

Sunlight of the Spirit Group

Monday's at 7:00 AM

Hello, my name is **[First Name]**, and I'm a gratefully recovering sexaholic. Welcome to this meeting of Sexaholics Anonymous. This is a closed meeting. Only those desiring their own personal sexual sobriety, please. Due to the nature of our addiction and the need for unity in the group, we ask that members speak, behave, and dress with modesty. We also ask that everyone be respectful to others attending the meeting by:

- ☐ Muting your device or phone when not sharing,
- ☐ Refraining from other activities including texting and chat conversations, and
- ☐ Trying your best to arrive on time to the meeting.

Read the SA Purpose:

Sexaholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover. The only requirement for membership is a desire to stop lusting and become sexually sober. There are no dues or fees for SA membership; we are self-supporting through our own contributions. SA is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sexually sober and help others to achieve sexual sobriety.

We welcome sexaholics of any sexual orientation who wish to stay sexually sober.

- ☐ [If it's not obvious:] Is there anyone visiting from another SA group? Please introduce yourself.
- ☐ [If it's not obvious:] Is there anyone attending his or her first meeting of Sexaholics Anonymous? Please introduce yourself.

LEADER: Let's take a minute to **CHECK IN**. Please introduce yourself by first name only and state your length of sexual sobriety, or else you can state if you've been sober since we last met. I will begin and we will go around the room. Please remember to take your device off mute before announcing yourself.

- ☐ "My name is _____ and I am a sexaholic. I've been sexually sober since _____."

LEADER: We will now recognize persons celebrating **SOBRIETY MILESTONES**.

Are there any sobriety dates to celebrate?

- ☐ 1 Month?
- ☐ 2 Months?
- ☐ Multiple Months?
- ☐ 1 Year?
- ☐ 18 Months?
- ☐ 2 Years?
- ☐ Multiple Years?

LEADER: **DESIRE CHIPS** are offered to fellows seeking an external expression of an inward desire to stay sexually sober for the next 24 hours. Would anyone like a 24 hour desire chip?

A **SOBER SPONSOR** is crucial for us to working THE 12 STEPS.

- ☐ If you are **willing to sponsor**, or be a temporary sponsor, we ask you to indicate your availability by raising your hand
- ☐ If you **need a sponsor**, feel free to reach out to one of these individuals after the meeting.

Are there any program-related **ANNOUNCEMENTS**?

LEADER: If there are no more announcements, could you please join me in a moment of silence for the sexaholic who is still suffering, followed by the **SERENITY PRAYER**. (brief silence)

ALL TOGETHER:

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

Thy will, not mine, be done.

(Twelve Steps and Twelve Traditions, p.41)

LEADER: Can I have a volunteer read one of our opening readings?

- ☐ IF NEWCOMER: Ask someone to read a "NEWCOMER READING."
- ☐ What is a Sexaholic and What is Sexual Sobriety? (*White Book*, page 202)
- ☐ How It Works (*White Book*, pages 206-207)
- ☐ The Problem (*White Book*, page 203)
- ☐ The Solution (*White Book*, page 204)

LEADER: I will now read the Tradition of the month, which is #[Number of the month].

THE TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends on SA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop lusting and become sexually sober.
4. Each group should be autonomous except in matters affecting other groups or Sexaholics Anonymous as a whole.
5. Each group has but one primary purpose—to carry its message to the sexaholic who still suffers.
6. An SA group ought never endorse, finance, or lend the SA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every SA group ought to be fully self-supporting, declining outside contributions.
8. Sexaholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

9. SA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Sexaholics Anonymous has no opinion on outside issues; hence the SA 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, films, and TV.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

LEADER: As indicated by our **SEVENTH TRADITION**, "*we have no dues or fees, but we are self-supporting through our own contributions.*" Your contributions pay for our local meeting space and program materials.

LEADER: We will now move to the reading portion of the meeting. Today's reading will be [from.../a topic provided by...]

1st Monday – White Book

2nd Monday – Twelve Steps & Twelve Traditions

3rd Monday – Step into Action

4th Monday – Alcoholics Anonymous

5th Monday – Topic Meeting

LEADER: As indicated by our First Tradition, we avoid topics that can lead to dissension or distraction. We also avoid explicit sexual descriptions and sexually abusive language.

We have discovered that sobriety is only the beginning of the Program. The Solution to living a happy and joyous life, free from our addiction, is to achieve both individual and group recovery. These rooms are where we learn to trust and be honest.

NO cross talk, please. We do not comment on someone else's personal story or situation. When it is our turn to share, we don't give advice and speak in the "I," not the "we" or "you."

If it is deemed appropriate for today's topic, only those with 30 days sobriety may be asked to share initially so we set a tone of recovery.

The floor is now open for sharing. The emphasis is on HONESTY, RECOVERY, AND HEALING—how to apply the Twelve Steps and Twelve Traditions in our daily lives.

MEETING NOTES:

- ☐ Conclude shares 5 minutes before close of meeting
- ☐ If a newcomer is present, give them the option to briefly share their story before closing the meeting

LEADER: **IN CONCLUSION**, anything you have heard at this meeting is strictly the opinion of the individual participant; the principles of SA are found in our Twelve Steps and Twelve Traditions. Remember that we never identify ourselves publicly with SA in the press, radio, TV, social media or

films. Neither does anyone speak for SA. This is an anonymous program. Please keep the name, address, and phone number of anyone you meet or hear about in SA to yourself. And what we say here, let it stay here when we leave here.

ALL TOGETHER: **Hear! Hear!**

LEADER: Would someone read one of the closing readings?

- ☐ IF NEWCOMER: Read “To the Newcomer, A Caution”
- ☐ Sobriety Renewal
- ☐ The Ninth Step Promises (Alcoholics Anonymous, pages 83—84)
- ☐ A Vision for You (Alcoholics Anonymous, page 164)

LEADER: Thank you. Let’s end our meeting with a closing prayer.

THIRD STEP PRAYER	SEVENTH STEP PRAYER	LORD’S PRAYER
<i>(Alcoholics Anonymous, page 63)</i> 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!	<i>(Alcoholics Anonymous, page 76)</i> 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.	Our Father , who 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, and the power, and the glory, forever and ever. - Amen

ALL TOGETHER: **KEEP COMING BACK! IT WORKS IF YOU WORK IT! AND WE’RE WORTH IT!**