

## SAMPLE SA MEETING FORMAT – LOWER MAINLAND

1. Good evening. My name is \_\_\_\_\_, and I am a recovering sexaholic. Welcome to this meeting of Sexaholics Anonymous. This is a closed meeting for those desiring their own personal sexual sobriety. Please turn off your cell phone and any other beeping alarm.
2. Sexaholics Anonymous is not a sex therapy or group therapy and offers no treatment of any kind. It is not a place to pick up sex partners or for learning how to control and enjoy lust. It is not a social club. SA is based on the principles of Alcoholics Anonymous.
3. SA, is a fellowship of men and women who share their experiences, strength and hope with each other that they may solve their common problem and help others to recover. Although there are no dues or fees for SA membership we are self-supporting through our own contributions. SA is not allied with any sect, denomination, political entity, organization or institution, does not wish to engage in any controversy, and neither endorses nor opposes any causes. Our primary purpose is to stay sexually sober and help other sexaholics achieve sobriety. The only requirement for membership in SA and attending meetings is the desire to stop lusting and become sexually sober. Sobriety for us means no form of sex with oneself or with partners other than your heterosexual marriage spouse.
4. ***IF A NEWCOMER IS PRESENT***, ask someone to read some or all of the following:

*“What is a Sexholic and What is Sexual Sobriety?” (Page 202)*

*“The Problem” (Page 203)*

*“The Solution” (Page 204)*

*“Lust” or “What is Lust?” (Page 40 / 41)*

**If there are no newcomers** ask someone to read 2 or 3 of the above or below readings:

*“The Twelve Steps” (Page 208)*

*“The Twelve Traditions” (Page 209)*

*“From Chapter 5 of AA” (Page 206)*

5. A caution! We suggest that newcomers to SA not reveal their sexual past to a spouse or family member who does not already know of it, without careful consideration and a period of sexual sobriety, and even then, only after a prior discussion with an SA sponsor or group.
6. Let's take a minute to introduce ourselves by first name and to state our length of sexual sobriety, the Step(s) we're working on, and if comfortable a short summary of the nature of our addiction. I'll begin and we'll go around the room to my left. My name is \_\_\_\_\_, and I am a sexaholic. I have been sexually sober for \_\_\_\_\_, am currently working Step(s) \_\_\_\_\_ and the nature of my addiction is \_\_\_\_\_.

7. After a moment of silence, will you please join me in the serenity prayer?

"God, 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."

8. We read from Sexaholics Anonymous or SA conference-approved literature. We go around the room, each person reading one or more paragraphs until we've read through the portion we have set for ourselves. The aim is to see how we can learn to apply the steps and use them in our own lives. We try always to see the difference between mere understanding and belief and actually putting that principle into action in all areas of our lives.

## 9. **CHIPS**

This is a chip meeting. For newcomers we hand out a desire chip, should they wish to receive it. It means that the newcomer wants to accept the definition of sobriety as it is given in the book. Tradition 3 states: "The only requirement for membership in SA and attending meetings is a desire to stop lusting and become sexually sober." Sobriety for us means no form of sex with oneself or with partners other than your heterosexual marriage spouse.

Would anyone like to receive a desire chip?

7 days? ... 30 days? ... 60 days? ... 90 days? ... 6 months? ... 9 months? ...

1 year? ... 18 months? ... 2 years ?... 3 years ?... etc.

**FIVE MINUTE BREAK**

## SHARING BY MEMBERS

10. In participation we avoid topics that can lead to dissension or distraction. We also avoid explicit sexual descriptions and sexually abusive language. We do not share about illegal activity that has not yet been adjudicated in court. The emphasis is on honesty, recovery and healing and how to apply the Twelve Steps and Traditions in our daily lives. No cross talk please, unless we are celebrating a sobriety milestone. Cross talk includes interrupting, speaking directly to another member, and making comments about or repeating specifics of what someone has shared. We refrain from direct or implied criticism, advice giving, preaching, debating, or belittling. We speak in the “I”, not the “we” or the “you”, speaking from our own experience about our own issues. If we want to relate to what another member has shared, we do so by speaking about how it relates to our own recovery. Keeping the focus on ourselves helps us to recover by looking at ourselves. It also creates a meeting where everyone can speak freely without fear of being shamed or judged. If someone feels another is getting too sexually explicit or is engaging in cross talk, they may so signify by quietly raising their hand.

There are \_\_\_ of us, so please limit your sharing to \_\_\_\_ minutes so that everyone has an opportunity to share.

*(Call on chip recipients to begin sharing if applicable.)*

### 11. SEVENTH TRADITION

We have no dues or fees but are self-supporting through our own contributions. While we pass the basket, do we have any announcements from the secretary?

12. Now we will continue participation for members who have not yet shared.

## CLOSING STATEMENTS

13. Anything you have heard at this meeting is the opinion of the individual participant. The principles of SA our found in our Twelve Steps and Twelve Traditions.

This is an anonymous program. Please keep the name, address and phone number of anyone you meet or learn about in SA to yourself, and “What we say here, let it stay here.”

Remember we never identify ourselves publicly with SA in the press, radio, TV or in films. Neither does anyone speak for SA.

It is the responsibility of every member to ensure that any potential newcomers first meet with an experienced, sober member of SA.

14. Have someone read one of:

The Twelve Promises (in the meeting binder or Page 83-84 of AA)

A Vision For You (Page 210)

15. We suggest that all members of SA have a sponsor. For newcomers, we suggest that you seek a temporary sponsor before leaving the meeting, or the phone number(s) of one or more other members. To those members willing to serve as a temporary sponsor as well as those who would like a sponsor, please raise your hand.

16. After a moment of silent reflection, I'd like to ask \_\_\_\_\_ to lead us in the Lord's Prayer.

*(Members join hands in a circle)*

“Keep coming back. It works if you work it; and you're worth it!”