

**Monday, McCandless SA Phone Meeting Format**  
**Updated August 2025**

Introduction

Good evening, my name is \_\_\_\_\_, and I'm a recovering sexaholic. Welcome to this phone meeting of Sexaholics Anonymous. This is a closed meeting. Only those wishing their own personal sexual sobriety, please. Please keep your phones muted unless you are speaking. This helps to ensure the best call quality and limits distractions. If your phone does not have a mute button, please press star six on your keypad to mute and unmute.

After a moment of silence, please remain muted and join me in the Serenity Prayer.

Would someone please volunteer to read \_\_\_\_?

Choose two from: *The SA Purpose, The Problem, The Solution, etc. from pp 201 - 204 in the SA White Book*

Let's read the Twelve Steps on page 208 of the White Book. Please take two each and we will proceed through the established order.

Member Introduction

Please introduce yourself by first name, what step or steps you are currently working on, and state your length of sobriety. You will be invited to qualify yourself at the beginning of your sharing if you wish to do so. I'll begin and we'll proceed through the established order.

Meeting Subject

The subject for this evening is \_\_\_\_\_, and we will be reading \_\_\_\_\_. We will follow the established order with each member reading a paragraph or two.

*<The facilitator chooses a selection from any SA or AA-approved literature which will be read aloud by the 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”. It’s in our secrecy that our disease can thrive. It’s in our honesty that we gain power over it. 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 announce “time” when the two minutes has passed. I’ll start and we will proceed through the established order.

### 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. We ask that you consider supporting SAICO through online giving. You can contribute to SAICO at [SA.org](http://SA.org). If you cannot give, please join us anyway. Are there any announcements or anniversaries?

### 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. Please remember that the meeting starts at 7:15. Please check in at least five minutes before that to limit distractions and facilitate the meeting starting 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 should have at least six months of sexual sobriety. All persons interested in being at least a temporary phone sponsor or those in need of a sponsor, please stay on the line and identify yourself in the “parking lot” after the formal meeting has closed.

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 connection.

For this meeting, it is suggested that the member have at least 30 days of sobriety

to lead the meeting. Do we have a volunteer to lead next week?

Let's now have a moment of silence to remember the sexaholic that still suffers.

### Sobriety Renewal

You may now unmute, and join me in the sobriety renewal:

Are you willing to admit that you are powerless over lust?

Do you desire sobriety and freedom from the actions and obsessions of lust?

Are you willing to do whatever is necessary to protect your sobriety, every minute of every day?

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 has protected you from the full consequences of your lust in the past?

After a moment of silence, would \_\_\_\_\_ please recite the Third Step Prayer?

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