

Noon **Eastern/Pacific** Time SA Phone Meeting Script

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WELCOME

Hello, this is _____. I am a sexaholic in _____. Let's go ahead and get started.

Welcome to the mixed-gender Sexaholics Anonymous Phone Meeting @ 12 Noon Eastern [or Pacific] Time. This is a closed meeting. Only those desiring their own personal sexual sobriety, please. Let's start the meeting with a moment of silence followed by the serenity prayer. Let's take that moment now.

After pause state:

Prayer...

"God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Thy will not mine be done."

"The moderator of this call sees the phone numbers of all callers. similar to Caller ID. For more information, please email to the group email address which is noonsaphonemtg@gmail.com. Your contact information will never be released to anyone in or outside this meeting without your prior permission."

We meet seven days a week at Noon Eastern time. Plus we meet 6 days a week Wednesday through Monday at Noon Pacific time or 3 pm Eastern; however, there may or may not be a moderator present for the Noon Pacific meeting. We have adopted the White Book suggested format.

Please mute your phone when you are not speaking. Press *6 to share or silence your line. If there are disruptions or background noise, the moderator may mute the lines. If this occurs, members will need to press *6 to share.

READINGS

May I have a volunteer to read the SA Purpose on page 201 in the White Book?

Sexaholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover. The only requirement for membership is a desire to stop lusting and become sexually sober. 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, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sexually sober and help others to achieve sexual sobriety.

May I have a volunteer to read *What is a Sexaholic and What is Sexual Sobriety* on page 202 in the *White Book*, please?

We can only speak for ourselves. The specialized nature of Sexaholics Anonymous can best be understood in terms of what we call the sexaholic. The sexaholic has taken himself or herself out of the whole context of what is right or wrong. He or she has lost control, no longer has the power of choice, and is not free to stop. Lust has become an addiction. Our situation is like that of the alcoholic who can no longer tolerate alcohol and must stop drinking altogether but is hooked and cannot stop. So it is with the sexaholic, or sex drunk, who can no longer tolerate lust but cannot stop. Thus, for the sexaholic, any form of sex with one's self or with partners other than the spouse is progressively addictive and destructive. We also see that lust is the driving force behind our sexual acting out, and true sobriety includes progressive victory over lust. These conclusions were forced upon us in the crucible of our experiences and recovery; we have no other options. But we have found that acceptance of these facts is the key to a happy and joyous freedom we could otherwise never know.

This will and should discourage many inquirers who admit to sexual obsession or compulsion but who simply want to control and enjoy it, much as the alcoholic would like to control and enjoy drinking. Until we had been driven to the point of despair, until we really wanted to stop but could not, we did not give ourselves to this program of recovery. Sexaholics Anonymous is for those who know they have no other option but to stop, and their own enlightened self-interest must tell them this.

(Tuesday and Thursday—Read Ch. 5 instead of The Problem—see below) May I have a volunteer to read *The Problem* on page 203 in the *White Book* please?

Many of us felt inadequate, unworthy, alone, and afraid. Our insides never matched what we saw on the outsides of others.

Early on, we came to feel disconnected – from parents, from peers, from ourselves. We tuned out with fantasy and masturbation. We plugged in by drinking in the pictures, the images, and pursuing the objects of our fantasies. We lusted and wanted to be lusted after.

We became true addicts: sex with self, promiscuity, adultery, dependency relationships, and more fantasy. We got it through the eyes; we bought it, we sold it, we traded it, we gave it away. We were addicted to the intrigue, the tease, the forbidden. The only way we knew to be free of it was to do it. "Please connect with me and make me whole!" we cried with outstretched arms. Lusting after the Big Fix, we gave away our power to others.

This produced guilt, self-hatred, remorse, emptiness, and pain, and we were driven ever inward, away from reality, away from love, lost inside ourselves. Our habit made

true intimacy impossible. We could never know real union with another because we were addicted to the unreal. We went for the “chemistry,” the connection that had the magic because it by-passed intimacy and true union. Fantasy corrupted the real; lust killed love.

First addicts, then love cripples, we took from others to fill up what was lacking in ourselves. Conning ourselves time and again that the next one would save us, we were really losing our lives.

(Tuesday and Thursday—Read Ch. 5 instead of The Solution—see below) Finally, may I have a volunteer to read *The Solution* on pages 204-5 in the *White Book*, please?

