

SAA Midday

Script (Draft Rev. 8/22/2023)

SEVEN DAYS A WEEK! 11:30 am (US central) on Zoom

Opening:

Hi, my name is _____ and I'm a sex addict. Let's open this meeting with a quiet moment, followed by the extended version of the Serenity Prayer.

(Pause for a quiet moment, then screen share The Serenity Prayer below)

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.

Is this anyone's first Sex Addicts Anonymous meeting ever in life? If so, please introduce yourself by first name only.

(If so - read NEWCOMERS introduction)

Newcomers' Introduction:

Welcome to our meeting. Every one of us has been in your shoes and knows the courage it takes to come into these rooms for the first time. After we have finished the presentation portion of the meeting, we will open the floor for sharing. This is a time when you may choose to share your thoughts or feelings on the topic, the reading, or other pertinent subjects on your mind. We recommend that you come to at least six meetings before you decide whether SAA is right for you. We hope you find what you're looking for here. We will read some material relating to newcomers shortly.

(Copy/paste into chat)

Information for Newcomers

Beginner's Packet

<https://saa-recovery.org/literature/getting-started-in-sex-addicts-anonymous-a-beginners-packet-for-recovering-sex-addicts/>

Tools of Recovery

<https://saa-recovery.org/literature/tools-of-recovery-a-practical-guide-for-new-members-of-saa/>

Special Welcome to the Woman Newcomer

<https://saa-recovery.org/literature/a-special-welcome-to-the-woman-newcomer-from-other-women-members-of-saa/>

Getting a Sponsor

<https://saa-recovery.org/literature/getting-a-sponsor/>

Three Circles Pamphlet

<https://saa-recovery.org/literature/three-circles-defining-sexual-sobriety-in-saa/>

Welcome:

Welcome to the [day of the week] meeting of SAA Midday. This is a closed meeting for those who are seeking their own sexual sobriety, and those who are investigating a 12-Step sex addiction program. Please silence your cell phone, stay on mute when not speaking to reduce background noise, and do not contact others inappropriately or without permission. Also, please replace your last name with just an initial if you haven't already.

*(ask for volunteers to read SAA Preamble,
How It Works, and The 12 Steps of SAA)*

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. 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.
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.

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.***

NEWCOMER SECTION

**If there is a newcomer/SAA first-timer present, read the two following additions:
(The Abstinence Statement and What SAA is Not)**

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".

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 his or her 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.

It is the chair's prerogative to choose whether to continue with the day's Presentation Portion as planned, switch to **a short first step lead**, or newcomer-focused reading such as "**Our Addiction**" (page 3) or **Step One** (page 22) in the [SAA Green Book](#)

END OF NEWCOMER SECTION

The Tradition of the Month

The Twelve Traditions

(Chair reads this month's tradition)

- (Jan) 1. Our common welfare should come first; personal recovery depends upon SAA unity.
- (Feb) 2. For our group purpose there is but one ultimate authority—a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
- (Mar) 3. The only requirement for SAA membership is a desire to stop addictive sexual behavior.
- (Apr) 4. Each group should be autonomous except in matters affecting other groups or SAA as a whole.
- (May) 5. Each group has but one primary purpose—to carry its message to the sex addict who still suffers.
- (Jun) 6. An SAA group ought never endorse, finance, or lend the SAA name to any related facility or outside enterprise lest problems of money, property, and prestige divert us from our primary purpose.
- (Jul) 7. Every SAA group ought to be fully self-supporting, declining outside contributions.
- (Aug) 8. SAA should remain forever nonprofessional, but our service centers may employ special workers.
- (Sep) 9. SAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- (Oct) 10. SAA has no opinion on outside issues; hence the SAA name ought never be drawn into public controversy.
- (Nov) 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.
- (Dec) 12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Introductions:

[Introductions are the chair's prerogative. Suggestion:] It's time for introductions! You may identify yourself as a sex addict if you choose, and by first name only. I'll start, and then we'll continue in rough alphabetical order.

Business:

This is the business portion of our meeting. *(share on screen, ask co-host to if needed)*

[SAA Midday Business Portion](#)

Are there any other announcements for the benefit of the group?

Sobriety Anniversaries:

Are there any program or sobriety anniversaries?

(Co-host screen shares relevant chips)

White Chip Ceremony:

We also offer virtual white chips to anyone committing to 24 hours of sobriety. Would anyone like a white chip?

(Co-host screen shares white chip)

Daily Readings:

Now, will someone please read from "Answers in the Heart"

(share on screen, ask co-host to if needed)

[Answers in the Heart PDF](#)

and "Voices of Recovery"

(share on screen, ask co-host if needed)

[Voices of Recovery PDF](#)

OR

[Voices of Recovery on SAA Website](#)

Presentation:

This is the presentation portion of our meeting. The format of this meeting is: (Go to day highlighted in blue, or directly below if newcomers are present)

