

THURSDAY PHONE/ONLINE STEP INTO ACTION MEETING FORMAT

INTRODUCTION

Good evening, my name is _____, and I am a recovering sexaholic. Welcome to this Thursday evening Step Into Action meeting of Sexaholics Anonymous. Note in that this meeting will be reading from the Step Into Action book which is available from SA.ORG or Amazon for \$10. 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 we ask that you refrain from the use of profanity, forceful and offensive language that might offend those on the call. Also, no crosstalk and no side conversations. Please show respect to the person who is speaking muting your phone or computer 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 *6 on your keypad to mute and unmute.

In addition, to protect each member's anonymity, access to the meeting will be locked during members qualifying statements and shares. If you call in during these times you will not be able to join the call, either the meeting will be locked or you will be moved into the sound proof Lobby until a time the host can invite you back into the meeting. When joining please wait until you are invited to introduce yourself.

I would like to ask (NAME) to read the 12 steps. Thank you (NAME). I would now like to ask (NAME) to read their favorite Tradition, Promise and Reward.

MEMBER INTRODUCTION

Let's take a minute to introduce ourselves by first name, identify our addiction, state the length of your sexual sobriety, what step you are working on. When qualifying 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. I'll begin, and we'll go around the established call in 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. While our meetings are on the phone we ask that you consider supporting our local churches and SAICO through online giving. You can give to the church on line and to SAICO at SA.org. If you cannot give, please come anyway. Are there any announcements or anniversaries?

Please remember that the meeting starts at 7:15 and we ask that you join the meeting 5 minutes prior so that we can start on time.

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, you may stop listening to the call until the member has completed his or her share. Also, please talk to me after the meeting.

It is a tradition at our meeting to run a timer to help ensure that all members who wish to will get the chance to share. Would someone be willing to run a two-minute timer? Please start the timer after the member has completed his qualifying statements. 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.

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 phone 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".

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 lusting in the past?

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

1-2-3.....