

Welcome to

SAA Midday Meeting

The Serenity Prayer (extended version)

Grant me the serenity to accept the things I cannot change

The courage to change the things I can

And the wisdom to know the difference

Grant me patience for the changes that take time

Appreciation for all that I have

Tolerance for those with different struggles

And the strength to get up and try again, one day at a time.

Newcomers' Introduction

Welcome

The Preamble

Ours is a fellowship of people of all genders who share our experience, strength, and hope with each other that we may solve our common problem and help others to recover from their sexual addictions. The only requirement for membership is a desire to stop compulsive sexual behavior. There are no dues or fees for membership; we are self-supporting through our own contributions. We are not allied with any organization. We are not a religious organization or aligned with any sect or denomination. We do not wish to engage in any controversy and we neither endorse nor oppose any causes. Although there is no organizational affiliation between Alcoholics Anonymous and our fellowship, we are based on the principles of AA. Our primary purpose is to stay sexually healthy and to help other sex addicts achieve freedom from compulsive sexual behavior.

How It Works

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program. They cannot develop a manner of living which demands rigorous honesty. There are those, too, who suffer from serious emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it, then you are ready to take certain steps. At some of these we balked. We thought we could find an easier, softer way. But, we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start.

Continue



How It Works (cont.)

Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with sexual addiction – cunning, baffling, powerful! Without help it is too much for us, but there are Higher Powers greater than yourself. May you find your Higher Power now.

Half measures availed us nothing. We stood at the turning point. We asked for our Higher Power's protection and care with complete abandon. Here are the steps we took, which are suggested as a program of recovery:



The 12 Steps of Sex Addicts Anonymous

1. We admitted we were powerless over addictive sexual behavior – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.

Continue



The 12 Steps of Sex Addicts Anonymous (cont.)

8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.

Continue



Many of us exclaimed, “What an order! I can’t go through with it.” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our personal adventures before and after make clear three pertinent ideas:

1. That we were sexually addicted and could not manage our lives.
2. That probably no human power could have relieved our addiction.
3. ***(In Unison) That God could and would if God were sought.***




Abstinence Statement

Our goal when entering the SAA Program is abstinence from one or more specific sexual behaviors. But unlike programs for recovering alcoholics or drug addicts, Sex Addicts Anonymous does not have a universal definition of abstinence. Most of us have no desire to stop being sexual altogether. It is not sex in and of itself that causes us problems, but the addiction to certain sexual behaviors. In SAA we will be better able to determine what behavior is addictive and what is healthy. However, the fellowship does not dictate to its members what is and isn't addictive sexual behavior. Instead, we have found that it is necessary for each member to define their own abstinence.

Since different addicts suffer from different behaviors, and since our sexuality is experienced in so many different ways, it is necessary that SAA members define for themselves, with the help of their sponsors or others in recovery, which of their sexual behaviors they consider to be “acting out”.

Continue



Abstinence Statement (cont.)

This can be a difficult challenge. If we are too lenient with ourselves, we might not get sober. If we are too strict, we might restrict ourselves from healthy behaviors that we have no need to give up, and an inability to meet our high standards could set us up for relapse. We need the help of other recovering sex addicts, and the reliance on a Power greater than ourselves, to find the right balance between these two extremes. Our program acknowledges each individual's dignity and right to choose their own concept of healthy sexuality. We have learned that our ideas of what is healthy and what is addictive evolve with experience. In time, we are able to define our individual abstinence with honesty, fairness, and gentleness. This process is a valuable exercise in our recovery. It requires us to carefully examine all of our sexual behaviors, decide which ones are healthy or addictive, and note those cases where we're not sure. It is a way of taking stock.



What SAA is Not

1. SAA is non-professional: it is not sex therapy or group therapy and offers no treatment of any kind.
2. It is not a society of hyper-sexed individuals.
3. It is not a place to pick up sex partners.
4. It is not a place to learn how to control and enjoy lust.
5. It is not a social club.

If you feel that a group member is getting too explicit in their comments, you may reach out directly to a trusted servant of our meeting, marked as host or co-host, for support. If you are approached by a group member in any way that makes you feel uncomfortable, we encourage you to share this with a trusted servant as well.

