



# Step Study Meeting

## Step 12

### Telemeeting Version

v2.0.0.3

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.

Service will help you grow in the light of the Spirit throughout the rest of your life. In step 10, you learned to evaluate your life each day and to be accountable for your actions. In step 11, you learned to remember the your spiritual life from moment to moment so you might have the guidance of grace as continuously as possible. Step 12 involves the third anchor—service to others—that ensures a continued recovery and a remission of sin.

In addiction we are selfish, satisfying only to our immediate needs. To remain free of addiction, we must get outside ourself and serve. The desire to help others is a natural result of spiritual awakening.

Addiction is fundamentally a loss of spiritual connection. You have a message of hope for other addicts, for all afflicted and troubled people who are willing to consider a spiritual approach to changing their lives, and for anyone seeking truth and righteousness. The message is that your higher power - whether that be god, the group, nature or something else God of miracles, just as has always been the case. Your life proves that. You are becoming a new person through the your spiritual awakening and becoming the person you were meant to be. You will share this message best through your efforts to serve others. As you serve, your understanding and knowledge of this process is strengthened and deepened.

Sharing your testimony of mercy, grace and forgiveness is one of the most important services you can offer. Bearing the burdens of others through acts of kindness and selfless service is part of your new life as an addict in recovery.

**AND IT FEELS GOOD!**



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## **Week 1**

*Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.*

Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.

Working this program leads to a spiritual awakening. Our relationship to the God of our understanding becomes an essential part of our lives. Through the process of the Twelve Steps, we let go of ways of thinking and acting that are based on fear, shame, and isolation, and we learn to rely on the guidance and care of a Higher Power. When we first came to the fellowship of Sex Addicts Anonymous, we may have sought only to stop acting out. But every step of the program contributes to a fundamental change in our outlook, from self-obsession and control to surrender and acceptance. Our sexual sobriety goes hand in hand with our spiritual growth.

### *Volunteer reader*

For some of us, this awakening may be a sudden and dramatic gain in awareness. For others, it may be slow and gradual, and we may not even realize we've had one until we reflect upon the changes that have occurred. Although our experiences are different, certain aspects are common to many of us. We notice in ourselves a deepening humility that allows us to ask for and receive help when we need it. We find ourselves being less judgmental, more ready to let go of resentments and admit when we are wrong. We make the effort to repair relationships that we have damaged. We choose to keep the company of people who respect us, care for us, and treat us well. We start to see life in terms of growth, change, and transformation. We have a greater sense of belonging, intimacy, and true friendship. We endeavor to live according to our true purpose, which is God's will for us.

### *moderator*

In Step Twelve we put our awakening into practice by serving others. With spiritual awareness comes the responsibility, the desire, and the need to help other suffering sex addicts, just as help was freely given to us. This impulse springs from selfless love and gratitude, but it is also essential to our own sexual sobriety and spiritual growth. Carrying the message to our fellow addict is as important in maintaining our own recovery as it is in helping others find theirs.

## *Volunteer reader*

Our message is simple and profound: that recovery from sex addiction is possible through working the Twelve Steps of SAA, and that following this program results in a spiritual awakening. Each of us carries this message by means of the wisdom gained through working the program ourselves, rather than through ideas or theories borrowed from someone else's experience. We are not experts, only sex addicts sharing honestly with one another. Our authority comes from our experience. We share what we know: how we got here, and how the SAA program has worked for us.

## *moderator*

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

### **12th Step Prayer**

Dear Lord,

I believe each of us have been gifted great purpose!

I pray that I can help others be encouraged to fulfill their purpose

**Amen**

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

## **Week 2**

*Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.*

When we carry the message directly to other sex addicts, we connect with them in a way that non-addicts cannot. We speak from experience. We have found that telling our stories is one of the most effective ways of carrying the message. We tell about our sex addiction: the pain, sorrow, suffering, and despair it brought; how we tried to stop or control it and how our efforts failed; the way our lives became unmanageable; the loss and suffering our addiction brought upon ourselves and others; and how we finally found recovery. By telling our stories, we demonstrate that we truly understand where others have been. And by sharing our recovery, we offer hope and show that there is a way out of our common addiction.

### *Volunteer reader*

There are many other ways to carry the message. Any service we do that helps bring our message to other sex addicts is in the spirit of Step Twelve. We can start by regularly attending meetings. When we show up, we help create a place where others can pass on the message of recovery, even if we don't say anything ourselves. This is more significant than we may think, for many meetings have died out through lack of attendance. If we are new to the program, we can contribute by helping set up the meeting and cleaning up afterward. There are always ways we can help, regardless of how much experience in recovery we have.

### *Volunteer reader*

We carry the message to our fellow sex addicts with every act of encouragement, support, and service. We can help start a meeting and reach out to others in an area where there are no SAA groups. We can carry the message one-on-one, talking with another addict after a meeting. Or we may serve as part of larger groups or committees, contributing our time and talents to provide various services to the fellowship, to publicize our meetings, or to organize fellowship activities.

*moderator*

One of the most direct and profound ways we can serve other members is by sponsoring them. We walk through the Twelve Steps with those we sponsor, passing on what we have learned from those who sponsored us. Ultimately, we carry the message through example. When we practice new ways of acting and thinking, we show that the program works, and we offer hope to others who are seeking a new life. We continue to ask our Higher Power's help in carrying the message of recovery, so that we may be a channel for God's love and wisdom.

*moderator*

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

## **12th Step Prayer**

“Open our eyes and make us aware of the opportunities  
we have to bless others in need.

Help us to not be selfish,  
help us to share.

All that we have is Yours and we surrender to You.

