

SA 10:15 PM (ET) Nightly Reflections Phone Meeting (March 2025 Version)

- Welcome to the Nightly Reflections Meeting at 10:15 PM Eastern Time. I'm _____ from _____ and I am a sexaholic. This is a closed reflection meeting, giving those recovering from sexaholism a chance to review our day and recovery as seen through the program, similar to 10th and 11th, step inventories.
- Would a volunteer lead us into the meeting with 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.* Thank you, _____, for your service.
- SA Sobriety Definition : The only requirement for membership in SA is a desire to stop lusting and become sexually sober. In defining sobriety, we do not speak for those outside of 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 also includes progressive victory over lust. In SA's sobriety definition, the term "spouse" refers to one's partner in a marriage between a man and a woman. (SA 191-92).
- The moderator of this call sees the phone numbers of all callers similar to Caller ID. Please note that we will never disclose your information to anyone inside or outside this meeting without your prior permission. If you appear as anonymous, please check in with your name and location, even if you're only listening, or we will have to remove you from the call.
- At this time I would like to ask each person to check in by first name (if you haven't already), where you are calling from, and whether you are sharing or just listening for the sake of group anonymity. (Take the list of names for the sharing order; if someone doesn't identify themselves after a couple of prompts, please remove them from the meeting)
- The sharing order will be as follows, please make a note of who you are passing to. (***Read the sharing list out loud to the meeting***).
- We will begin the sharing portion of the call momentarily. When it is your turn, please do not give an extended or detailed account. Share **briefly, 1 to 2 minutes**, please, for each question, so that everyone has the chance to share. If the moderator chooses to ask for a spiritual timekeeper at any point, please acknowledge the timekeeper's gentle reminder to wrap up.
- **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 Twelve Steps and Traditions in our daily lives.**
- Please remain on topic. Speak in "I" statements, as opposed to "you," or "we." Avoid cross-talk by NOT commenting on others' shares. **Mute your phone**, please, when you are not speaking. Please avoid any sexually explicit or sexually abusive language, including any use of profanity.**

Questions: (If there are more than 12 sharers, combine questions 1 & 2)

1. What was your worst lust temptation today, and what did you do about it?
2. What was your worst resentment or fear today, and what could you have done differently?
 - Is there anyone else who has joined the call up to this point that would like to answer questions 1 & 2? (If the time is past 10:50 PM EST, you may wish to time the shares, or invite new callers to share in the virtual parking lot.)
3. Have you prayed for other people today?
4. Have you done something kind and loving for somebody today?
5. Share what you are grateful for.
 - (If, after all shares, it has not reached 11:10 PM EST, and there is extra time remaining, ask if there are any additional sharers.) Has anyone else joined the call who would like to answer all 5 questions before we conclude the meeting?
 - The time available for sharing has ended. It is now time for group announcements.

Group Announcements:

1. Additional information about these phone meetings may be found at sa.org.
2. To get a copy of this script, to be added to our email list, to ask for a sponsor, to offer to be a sponsor, or if you are interested in doing service for this group, please email us at sa1015meetings@gmail.com. That's "S A one zero one five meeting s (plural) at G-mail dot com"
3. 7th Tradition donations may be sent to the SA Central Office at SA.org or to the address in the White Book.
4. Our group conscience is the first Monday of every month 45 minutes before the phone meeting at 9:30 PM ET.
5. Are there any other SA or group announcements for the good of the fellowship?
 - Anyone is welcome to stay after the regular meeting for fellowship in our virtual parking lot, to answer the reflection questions, (if you have not had the chance), to exchange phone numbers, or to ask questions.
 - At this time, may I have a volunteer close us out with a group conscience approved prayer (**3rd Step, 7th Step, 11th Step, Lord's Prayer, Full Version Of the Serenity Prayer, etc.**) of their choosing, after a moment of silence for the still suffering sexaholic?
 - Thank you, __, for your service. Keep coming back – it works if you work it, but it won't if you don't, so work it because you are worth it. Have a safe, sane, and sober evening. God Bless! We are now in the parking lot.

