

## PHONE MEETING FORMAT – OAKLAND MONDAY NIGHT

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### INTRODUCTION

1. Good evening. My name is \_\_\_\_\_ and I am a recovering sexaholic. Welcome to this meeting of Sexaholics Anonymous.
2. This is a closed meeting. Only those wishing their own personal sexual sobriety, please.
3. Sexaholics Anonymous is not sex therapy or group therapy and offers no treatment of any kind. It is not a place to pick up sex partners or for learning how to control and enjoy lust. It is not a social club.
4. To be sure that we have a suitable auditory environment, please mute your phone when not speaking: either on your phone or by pressing \*6. Background noise can be quite distracting on a conference call, and for some of us this meeting is a lifeline and necessity to stay sane and alive. During readings or prayers when we all typically participate, please pray, or respond while muted.

SA is based on the principles of Alcoholics Anonymous. Would someone please read the SA Purpose (Found on page 201 of the White Book).

***Sexaholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover. The only requirement for membership and attending meetings is the desire to stop lust and become sexually sober. There are no dues or fees for SA membership; we are self-supporting through our own contributions. SA is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sexually sober and help other sexaholics achieve sexual sobriety.***

### MEMBER INTRODUCTIONS

We will now introduce ourselves by first name, identify our addiction and length of sexual sobriety. If you are new to this meeting, we welcome you. Although you may not be familiar with this format, we ask that you state your name so we can properly recognize your bravery as well as honor our group commitment to anonymity.

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As you check in, please note and/or write down the name of the person before you and after you. This will assist us later when we do the reading for this evening. Remember to unmute, using either your phone or hitting \*6.

[members check in]

Thank you everyone.

I will also check in with the group from time/time to see if anyone has joined the meeting late, so they can be recognized.

### SOBRIETY ANNIVERSARIES

(Listen for anyone who has reached a sobriety anniversary date)

5. We would now like to acknowledge anyone who has reached a sobriety anniversary of 24 hours, 1, 2, 3, 6, or 9 months, 1 or more years. (If a member has reached an anniversary award them the appropriate Coin and encourage them to share how they accomplished it.)

### SERENITY PRAYER

6. Before joining me in the Serenity Prayer let's take a moment to collect our thoughts and search for union with our Higher Power.

**God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference. Thy will, not mine be done. Amen.**

### TWELVE AND TWELVE

7. We will now read the Twelve Steps and the Tradition of the month (found on page 208 of the White Book). Additionally, we will read the Promise and Reward for the month. If you do not have the 12 Promises and Rewards, please raise your hand. (Suggest how many each person should read: 2 volunteers, one for 12 steps, one for trads, promises, rewards; one volunteer to read them all, etc.)

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### **READING**

(The meeting facilitator is to select a BRIEF reading from our approved literature: White Book, AA Big Book, AA Twelve and Twelve, Recovery Continues, Essay Magazine, etc.)

8. The topic for tonight is \_\_\_\_\_. Found on page \_\_\_\_ of \_\_\_\_\_. Please take a paragraph or two then pass to the next person. **[\*\*\*\*\*] will start and we'll read in the order of check in.**

### **SHARING**

9. All participants in the first part of the sharing will be members of SA who have been sexually sober for 30 days or more. We do this to help set the tone on recovery and program. I will announce when the floor is open to everyone.

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 crosstalk please. If someone feels another is getting too explicit, **they may unmute their phone and state out loud, "I'm raising my hand."** Please remember, in our discussion we speak in the "I" using our own personal experience, strength and hope, focusing on recovery and healing.

In order to end the meeting on time please limit your sharing to 2 minutes. **[Keep time, or ask for service from another member to do so.] [\*\*\*\*\*] will alert you when your time is up. Please remember to mute your phone when you have finished your share.**

(After all members with 30 days or more sobriety have shared, the facilitator announces that the floor is open to any member who wishes to share.)

### **SEVENTH TRADITION AND ANNOUNCEMENTS**

10. It is now time for our Seventh Tradition. We have no dues or fees, but we are self-supporting through our own contributions. If you can't give, come anyway. While we pass the basket, do we have any announcements?
  - a. **555-888 text number for PGH SA updates: text SA Pittsburgh to the number**
  - b. **[pghsaig@gmail.com](mailto:pghsaig@gmail.com), and Shawn's email distro**

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- c. Ask for volunteers to lead upcoming monthly meetings
- d. Hand out / Update Phone List
- e. Mention Tape / CD Library
- f. Mention Literature / Books
- g. Mention Group Conscience Meetings (if any)
- h. Mention Intergroup Meeting (when applicable)
- i. Mention Upcoming Special Meetings (Couples, Regional, International, etc.)

### **SPONSORSHIP**

11. As we get into the Steps, we find it indispensable to rely for help on those who have gone this way before. In Twelve Step programs, the term commonly used is sponsor. What we call this person doesn't matter, and we don't have to call them anything. Asking for help and accepting suggestions are what brings results. Experienced members advise getting a temporary sponsor as soon as one is serious about recovery.

To be a temporary sponsor, we suggest having 90 days sobriety. If you are willing to be a temporary sponsor, please raise your hand. If you are in need of a temporary sponsor, please see one of these members or the meeting facilitator.

### **CLOSING**

- 12. Anything you 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, films or the internet. Neither does anyone speak for SA.
- 13. Would someone please read A VISION FOR YOU? (Found on page 210 of the White Book)

***We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the one who is still sick. The answers will come, if your own house is in order. But obviously, you cannot transmit something you haven't got. See to it that your***

***relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.***

***Abandon yourself to God, as you understand God. Admit your faults to him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.***

***May God bless you and keep you – until then.***

14. This concludes the formal portion of our meeting. Following the Lord's Prayer (or the Third Step Prayer), I invite all to stay to continue the sharing of our experience, strength, and hope in an informal format **in the virtual parking lot following the meeting.**
15. After a moment of silent meditation, I'd like to ask \*\*\*\*\* (choose a member) to lead us in the (either the Lord's Prayer or the Third Step Prayer – on page 95 of White Book).
16. Keep coming back; it works if you work it. It won't if you don't, so work it 'cause you're worth it!