

## SATURDAY ONLINE/PHONE STEP STUDY MEETING FORMAT (REVISED AUGUST 15, 2025)

### **(NOT TO BE READ OUT LOUD)**

Thank you for your service to SA by volunteering to lead today's meeting. To allow for more time for sharing, and to provide a clearer focus for the shares, it is recommended that you keep the reading on the shorter side - preferably no more than 1-to-2 pages. The time allotment per member share should be three minutes per share, including qualification statements. However, if we have a larger group (+/- 25 members) you are welcome to reduce the share time to 2:30.

You may also find it easier to facilitate the meeting by asking another member to record, post, and update the roster.

### **INTRODUCTION**

Good morning, my name is \_\_\_\_\_, and I am a recovering sexaholic. Welcome to this 90-minute Step Study meeting of Sexaholics Anonymous. Our meeting will end no later than 9:30. 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.

To be fully present and to promote the spirit of fellowship we ask that all with video capabilities be respectful of others and leave their camera on during the entire meeting.

Please limit distractions and show respect to the person who is speaking by silencing your phone or computer unless you are speaking. If your phone does not have a mute button, please press \*6 on your keypad to mute and unmute.

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**

Please introduce yourself by first name, the step you are working on, and your SA sobriety date. You will be invited to qualify yourself at the beginning of your share if you wish to do so. I'll begin and we will proceed through the assigned order.

*Ask if anyone else has joined the meeting.*

### **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. While our meetings are on the phone, we ask that you consider supporting our local churches and SAICO through online giving. You can contribute to Cross Roads church at the website XR.Church and to SAICO at SA.org. If you cannot give, please come anyway. Are there any sobriety anniversaries? Are there any announcements?

### **READING**

The topic for today is Step \_\_\_\_\_. We will be reading \_\_\_\_\_. *(Again, please try to limit the reading to no more than 1-to-2 pages.)*

### **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.

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Please remember in our discussion we try to speak using only our personal experience, strength, and hope, focusing on healing and recovery. Please no crosstalk and no side conversations. 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 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

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. In participation, please avoid explicitly sexual descriptions, sexually abusive and forceful or offensive language. Also please avoid specific details that might create triggers or legal problems for yourself or members of the group. Do not share on prosecutable offenses before adjudication. If someone feels that another is getting too explicit, please raise your hand or let the facilitator know. Also, please talk to me after the meeting.

Would someone be willing to run a **3-minute** timer? Please start the timer as soon as the member starts their qualifying statement. If time is called on your share, please acknowledge the reminder, quickly finish your thought, and pass.

### **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 8 **and runs until 9:30**. Please join the meeting 5 minutes prior so we can start on time.

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. 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 or those in need of a sponsor, please stay on the line and identify yourself after the formal meeting has closed in the "parking lot". Also, If you are new to this meeting, we recommend that you stay on the call to share your phone number.

### **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?
- maintaining an attitude of gratitude?

Are you willing with me now to turn your will and the remainder of this day over to the

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care of God, the one who keeps you sober  
and **protected** you from the full  
consequences of your lusting in the past?

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

1-2-3.....