Addendums: Not to be read necessarily but to be to be abided by:

- If you are a male and you would like to be added to or receive a copy of the phone list, please e-mail sa1015meetings@gmail.com and your contact information will be added and sent to you.
- If you are female and would like a copy of this list, then please e-mail at sa1015meetings@gmail.com and your request will be forwarded to a female member of the program who will contact you for that information.

Nightly Reflection Prayer Options

3rd Step Prayer

“God, I offer myself to Thee, to build with me and 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. Amen.

11th Step Prayer

“Lord, make me a channel of Thy peace – that where there is hatred, I may bring love; that where there is wrong, I may bring the spirit of forgiveness; that where there is discord, I may bring harmony; that where there is error, I may bring truth; that where there is doubt, I may bring faith; that where there is despair, I may bring hope; that where there are shadows, I may bring light; that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted; to understand, than to be understood; to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.”

Lord's Prayer

“Our Father, which 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 Glory forever and ever. Amen”

Full 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. Taking as He did, this sinful world as it is, not as I would have it, trusting that He will make all things right if I surrender to His will; that I may be reasonably happy in this world, and supremely happy with Him forever in the next. Amen.”

18 Wheeler Prayer (Page 162, SA White Book):

“Dear God: You know my how, how I really want to lust. I send it away to You, come be victorious over my lust; I don't want any of it – conscious or subconscious – I want You to bear it for me. Please keep me sober from all my lust tonight.”

Group Conscience Meeting Script (Revised October 2024)

1. Host Opens with Serenity Prayer and States Purpose of Meeting
 - a. Welcome to our monthly Group Conscience Meeting. My name is _____. I am a sexaholic in _____. May I have a volunteer to be our recording secretary today? _____
 - b. The purpose of our Group Conscience is to live up to Tradition 5, which states that: "Each group has but one primary purpose- to carry its message to the sexaholic who still suffers."
2. Approval of Last Meeting's Minutes
 - a. "Will the group secretary please read the minutes from the last meeting?"
 - b. Secretary reads minutes from the last meeting.
 - c. After reading them, host asks, "May I have a motion to approve the minutes?"
 - d. "Can I get a second?" | "All in favor?" | "All opposed?" | "Minutes stand approved."
3. Old Business
 - a. Host asks, "Is there any old business?"
 - b. Lead the discussion of old business, and keep track of any motions put forth by members. Remember, one person makes a motion, you ask for a second, then you ask, "Is there any discussion?" After allowing for at least two opposing viewpoints, ask, "Can I get a motion to close the discussion and take a vote?"
 - c. Then take a vote.
4. New Business
 - a. Host asks, "Does anyone have a suggestion on how we can improve the way our meeting reaches out to the still suffering sexaholic, or any other suggestions on how we can make our meeting better?"
 - b. Leader and secretary keep track of motions put forth before the group. All motions must be seconded, and followed by a period of discussion. Once a variety of opinions are heard, the leader brings a motion to a vote, and the secretary records each vote in the minutes.
 - c. Please note: majority does not rule in Group Conscience meetings. If there is a strong and vocal minority on a motion before the floor, announce to the group:
 - d. "The spirit of Group Conscience is that we have a clear consensus to make any changes to our meeting. Since we do not, we will put aside this motion. Members are free to bring this motion up for a vote at a later date to see if the group conscience on this issue has changed."
5. Closing Prayer
 - a. Close the Group Conscience no later than 10:10 PM Eastern Time.
 - b. "That ends our monthly Group Conscience meeting." The regular meeting will start shortly at 10:15 PM EST."
 - c. If the meeting lasts until 5 minutes before the start of the regular meeting, the host asks, "Can I get a motion to close the meeting?"
 - d. "Can I get a second?" | "All in favor?" | "All opposed?" | "Meeting is now officially closed."
 - e. Ask for a volunteer to close the meeting out with the prayer of their choice.
 - f. Thank everyone who did service or participated in the group conscience.

Revised: October 8th, 2024