

Hutt Valley SA Meeting with Readings

Introduction & Welcome

“Good evening, my name is X; and I’m a sexaholic.” Welcome to the SA Hutt Valley meeting of Sexaholics Anonymous. This is a closed meeting. Only those desiring their own personal sexual sobriety, please.

“Before we begin, is there anyone here today attending their very first SA meeting?”

*If so, read: “**To the Newcomer**”; See SA White Book p.1*

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.

What is a Sexaholic?

See SA White Book p.201 – Not included in readings above.

Introductions

Each person introduces themselves by name, sobriety date, current step. We might respond by saying “Hi X”.

We say 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.
Thy will not mine be done.

Sobriety Milestones

We would like to acknowledge and support continuing sobriety and recovery.
Suggested milestones: 1, 3, 6, 9 months, 1 year, and anniversaries. Any milestones?

We Read ‘The Problem’ (Optional)

Many of us felt inadequate, unworthy, alone, and afraid. Our insides never matched what we saw on the outsides of others. Early on, we came to feel disconnected—from parents, from peers, from ourselves. We tuned out with fantasy and masturbation. We plugged in by drinking in the pictures, the images, and pursuing the objects of our fantasies. We lusted and wanted to be lusted after.

We became true addicts: sex with self, promiscuity, adultery, dependency relationships, and more fantasy. We got it through the eyes; we bought it, we sold it, we traded it, we gave it away. We were addicted to the intrigue, the tease, the forbidden. The only way we knew to be free of it was to do it. “Please connect with me and make me whole!” we cried with outstretched arms. Lusting after the Big Fix, we gave away our power to others.

This produced guilt, self-hatred, remorse, emptiness, and pain, and we were driven ever inward, away from reality, away from love, lost inside ourselves. Our habit made true intimacy impossible. We could never know real union with another because we were addicted to the unreal. Fantasy corrupted the real; lust killed love.

First addicts, then love cripples, we took from others to fill up what was lacking in ourselves. Conning ourselves time and again that the next one would save us, we were really losing our lives.

We Read 'The Solution' (Optional)

We saw that our problem was three-fold: physical, emotional, and spiritual. Healing had to come about in all three. The crucial change in attitude began when we admitted we were powerless, that our habit had us whipped. We came to meetings and withdrew from our habit. For some, this meant no sex with themselves or others, including not getting into relationships. For others it meant 'drying out' and not having sex with the spouse for a time to recover from lust.

We discovered that we could stop, that not feeding the hunger didn't kill us, that sex was indeed optional! There was hope for freedom, and we began to feel alive. Encouraged to continue, we turned more and more away from our isolating obsession with sex and self and turned to God and others...

All this was scary. We couldn't see the path ahead, except that others had gone that way before. Each new step of surrender felt it would be off the edge into oblivion, but we took it. And instead of killing us, surrender was killing the obsession! We had stepped into the light, into a whole new way of life...

Reading and Sharing until 8.10pm(ish)

We read a paragraph or two and then pause for sharing (2 min limit). Avoid cross-talk, advice, or explicit language. Speak from the 'I'.

Getting Current

Open floor for sharing personal experiences, emotions, or challenges. Meeting guidelines still apply. Describe any temptations, relapses, or events that caused or almost caused a relapse.

Seventh Tradition

We are self-supporting through our own contributions. Talk about any administration or intergroup news.

Closing Statement / Reminder about Anonymity

Anything heard in this meeting is strictly the opinion of the individual participant. This is an anonymous program. Please respect confidentiality.

Final Reading(s)

We realise we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the person who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you – until then.

The Twelve Promises (Optional)

1. We are going to know a new freedom and a new happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word serenity.
4. We will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Closing Prayer

After a moment of silent meditation, someone leads the group in the Serenity Prayer or another recovery prayer.

Keep coming back – it works if you work it!

Suggested Closing Prayers

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.
Thy will, not mine, be done.

Step 3 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!

Step 7 Prayer

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.

Step 11 Prayer (St. Francis Prayer)

Lord, make me a channel of thy peace:
that where there is hatred, I may bring love;
that where there is wrong, I may bring the spirit of forgiveness;
that where there is discord, I may bring harmony;
that where there is error, I may bring truth;
that where there is doubt, I may bring faith;
that where there is despair, I may bring hope;
that where there are shadows, I may bring light;
that where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort than to be comforted;
to understand, than to be understood;
to love, than to be loved.

For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to Eternal Life.