May Your will be done

**AMEN**

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

## **Week 3**

*Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.*

However we do service, we receive much more than we give. First and foremost, our experience has shown that working with others safeguards our own abstinence. We keep the priceless gift of our sexual sobriety by being of service to other sex addicts. We receive many other gifts as well. We break out of the isolation and self-centeredness of our addiction. We grow as we practice generosity, empathy, and humility. We forge new bonds with others that nourish and sustain us. And we experience the joy and satisfaction of giving something of ourselves to a larger cause.

### *Volunteer reader*

The Steps are an expression of spiritual principles that can be practiced in all aspects of life. Honesty, willingness, courage, humility, forgiveness, responsibility, gratitude, and faith are just some of the names we give to the spiritual principles that gradually come to guide us in our lives. As we progress through the program, establishing conscious contact with the God of our understanding, we become aware of these principles within us—like gifts that were always there, unopened until we were ready to receive them. Opening these gifts brings about our spiritual awakening. Continuing to apply them on a daily basis keeps us spiritually fit and growing in recovery. With the Twelfth Step we seek to consciously practice these principles in our lives, not only as ways to keep us sexually sober, although that will always remain important, but as lights to guide us in everything we do.

### *moderator*

Practicing these principles in our lives means applying program principles at home, at work, and wherever else we gather with others for a common purpose. As we grow spiritually, we find opportunities for service in virtually any situation. Our closest relationships may offer the most challenges to our honesty, compassion, and integrity, but we are often rewarded beyond our expectations. We find that spiritual principles can guide us in the everyday challenges of life, and they can help us face even loss, grief, and death with fortitude and grace. What we gain in this program is a blueprint for full and successful living, whatever may come.

## *Volunteer reader*

We maintain our recovery by working a daily program, in the knowledge that although we can never be perfect, we can be happy today. We can live life on life's terms, without having to change or suppress our feelings. Our serenity and sobriety grow as we continue to live according to spiritual principles. We enjoy the gifts that come from being honest and living a life of integrity. We ask for help when we need it, and we express our love and gratitude every day. We realize that everything we have been through helps us to be of service to others. We learn that the world is a much safer place than we had ever known before, because we are always in the care of a loving God.

## *moderator*

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

### **12th Step Prayer**

Thank You for this beautiful day.

Thank You for our families and friends and the fellowship!

Among all that we have, there are so many hurting and needy people.

We lift them up and ask that they may be blessed, helped and healed.

May peace fill their hearts and may joy shine!

**Amen**

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

## Week 4

Week 4 will always be the week we have a brief business meeting at the beginning.

### **Business Meeting**

- \* Finances
- \* What is working well, what isn't work well for people.
- \* Is the current format still working for people
- \* Workshops
- \* Study Groups

### Volunteers

- \* literature
- \* meeting facilitator/key holder for the next month
- \* greeter for new people
- \* Room/signs setup/teardown

***Return back 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 12, go to the next page, otherwise refer to the Week4-5 supplemental bulletin.*

*Moderator - if you choose a Step based discussion format, read the section below on the step of the month and then proceed to the step discussion questions and choose a few for the group to think about, other wise skip down and select a few of the non step specific questions for the group to think about and discuss.*



# Week 4/5 Step Reading

## *moderator*

*Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.*

### **Helping others we help ourselves.**

This Step of the 12 Steps of AA is at once self-serving and selfless.

For yourself, there are few things that you can do that can better serve your own sobriety than by working with others who are still struggling. Being of service to others has several benefits:

- \* It reminds you of where you once were and where you no longer want to be.
- \* It helps hold you accountable.
- \* It gives you a sense of purpose.
- \* It keeps you from becoming complacent in your recovery.
- \* It enhances your fellowship with others.

But on the other hand, it allows you to be of benefit to other struggling addicts:

Sometimes, a still-suffering person will trust you above others, because you understand what they are going through.

You have insights that may allow you to help when no one else can.

When you share your story, others may be inspired by your successful ongoing recovery – to the point that they are finally able to regain their own sobriety.

It is important to understand that addiction is incurable and lifelong. Recovery requires vigilance and work, one day at a time, for the rest of your life. You'll find yourself repeating the 12 Steps of SAA over and over again as a means of safeguarding your sobriety.

No, the 12 Steps of SAA are not a cure for your addiction – they are guiding principles that allow you to restore sobriety, sanity, and serenity to your life.

*If Step related discussion questions format selected start here*

### **Step 12 Discussion Questions**

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

1. How has my understanding of "spirituality" changed by working this program? What have been the consequences in my life??
2. "We notice in ourselves a deepening humility that allows us to ask for and receive help when we need it. We find ourselves being less judgmental, more ready to let go of resentments and admit when we are wrong. We make the effort to repair relationships that we have damaged." Sex Addicts Anonymous pg 59

Give examples of how we are more willing to reach out for and accept help.

3. How am I repairing the damaged relationships of my past?
4. "We choose to keep the company of people who respect us, care for us, and treat us well. We start to see life in terms of growth, change, and transformation. We have a greater sense of belonging, intimacy, and true friendship. We endeavor to live according to our true purpose, which is God's will for us." Sex Addicts Anonymous pg 59

How have my associations with people changed through this program?

5. Discuss how my life is more rewarding to me now.
6. "The Steps are an expression of spiritual principles that can be practiced in all aspects of life. Honesty, willingness, courage, humility, forgiveness, responsibility, gratitude, and faith are just some of the names we give to the spiritual principles that gradually come to guide us in our lives." "Continuing to apply them on a daily basis keeps us spiritually fit and growing in recovery." Sex Addicts Anonymous pg 60

How am I applying these principles in the rest of my life?

### **Step 12 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**

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



