

Noon Zoom Room SCRIPT

(last modified August 4, 2026)

Welcome to the Noon Zoom Room Sex Addicts Anonymous Meeting. My name is _____. I'm a sex addict and your secretary for this meeting. This is a closed, adult men's and non-binary meeting. If you are a man or non-binary person who struggles with compulsive or addictive sexual behavior, we welcome you. If you identify as a woman, we encourage you to find another meeting through the SAA website. Other observers, such as therapists, friends, or partners of sex addicts, are encouraged to seek out meetings listed as open. This meeting is only available to its attendees and should not be broadcast or recorded, except for segments of special meetings with prior notification and announcement.

When you are not speaking and for the safety of the group, please:

- Stay attentive, avoid cell phone use/texting and minimize distracting and triggering movements such as eating, smoking, vaping and lounging in bed. Participants should be aware of their attire and be fully clothed if they are to be on camera for the meeting.
- Mute your microphone so that any background noise will not disturb the speaker. Those joining by phone call are muted by default, but you can mute or unmute by pressing *6 (star 6)
- For the sake of community, please use your video if you are able.
- Lastly, if you receive an inappropriate direct message from anyone, please send a message to the hosts or secretary so they can take care of it.

In a face to face meeting it is appropriate to thank each speaker after their share. In the zoom room, we borrow the applause sign

from American Sign Language ([show the hand wave](#)) as an alternate way of expressing our gratitude.

Let's begin 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.

Can I get 5 volunteers to do our opening readings, and I'll call on you in order? You can find the "Raise Hand" feature under the React button on the bottom of your screen.

Would _____ please read the Opening? ... Thank you.

Would _____ please read How It Works and _____ please read the Twelve Steps? ([wait for How It Works continued](#)) ... Thank you.

Would _____ please read Traditions __, __, and __?

[Ask to read Traditions 1, 2, 3 in first week of the month (1st through 7th);

Traditions 4, 5, 6 in second week of the month (8th through 14th);

Traditions 7, 8, 9 in third week of the month (15th through 21st);

Traditions 10, 11, 12 in fourth week of the month (22nd through 28th);

Secretary's choice (29th through 31st)]

Thank you.

Would _____ please read the Abstinence Statement? ... Thank you.

If you're new to SAA, new to this meeting, or otherwise have less than 30 days of sexual sobriety, we welcome you as a newcomer.

We ask you to introduce yourself with your first name only. Please raise your hand under Zoom's "Reactions" button or, if you called in, press * 9 (star nine). This is not to embarrass you, but so we can offer support in your recovery and to welcome you to fellowship after today's meeting.

We're glad you are here.

Are there any sobriety birthdays to acknowledge that have occurred since our last meeting? ...

[ON THE LAST MEETING OF THE MONTH ONLY]

Secretary: "Since this is our last meeting of the month, we will now do a **Sobriety Countdown** instead of individual birthdays. This is a quick way to celebrate our collective recovery and show the newcomer that this program works. Please use the 'Raise Hand' button and **keep your hand up** until the end!

- Who has **10 years or more** of sexual sobriety? (Pause 2 seconds)
- **1 to 10 years?** (Pause 2 seconds)
- **90 days to 1 year?** (Pause 2 seconds)
- **30 to 90 days?** (Pause 2 seconds)
- **And finally, anyone with 24 hours to 30 days, or starting over today?** > Look at all those hands! You are not alone. Let's give everyone a round of ASL applause! (Show hand wave).

[Proceed to Introductions]

It's now time for introductions. My name is _____ and I'm a sex addict. *(Note: You may adlib this part) We will use the chaos method for introduction. Please all unmute simultaneously to introduce yourself and say why you're here.*

Most days, the format of this meeting is a selected reading, followed by general sharing. Special meetings are scheduled on our calendar by our Trusted Communicator and are announced

both on the website <https://noonzoomroom.com/announcements> and at the end of this meeting.

If an ESH speaker share: (adlib an introduction of Speaker)
Upon conclusion of the talk...open the meeting for shares/affirmations

Reader Dropped Out Script: [See below](#)

Reader Share script:

The format of this meeting is a reading focusing on recovery, followed by general sharing.

Today, _____ has chosen a reading from _____...

Thank you. The meeting is now open for discussion. While sharing, please refrain from crosstalk. Crosstalk is defined as giving advice, responding directly to a sharer, or addressing your comments to particular individuals. We use "I" or "me" language to avoid speaking on behalf of others. To avoid triggering others, we ask that you refrain from giving graphic details or naming specifics such as websites, apps, acting-out locations, or references to specific religious material. Please be mindful and keep your shares to two minutes. We will now start the shares with the reader.