The Tradition of the Month

Introductions

Business Announcements



Sobriety Anniversaries





Daily Readings

Presentation

7th Tradition

Scan to donate to
\$SAAMidday

Date	Amount
8/20/25	\$1,200.00

Thanks!



Donations can also be made via Zelle, Paypal or Venmo. Contact Miguel to arrange at 561-543-5844.

Sharing

Closing

The Promises

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook on life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that our Higher Power is doing for us what we could not do for ourselves.

Are these extravagant promises?

(In unison) We think not.

They are being fulfilled among us — sometimes quickly, sometimes slowly. They will always materialize if we work for them.

The Unity Prayer

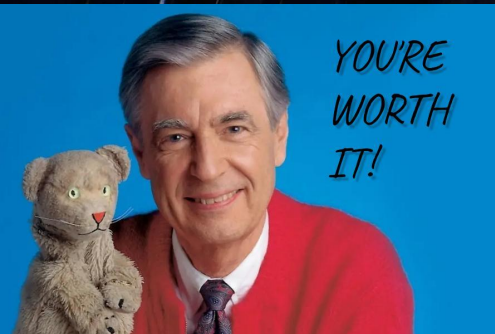
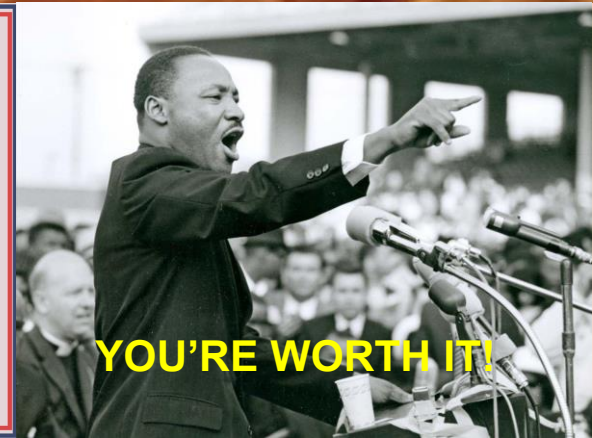
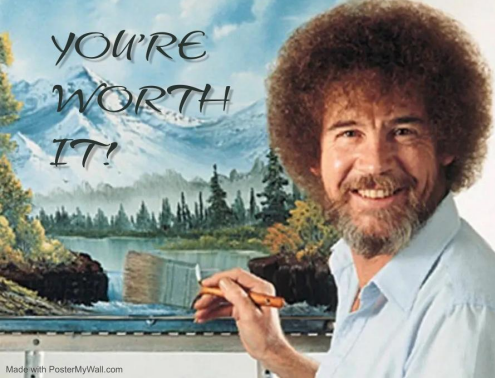
I put my hand in yours,
and together we can do
what we could never do alone.

No longer is there a sense of hopelessness;
no longer must we each depend upon
our own unsteady willpower.

We are all together now,
reaching out our hands,
for a power and strength greater than ours,

And as we join hands
we find love and understanding
beyond our wildest dreams.

Keep coming back,
it works if you work it, and you're worth it!



YOU'RE WORTH IT!



YOU'RE WORTH IT!



YOU'RE WORTH IT!

