

Meeting Format for the Middle Georgia Sexaholics Anonymous Group

Zoom Meeting Format

“Hello! My name is _____, and I’m a recovering sexaholic. Welcome to this meeting of the Middle Georgia Sexaholics Anonymous Group.

“This is a closed meeting. Only those desiring their own personal sexual sobriety, please. This is an anonymous meeting so please be mindful of who might be able to overhear or see this meeting other than yourself. Please no screen-shots or recording of the meeting. We also ask that if you are not actively speaking that you keep your microphone on “mute” during the meeting.

“While we do the opening readings, I’m going to ask members who have at least thirty days of sobriety to please sign up to chair future meetings. Please contact Bill B to have yourself added to the calendar.

“Sexaholics Anonymous is not a sex therapy or group therapy and offers no treatment of any kind; is not a place to pick up sex partners or for learning how to control and enjoy lust; is not a social club. SA is based on the principles of Alcoholics Anonymous.

“We suggest that members do NOT describe in this meeting any crimes for which they may still be prosecuted, because confidentiality is not necessarily a legal right and neither this group nor our fellowship offers protection regarding these matters. We suggest that members discuss these types of issues with their sponsor.”

Readings

- a. Read or ask another to read, “The SA Purpose” (*Sexaholics Anonymous*, 201).
- b. Ask a member to read an appropriate selection... for example
 - i. “What is a Sexaholic and What is Sexual Sobriety?” (SA 202)
 - ii. “The Problem (SA 203), and / or “The Solution” (SA 204-205)
- c. Ask a member or members to read...
 - i. “From Chapter Five of *Alcoholics Anonymous*” (SA 206-207) or
 - ii. “The Twelve Steps of Sexaholics Anonymous” (SA 208) – **(please max 2 readers)**

“Let’s take a minute to introduce ourselves by first name and (if we wish) identify our addiction, our length of sexual sobriety, and the Step which we are currently working. I’ll begin and we’ll work through the group as I call on each person by name. Let’s be brief with our introductions please.

‘My name is _____, and I’m a sexaholic ...’ etc.

“Will you please join me in a moment of silent meditation followed by the Serenity Prayer.”

- a. [Moment of Silence]
- b. **The Serenity Prayer:** “God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.”

“This is the part of the meeting for participation using our conference approved literature. We avoid topics that can lead to dissension or distraction. We also avoid explicit sexual descriptions and sexually abusive language. If someone feels another is getting too explicit, they may so signify by quietly raising their hand. The emphasis is on honesty, recovery and healing – how to apply the Twelve Steps and Traditions in our daily lives. Please limit shares to 3 minutes.”

[OPTIONAL:] “We ask that participants refrain from engaging in cross talk. Cross talk refers to an inappropriate response to another person’s share. Such a response might include interrupting, giving advice, criticizing, or making direct statements about another person’s share. Appropriate sharing means that we keep the focus on ourselves. We talk in the ‘I,’ not ‘we’ or ‘you,’ speaking from our own experience and about our own issues.”

Choose a reading from conference approved literature as a basis for sharing.

- a. Taking turns, read a passage by paragraph or by page.
- b. Invite participants to share their personal reactions to the readings.

Getting Current. “This is the time for open sharing and talking about where we are and how we are doing.”

Ask a member (1 only) to read “The Twelve Traditions of Sexaholics Anonymous” (SA 209). Share the chips.

- a. Explain the chip system (or have someone else do it).
- b. Offer to send chips by mail, applauding the recipients.
- c. “Congratulations on the chips you hold.”

Seventh Tradition Contributions. “We have no dues or fees, but we are self-supporting through our own contributions. Some of us are contributing extra when we can to support Twelfth Step work such as the SA International Central Office and our intergroup’s marathon. We have posted the link in the group chat where you can donate online. At this time, do we have any announcements from the secretary?”

Announcements

- a. From the secretary (or his/her representative)
- b. From other officers or members of the group

“The Middle Georgia SA group urges members to get a sponsor and begin working the Steps.

- a. “Would those willing to serve as sponsors please raise their hand.
- b. “Thank you for those who are serving as sponsors”

Readings. Ask someone to read “The Promises” (below) or “A Vision for You” (SA 210) or both.

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 upon 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 God is doing for us what we could not do for ourselves. Are these extravagant promises? *[Everyone says together]* **We think not!** They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.”

Invite the group to recite the Lord’s Prayer, the Third Step Prayer or the Seventh Step Prayer.

The Third Step Prayer: “God I offer myself to Thee – to build with me and to do with me as thou wilt. Relieve me of the bondage of self, that I may better do thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of life. May I do Thy will always!” (AA 63).

The Seventh Step Prayer: “My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me the strength, as I go out from here, to do your bidding. Amen” (AA 76).

“KEEP COMING BACK! IT WORKS IF YOU WORK IT!”

[For more detailed meeting guidelines, see SA 188-89.]