those outside of Sexaholics Anonymous. Sexual sobriety for sexaholics of our type means no sex with ourselves and no sex with any partner other than the spouse. In SA's sobriety definition, the term "spouse" refers to one's partner in a marriage between a man and a woman. Sexual sobriety also means progressive freedom from the many forms of sexual thinking and stimulation and lust that enter our lives. This freedom is found by remaining sober and by using our Twelve Steps and Twelve Traditions in our daily lives.

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 [town/country]. My sobriety date is [date].

Member introductions then 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 wisdom to know the difference. Thy will, not mine/ours, be done.

Preliminary Announcements:

- a) We 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 for tonight: (John, Will, Jean etc.)
- c) 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. Let there be no 'cross talk' please. If someone feels another is getting too explicit, they may so signify by quietly saying "My hand is raised".

Now to the questions:

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)

Has anyone else joined the call?

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

Has anyone else joined the call?

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, other than our spouse, no matter what? In SA's sobriety definition the term spouse refers to one's partner in a marriage between a man and a woman. *(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)*

This is the time during our call where we make a few brief ongoing announcements:

- a) If you would like a copy of this script please speak to the Chairperson after the meeting or contact the list coordinator (you can also email info@saphonemeeting.org)
- b) Additional information about SA telephone meetings may be found at www.DenverSA.org. Please refer to the alternative number (218) 339-2699 passcode 349956# if the main number isn't working. This meeting occurs nightly.
- c) Are there any brief SA or group announcements?

Has anyone else joined the call?

We now move to Question 4.

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 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.

Thanks for calling and for letting me be of service. Have a good day, everyone.

Book Study Midnight Format ~ 12:00 AM EST

Tue, Thu, Sat

Hello; my name is _____, and I'm a recovering sexaholic. Welcome to the SA 9pm PST Telephone Meeting. This is a closed meeting. Only those desiring their own personal sexual sobriety, please.

Would someone be willing to read "the SA Purpose" from page 201 of the White Book?

Can someone Please Read "What is Sexual Sobriety" from the "SA to the newcomer" pamphlet?

What is Sexual Sobriety? (from Newcomer Pamphlet)

In defining sobriety, we do not speak for those outside of Sexaholics Anonymous. Sexual sobriety for sexaholics of our type means no sex with ourselves and no sex with any partner other than the spouse. In SA's sobriety definition, the term "spouse" refers to one's partner in a marriage between a man and a woman. Sexual sobriety also means progressive freedom from the many forms of sexual thinking and stimulation and lust that enter our lives. This freedom is found by remaining sober and by using our Twelve Steps and Twelve Traditions in our daily lives.

INTRODUCTIONS:

Let's take a minute to introduce ourselves by first name and state our length of sexual sobriety and where we are calling from, if we wish. I'll begin. My name is _____, I'm a sexaholic, I've been sexually sober for _____, and I'm calling from _____.

MEMBERS INTRODUCE THEMSELVES.

Will you all now 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 wisdom to know the difference. Thy will, not mine/ours, be done.

To avoid problems of background noise, please press the 5 key on your phone to mute yourself; this makes it easier for us to hear you on the call. When you want to unmute and speak, press the 4 key. If you forget which is which, press either key & a recorded voice reminds you.

Has anyone else joined the call?

The format of this meeting is that a member chooses a paragraph or a few pages from any piece of SA Conference Approved Literature and reads it out. We then invite all members to share on what they have heard.

READING:

Tonight, _____ has chosen a reading from the literature:

MEMBER READS IT OUT.

AFTER READING HAS FINISHED, CHAIRPERSON SAYS: Thank you, X. Just before we proceed to the sharing portion of this meeting, I would like to read the following from page 198 of the White Book:

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 quietly saying "My hand is raised".

Has anyone else joined us the call?

We have [6] members on the line this evening, and about [30] minutes of the meeting left. So tonight, we have approximately [5] minutes each. If you would like to be timed, please say so. If time and attendance allow, we will read &/or share again. And with that, who'd like to start?

CLOSING AT 9.40PM:

CHAIRPERSON READS: 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, telephone number and any other information about 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, or any other medium. Neither does anyone speak *for* SA.

Does anyone have any SA or group announcements?

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. We 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.*

AFTER CLOSING:

Thanks for calling and for letting me be of service. Can I have a volunteer to select a reading from SA Conference Approved Literature for next week?

Have a good day, everyone.

Nightly Reflections ~ 10:15 PM EST

Welcome to the nightly reflection meeting. This reflection meeting gives us a chance to review or recovery as seen through the program. Please do not give extended or detailed account but a brief overview for each question.

Let's introduce ourselves by first name and that is the order in which we will answer the questions.

We will begin with a moment of silence followed by the serenity prayer.

We will answer the questions in the following order: 1, 2, & 3 together and 4 & 5 together

1. Worst lust temptation. What have you done?
2. Worst resentment or fear. Character defect involved.
3. Do you surrender those character defects? Have you prayed for the persons? How could you have reacted?
4. Have you prayed for other people?
5. Have you done something good and loving for somebody?

Are there any announcements for the good of the fellowship?

Close with the 3rd step prayer.

Secretary Schedule:

Sun - Walt

Mon - Terri

Tue - Leslie

Wed - Oliver

Thur - Glenn

Fri - Susan

Sat – Susan
