

SAA Louisville Thursday Step Study Meeting Agenda

Before the Meeting:

- ☐ Collect the meeting bag from kitchen
- ☐ Place quotes and question printouts around the table.
- ☐ Follow instructions to connect to the virtual meeting.
- ☐ Start meeting promptly at 7:00

Meeting Script

1. *"Welcome to the combined Thursday Step Study and Beginners Meeting of Sex Addicts Anonymous. My name is ____, and I am a recovering sex addict . We understand the courage it takes to walk into these meetings for the first time. All of us in this room were all once in your shoes. We have lived the difficulties you are now facing. Please know this too shall pass one day at a time. We sincerely hope you find what you're looking for in this meeting. It's a simple program for complicated people."*
2. *"The first half of the meeting we will check in on our recovery progress and discuss the step of the day. Afterwards we will break into two groups, one for a detailed introduction to the SAA program for beginners and the second group for In-depth step study. During the breakout time, you're encouraged to ask questions, seek help, and discuss your recovery."*
3. *"We avoid cross-talk or interruptions when another is sharing. Instead of offering advice or criticism, we share our own experiences, strength, and hope on how we work the 12 steps and continue to overcome our addiction. Feel free to stick around for the meeting after the meeting and talk to one of us if you still have any questions."*
4. *"We recommend attending at least six meetings before deciding whether SAA has anything to offer you. You'll find that each meeting is a little bit different. Please note that this meeting is also available via phone and video conference options for those who cannot attend in person."*
5. *"Info for Joining the Meeting is available at our website SAALouisville.Org" [To join the video conference, please click the link <https://zoom.us/j/962096591> and use the Meeting ID: 962 096 591. Alternatively, you can dial in at +1 646 558 8656 with the same Meeting ID.]*
6. *"Let's begin with saying the Serenity Prayer together". "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."*
7. *"Can someone please read a daily meditation"*
8. *"Can someone please read Our Program"*
9. *"Can someone please read the Twelve Steps of SAA"*
10. *"Since Meetings are forums for learning how to integrate the steps into our lives*

we will now do a quick name and 12 step check in. When it's your turn, please introduce yourself with your first name, using the format: 'Hi, I'm [Your Name], and I'm a recovering sex addict.' Then, briefly share your check in with these questions in mind:

1. "Length of my Sobriety?"
2. "Which step am I working on today?"
3. "What is blocking this step?"
4. "Plan to move forward?"
5. "What support do I need?"
6. "Is there something I am hesitant to share or hiding?"

For newcomers, if you're still uncertain about whether you're a sex addict, please feel comfortable just introducing yourself with your first name. At this time, there's no need to share beyond that if you feel uncomfortable. You'll have the opportunity to share more during the beginners meeting breakout.

Let's focus our shares on recovery, the steps we're taking, and the challenges we face. This isn't the moment for general updates about your week, unless it directly relates to the step you're working on and your progress in recovery. If you wish to talk about your week in more detail, please stay for the informal discussion at the meeting after the meeting. Someone will be more than happy to listen.

After sharing, please conclude by stating your name again. If you're struggling, don't hesitate to share that too. We're here to listen, support, and navigate the recovery journey together. Your honesty can be a powerful source of insight and encouragement, both for you and for others on the path of recovery."

11. "Thank you for sharing. Now, let's take a moment to celebrate Progress, not perfection. Does anyone have any Milestones, Medallions, or Anniversaries they'd like to celebrate with the group?"
12. [Hand out the medallion and offer congratulations to the recipient.]
13. "As we continue to support each other and our group's autonomy, let's remember the Seventh Tradition: 'Every S.A.A. group ought to be fully self-supporting, declining outside contributions.' With this in mind, we will now pass the contributions basket. Your generosity helps us sustain our meetings and support our community."
14. [Pass the contributions basket and record the necessary information.]
15. "We also encourage each of you to consider volunteering to lead future meetings,

as part of working Step 12. Taking the lead is a valuable way to give back and support our group. If you're interested in leading a meeting, please speak up or let us know after the meeting. Your willingness to serve and contribute is greatly appreciated."

16. "Does anyone have any Announcements for the good of SAA?"
17. "Our Step Study is about helping each other work the steps. Today, we're focusing on the step ____ [find the step indicated in the schedule]. For the rest of our meeting, we'll concentrate on assisting one another with the steps. It's important to speak from the 'I' or 'we' rather than 'you' when sharing, focusing on solutions rather than problems. Remember Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. Who you see here, what you hear here, when you leave here, let it stay here [Response from group here here here!]."
18. [The chairperson shares their experience with the step. If you don't have personal experience with today's step, invite someone who does to share.]
19. "In my experience with today's step..."
20. "We'll now open the floor for a group discussion on today's focus step until around 7:50."
21. "[Around 7:50 Group Breakout] As move into our group breakout sessions, let's reflect on the importance of reaching out for help and staying connected with fellow group members. From experience we know how crucial these connections are for recovery. To support this, we provide a phone and email list to newcomers."
22. "We invite all members who are open to sharing their contact information with newcomers to please fill out the contact sheet now."
23. [Make sure to distribute the beginners packets and the contact sheets to everyone willing to share their contact information.]
24. "For the newcomer we understand that absorbing all this information might be overwhelming, to help you we offer you a newcomers packet. This packet provides basic information about how our program works."
25. "Our experience has shown that having a sponsor to help guide you in working the 12 steps leads to the fastest relief from our addiction. As part of our commitment to your recovery journey, we assign a temporary sponsor at this meeting. This sponsor will guide you in drafting your 'three circles' and start you on your 12 step path. Please raise your hand if you are willing to be a sponsor today?"
26. [Assign newcomers to sponsors.]
27. "Thank you to all willing sponsors for your service and 12th step work. Please stay with your sponsees through the beginners meeting and assist them as they

take their first steps in recovery."

28. " Let's refocus on continuing to support each other in our recovery work. The steps are the cornerstone of our recovery, providing a guide through a transformative process which leads to the freedom from addictive sexual behaviors and to the healing of our minds, bodies, spirits, relationships, and sexuality. This program works—in direct proportion to how you work it.
29. We'll divide into two groups for our step study session: The Beginners Group, designed for those new to the program, and the In-Depth Step Study Group, for those seeking a deeper exploration and assistance with steps. We're asking at least two experienced members, along with those who volunteered to be sponsors, to help lead the Beginners Group. These sessions will continue until 8:45, at which point we'll come back together for a shared meditation and our closing."
30. Please make sure to follow the instructions for your respective groups.
 - a. Group 1 : [Beginners meeting](#)
 - b. Group 2: In-depth Step Study [Group 2 instructions](#)
31. [at 8:45 Invite the Groups to rejoin]
32. "Welcome back, everyone. It's now 8:45. We hope your step studies were productive and beneficial to your recovery journey. As we reunite, let's take a moment to center ourselves with a shared 10-minute meditation.." [Read Guided Meditation]
33. "Can someone please read [the Promises](#)"
34. "To conclude our meeting, can someone please volunteer to read the [the Closing](#) "

After the Meeting:

- ☐ **Collect the items for the bag and put in kitchen**
- ☐ **Put chairs back where in the lobby or upstairs**
- ☐ **Clean up any trash**
- ☐ **Please turn out the lights when you leave the room – especially including bathrooms**
- ☐ **If you change the heat or AC settings, please change it back before you leave.**
- ☐ **If you notice problems with our facility, please fill out one of the "Mr. Fix-it!" forms or inform the Parish Office**
- ☐ **Make sure all outside doors are locked and latched when you leave.**