We saw that our problem was threefold: physical, emotional, and spiritual. Healing had to come about in all three.

The crucial change in attitude began when we admitted we were powerless, that our habit had us whipped. We came to meetings and withdrew from our habit. For some, this meant no sex with themselves or others, including not getting into relationships. For others, it also meant “drying out” and not having sex with the spouse for a time to recover from lust.

We discovered that we could stop, that not feeding the hunger didn’t kill us, that sex was indeed optional. There was hope for freedom, and we began to feel alive. Encouraged to continue, we turned more and more away from our isolating obsession with sex and self and turned to God and others.

All this was scary. We couldn’t see the path ahead, except that others had gone that way before. Each new step of surrender felt it would be off the edge into oblivion, but we took it. And instead of killing us, surrender was killing the obsession! We had stepped into the light, into a whole new way of life.

The fellowship gave us monitoring and support to keep us from being overwhelmed, a safe haven where we could finally face ourselves. Instead of covering our feelings with compulsive sex, we began exposing the roots of our spiritual emptiness and hunger. And the healing began.

As we faced our defects, we became willing to change; surrendering them broke the power they had over us. We began to be more comfortable with ourselves and others for the first time without our “drug.”

Forgiving all who had injured us, and without injuring others, we tried to right our own wrongs. At each amends more of the dreadful load of guilt dropped from our shoulders, until we could lift our heads, look the world in the eye, and stand free.

We began practicing a positive sobriety, taking the actions of love to improve our relations with others. We were learning how to give, and the measure we gave was the measure we got back. We were finding what none of the substitutes had ever supplied. We were making the real Connection. We were home.

(Tuesday and Thursday) May I please have a volunteer to begin reading From Chapter Five of Alcoholics Anonymous on page 206 of the White Book and stopping at “suggested as a program of recovery”?

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, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave 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. 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 lust—cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power—that One is God. May you find Him now.

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

(Tuesday and Thursday) May I please have a volunteer to begin reading at Step 1 From Chapter Five of Alcoholics Anonymous on page 206 of the White Book and finishing on page 207?

- 1. We admitted we were powerless over lust, 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 Him.*
- 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 Him 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 Him, praying only for knowledge of His 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 sexaholics, and to practice these principles in all our affairs.*

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 adventure before and after make clear three pertinent ideas:

- (a) That we were sexaholic and could not manage our own lives.*
- (b) That probably no human power could have relieved our sexaholism.*
- (c) That God could and would if He were sought.*

THANK YOU (insert names of readers) for your service.

INSTRUCTIONS FOR DAY OF THE WEEK

MON (Guest Speaker):

The format of our Monday meeting is for a guest speaker to share his/her experience, strength, and hope to kick-off the discussion. Speaker meetings are reserved for any SA member who has been sober for 6 months or more to share what it was like, what happened, and emphasis on what it is like now. Speakers have 20-25 minutes or longer leaving less time for everyone to share, so please adjust accordingly. If you would like to speak at this meeting, please send an email to noonsaphonemt@gmail.com so we

can put you on the calendar. As a result of a group conscience decision, on Monday we skip introductions in order to leave more time for the speaker and shares.

We would like to welcome our guest speaker, **SpeakerName** from **Location**. *(Say a few words about the speaker, and whether they will be sharing ESH, or give the title of their talk.)*

SpeakerName, is it ok if we record your share for the benefit of the fellowship? *(Wait for answer).*

Thank you, **SpeakerName**. I will mute everyone except us. Once you hear, "The recording has started," you may begin speaking. Thank you for your service.

(On the dashboard, click "Mute All", then manually unmute yourself and the speaker, and make sure you can hear each other. Click on the record button and immediately mute yourself. Once the speaker is finished, skip down the SHARES section.)

TUES (Step Study):

The format of this meeting is to take turns reading a short section from SA approved literature and then share on the topic. This is a step study meeting and we will be reading on Step XX today [XX = 01, 02, 03....12 by current month]. Let's take a minute to introduce ourselves by your first name, even if you do not plan to share, where you are calling from, and state your length of sexual sobriety.

If this is your first SA Phone Meeting or if you are new to SA, please let us know so we have an opportunity to welcome you to the group. I will begin and we will go around the call. My name is _____, and I am a sexaholic in _____. I have been sober since _____.

