

Men's SA Daily Sobriety Renewal (DSR) Format
Used at Both the 8:30 AM and 4:00 PM Eastern Call
Phone: 857-444-0744 Conference Code: 250305 for both DSRs
Script as of 04/26/2021

(All phone lines muted as meeting begins.) Welcome to the Men's (8:30 AM / 4:00 PM) SA Daily Sobriety Renewal. A special welcome to any newcomers who have joined us today. We're glad you are here. The purpose of our group is to carry our message of hope to the sexaholic who still suffers. The only requirement for membership is a desire to stop lusting and become sexually sober.

In this sobriety renewal, participants take turns answering our six questions. Please **keep your share focused on the answers to these specific questions**. More general sharing is available after all callers answer our DSR questions. Our goal is to finish within 45 minutes. We have many men who need to share their DSR in the limited time available so please **limit your answers to approximately 1 to 1¼ minutes**. If your share is longer, I will indicate you need to wrap up to allow others to share. We simply are committing to ourselves, each other and with God to what it takes to stay sober, just for today. In defining sobriety, we do not speak for those outside Sexaholics Anonymous. We can only speak for ourselves. Thus, for the married sexaholic, sexual sobriety means having no form of sex with self or with persons other than the spouse. For the unmarried sexaholic, sexual sobriety means freedom from sex of any kind. And for all of us single and married alike, *sexual sobriety includes progressive victory over lust*. (SA pg. 191-192)

After the formal part of this meeting has ended, we invite you to stay around for a more informal discussion time. You will have an opportunity to answer the DSR questions if you haven't already done so, ask questions about SA and recovery and obtain phone numbers. Many of us find this is a special time when we can share more about our recovery journey and listen to the personal experience, strength, and hope of other men in recovery.

Please join me in the Serenity Prayer. I suggest we use the (*singular/plural*) form this (*morning/afternoon*).

God, grant (me/us) the Serenity to accept the things (I/we) cannot change, Courage to change the things (I/we) can, and the Wisdom to know the difference. Thy will, not (mine/ours), be done.

Please listen carefully. As the moderator of this call, I have visibility through our conference call's dashboard to the phone numbers of all callers. If a caller has come onto our call previously, I see the caller's first name and state/country they provided during an earlier call. Except for our moderators, no one else has visibility to your phone number, name and where you are calling from during the live meeting. Your anonymity is precious to the men on this call. Your stored contact information never will be released to anyone including SA central or other SA meeting groups.

MODERATOR: If there are no callers without names on your dashboard, skip this optional paragraph below.

I will unmute your phone if I do not have your name and read the last four digits of your number asking you to identify yourself by first name, last initial and state where you live. If you wish, give your length of sexual sobriety. Feel safe in providing this information. It is important that every man identify himself whether he plans to share or not to protect the anonymity of everyone else on the call. **Group conscience dictates that those who do not identify themselves will be removed from the call.** This information will be stored in a secure, password protected database to which only our Call Administrator has access. Your information will be used to identify you the next time you call to facilitate meeting intake and for no other purpose.

We have **three** requests before we begin our DSR.

1. **DO NOT** mute or unmute your phone by using 4* or the mute feature on your phone. I will control the muting and unmuting of your phone on my end during our DSR. Please make sure to unmute your own phone now.
2. All callers who are just listening or who shared earlier, please press 5* on your phone. That's 5* so I know you are not answering the questions. This facilitates our call flow.
3. **Please avoid saying things that may be too specific or triggering for other brothers on the call.** Those more detailed conversations are best had with your sponsor or accountability partners one-on-one.

If you do not have a copy of our script, you can obtain the six DSR questions we will be answering today by sending an eMail to mymorningdsr@gmail.com. You will get an immediate robo-eMail response containing the six questions.

Please listen closely now as I read the names of those who will be participating in the meeting. The order in which I read the names will be the same order we use to answer the questions.

We encourage you to focus on answering the first four questions as they are your recommitment to Steps 1, 2, & 3 and surrender to your Higher power.

Our DSR begins now. Please remember, we have many men who need to share their DSR. Please **limit your answers to no more than 1 to 1¼ minutes.**

MODERATOR: *Unless a caller asks, do **NOT** read our six DSR questions at this time.*

Our Daily Sobriety Renewal (DSR) Questions:

1. Do you admit, just for today, that you are powerless over lust and sexual acting out?
2. Do you desire sobriety and freedom for the next 24 hours, and are you willing to do whatever is necessary to protect this desire?
3. Will you commit, with God's help, to stay sober for the next 24 hours, abstaining from sex with yourself or any person other than your spouse, working the SA program and its 12 steps of recovery as a tool to aid you in following through with this commitment understanding that it is not this tool but God who keeps you sober?
4. Just for today, are you willing to hand over your will and the care of your life to the One who kept you sober yesterday and protected you from the full consequences of your lust in the past?
5. What is just one thing *in recovery* for which you are grateful or proud?
6. **Briefly** share your last 24 hours, focusing on lust, resentment, fear, and time spent with your Higher Power and your plan for the next 24 hours? **(Be brief in answering.)**

End of Meeting Ongoing Announcements:

1. Additional information about these phone meetings may be found at www.sa.org.
2. Our meeting has local dial in numbers that allow men in any state and in up to 52 countries to access our meetings using a local phone number. You may request a copy from mymorningdsr@gmail.com at any time.
3. To get our script or to be added to our Accountability List and WhatsApp group, send an eMail with your first name, last initial and contact phone and/or eMail and/or Skype information and if you have downloaded WhatsApp to your smartphone to mymorningdsr@gmail.com to be added to this **Opt-In list and WhatsApp group** that contains hundreds of men who make themselves available for you to call!
4. 7th Tradition donations may be sent to the SA Central Office (SAICO) at the address in the White Book or by visiting www.sa.org. Donate to help carry our message to others.
5. Group Conscious business meetings for both the 8:30 AM and 4:00 PM DSR take place from 9:00-9:30 AM Eastern on the **first Thursday** of each month. Join us to make our DSR better.
6. Our 8:30 AM eastern DSR and 4:00 PM eastern DSR are every day 52 weeks a year. Come join us for either one or both – you make our DSR stronger!
7. Are there any brief SA or group announcements? If so, press 4* to unmute before speaking.

May God bless us all and remember we are never alone. Let's close with the Third Step Prayer, which you'll find on page 63 of the AA Big Book or page 95 of the SA White Book. I suggest we use the (*singular/plural*) form.

**God, (I/we) offer (myself/ourselves) to Thee,
To build with (me/us), and to do with (me/us) as Thou wilt.
Relieve (me/us) of the bondage of self, that (I/we) may better do Thy will.
Take away (my/our) difficulties, that victory over them
May bear witness to those (I/we) would help of
Thy Power, Thy Love, and Thy Way of life.
May (I/we) do Thy will always!
Amen.**

Thanks for sharing and for letting me be of service. Have a safe, sane, and a sober, peaceful day!

Our informal discussion time begins now. This is a great time for any who are new to SA to ask questions, meet new recovery friends, find out more about recovery and talk to other members. I will unmute your phone line to facilitate sharing.