



# Tri County Recovery Meeting Program *Telemeeting Version*

v.5.0.1.3

## From Shame to Grace

Sharing our stories and  
sharing our recovery  
as we work the steps.



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

## **Tri County Recovery SAA**

of the The Path to Healing and Recovery Group

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**NOTE: if this is week 4 of the month, refer to the month supplement first**

## Opening

Good evening and welcome to our meeting. This is a SAA meeting open to sex addicts and those still suffering compulsive and unhelpful sexual behaviours.

There are no dues or fees for membership; we are self-supporting through our own contributions.

We are not affiliated with any sect, denomination, political group, organization, or institution. Our primary purpose is to maintain freedom from our addictive/compulsive unhelpful sexual behaviour and to maintain our well being.

We band together to help ourselves from our addiction. We share our experiences in order to help ourselves to become honest, open-minded and willing. Sharing helps all of us to remember how it was and how we arrived at where we are today.

We live one day at a time and practice the 12 steps of SAA.

My name is \_\_\_\_\_ I am a sex addict and your trusted servant for this meeting.

Let's open this meeting with a moment of silent meditation for ourselves and for those still suffering, followed by the Serenity Prayer.

*Moderator count silently to self for 15 seconds*

***Moderator recite prayer and at end, all in unison can say Amen***

*God,  
Grant me the serenity  
to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference.  
Amen*

*moderator*

## Introductions

This is an anonymous program, meaning that what you hear here, please leave it here in the room when the meeting is over. This is so that we all feel comfortable with what we say.

It is the custom of this group for members to share their first name only, what you are feeling in one or two words, you may also share your length of sobriety from your inner circle behaviours if you desire.

My name is \_\_\_\_\_, I'm a sex addict and today I feel \_\_\_\_\_ of sobriety from my inner circle behaviors.

**Note to Moderator - this section can be omitted if there are no newcomers**

Now I'd like to extend a warm welcome to any newcomers and anyone who's just coming back. Please let us know if this is your first time attending this meeting so we may welcome you. You may just sit back, relax, and listen or you may share and actively participate as we go around the group for introductions.

Now let's go around for introductions. You don't have to participate in this but you are more than welcome to.

Would everybody who cares to, introduce themselves to the group.

*Moderator allow group to introduce themselves. Go around the room but it is not necessary for a person to introduce themselves.*

**Moderator** *Could I have a volunteer reader to read, the "Our lives before, Why we are here and Our Recovery" section*

**Volunteer Reader**

## **Our lives before, Why we are here and Our Recovery.**

We were sexually compulsive people. Despite our most heroic efforts and solemn promises, we were unable to turn away from behaviours and obsessions that were ruining our lives.

We could no longer deny the pain that our compulsive sexual behaviours had caused in our lives. Many of us had experienced such dramatic consequences as divorce, disease, jail, or financial ruin before seeing that our lives had become unmanageable.

When we learned of S.A.A. we began to hope again that our lives could be freed from our sexual compulsivity. We began to attend S.A.A. meetings. We heard stories similar to ours, and we heard how others in S.A.A. were abstaining from their compulsive behaviours. We learned of the 12 steps of recovery, and when we began to apply them in our lives, we discovered that we, too, could abstain from our compulsive behaviours, with the help of our fellow addicts. We acquired the faith and courage to make appropriate changes in our lives, and to accept our daily problems as stepping stones for spiritual growth.

# Abstinence Statement

(adapted from pg 14-15 green book)

*Moderator* Could I have a volunteer reader about the Abstinence Statement.

## Volunteer Reader

Our goal when entering the S.A.A. program is abstinence from one or more specific sexual behaviours. But unlike programs for Alcoholics or drug addicts, Sex Addicts Anonymous does not have a universal definition of abstinence.

It is not sex in and of itself that causes us problems, but the addiction to certain sexual behaviours. As such, our primary purpose is to abstain from sexually compulsive behaviour, and help others achieve abstinence.

First, we define abstinence in terms of behaviour rather than mental states, we do not focus our efforts upon abstaining from mental “lust”, but from compulsive behaviour. Some see recovery quicker, others slower but, “Progress rather than perfection” is that atmosphere or growth that we seek to promote.

Our addictive sexual behaviour was causing pain—to ourselves, our friends, and our loved ones. Our lives were out of control. We may have wanted to quit, making promises and many attempts to stop, yet we repeatedly failed to do so, desperation brought us together. We found in each other what we could find nowhere else: people who knew the depth of our pain. Together we found hope and the care of a loving Higher Power. Our commitment is to help others recover from sexual addiction, just as we have been helped.

