

Motivating Mondays, Hope & Recovery
NEW LEAF 7AM MONDAYS

1. Welcome to Motivating Mondays, a Hope & Recovery reading and sharing meeting of Sex Addicts Anonymous. My name is _____, I'm a _____ sex addict and your secretary. (pause) This is a closed mixed meeting, open to all those who have a desire to stop their compulsive sexual behaviors.
2. Let's begin the meeting with a moment of silence followed by the serenity prayer.
3. Would someone please read "The Opening?"
4. May we hear "How It Works" and the "Twelve Steps of S.A.A.?"
5. Would someone please read the "Abstinence Statement?"
6. May we hear three "S.A.A. Traditions" of the reader's choice?
7. It is the custom of this group to ask if there are any newcomers. A newcomer is someone who is in his or her first 24 hours to 30 days of sobriety. This is not done to embarrass you. We would like to get to know you and perhaps talk with you after the meeting. Are there any newcomers?
8. Is there anyone from out of town or who is at this meeting for the first time?
9. It's now time for general introductions, newcomers and visitors please include your self.
10. In this meeting, we read from *Hope and Recovery*. We read a chapter each morning for about 15 minutes, with each of us reading a paragraph or so, then passing the book on. After the reading we open the meeting up for sharing. Would someone like to begin today's reading starting on page ___?
11. (After the chapter or approx. 15 minutes) The meeting is now open for discussion. You can share about the reading or just get current. This is a tag meeting and we go by a show of hands. Based on the number of people here, each person has about ___ minutes to share (calculate minutes and allow for latecomers). Sharing will end no later than 7:55. Who would like to begin? (Begin sharing)
12. (After sharing) That's all the time we have for sharing [OR] Seeing that we have all shared... it is now time to practice the Seventh Tradition, which states that "every S.A.A. group ought to be fully self-supporting, declining outside contributions." There are no dues or fees, but we do have expenses.
13. Are there any S.A.A. related announcements? Can we hear from our literature person? [Refer to literature if there are new people.] [The business meeting is the second Monday of the month.]
14. Are there any sobriety birthdays or acknowledgements?
15. As a gentle reminder for all of us, anonymity is the spiritual foundation of all our traditions. What you heard was spoken in confidence and should be treated as confidential. Please keep the things you heard here and the people you saw here within the walls of this room and the confines of your mind. Carry no gossip and always remember to place *principals before personalities*.
16. May we hear "The Promises?"
17. Please rise and join hands for the "Unity Prayer."