- **If 1 or more newcomers are present:** Since we have a newcomer(s), would anyone like to give a short lead on their experience, strength, and hope in the program? (If no volunteers) We can also read "Our Addiction" (page 3) or The First Step (page 22) in the [SAA Green Book](#) (Thank and applaud if there was a lead speaker)
- **Mondays:** *Outer Circle* – read an article from an online issue of the [Outer Circle newsletter](#), followed by open sharing.
(Choose article, display article, lead reading)
- **Tuesdays:** *12 Steps to Recovery*. A short lead on a step, followed by comments. Today our speaker is _____.
(Brief introduction, at the end of lead, applaud and thank speaker)
- **Wednesdays:** *Answers in the Heart*. A lead on a reading from *Answers in the Heart* (it does not have to be today's reading). Today our speaker is _____.
(Brief introduction, at the end of lead, applaud and thank speaker)
- **Thursdays:** *Green Book Readings*. A reading from the [Green Book of SAA](#), followed by comments. (Suggestions from the floor or chairperson recommends.)
- **Fridays:** *Friday Cleanup*.
 - {1st Friday of the month} A lead sharing experience, strength, and hope Today our speaker is _____.
(Brief introduction, at the end of lead, applaud and thank speaker)
 - {Other Fridays} We'll go straight into shares. Feel free to share your thoughts on today's meditations or get current to finish your week clean.
- **Saturdays:** *Saturdays in Sobriety*. A lead on a reading from *Voices in Recovery*, (it does not have to be today's reading.) Today our speaker is: _____.
(Brief introduction, and at the end of lead, applaud to thank speaker)
- **Sundays:** *Sunday Shares*. A lead sharing experience, strength, and hope. Today our speaker is _____.
(Brief introduction, at the end of lead, applaud and thank speaker)

7th Tradition:

We are self-supporting through our own voluntary donations, in accordance with the Seventh Tradition. We now have our own SAA Midday treasury! We'll post the giving information for this meeting into the chat – we use CashApp as our account at \$SAAMidday. Simply scan the QR code posted in the chat (if you don't have CashApp, it is free and easy to use). Donations support our Zoom expenses, semi-annual donations to the ISO and Chicagoland Intergroup, and our Special Projects fund. Please give what you can, and if you can't contribute, keep coming back.

At present we have:

(Go to Tools > Linked Objects > then click  to update. Read the current amount.)

Date	Amount
7/30/25	\$1,159.00

(Copy/paste the text below into the chat. Download the [QR code image](#) to share it in the Zoom chat)

Please send 7th Tradition donations via CashApp to \$SAAMidday. [https://cash.app/\\$SAAMidday](https://cash.app/$SAAMidday)



SAA Midday
Scan to pay \$SAAMidday

Click this link for a breakdown on how Midday's 7th Tradition is used: [SAA Midday - 7th Tradition Breakdown](#)

Sharing:

This is the sharing portion of the meeting. As we begin, we ask that there be no cross-talk; that is, comments should be addressed to the group as a whole and not directly to an individual. Cross-talk includes: advice-giving, compliments, feedback, referring directly to another person's share, or trying to be helpful. Please be civil, and save remarks to individuals for after the meeting. While we encourage you to speak freely about your sex addiction, to avoid triggering other members, refrain from mentioning the specific name of acting out places, people, apps, websites, or being too graphic or descriptive about your acting out behavior. We're careful about contacting others in the fellowship inappropriately or without permission. We also ask that shares describe your experience, strength, and hope around sex addiction and your program of recovery. Feel free to include in your share if you are looking for a sponsor or if you are available to be a sponsor. Please join us for fellowship after the meeting for questions and conversation.

Please keep your comments responsibly brief. The floor is open.

(Chair's prerogative - final 5-10 minutes of shares:)

The last (5-10) minutes for sharing will be for those brand new to the program and others with burning desires.

(Start the Closing portion when we reach 3-5 minutes left in the meeting)

Closing:

Unfortunately, we've run out of time. You're welcome to stay for a few minutes after to share fellowship, ask questions, etc. Anonymity is a cornerstone of this program. Please respect the confidence of those who have shared today.

- **Tuesdays:** Can we please have a volunteer to speak next Tuesday on Step _____?
- **Wednesdays:** Can we please have a volunteer to speak next Wednesday on a reading of your choice from *Answers in the Heart*?
- **Saturdays:** Can we please have a volunteer to speak next Saturday on a reading of your choice from *Voices in Recovery*?

If you are available to be a sponsor, even temporarily, or looking for a sponsor, please mention that in the chat. Once again, we have a phone list and a Signal group chat for SAA Midday for those looking to be sponsored, able to sponsor others, or for general fellowship. If you have any questions or concerns, you are welcome to stay after for fellowship so we can guide you to those who can help.

(Copy/paste phone list again)

SAA Midday phone list:

https://docs.google.com/spreadsheets/d/1exCYOEXGk5_q9udU003nTJA3oOKnRKVLiSj_dccU46s

For access - follow the link and type in your First Name and Last Initial, then "Request Access" or send an email with the subject "SAA phone list" to: saamidday@gmail.com

SAA Midday Signal chat:. Follow this link to join

https://signal.group/#CjQKIHdkev4sCZRStVnDtsjWuKz8XINVsxUlKVzIAdy2yaqREhCLzSRw29WphWX_YQG9tb0u

(Acknowledge anyone who says they are available to sponsor in the chat)

Will someone please read “The Promises.” *(Share screen below)*

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.

Let's have a moment of silence for the addict who still suffers, then we'll close with the Unity Prayer.

(pause for moment of silence, then share screen below)

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 and you're worth it.

In Case of Violations:

IF SOMEONE IS APPROACHED INAPPROPRIATELY IN THE ROOM please read:

This is a reminder to us all not to contact others inappropriately, to be civil, do not direct comments directly to an individual, and not to contact others in the fellowship without permission.

Protocol: After one warning, the chair or host may remove the participant to the waiting room...

In case of cross-talk:

A reminder that we ask that there be no cross-talk; that is, comments should be addressed to the group as a whole and not directly to an individual. Cross-talk includes: advice-giving, compliments, feedback, referring directly to another person's share, or trying to be helpful. Please be civil, and save remarks to individuals for after the meeting. While we encourage you to speak freely about your sex addiction, to avoid triggering other members, refrain from mentioning the specific name of acting out places, people, publications, or being too graphic or descriptive about your acting out behavior. We're careful about contacting others in the fellowship without permission.

Protocol: If meeting disruptions continue, the chair or host may move the participant to the waiting room