## *moderator*

This book contains our stories and our wisdom. It is dedicated to sex addicts everywhere.

*Hold up green book*

Sex Addicts Anonymous is a spiritual program based on the principles and traditions of Alcoholics Anonymous.

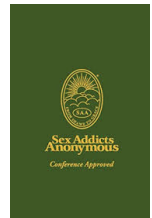
**Could I have a volunteer reader for the About us section**

## Volunteer Reader

# About Us

We are sex addicts, our addiction nearly destroyed our lives, but we found freedom through the recovery program of Sex Addicts Anonymous.

Our primary purpose is to stop our addictive sexual behaviour and to help others recover from sexual addiction. We find a new way of living through the S.A.A. program, and to carry our message to others seeking



recovery. Membership is open to all who have a desire to stop addictive sexual behaviour. There is no other requirement. Our fellowship is open to women and men, regardless of race, religion, ethnic background, marital status or occupation. We welcome members of any sexual identity or orientation, whether they are gay, lesbian, straight, bisexual, or transgender.

*moderator*

## **The Twelve Steps**

The Twelve Steps of Sex Addicts Anonymous Summary from p20 to 21 of the SAA green book.

*Would someone like to read the 12 Steps of SAA.*

*Volunteer Reader*

## **12 Steps of SAA**

- Step 1 - We admitted we were powerless over addictive sexual behavior - that our lives had become unmanageable.
- Step 2 - Came to believe that a Power greater than ourselves could restore us to sanity.
- Step 3 - Made a decision to turn our will and our lives over to the care of God as we understood God.
- Step 4 - Made a searching and fearless moral inventory of ourselves.
- Step 5 - Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- Step 6 - Were entirely ready to have God remove all these defects of character.
- Step 7 - Humbly asked God to remove our shortcomings.
- Step 8 - Made a list of all persons we had harmed and became willing to make amends to them all.
- Step 9 - Made direct amends to such people wherever possible, except when to do so would injure them or others.
- Step 10 - Continued to take personal inventory and when we were wrong promptly admitted it.
- Step 11 - 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.
- Step 12 - 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.

These steps are the heart of our program. They contain a depth that we could hardly have guessed when we started. Over time, we establish a relationship with a Power greater than ourselves, each of us coming to an understanding of a Higher Power that is personal for us. The program offers a spiritual solution to our addiction, without requiring adherence to any specific set of beliefs or practices. The path is wide enough for everyone who wishes to walk it.

No step is done well in isolation. We work the steps with someone who understands our problem and cares about our recovery, preferably a sponsor. A sponsor will help us prepare for each step, give us guidance and suggestions, and listen to us as we share the experiences and insights we gain.

But the steps are more than a series of exercises. They provide basic principles for living. Most of us find opportunities on a daily basis to apply one or more of the steps to some challenge in our life. Over time, the spiritual principles in the steps become integrated into our thoughts, feelings, and behavior. We find that we are not only working the steps— we are living them.

*moderator*

## **The Twelve Traditions of Sex Addicts Anonymous**

SAA has established Twelve traditions that allow the Fellowship to survive.

These traditions may be found in the Green Book. At core of these Traditions are the Principle of anonymity, to look after the good of the Fellowship and it's welfare should come first. There are no leaders rather we each contribute where we may as trusted servants.

Would somebody like to read **two** of the twelve traditions of SAA and **comment upon one of them.**

### *Volunteer Reader*

- 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.

*moderator*

Adhering to these principles safeguards our fellowship, thus protecting the recovery of each individual member. We have found that they also help us to act with integrity in our personal relationships and as responsible members of society.

## **Reading for the day**

### **Please refer to the reading of the day section in the weekly supplement**

In the event of newcomers, the group may break into two and have a Step One introduction for the newcomer(s) while the rest of the group continues the Step Study or the group as a whole may do the Step One mini introduction

The script for the Step 1 mini introduction can be found in the Step 1 Introduction booklet.

*After the daily reading (reading of the day) section has been completed, please return to this booklet to continue the program below.*



*moderator*

## Sharing

This is a step meeting of SAA. Its purpose is to help us stay out of delusion and denial about our sex addiction. You may share with the group an issue that you have been struggling with or something from the reading that resonates with you. **Cross talk is discouraged.** In this meeting we stay focused on the solution as presented in the 12 steps of SAA. We read from SAA and AA literature.

