
7:30 AM ET - SA DSR PHONE MEETING SCRIPT *(updated 3/7/2022)*

Welcome to the 7:30 AM Eastern Time (ET) Sexaholics Anonymous (SA) Daily Sobriety Renewal (DSR) Phone Meeting! -- **(667) 770-1918** Code: **815-6852#**)

Please join me in a moment of silence followed by the Serenity 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.”*

Background noise can be very disruptive to the call. Please remember to mute your phone when you're not speaking. If your phone doesn't have the mute feature, press *6 to mute and un-mute. In this sobriety renewal, participants take turns answering three sets of questions. We encourage participants to keep their shares focused on answering the questions and save their sharing about other topics for the virtual parking lot. Note that we don't direct our sharing to or talk about other members, nor do we mention the name of any non-SA or group approved literature, media, or websites. *At the discretion of the chairperson, shares may be limited to 3 minutes in order to give everyone a chance to participate.* [Optional statement: Depending on the number of callers, it may save time to combine questions #1 and #2.] Also, if anyone shares something that is triggering or offensive, please signify so by quietly stating that you are raising your hand. Note that if this is your first time on this DSR call, feel free to state that you are just listening.

After participants have their opportunity to share their responses to the questions, we will wrap up with brief announcements, a reading from one of the approved pieces of literature, and then a virtual parking lot after the meeting where you can ask questions and make contact with other people on the call.

Let's take a moment to introduce ourselves by first name, where you are calling from and if you wish, your length of sexual sobriety.

I will now read the order of callers. Please prepare to answer the question while

the person ahead of you is sharing and if you remember their name, say who comes after you when you finish your share.

Question #1: Do we admit that we are powerless over lust, do we desire sobriety, and are we willing to commit to go to any lengths to stay sober for the next 24 hours, including using the tools of the program and recognizing all lust hits as toxic? *(After all shares, ask)* Is there anyone who has joined the call who would like to answer the first set of questions?

Question #2: Are there any danger zones that we have faced in the past 24 hours or are facing in the next 24 hours that we need to bring to the light? *(After all shares, ask)* Is there anyone who has joined the call who would like to answer first two sets of questions?

Question #3: What time did we spend with our higher power yesterday and what is our recovery plan for the next 24 hours? What is one thing we are grateful for? Are we willing now to turn our lives and our wills over to the care of God as we understand God, realizing that it is only with the help of our higher power that we can stay sober one day at a time? *(After all shares, ask)* Is there anyone who has joined the call who would like to answer all 3 sets of questions?

GROUP ANNOUNCEMENTS

- . a) If you would like a copy of this script or to add your name and contact information to our Men's or Women's Mutual Support List, please send an email to the group address dsr0730et@gmail.com.
- . b) You can go to sa.org to find links to recovery literature, and the extensive schedule of SA in-person and phone meetings. For meeting info simply click on "meetings and events."
- . c) Seventh Tradition donations may be sent to the SA Central Office at the address in the White Book (*PO Box 3565 Brentwood, TN 37024*) or by visiting SA.org. You may note that your donations come from one of the

7:30AM Eastern Time sobriety renewal phone meetings.

- . d) We have a regular “Group Conscience/Business Meeting” on the 1st Friday of every month starting @ 8:00 AM and generally lasts about half an hour.
- . f) Are there any other SA or group announcements?

CLOSING

I’d like to thank the group for letting me be of service and may God bless us all.

Let us remember that we are never alone. For those who wish to remain on the call, there will be a reading from one or both of the “group-approved” spiritual meditation books, *Answers in the Heart* or *The Real Connection*, following the closing prayer and then a “virtual parking lot.” If you have one of those readings you can get it ready at this time.

After a moment of silence for the sexaholic who still suffers, let’s close with the Third Step Prayer [or chairperson can use another prayer such as the short or full *Serenity 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. Amen.”

Who would like to read today’s selection from *Answers in the Heart* or *The Real Connection*?

The parking lot is now open, Please announce yourself before sharing. *Note that it is helpful to conclude your sharing by stating “Thank you for letting me share.”*

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NOTICES: It is recommended that Chairpersons login to the conference at least 5-10 minutes before 7:30 AM ET (to be prepared and to allow for “meeting before the meeting”).

Chairperson controls:

- *2 – caller count
- *8 – toggles through notifications (dings) for people joining or leaving the call.
- *51 –Universal mute (but participants can unmute by pressing *6)
- *52 –Universal mute/lecture mode (only chairperson can speak; participants cannot unmute). To cancel, enter *51 and tell others to press *6 to unmute.
- *7 – Call lock, blocks new callers from joining.