(Note: please enforce a 2 minute reader share. There is no need to ask for a timer, just keep track of approx. two minutes from the time the share begins.)

(If there are ≥ 52 people in the meeting) Thank you. We will now go into breakout rooms to provide more availability for others to share. When in the room, please get a volunteer to act as a timer for 2 minutes. If you would like to share,

please use the raise hand feature under the Reactions button on the bottom of the screen, or press *9 (star, nine) on mobile. Please accept the breakout room popup to join your room...

At 53 people: 2 rooms 82: 3 rooms 95: 4 rooms

(If there are less than 53 people in the meeting:) Can I get a volunteer to act as a timer? If you would like to share, please use the raise hand feature under the Reactions button on the bottom of the screen, or press *9 (star, nine) on mobile.

At the return to the main room...[Go to Burning Desire](#)

If the reader has dropped out...

Secretary: The format of this meeting is a reading focusing on recovery, followed by general sharing.

Today, our scheduled reader is unable to share at this meeting. Could I please get a volunteer to read today's Voices of Recovery to the group? You do not have to share after reading, but may do so if you desire. (Share Voices of Recovery from <https://saa-recovery.org/daily-meditation-from-voices-of-recovery/>)

Thank you. The meeting is now open for discussion. While sharing, please refrain from crosstalk. Crosstalk is defined as giving advice, responding directly to a sharer, or addressing your comments to particular individuals. We use "I" or "me" language to avoid speaking on behalf of others. To avoid triggering others, we ask that you refrain from giving graphic details or naming specifics such as websites, apps, or acting-out locations, or references to specific

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53: 2 rooms 82: 3 rooms 95: 4 rooms

[Go to Burning Desire](#)

Burning Desires [At about 12:51]

Now is the time we reserve for one more person with a burning desire to share. (Note: You may adlib this part) *If someone did not get to share, if you are in imminent danger of acting out, of harming yourself or harming others, please raise your hand at this time.*

That is all the time we have for shares. If you did not get a chance to share and need to, please speak with someone after the meeting.

It is now time to practice the Seventh Tradition, which states, "each group should be fully self-supporting, declining outside

contributions.” There are no dues or fees for SAA, but we do have expenses. (Please screen share from the <https://saa-store.org/7thTradition/> website or <https://saatalk.info/us/donate> website.)

Are there any SAA related announcements?

(After announcements are made)

And all of that information can also be found on our website at noonzoomroom.com/announcements.

(If next week is a reader-share week:)

Would someone volunteer to select the reading for next week including a 2 minute, unscripted share?

Approved reading sources are the Green Book of SAA, the Big Book of AA, the Twelve & Twelve, Answers in the Heart, Voices of Recovery, the Outer Circle newsletter, and all of the SAA LitCom approved pamphlets found within the literature section of the SAA website.

(Wait for someone to volunteer) (When someone volunteers)

Thank you, (Volunteer’s Name) , please enter your reading selection into the, “Readings Input Form,” on the Noon Zoom Room website, and direct message today’s host, (Day’s Host’s Name) , with your contact information, so that they can assist you with this and ensure that your reading is recorded.

Let’s thank all those who make this meeting possible, especially our [reader/speaker/presenter] _____.

(Note: This section is optional, time permitting)

Regarding sponsorship: Sponsorship is an important tool of sobriety and recovery. For those looking for a sponsor, we suggest approaching or calling those whose recovery you relate to or admire, to ask about their ability to sponsor. You may not be

successful on your first inquiry, so be patient and remember, you are not alone.

It is the job of the newcomer to make the initial outreach for a sponsor.

Keep coming back, attend different meetings, and the Fellowship will provide. In the meantime, we are all here for you.

As a gentle reminder for all of us, anonymity is the spiritual foundation of all our traditions. What you heard was spoken in confidence and should be treated as confidential. Who you see here, what you hear here, let it stay here. ("Hear, hear!")

Whatever problems you have, there are those among us who have had them too. If you keep an open mind you will find help. Let us talk to one another and reason things out, but let us not gossip or criticize each other. Instead, let the understanding, love, and peace of the program grow in each of us one day at a time.

Would someone please read the Promises?* ... Thank you

[\[if there is a speaker or first step\]](#)

For special meetings we reserve the promises for the speaker,
____ would you please read the promises? ... Thank you

Please unmute your microphones and join me in saying the "US" version of the Serenity Prayer:

God, grant us the serenity to accept the things we cannot change,
courage to change the things we can,
And wisdom to know the difference.

The meeting is complete and now is the time for asking questions and fellowship or go directly to the Business meeting script below.