You are invited to share your insight and knowledge regarding the solution as well as struggles you may encounter.

We listen respectfully to what others have to say.

We use the words “I” or “we” instead of “you” when sharing about our recovery. Fellowship offers a less structured format for discussion.

We address our sharing to the whole group, not to one or more individuals.

A meeting is not a place to meet sexual partners, nor is it group therapy.

We try not to use offensive language, or descriptions that are too explicit.

We avoid mentioning specific names or places associated with our acting-out behavior.

Our focus remains on the solution, rather than the problem.

Now the meeting is open for sharing your insight and knowledge about your addiction. Everybody is invited to share but nobody should feel compelled to share. Who would like to begin?

*moderator*

*Turn the meeting over now for sharing. Anyone can share and nobody has to. There is no predetermined order for sharing.*

*moderator*

*After everybody has had a opportunity to share, check with the group to see if anybody would like to double dip before continuing on to the next section.*

## **Milestones**

*Do we have a volunteer to lead the celebration of the milestones?*

### *Volunteer*

The taking of medallions in our group is strictly optional.

Medallions are offered to encourage individuals to meet their own personal commitments. Medallions do not set individuals apart as authorities; they do recognize milestones of achievement in an individual's program.”



As a sign of the value of the program, would all who have 3 or more months of continuous sobriety from their inner circle behaviour please raise your hand or your virtual hand.

#### **Note to Moderator - not to be read aloud**

The "Raise hand function" is located along the bottom left of your screen or in submenu on a mobile device.

Is there anybody here today who is celebrating 30 days of continuous sobriety and who would like to share their success with the group so that we might celebrate with you?

60 days

90 Days

6 Months

9 Months

1 year?

Is there anybody here who is celebrating more than a year of continuous sobriety from their inner circle and would like to receive a metal medallion?

And now for the most important medallion of them all - is there anybody here who is celebrating 24 hours of sobriety and would like to share with the group and allow us to celebrate your achievement.

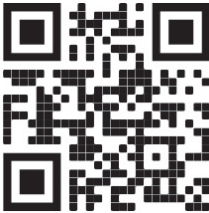
## The Seventh Tradition

Now it's time for our 7th Tradition which states that *“every group ought to be fully self-supporting, declining outside contributions.”*

In the traditional in person meeting we will take a collection to support the services offered to the group of pamphlets, contact lines, email and web services as well as the actual rent for the room. It is more difficult to directly collect the money in a electronic meeting, so, if you are attending this meeting virtually, recognizing the value of service in giving, we are encouraging you to send a donation to ...



Tri County Recovery via etransfer  
[donate@tcr.p2har.org](mailto:donate@tcr.p2har.org)



The ISO in Houston to continue their work:  
<https://saa-recovery.org>

*moderator*

## **Our Promises**

Through a renewed relationship with God/our Higher Power, the healing force of recovery will take hold in our hearts. By giving ourselves over to God/our Higher Power and working our program, our lives will become manageable and we will be restored to sanity. We will receive the inner strength and support needed to face our anxieties and fears and to deal with the painful feelings that feed our addiction.

Are these extravagant promises?

*All Together* **"WE THINK NOT"**

*moderator*

We have seen them fulfilled. They are ours, if we want them and work for them.

## **Announcements**

SAA Announcements - Are there any SAA related announcements?

## **Closing**

Remember Anonymity is the spiritual foundation of our traditions, ever reminding us to put principles before personalities. So once again, remember - when you leave here, what you hear here, leave it here.

We encourage you to stay in contact with your sponsor and support system this week.

The difference between sobriety and recovery is connections.

If you are new here, seek out people and get contact information. Today, may you become connected and may you remain connected.

If you are a regular, we encourage you to keep in touch with the people in the fellowship. Reach out and call. Your contact could be the thing that keeps them sober.

## **Fellowship**

As we go into fellowship, just a gentle reminder that although fellowship is not a meeting, as such, it is still suggested that we follow the principles set forth in the traditions during this time.

It is most beneficial to share your own experiences and use I words and avoid giving advice.

Fellowship is a great time to ask questions, arrange to get together outside the meeting or touchbase.

Feel free to leave at any time. This is an ideal time for newcomers to ask questions, get names and contact numbers and start building connections for sobriety.

The meeting is now over and everybody is invited to stick around if it suits them.

