

Daily SAA Westside Meeting for Twelve Step Recovery - 7 p.m. (PST)

Blue text is for host instruction

[By 7 p.m., the room is to be opened for admitting members. By 7:05 p.m., the host will begin the meeting.]

Welcome to the daily Westside meeting of Sex Addicts Anonymous. My name is _____. Let's pause for a moment of silence to reflect on why we are here and to send some love out to anyone still suffering inside and outside this room.

[After a moment of silence, you may lead or request a group member to lead the "I" version of the Serenity Prayer.]

The format of this meeting is: a daily reading from Voices of Recovery, followed by open sharing until approximately 8 p.m. Pacific, or until everyone has had a chance to share. After the meeting, the room will remain open for fellowship should anyone wish to stay.

Sex Addicts Anonymous is open to anyone regardless of, race, religion, ethnic background, marital status, occupation, sexual identity, or orientation. **The only requirement to attend this meeting is** a desire to stop addictive sexual behavior.

Attending SAA meetings starts us on a new way of life. But while the SAA fellowship supports our recovery, the actual work of recovery is described in the Twelve Steps. Meetings are forums for learning how to integrate the steps into our lives. Working the Twelve Steps leads to a spiritual transformation that results in sustainable relief from our addiction.

[You may read or request a group member to read the Twelve Steps to the group.]

These are the Twelve Steps:

1. We admitted we were powerless over addictive sexual behavior - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.

[Only on Mondays, please read the following:]

As a reminder, please note that we hold our monthly business meeting on the first Monday of every month. If you have a proposal, please make sure to submit it to our business secretaries (names) at least 2 weeks before the business meeting.

[Only on Tuesdays, you may have this month's chip volunteer present members with their sobriety chips. Once this is done, move on.]

[Only on Thursday nights, please read the following:]

On Thursday nights here at Westside, we have a new host every week. This is to give our members an opportunity to serve the group without needing to make a long-term commitment, and to experience service as a crucial element of the program. If you have not hosted our meeting before and would like to host one upcoming Thursday, please reach out to (Thursday night host seeker) to be scheduled.

[You may read or request a group member to read the daily Voices of Recovery passage to the group.]

It is now time for open sharing- please be considerate of other members and refrain from naming specific websites, people, places, or things. Please refrain from detailing explicit behaviors or being too graphic in your shares.

We aim to make this a safe space to share openly; inappropriate direct messages or comments will not be tolerated. Please communicate any concerns directly to

the host or co-hosts immediately. The host has the power to remove members from the meeting if they are out of order, and they may come back on another day.

While sharing, please use “I” or “we” language instead of “you” statements to avoid projecting onto anyone else. Please avoid crosstalk: defined as responding directly to another person’s share or interrupting the person speaking at the time. Finally, please keep your microphones muted when not sharing, and listen respectfully to what others have to say.

May I have a volunteer to be timekeeper for us this evening?

[Decide how long shares will last; the time limit can be progressively changed depending on the amount of people in the room and who wishes to share. Usually shares are 3-5 minutes]

Shares will be limited to ____minutes. Please use the “Raise Hand” function, located in the reactions tab, if you wish to share. Everyone will get a chance to share or at least check in to say hello.

[After all members who wish to share have been called on, please ask the following:]

As a final chance before fellowship, is there anyone with a burning desire to share who has an overwhelming feeling of wanting to act out and needs the time to check in?

[Once the shares have been completed, please read the following:]

Thank you all for your shares. Are there any SAA related announcements?

As a reminder, if anyone wishes to schedule a first step presentation in this meeting, please bring it up to our business secretaries (names).

After a moment of silence for the addict still suffering in and out of the room, we will end the meeting with the Serenity Prayer and open the room for fellowship.

[After a moment of silence, you may lead or request a group member to lead the “we” version of the Serenity Prayer.]

Thank you for attending the SAA Westside meeting; we meet here 7 days a week, 365 days a year using the same time and Zoom info. The meeting is now over, but the room will remain open for fellowship and feedback as long as anyone wishes to stay. **We encourage any newcomers to stick around, so we may answer any questions you might have.**

[If you must leave, designate another willing member as host so that the room may stay open.]

We are now in fellowship. Are there any newcomers here attending their first ever SAA meeting? If so, please feel free to introduce yourself, and let us know if you have any questions or if you would like to share.

[Wait for a response...]

Is there anyone who didn't get a chance to share or check-in during the meeting, who would like to now?

[Wait for a response...]

Is there anyone who has an additional share or something for the good of the group?