I will pass to the next caller. (welcome each person that checks in)

THURS (Gratitude):

Today's meeting will focus on Gratitude in our lives and our program. We will choose three readings on gratitude listed on page 373 from "The Real Connection" and then go on to shares.

Let's take a minute to introduce ourselves by first name, even if you do not plan to share, where you are calling from, and state your length of sexual sobriety.

If this is your first SA Phone Meeting or if you are new to SA, please let us know so we have an opportunity to welcome you to the group. I will begin and we will go around the call. My name is _____, and I am a sexaholic in _____. I have been sober since _____.

I will pass to the next caller. (welcome each person that checks in)

WED, FRI, SAT, SUN, MON (Book Study):

The format of this meeting is to take turns reading a short section from SA approved literature and then share on the topic. Let's take a minute to introduce ourselves by first name, even if you do not plan to share, where you are calling from, and state your length of sexual sobriety. If you would like to suggest a reading and have access to a particular book, feel free to mention that as well.

If this is your first SA Phone Meeting or if you are new to SA, please let us know so we have an opportunity to welcome you to the group. I will begin and we will go around the call. My name is _____, and I am a sexaholic in _____. I have been sober since.

I will pass to the next caller. (welcome each person that checks in)

READINGS

(THURS) Gratitude readings from *The Real Connection* may be found on pages 11, 15, 76, 107, 118, 122, 174, 179, 188, 227, 256, 266, 278, 308, 316, 323, 336]

[Begin reading with the person who recommended the reading. *End reading by no later than 30 minutes past the hour.*]

Reading: _____

THANK YOU (insert names of readers) for your service.

SHARES

In participation, we avoid topics that can lead to dissension or distraction. We also avoid explicit sexual descriptions and sexually abusive language. The emphasis is on honesty, recovery, and healing – how to apply the 12 Steps and Traditions in our daily lives. No cross-talk, please. Cross talk means interrupting, giving advice, or criticizing another person's share. If someone feels another is getting too explicit, they may so signify by saying, "my hand is raised," at which point the moderator may consult a group conscience.

[ON TUESDAY: Since this is our Tuesday Step Study Meeting, please share on the step we just read, or the step you are currently working on would be particularly appropriate.]

The goal is to finish within one hour giving everyone the opportunity to participate. Please limit sharing to 3 minutes (2 minutes if there are more than 30 people on the call). The timekeeper will remind you when your time has expired. Please be respectful of the

group by acknowledging the timekeeper and closing your share when time is called. Would someone like to volunteer to be the timekeeper for today's meeting?

After the formal part of the meeting has ended, there will be time for fellowship where anyone new to SA may ask questions or obtain an email or phone number for SA, members may connect informally with one another, and those who did not get an opportunity to share during the formal part of the meeting may do so.

Bearing in mind the 5th tradition of the group's purpose being "to carry its message to the sexaholic who still suffers," we invite three of our members with at least 30 days of sobriety to share first. We do this to help set the tone on recovery and program. After that, the call is open to anyone who would like to share. Please wait to be acknowledged by the Moderator before you start sharing to avoid confusion when multiple people check-in.

At 45 minutes past the hour, the meeting will be open for shares from any newcomers to SA or to this meeting.

A gentle reminder – please mute your phone when you are not speaking by pressing *6.

If you would like to share, please remember to unmute using the mute feature on your phone and/or press *6 to unmute. If you're having trouble unmuting, you may have to call back in due to a glitch in our system.

Who would like to be our first share today with 30 days or more of sobriety?

[Start shares, finishing up by 55 minutes past the hour]

CLOSING

Our 7th tradition states, "We have no dues or fees but are self-supporting through our own contributions." Please visit www.sa.org to make a donation or get further information about SA. To donate on behalf of this meeting, please enter "Noon SA Phone MTG" in the description line.

As a reminder, our Monday meeting is our speakers' meeting. If you, or anyone you know, has six months or more of sobriety and is willing to share your experience, strength and hope with the Monday call, please email us so we can schedule a convenient time for you to address Monday's meeting. We also have past Monday Speaker recordings, if you would like access to those recordings you can dial in and listen to them or access them through our Google drive where you can listen or download the recordings. Email the group for more information.

In addition to our speakers' meeting on Monday, our Tuesday meeting is a step study meeting. We are currently working on Step ____ (Jan = Step 1, Feb = Step 2, etc.). The rest of our meetings Wednesday through Sunday are book study meetings.

