

Monday, McCandless SA Meeting Format

(Updated November 20, 2023)

Introduction

Good evening, my name is _____ and I'm a recovering sexaholic. Welcome to this Monday evening meeting of Sexaholics Anonymous. This is a closed meeting - only those wishing their own personal sexual sobriety, please. We welcome all new members. Out of respect for those in the fellowship, please refrain from the use of forceful or offensive language that may offend others. Also, no crosstalk and no side conversations.

Read during warm weather: To the end of making this an atmosphere conducive to recovery for all members, we ask that you be respectful in your choice of attire. Specifically, sleeveless shirts, open-toed shoes, and shorts can be triggers for some members. If you came to the meeting unaware of this suggestion, please know that you are welcome regardless.

After a moment of silence, please join me in the Serenity Prayer. (*God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Thy will, not mine, be done.*)

Would someone please volunteer to read the SA Purpose on p. 201 of the White Book?

In defining sobriety, we do not speak for those outside Sexaholics Anonymous. We can only speak for ourselves. Thus, for the married sexaholic, sexual sobriety means having no form of sex with self or with persons other than the spouse. For the unmarried sexaholic, sexual sobriety means freedom from sex of any kind. And for all of us, single and married alike, sexual sobriety also includes progressive victory over lust. In SA's sobriety definition, the term "spouse" refers to one's partner in a marriage between a man and a woman. (WB pp. 191-192)

Would someone please volunteer to read _____? (Choose one of: What is a Sexaholic and What is Sexual Sobriety (WB p. 202), The Problem (WB p. 203) , or The Solution (WB pp. 204-205))

Let's now read the Twelve Steps of Sexaholics Anonymous, found on p. 208 of the White Book. (*Optionally also read the Traditions, or read the Tradition, Promise, and Reward of the month.*)

Member Introductions

Please take approximately 1 minute to introduce yourself by first name, briefly describe your addiction, what step or steps you are currently working on, a character defect you are currently working on, your length of sobriety, and optionally a brief victory from the past week. We avoid specific details that might create triggers or legal problems for ourselves or for members of the group. Please do not share on prosecutable offenses before adjudication. I'll begin and we'll proceed to my right/left.

Sobriety Anniversaries

We would now like to acknowledge anyone who has reached a sobriety anniversary of 1, 2, 3, 6, or 9 months, or 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.*)

Meeting Subject

If standard meeting: The reading for this evening is _____. (*The facilitator chooses a selection from any SA- or AA-approved literature which will be read aloud by the group.*) Please read a paragraph or two each and then pass. I'll start and let's proceed around the group to my right/left.

If Step 1 share meeting: Tonight (*name of individual*) will be giving away their Step 1, sharing how powerlessness and unmanageability have manifested in their lives and what brought them to SA. Please hold any comments until the group sharing portion of the meeting. I now turn the time over to (*name of individual*) for their share.

Group Sharing

In participation, the emphasis is on honesty, recovery, and healing. It's about how we are learning to apply the Twelve Steps and Traditions each day to maintain our sobriety. Please remember in our discussion we try to speak openly and honestly about our own personal experience, strength, and hope. We don't give advice; we talk in the "I", not the "we" or the "you". If we want to respond to something someone else has said, we do so only in the terms of our own experience. It's in our secrecy that our disease can thrive. It's in our honesty that we gain power over it.

Would someone be willing to run a two/three/etc-minute timer? Please set an alarm at the end of the time period. If the alarm goes off during your share, please quickly finish your thought and then pass.

We ask that those members with 30 days or more of sobriety share first to set the tone on recovery and program. I will announce when the floor is open to everyone. *(After a few members with 30+ days of sobriety have shared, announce "the floor is now open to everyone")*

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 can't give at this time, keep coming back because you are more important than your money. While we pass the basket, we have a few reminders for the group:

1. Books are available, please speak with the group librarian to purchase.
2. The first week of each month is an opportunity to do a Step 1 share. Please work with your sponsor and sign up to share on the meeting schedule being passed around.
3. Also the first week of each month we hold a group conscience meeting, where matters of group business can be discussed, immediately following the group meeting. *(Mention if one is tonight)*
4. Are there any other announcements?

Closing

Anything 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, addresses, and telephone number of anyone you meet or learn about to yourself. And what we say here, let it stay here. (Here, 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.

Please remember that the meeting starts at 7:15. Please arrive a few minutes early to limit distractions and help the meeting start on time.

It is essential to receive the aid of a sponsor as a guide on the journey of recovery. It is suggested that sponsors have at least six months of sexual sobriety and further progress on the steps than the sponsee. Will those who are willing to be at least a temporary sponsor please raise their hand? If you need a sponsor please stay after the meeting has ended and connect with one of these members.

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.

After a moment of silence, would _____ please lead us in the Third Step Prayer? *(White Book p. 95)*

Keep coming back, it works if you work it. It won't if you don't, so work it 'cause you're worth it!