THIS IS THE WAY



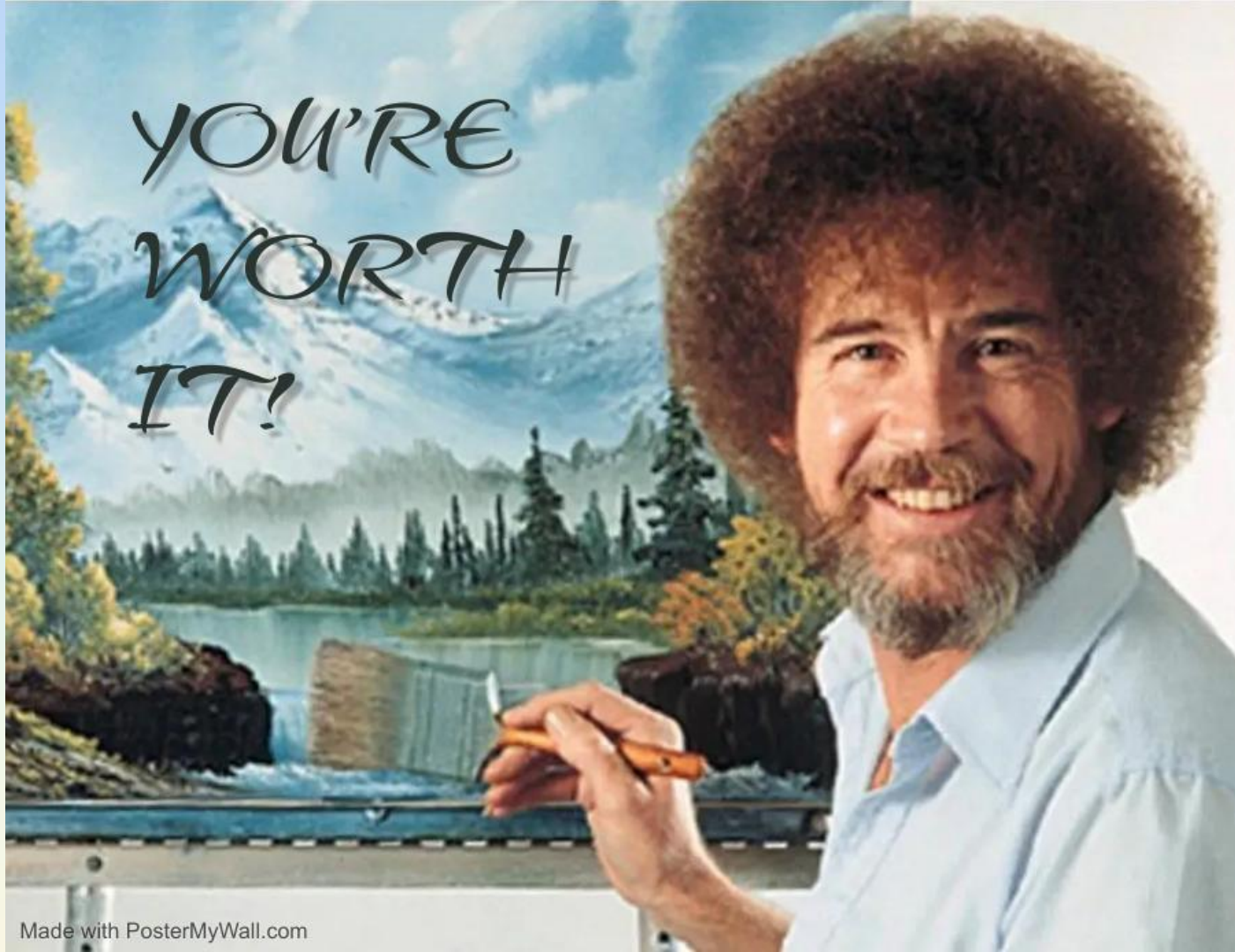


YOU'RE
WORTH IT!

YOU'RE
WORTH
IT!



YOU'RE
WORTH
IT!



You

ARE WORTH IT!

ALWAYS WERE!

ALWAYS WILL BE!



You're worth it!



YOU'RE
WORTH IT!



A close-up of Darth Vader's helmeted head and shoulders. He is wearing his iconic black armor and cape. The background is a blurred city skyline at night, with numerous lights from buildings and streets. The text "YOU'RE WORTH IT!" is overlaid in the upper right corner in a bold, white, sans-serif font. The overall mood is dramatic and iconic.

**YOU'RE
WORTH
IT!**

WORTH IT



YOU ARE

YOU'RE WORTH IT!



A black and white photograph of Martin Luther King Jr. speaking at a podium. He is wearing a dark suit and has his mouth open as if shouting or speaking passionately. His right arm is raised, pointing his index finger towards the right. The podium has several microphones and a white cup. In the background, a large crowd of people is visible, though out of focus. The image is framed by a blue vertical bar on the left and a pink vertical bar on the right. The text "YOU'RE WORTH IT!" is overlaid in large, bold, yellow capital letters across the bottom half of the image.

YOU'RE WORTH IT!

**YOU'RE
WORTH
IT!**



YOU'RE
WORTH
IT!





YOU'RE WORTH IT ALL YEAR LONG!!

**YOU'RE
WORTH
IT!**