Business Meeting

It is now time to start the business meeting. For those of you that may be new to this meeting, please note that this is a once monthly meeting to discuss various aspects of the Noon Zoom room meeting. This business meeting may run for a half hour to 45 minutes. You are welcome to stay. If you need someone to talk to I encourage you to stick around, and we will have normal fellowship after the business meeting concludes.

The 2nd tradition reading from the SAA Green Book pg 77: “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.”

For everyone here for the business meeting, as secretary I will be implementing structure to this meeting so that we can get through the meeting in good order. The agenda today consists of old business, and any new business that people may want to bring up.

Treasurer’s Report :

We will now begin with a treasurer’s report, presented by our Treasurer _____.

Old Business:

For old business, we have [FILL IN THE BLANK] proposals from the [PREVIOUS MONTH] business meeting that are up for discussion and votes today.

We will be taking these proposals one at a time. I will read the proposals and any additional information related to the proposal. Afterwards, we will move to discussion. For discussions, I will be setting a maximum time limit of 15 minutes per proposal for

discussion. Individuals will be able to raise their hands for comments, each individual getting one minute for discussion.

I ask that you please not repeat opinions that have already been expressed, but contribute new perspectives if you are to talk in the discussions. Additionally, discussion on the proposal is not a time to call for new proposals; that will happen after the old business is concluded. I will call on individuals first-come first-serve when the floor is open for discussion. After 15 minutes or when discussion is concluded, we will take three votes per proposal; votes for, votes against, and votes to abstain. Proposals will pass if the votes for a proposal are more than 50% of all votes cast. Proposals will fail if votes against and votes to abstain combined are more than 50% of all votes cast.

New Business:

Now for new business. At this time any individual may bring a proposal to the floor. Discussion will be limited to a maximum of 10 minutes before which a vote to move the proposal forward will be cast. This time will be open for discourse back and forth between the person proposing. When we vote on a proposal, the votes will be votes for, votes against, and votes to abstain. For non-policy or procedural changes (such as a minor script change), a vote will take place for immediate changes to the script, passing with 50% of all the votes cast. Other proposals will need to be brought to the meeting for a month in announcements, after which we can vote on them the following month. A proposal will be brought forward if 50% of all the votes cast are for the proposal. Is there any new business?

Conclusion:

This concludes the business meeting. We will end the business meeting with the Serenity prayer. Please join me.

First Step Presentation Meetings

Note: at the 2022-11-01 business meeting, a permanent group-conscious decision was made to allow for recording of First Step presentations for use on the Sex Addicts Recovery Podcast (SARPod) IF requested by the First Step presenter. The recording would be limited to the first step intro, first step presentation and 3 responses after. Only voices will be used, no video. If a recording is to be made, an announcement needs to be made alerting the room to the recording before the script continues, but a group consciousness does not need to be taken.

Today, _____ is prepared to share his First Step presentation with us.

[The following is a suggested introduction to be read by the Secretary or the Sponsor.]

_____, thank you for agreeing to share your First Step with us.

Step One is not meant to be a one-time, comprehensive list of everything that is wrong with us. We have found that the first time we work Step One, it lays the foundation for future Steps, but it is also meant to be ongoing. In fact, after our initial First Step, we have found it helpful to continue admitting powerlessness and unmanageability on a daily basis in order to be reminded that there are things we cannot control. Our program of recovery grants us the power to do what we cannot do alone, little by little, one day at a time.

The primary purpose for you giving this formal First Step presentation is to aid you in your program of recovery. It need not be done to please the group, or to gain status. There is no right or wrong way to give a First Step. Any effort you make is legitimate.

Here are some suggestions which others who have gone before have found helpful. We encourage you to be specific about your behaviors and to speak from your heart in order for you to be in touch with the pain and reality of your addiction and avoidance.

Try not to bury yourself in shame. Let us hear you, not your addict, speaking.

The group has a responsibility to be loving, caring and accepting of you. The members will avoid judging you, giving advice to you, or taking care of you. Some members may become triggered during your First Step and may leave the room. Please do not take this as a reflection of you or the quality of your share.

(After the first-step presentation) [Adlib - need to ratify this section in a business meeting at some point]

Thank you _____ for your courageous first-step presentation. The meeting is now open for discussion. At this time, we will take responses, affirmations and reactions to the first step. We will start the shares with the _____'s sponsor, _____.

Thank you _____. If you would like to affirm _____ in his first step, please use the zoom raise hand feature that can be found by selecting the reactions button, or press *9 (star, nine) on mobile. Please be mindful and keep your shares to one minute. Can I get a timer to time for one minute? Thank you.

(Go to burning desire and meeting close-out)