

# Reader Discussion Meeting

(2<sup>nd</sup> through 5<sup>th</sup> Saturdays of Each Month)

*By Atlanta Inter-group*

## **NOTES TO LEADER:**

- 1. The first meeting of each month is a speaker meeting. ALL other meetings each month are reader discussion meetings. MEETINGS BEGIN PROMPTLY AT 9:30 AM AND ENDS PROMPTLY AT 10:30 AM**
- 2. Prior to the meeting please select a member with one year or more of sobriety to distribute the chips during the close of the meeting.**
- 3. Also ask someone to be the timer during shares. Shares are limited to 2 ½ minutes.**

Good morning, my name is \_\_\_\_\_, and I'm a recovering sexaholic. Welcome to the Saturday morning Buckhead meeting of Sexaholics Anonymous.

This is a closed meeting. Only those desiring their own personal sexual sobriety, please. This is also a no smoking meeting. We ask that any smoking be done outside the meeting area, please.

Would someone please read the "S.A. Purpose" from page 201.

Would someone please read the "What is a Sexaholic and What is Sexual Sobriety" from page 202.

Let's take a minute to introduce ourselves by first name and state our length of sexual sobriety. I'll begin, and we'll go around the room. My name is \_\_\_\_\_, I'm a sexaholic and I've been sexually sober for \_\_\_\_\_.

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

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.)

## **NOTE TO LEADER: ASK FOR TWO OR THREE OF THE FOLLOWING TO BE READ:**

Would someone please read:

“The Problem”, page 203

“The Solution”, page 204-205

“From Chapter Five of Alcoholics Anonymous”, page 206-207

“The Twelve Steps”, page 208

“The Twelve Traditions”, page 209

Or, any passage from Sexaholics Anonymous (the White Book) or other SA or AA conference approved literature. Several passages are reproduced in the back of this notebook.

**NOTE TO LEADER: ASK IF THERE ARE ANY NEWCOMERS. IF YES THEN ADD:**

**SPECIAL PROCEDURE IF ONE OR MORE NEWCOMER(S) IS A WOMAN. Read the text in the “Pink” sleeve at the beginning of the book. Then give the woman the sealed envelope contained in the sleeve.**

Would two or more sober members volunteer to meet separately with the newcomer(s). Please rejoin the group at 10:20 for the conclusion of the meeting, including chips. Please use the suggested “Newcomer Breakout Meeting” format, the “SA” brochure and “Sexaholics Anonymous” White Book as resources.

**NOTE TO LEADER: READ BEFORE PARTICIPATION:**

This is a READER-DISCUSSION MEETING. The format of this meeting is that we read carefully and deliberately from text. We go around the room with each person reading a passage or paragraph. At the conclusion of a paragraph either the reader or someone else may discuss their identification with some portion of the reading. We read and share with emphasis on applying the steps and principals of SA in our own lives. 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 dissension or distraction. We also avoid explicit sexual descriptions and sexually abusive language. In consideration of all attendees, please wear modest, conservative, loose-fitting clothing. Necklines should be high and we suggest that shorts not be worn. Minimize the use of cologne or perfume. Please speak in language that is dignified and inoffensive to all. Please refrain from profanity. The emphasis is on honesty, recovery and healing.

No cross-talk please! Appropriate sharing means that we keep the focus on ourselves. We talk in “I,” not “we” or “you,” speaking from our own experience and about our own issues. The definition of cross-talk is available at the literature table.

If someone feels another is getting too explicit, or if the sharing represents cross-talk, they may so signify by quietly raising their hand. In consideration of others please keep your sharing brief so that all can have an opportunity to share.

Shares should be limited to 2 ½ minutes \_\_\_\_\_ will be our timer. When you hear the sound, please conclude your remarks quickly.

**NOTE TO LEADER: USE THIS LIST AND THE GUIDE IN THE BINDER TO DETERMINE WHERE TO BEGIN READING (BOOK, PAGE NUMBER AND PARAGRAPH):**

- **The second Saturday of the month is a WHITE BOOK MEETING**
- **The third Saturday of the month is a BIG BOOK MEETING**
- **The fourth Saturday of the month is a 12 & 12 - TWELVE STEPS MEETING**
- **The fifth Saturday of the month is a 12 & 12 - TWELVE TRADITIONS MEETING**

**CLOSING:**

It is time for our Seventh Tradition, “We have no dues or fees but are self supporting through our own contributions”. We are passing the leader sign up sheet if you would like to lead the meeting. While we pass the basket, do we have any announcements?

This is a chip meeting. We use chips to recognize milestones in recovery. I have asked \_\_\_\_\_ to hand out chips.

It is our belief that going to meetings, making phone calls to others in recovery, working the steps through the giving and receiving sponsorship are key elements to staying sober. Those willing to be temporary sponsors and have six months of sobriety or approval of your sponsor, please raise your hand and state your name (pause). We ask that those that have raised their hand and those people seeking a temporary sponsor please meet in the back corner of the room at the conclusion of the meeting for the purpose of introducing yourselves. In addition, sponsor pamphlets are available at the Literature Table.

We have found that reading and discussing SA approved literature helps provide a foundation for working the steps and experiencing the joy of a positive sobriety. We invite you to explore the literature table and purchase materials from our Literature Person, \_\_\_\_\_ or other Trusted Servant. A phone list is also available at the literature table. Please don't hesitate to use this list, it will help keep you AND THE PERSON YOU CALL sober.

As is our tradition we invite you to join us for coffee after the meeting.

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.

Would someone please read:

“A Vision for You” on page 210.

or

“The Promises” on page 83 of the AABB

After a moment of silent meditation for those sexaholics still suffering, I’d like to ask  
\_\_\_\_\_ to lead us in:

“The Lord’s Prayer.”

or

“The Serenity Prayer”

or

“The Third Step Prayer”

All Stand and hold hands in a circle.

“KEEP COMING BACK, IT WORKS IF YOU WORK IT, BUT YOU HAVE TO WORK IT  
EVERY DAY AND EVERY NIGHT!”

*Note: Format revised as approved in Group Conscience. The previous format has been preserved  
in the back of this notebook. Please direct your questions or comments to Mike Z., 404-663-0688,  
sa\_atlanta@hotmail.com*