

SATURDAY STEP STUDY MEETING FORMAT

INTRODUCTION

Good morning, my name is _____, and I am a recovering sexaholic. Welcome to this Step Study meeting of Sexaholics Anonymous. While this is a step study meeting, it is not meant to be a substitute for working the steps in depth with a sponsor. This is a closed meeting. Only those wishing their own personal sexual sobriety, please. We welcome all new members. In order to provide a safe atmosphere, we suggest that you be respectful in your choice of attire. Specifically, shorts and sandals can be triggers for some members. If you have come to this meeting unaware of this suggestion, please know that you are welcome regardless. Out of respect for those in the fellowship and an understanding that we are guests of this church, we ask that you refrain from the use of forceful and offensive language that might offend those inside and outside of these rooms. Please refrain from using any profanity. Also, no crosstalk and no side conversations. Please show respect to the person who is speaking. Also, please silence all cell phones.

After a moment of silence, please join me in reading this month's prayer, followed by the Serenity Prayer.

This morning and all this month, we are working on Step _____. Please join me in reading the Step and the associated Tradition, Promise, and Reward.

MEMBER INTRODUCTION

Because we have a large group this morning, please limit your introduction to just your name, the step you are working on, and your SA sobriety date. You will be invited to qualify yourself at the

beginning of your sharing if you wish to do so. I'll begin and we will proceed around the room to my _____.

SEVENTH TRADITION

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 cannot give, please come anyway. Are there any announcements or anniversaries?

READING

The topic for today is Step _____. We will be reading _____.

GROUP SHARING

In participation, the emphasis is on honesty, recovery, and healing - how we are learning to apply the Twelve Steps and Traditions in our daily lives.

Please remember in our discussion we try to speak using only our personal experience, strength, and hope, focusing on healing and recovery. We don't give advice; we talk in the "I" not the "we" or the "you". If we want to respond to what someone has said, we do so only in the terms of our own experience. Our meetings focus on the SA approach to recovery, so we avoid the mention or discussion of specific titles or authors of publications other than AA or SA approved literature. If someone feels that another is getting too explicit, he may so signify by quietly raising his hand.

All participants in the first part of the sharing will be members of SA who have been sexually sober for thirty days or more. We do this to help set the tone on recovery and program. After that, anyone

may share.

To start your sharing you are invited to qualify yourself to the group, especially when there are newcomers present so that they may hear your reasons for being here. When doing so, please avoid specific details that might create triggers or legal problems for yourself or members of the group. Please do not share on prosecutable offenses before adjudication. Would someone be willing to run a two minute timer? Please start the timer after the member has completed his qualifying statements.

CLOSING

Anything that you have heard at this meeting is strictly the opinion of the individual participant. The principles of SA are found in the Twelve Steps and Twelve Traditions. This is an anonymous meeting. Please keep the name, address, and telephone number of anyone you meet or learn about 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 on the internet. Neither does anyone speak for SA.

Connection is the opposite of addiction. All are encouraged to reach out to others in this program. Sharing phone numbers and calling or texting are good ways to promote connections.

Also, it is essential to receive the aid of a sponsor as a guide on the journey of recovery. All persons interested in being at least a temporary sponsor, please indicate by raising your hand.

SOBRIETY RENEWAL

If you would, please join me in this sobriety renewal:

Are you willing to do whatever is necessary to protect your sobriety every minute of every day, including: asking God for help...calling on others...going to meetings...reading literature...exercising rigorous honesty...forgiving all resentments...setting and keeping boundaries...refusing all hits as toxic...and maintaining an attitude of gratitude?

Are you willing with me now to turn your will and the remainder of this day over to the care of God, the one who keeps you sober and protects you from the full consequences of your lust?

After a moment of silence, let's all stand and close with this month's prayer.

1-2-3.....