



Step Study Meeting

Step 11

Telemeeting Version

v.2.0.0.2

"In step eleven we learned the principle of spiritual awareness as we turned our attention to the practices of prayer and meditation. We practice this principle by seeking an awareness of God's presence in all our affairs, and by continuing to nurture our spiritual sensitivity through prayer and meditation."

For many in recovery, whether it is Alcoholics Anonymous or Al-Anon Family Groups, the concept of spirituality can be unfamiliar, lost or rejected. If you seek solace in a bottle or in bars, you may have other problems going such as a broken relationship or crumbling marriage, a criminal history or generally, a life in turmoil. Even for those who have had an upbringing in a church, you may find that your experience was more "religious" and prescriptive rather than spiritual.

For most who are earnest in working the 12 steps, by the time you arrive at step 11 you may discover a measure of spirituality at work in your life. For many AA members, they say they have discovered their higher power and form a better understanding of that power.



Path to Healing and Recovery
Cambridge - Guelph - Waterloo - Dufferin County

Tri County Recovery - SAA
of The Path to Healing and Recovery Group

<https://tcr.p2har.org>

info@tcr.p2har.org

toll free : 844-523-8575, ext 10827

Week 1

Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

In taking the Eleventh Step, we dedicate ourselves to an increasing spiritual awareness and a greater connection with our Higher Power. As we progress in recovery, we come to realize that our Higher Power has always been with us, even in the depths of our addiction. It is our conscious contact with this Power that has increased for us as we work through each step. By making contact with God a conscious practice, we have allowed God into our lives, healing us, directing us, and changing us in ways that were never possible before. In Step Eleven we seek to improve this conscious contact, so that our spiritual connection will become not only the means by which we recover from our sex addiction, but our daily source of guidance and strength.

Volunteer reader

The Higher Power we seek is loving and supportive. This step works best when we have faith in the goodness of our Higher Power's will for us, even if we can't see the outcome yet. We may still go through hard times or periods of confusion. Yet we hold on to the belief that God's will is for our good and that the knowledge and power we need will be given to us in God's time.

The two practices through which we seek to improve our spiritual connection in this step are prayer and meditation. The quality of our contact with God, the depth and richness of our spiritual life, is the goal; prayer and meditation are the means. The forms that our prayer and meditation take will depend, in large part, on our personal beliefs about our Higher Power. We find help and guidance by asking our sponsor and other friends in recovery about their experiences working this step. We are free to discover what works best for us; the important thing is the goal of maintaining and improving our connection to the God of our understanding.

Volunteer reader

For many of us, prayer simply means talking with God. Rather than struggling with our life's challenges as if we are alone and need to "figure it out" ourselves, we share our thoughts and feelings with our Higher Power. When we pray, in effect we're saying, "Here I am, God, and these are my concerns." By sharing ourselves in this way, we bring ourselves regularly into the open, into the awareness of God's care.

At first, some of us were not very comfortable with praying. Often, we held assumptions about what prayer was, or what it looked like, that held us back. We learned that prayer need not be formal or associated with a religious tradition or text. We can pray in our car or in the shower. We can just say what's on our mind. With practice we become more comfortable. In time, our prayers become regular conversations with our Higher Power.

moderator

Would all who care to, now join me in reciting today's prayer.

Eleventh Step Prayer

Lord, make me an instrument of thy peace!

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.

Amen

Return to the main script "sharing introduction" We will return here for the prayer later in the main meeting.

Week 2

Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

We have found it very helpful to pray at regular times during the day, as well as other times when we need to feel close to our Higher Power. In the morning we might pray for God's help in facing the challenges of the day. In the evening we may express gratitude for our lives and for the gifts we have received in our recovery. These prayers frame our day, reminding us that nothing is more important than our relationship with our Higher Power. We also pray at unscheduled times when we want or need to. We pray for guidance and courage when we are tempted to act out, or when we're in a difficult situation of some kind. With time, we find ourselves praying spontaneously, as an expression of trust in our Higher Power.

Volunteer reader

If prayer can be thought of as talking to God, then meditation can be compared to listening. It starts when we take the time to slow down and focus without distraction. We set aside time without work, other people, TV, or other media demanding our attention. For the space of time devoted to meditation, seeking God's will becomes our conscious priority. When we are quiet, we become receptive to wisdom that isn't available otherwise.

Some of us felt resistance when we tried to meditate. Learning to be quiet and pay attention can often be quite difficult for us. In addition, we may be disturbed by unpleasant thoughts and feelings rising to the surface. We can be gentle with ourselves, gradually getting used to the experience of being still and attentive. If we are patient and stay with our meditation, we also find that the disagreeable emotions eventually pass. Any small effort we make to slow down and listen is a step towards connecting with our Higher Power, and will bear fruit in time.