Our Group Conscience Business meeting is on the last Friday of the month. Please mark your calendars and plan to attend.

If you are looking for a temporary sponsor, you are encouraged to look for one at a face to face meeting. Otherwise, stay on after the call is over. You may also email the group to request a list of people who have offered to be temporary sponsors.

To join our group, to get a copy of the male or female group contact list, or have general questions regarding the group, please send an email to noonsaphoneMTG@gmail.com.

Is there anyone on the call celebrating a sobriety anniversary this week?

Do we have any SA related announcements?

I would like to thank everyone for sharing and the opportunity to be of service. And thank you to our timekeeper _____ for their service.

Anything you have heard at this meeting is strictly the opinion of the individual participant; the principles of SA are found in our 12 Steps and 12 Traditions. This is an anonymous program. Please keep the name, address, phone number, or email of anyone you meet or learn about in SA to yourself. And what we say here, let it stay here. Remember that we never identify ourselves publicly with SA in the press, radio, TV, films, or social media. Neither does anyone speak for SA.

CLOSING READING

Would someone like to read either *A Vision for You* in the *White Book* on page 210 or *The Promises* in the *Big Book* on pages 83-84?

A Vision for You

We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you – until then.

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 insight into our fellows.*
- *Self-seeking will slip away.*
- *Our whole attitude and outlook will change.*
- *Fear of people and 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? We think not. They are being fulfilled among us. Sometimes quickly and sometimes slowly. They will always materialize if we work for them.

CLOSING PRAYER

Finally, would someone like to volunteer to close with the Lord's Prayer or a Program Prayer of your choosing, after a moment of silence for those who still suffer in and out of these rooms?

Lord's Prayer

Our Father, who art in heaven, hallowed be thy Name. Thy Kingdom come. Thy will be done on earth, as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. For thine is the kingdom, the power, and the glory. Now and forever. Amen.

3rd 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!"

7th 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 strength, as I go out from here, to do Your bidding.

Transforming Prayer (The Real Connection, p. 184)

O God,
Wake me up.
Change me.
Even when I do not want to change.
Break down my desire to lust.
Let me let your love fill me.
Move through me.
Make me a tool of your will.

Remind me when I forget You.
Sustain me.
Create in me a clean spirit,
A willingness to do your will,
In all things.
Help transform me into the one You
want me to be.

Parking Lot Instructions

For the Moderator:

If during the meeting a specific member discusses feelings or planning of wanting to take their own life, after the meeting has ended and you are in the parking lot, if that member is still there you may (in this order!):

1. Ask the person if they are open to receiving an additional outside resource for support during this difficult time.
2. ***IF*** they consent to receiving an outside additional resource, you may read off the number for the suicide prevention hotline. **Phone number for the National Suicide Prevention Hotline (800-273-8255)**

This is **NOT** approved to be done inside the meeting itself - only in the parking lot and only with permission to give an outside resource from the person themselves.

Updates

07/05/2023: Added not always moderator present at 3 pm meeting per group conscience (Adam IN)

11/28/2022: Added Chapter 5 reading per group conscience (Adam IN)

02/25/2022: Updated new phone number; added Monday 3 PM meeting (Rina NJ)

03/10/2021: Updated daily format cues. Other minor edits (Rina in New Jersey)

04/28/2020: Minor corrections for grammar and spelling. Fixed introduction for Thursday gratitude meeting (John E).

10/28/2019: Corrected text to add "Lord's Prayer" into the sentence for prayers.

10/27/2019: Duplicated list of readings for Gratitude Meeting under *Instructions for the Day*.

10/26/2019: Added newcomers' sentence back to script per Group Conscience Meeting of October 25, 2019. Added text for the Thursday gratitude meetings per Group Conscience Meeting of October 25, 2019.

8/31/2019: Added noon Pacific meetings mention on page one.

7/28/2019: *Added June 27th Prayer from The Real Connection (p. 184). Other minor edits.*

5/28/2019: *Script Changes: Remove h+45 newcomers sentence. Add thank you to the timekeeper. Other minor edits.*

3/25/22: *Script Changes; to reflect group conscience vote from 2/25/22- suicide prevention hotline number and specific parking lot instructions for providing such a resource added to the script.*

4/29/22: *Script Changes: Added reminder to unmute and comment about possible glitch for newcomers who might be confused at 45 minute mark.*