

SF Monday 7:15 pm Internet & Sobriety Secretary Script

Welcome to the Monday night meeting of Sex Addicts Anonymous, focused on recovery from internet pornography and online addiction: “Escaping the Web.” My name is _____, I’m a sex addict and your secretary.

Per our agreement with California Pacific Medical Center, no food or drink besides water is allowed at this meeting. Please take a minute now to silence your cell phone and refrain from texting for the duration of this meeting for the safety and respect of all.

Let’s begin with a moment of silence, followed by the Serenity Prayer.
<*Serenity Prayer*>

This is a closed meeting of SAA, open to people who seek to recover from their sex addiction. In this meeting we share our strength, hope and recovery with other sex addicts, with a specific focus on how our addiction has taken shape with the influence of the Internet. We discuss how our online and offline behaviors have formed a part of our addictive cycles, and we share with each other the steps we have taken to aid in our recovery.

May we hear Who We Are please. <*Who We Are*>

Thanks. May we hear Our Program and the Twelve Steps, please.
<*Our Program and the Twelve Steps*>

Thanks. May we hear the Abstinence Statement, please. <*Abstinence Statement*>

Thanks. May we hear the Tradition of the Month, please. <*Tradition corresponding to whatever month it is*>

Now we will read The Introduction to the Sexual Sobriety and the Internet pamphlet. For this reading, we read a paragraph and then pass to the next person. Who would like to begin? <*The Introduction*>

Introduction>

Thank you. If you wish to read the entire pamphlet, please feel free to take one after the meeting.

It is now time for introductions. My name is _____, and I'm a sex addict. *<Introductions by all>*

Is there anyone here with us for the first time? We ask you to reintroduce yourself; this is not done to embarrass you, but to encourage others to reach out to you after the meeting. *<first timer introductions>*

Welcome. Are there any sobriety birthdays to acknowledge? *<sobriety birthdays>*

This is a getting-current meeting with a focus on sobriety and the Internet.

On the second Monday of the month: Tonight is a speaker meeting. *<Introduce the speaker. Speaker talks for 15 minutes.>*

On all other Mondays: Tonight we open the floor for topic suggestions from the group. Are there any proposed topics for this week? *<proposals; it is okay to have more than one topic>*

It is now time for sharing. This is a tag meeting. Please keep your share to (3 minutes if ≥ 6 people are present, or 5 minutes if < 6 people are present.) Who wants to be time-keeper? *<timekeeper volunteers>*

There is no crosstalk at this meeting, which is loosely defined as talking during or about another person's share (*if there was a speaker: except for the speaker's share*). Please also refrain from mentioning specific acting out places or websites.

This is a tag meeting. Who would like to begin? *<everyone who wants to shares once>*

It is now time for the Tools portion of this meeting. Please draw a tool and

At 8:05: That is all the time we have for sharing. It is now time to practice the 7th Tradition, which states “Each group should be self-supporting, declining outside contributions.” We have no dues or fees for SAA. The voluntary contributions pay for literature and help support Intergroup and the International Service Organization. While the basket is being passed, may we please hear from the Literature person?

(If there are any newcomers in the meeting tonight). For those who are new to the program, we encourage you to try out several different meetings to learn more about the program and find a meeting that is a good fit for you.

A critical part of recovery is knowing when to ask for help. If you are feeling unsteady in your recovery and would like support after the meeting, we encourage you to speak up now. <Those who need support speak up now.>

Are there any SAA-related announcements? <*announcements*>

Let’s thank all who make this meeting possible: _____ our Treasurer, _____ our Literature Person, and thank you for allowing me to be of service.

Our business meeting immediately follows this meeting on the first Monday of each month. All are invited to attend.

May we hear A Vision for You, please. <*A Vision for You*>

Thank you. Please join me as we close our meeting with the Unity Prayer.