Volunteer reader

There are many ways to meditate. Once again, we are free to discover whatever works best for us. For example, we may meditate by reading spiritual literature, by practicing one of many techniques to still the mind, or by simply sitting in nature. Whatever method we use, we make ourselves available to our Higher Power, opening ourselves to whatever insight we may receive.

Many of us practice reading meditation, in which we read and contemplate literature that inspires us. This may include spiritual texts of our choice. It may also include daily meditation books that feature a short passage to read for each day of the year. Some of us read meditations written specifically for people working twelve-step recovery. We may then take time to think about what we have read and how it applies to our lives today.

moderator

Some of us have found that being out in nature is also a form of meditation. We recognize the natural world as part of a Power greater than ourselves. We find serenity looking at the stars or listening to the ocean. Connecting with God through nature gives us perspective and a special sense of God's presence.

Would all who care to, now join me in reciting today's prayer.

Eleventh Step Prayer

"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 they 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"

*Return to the main script "sharing
introduction" We will return here for
the prayer later in the main meeting.*

Week 3

Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

Some of us practice one of the many forms of meditation intended to calm the mind. These practices can be done in a sitting position or while walking. Often the key to this kind of meditation is concentrating on something simple, such as one's breathing. Or we may just sit quietly, turning our attention to our Higher Power, allowing ourselves to be open to God's grace and wisdom. There are meditation practices associated with particular traditions, and there are practices that are wholly personal and unique. No matter which method we choose, we seek to clear our minds so as to become aware of God's presence and available to God's influence.

Volunteer reader

By the time we get to Step Eleven, we already enjoy some level of conscious contact with our Higher Power. We have also grown used to asking God for help and for such spiritual gifts as wisdom, serenity, and courage. We have no need to give up these kinds of prayers when we come to this step. Yet in taking Step Eleven, we go further. We surrender our desire for particular results and ask only for knowledge of God's will for us and the power to carry that out. We go beyond asking for things from God, into a practice of seeking to join our will with God's will for us.

Working this step means being aware of the higher purpose of our spirituality, rather than focusing on personal desire. We learn to accept that reality is not tailored to the limitations of self, and that hardship and loss are as valid a part of life as joy and pleasure. This doesn't mean that we will stop asking God for spiritual gifts or for help in life's challenges. But working Step Eleven lends greater meaning to these other kinds of asking. We come to recognize God's will as our highest good, and in so doing, our asking becomes founded in gratitude rather than self-seeking, faith rather than fear.

Volunteer reader

When we sense what God would have us do, we also ask for the power to carry that out. We need faith and strength to carry out God's will, for we cannot always foresee the results of the actions we are being led to take, or take into account all possible effects. Our belief that our Higher Power knows what is best for us, and that more will be revealed, grows as we work this step. We also gradually accept that God's will for us extends over all aspects of our lives, not just over our recovery from sex addiction. We find our serenity growing as we align our will with God's in each new area that is revealed to us.

We have been given a new chance at life, awakening to a spiritual dimension we never knew was available to us. We become open to sharing with others what we have gained and to helping others on the path of recovery. In gratitude, we seek opportunities for service to God and our fellow sex addicts. Our path leads to Step Twelve.

moderator

Would all who care to, now join me in reciting today's prayer.

Eleventh Step Prayer

God, I'm agitated and doubtful right now.

Help me to stop and remember that I've made a decision
to let You be my God.

Give me the right thoughts and actions.

God save me from fear, anger, worry, self-pity or foolish
decisions that Your will not mine be done.

Amen

*Return to the main script "sharing
introduction" We will return here for
the prayer later in the main meeting.*

Week 4 - Step Eleven

Week 4 will always be the week we have a business meeting. March will have a full business and group consciousness meeting. Time permitting we can resume to a normal meeting.

SAA Tri County Recovery – Group Conscience Meeting

1. Chairperson calls the meeting to order with a moment of silence.
2. Open with the “We” version of the Serenity Prayer
God,
grant us Serenity to accept the things we cannot change,
Courage to change the things we can
and Wisdom to know the difference.”
3. Read the 12 Traditions.
 1. Our common welfare should come first; personal recovery depends upon SAA unity.
 2. For our group purpose there is but one ultimate authority — a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
 3. The only requirement for SAA membership is a desire to stop addictive sexual behavior.
 4. Each group should be autonomous except in matters affecting other groups or SAA as a whole.
 5. Each group has but one primary purpose — to carry its message to the sex addict who still suffers.
 6. An SAA group ought never endorse, finance, or lend the SAA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
 7. Every SAA group ought to be fully self-supporting, declining outside contributions.
 8. Sex Addicts Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
 9. SAA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
 10. Sex Addicts Anonymous has no opinion on outside issues; hence the SAA name ought never be drawn into public controversy.
 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, and films.
 12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.
4. Service Prayer: by those members present who choose to participate.
“God,
grant us knowledge that we may serve according to Your
Divine precepts.
Instill in us a sense of Your purpose.
Make us servants of Your will and grant us a bond of
selflessness,
that this may truly be Your work,
not ours – in order that, no addict, anywhere, need die
from the horrors of addiction.”

