

Buckhead Sexaholics Anonymous

“Meeting To Support Sponsors” Format

[Note to Meeting Facilitator] Before the meeting begins, please announce, “If you want an issue discussed, write it on the sign-in board as follows, Name, Issue, Priority “A” (Need an Answer Today) or “B” (Good to Know)” (see below).

<i>NAME</i>	<i>ISSUE</i>	<i>PRIORITY A or B</i> (A-Need an Answer Today; B-Good to Know)
Joe A	Chronic relapse	A
Bill C	Sponsee stuck on Step 3	A
Bob G	Chronic relapse	B

[Meeting facilitator reads]:

Hello. My name is _____ and I’m a sexaholic. Welcome to the Buckhead Meeting to Support SA Sponsors. This meeting is designed to share our collective experience, strength, and hope as SA sponsors in order to support each other in working with sponsees. Guidelines for participating include completion of the 12 steps of SA, 6 months of sexual sobriety, and identification with Buckhead as your homegroup. Others who meet these requirements but who do not identify Buckhead as your homegroup are also welcome but we ask you identify your homegroup when you introduce yourself.

Let’s take a minute to introduce ourselves by first name, state our length of sexual sobriety, and identify our homegroup. I’ll begin, and we’ll go around the room. My name is _____, I’m a sexaholic and I’ve been sexually sober since _____, and my homegroup is _____.

After a moment of silent meditation please join me in the “Serenity Prayer” as it appears on Page 95 of the White Book

Prayer – “God, grant me the serenity to accept the things that I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

Thank you. If you have a topic you want help from the group on and haven’t put it on the sign-in board yet then please write it on the board now. “A” topics mean you need an answer today; “B” topics mean it would be good to know.

Selection of Topic: The group will decide what topic to discuss based on any commonality among issues with an “A” priority on the sign-in board. “B” priority topics will be handled after we make our way through the “A” priorities first. Let’s refer to the sign-in to identify an “A” topic or a common theme that may be emerging, then we can move to “B” topics.

(Meeting facilitator: Identify priority order of topics.)

Before we get started, our goal is to help the Sponsor receive the collective experience from the group to help them work more effectively with Sponsees. Thus questions and answers are permitted and we engage in respectful discussion, thus cross-talk is permitted. The emphasis is on honesty, recovery and healing. We speak from our own experience and share from the perspective of “I” not “we” or “you”.

We share with emphasis on applying the steps and principals of SA in our own lives and in our work with our sponsees. Please refrain from gossip or mention of self-help programs, therapy or non-SA approved literature. In participation, we avoid topics that can lead to dissention or distraction. We also avoid explicit sexual descriptions and sexually abusive language. Please speak in language that is dignified and inoffensive to all.

In consideration of others please keep your sharing brief so that all can have an opportunity to share. So that we make the best use of our time, we ask that you please refrain from repeating what someone else has said when offering feedback and suggestions unless it substantially adds to what was already mentioned.

The meeting is now open for discussion. ***(Recognize the person with the first issue and say)*** “Will you please explain in a few sentences the essence of the issue you would like the group to help you with?”

At 5 minutes before the end of the meeting time the leader will read:

That’s all the time we have for discussing this topics.

Anything you have heard at this meeting is strictly the opinion of the individual participants; the principles of SA are found in our Twelve Steps and Twelve Traditions.

This is an anonymous program. Please keep the name, address, phone number and/or email address of anyone you meet or learn about in SA to yourself. And what you hear here, when you leave here, let it stay here. Remember that we never identify ourselves publicly with SA in the press, radio, TV or films. Neither does anyone speak for SA.

[Optional]: To increase our gratitude for the amount of experience, strength, and hope in the “Meeting to Support Sponsors”, we ask members to share the length of time in the program and then total that amount and share it back with everyone.

All stand and hold hands in a circle.

After a moment of silent meditation for those sexaholics still suffering, will you please join me in the Third Step Prayer?

God, I offer myself to Thee, to build with me and to do with me as Thy wilt. Relieve me of the bondage of self, that I may better to 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”

“Keep coming back, it works if you work it, but you have to work it every day and every night.”