

**Men's SA Daily Sobriety Renewal Format 8:30 AM ET Call**  
**Phone: (302) 202-1110 Pass Code: 727048**  
**Script as of 01/01/2018**

**(All phone lines muted as meeting begins.)** Welcome to the Men's 8:30 AM 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 the formal part of the meeting. Our goal is to finish within 45 minutes. We have many men who need to share their DSR so please **limit your answers to no more than 1 to 1 1/2 minutes**. If your share is longer, I may ask you 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.

***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. We do not have Caller ID capabilities. If a caller has come onto our call previously, I also see the caller's first name and state/country they provided during an earlier call. 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.

**NOTE TO MODERATOR:** Check your dashboard. *If there are no callers without names present on the call, skip this optional paragraph below.* Otherwise, read the paragraph at this time - then do intake of these new caller(s).

I will unmute your phone if I do not have your name. I will read the last four digits of your number asking you to identify yourself by first name and to state where you are calling from and, if you wish, 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.** After you provide this information, it is 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.

I will control the muting and unmuting of your phone so please DO NOT mute or unmute your phone by using either 4\* or the mute feature on your phone. This delays our sharing. At this point, I ask all callers who are just listening to press 5\* on your phone. That's 5\* so I know you are not answering the questions. This facilitates our call flow. Thank you for honoring these two requests.

If you do not have a copy of our script, you can obtain the six Daily Sobriety Renewal questions we will be answering today by sending an eMail to [mymorningdsr@gmail.com](mailto: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 will begin our DSR now. Please remember, we have many men who need to share their DSR.

**PLEASE, limit your answers to no more than 1 to 1 1/2 minutes.**

**NOTE TO MODERATOR:** *Unless asked by a new meeting participant for prompting, save time by NOT reading our 08:30 AM Men's DSR six questions at this time.*

### **Our Daily Sobriety Renewal:**

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. Do you intend, 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 intention, trusting that it is not this tool in itself but God who keeps you sober?
4. Give a *brief* inventory of your struggles and victories over the last 24 hours, focusing on lust, resentment, fear, and time spent with your higher power as well as your plan for the next 24 hours.
5. Share just one thing for which you are grateful or proud.
6. 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?

### **End of Meeting Ongoing Announcements:**

1. Additional information about these phone meetings may be found at [www.sa.org](http://www.sa.org).
2. To get our script or to be added to our Accountability List, send an eMail with your name and contact phone and/or eMail and/or Skype information to [mymorningdsr@gmail.com](mailto:mymorningdsr@gmail.com) to be added to this **Opt-In list** that contains hundreds of men who make themselves available for you to call!
3. 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](http://www.sa.org). Please do so to help carry our message to others.
4. Group conscious business meetings take place from 9:00-9:30 AM Eastern on the first Wednesday of each month. Please join us then to make our DSR better and stronger.
5. 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.