5. Secretary takes attendance and records minutes.
6. Members will please raise hands to be recognized by the chairperson to speak.

Agenda

- a. Secretary reads last meeting's minutes (discussion if needed). Motion to accept minutes is made, and seconded, and vote taken.
- b. Treasurer's Report. Motion to accept report is made, and seconded, and vote taken.
- c. GSR's Report. Motion to accept report is made, and seconded, and vote taken.
- d. Trusted Servant's Report (Literature, Supplies, etc.). Motion to accept report(s) is made, and seconded, and vote taken.
- e. Old business (New business from previous meeting is mentioned, discussed and voted on, if necessary).
- f. New business
 - i. Are there any group issues or concerns that the group needs to address? (If necessary, table motions and vote or carry motion to next group conscience meeting).
 - ii. Elections (if necessary).
- g. Determine chairperson for next month, by willingness of those present.
- h. Announcements for the good of SAA.
- i. Close with the We version of the serenity prayer.

God,
grant us Serenity to accept the things
we cannot change,
Courage to change the things we can
and Wisdom to know the difference."

Time permitting, return to main program and continue with the normal meeting. We will return here for the sharing and weekly reading portion and then later for the prayer later in the main meeting.

Week 4/5

At the discretion of the moderator the format for week 4 will vary.

The format may be a speaker meeting, a discussion meeting with discussions on the Step or, discussion on items in general.

If this is a discussion meeting on Step 1, go to the next page, otherwise refer to the Week 4-5 supplemental bulletin.

Moderator - if you choose a discussion format, read the section on the next two pages and then proceed to the discussion questions and choose a few for the group to think about.

Week 4/5 Step Reading

moderator

Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

What Is the Purpose of This Step?

How Do You Complete This Step?

What Are Some Myths About This Step?

Keep an open mind: Set yourself up for success. Be open to the idea of looking outside yourself for help and support, and you'll be able to better conceive of the idea of recovery.

Maintain humility: Accept that you can't conquer your addiction alone.

What Are Some Myths About This Step?

If Step related discussion questions format selected start here

Step 11 Discussion Questions

Moderator - pick a few questions for people to reflect on.

1. How has regular communicating about my situation improved my ability to honestly know myself, my wants, my dreams, and my goals for life?
2. "If prayer can be thought of as talking to God, then meditation can be compared to listening." Sex Addicts Anonymous pg 56 "When we are quiet, we become receptive to wisdom that isn't available otherwise." Sex Addicts Anonymous pg 56
3. What techniques have I found to be useful in my life for quieting my mind and listening? How am I making sure that my schedule has time for that on a regular basis?
4. How has the subject and mention of god turned me off in the program.

5. What are my thoughts on my higher power.
6. How Does a Person Who Is Atheist or Agnostic Pray?
7. **Prayer:** As suggested by the Hazelden Betty Ford Foundation, you can pray or meditate by being still, quiet, stopping, reflecting and listening to your thoughts. You can plan your day in an orderly way. Ask yourself, God, or a higher power for the right answers to get you through the day. In moments of confusion or unbalance, stop, ask yourself or the higher power for the right way to proceed. Understand it, visualize it, go on. For many this is self-reflection, for others, this is asking God for guidance. The end result usually turns out the same.

What have you found helpful.

8. In this relationship with my Higher Power, what is my responsibility and what is God's?
9. Does 'praying only for knowledge of His will' mean we cannot pray for other things (jobs, children, health, or abstinence)? Why or why not?
10. How honest can I be with the God of my understanding? Is it OK for me to be upset with God and say so?
11. What do you do when God's will and your intent are in harmony with each other but your behavior is not?

Continue from here if discussion topic on non step related questions was chosen

Return to the main script "sharing introduction" We will return here for the prayer later in the main meeting.

Non Step related Discussion Questions

1. Often times, a person's relation with drugs, alcohol, acting out and other compulsive behaviours will change over time. For example, you might've initially acted out only a few times a month as a fun way to relax, but, eventually they became everyday necessity. How has your relationship with acting out behaviours changed from early on to now. Do you still act out for the same reasons or have those reasons changed.
2. The rituals and activities that surround acting out can be difficult to give up. For example, a smoker might enjoy the ritual of having a cigarette - not just the nicotine. Similarly, a sex addict might have difficulty saying goodbye to their strip club buddies, dancers or mistresses. What are some rituals or activities that you associate with acting out, and how do you feel about giving them up. Do you think you can achieve sobriety without changing your lifestyle.
3. Some people say that addiction is a disease, and others think it's a choice. What do you think and why? How do you believe counseling, support groups or other treatments could help a person who struggles with addiction.

Return to the main script "sharing introduction" We will return here for the prayer later in the main meeting.

