



Please remember to mute your phones when not speaking. You may dial *6 to mute/unmute your phone during this telemeeting.

Does anyone want to read any of the scripts? You can find them online at Castimonia.org

Introduction:

Welcome to the (Date + Time) telemeeting of Castimonia – also known as the Men’s Sexual Purity Support & Recovery Group. My name is _____ and (optional) I am a grateful believer in Jesus Christ (choose one) recovering from sexual addiction or who struggles with sexual purity. Castimonia is a Christ-centered support and recovery program for sexual impurity or sexual addiction with the goal to achieve a Biblically-based sexual purity. We share our experience, strength, and hope with each other so that we may achieve sexual purity and help others overcome sexual impurity or compulsive sexual behaviors. Although we believe Jesus Christ is our Lord and Savior, Christianity is not a requirement for attending meetings or working the 12-step program. We are open to any group or denomination. The only requirement for membership is the desire to stop compulsive sexual behavior and reach sexual purity. Therefore, this group is open to any man who struggles with any type of sexual impurity.

Please share with me a moment of silence, followed by the Serenity and Opening Prayers.

Serenity Prayer

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

Opening Prayer

Father, I ask you that you bless this meeting and the men on this call;
that You give us courage to share our experience, strength, and hope
and that we encourage each other to be the sexually pure men You intend us to be.

Will the person with Our Problem, please read it.

For those members new to this program of spiritual recovery, I urge you to listen to the following “How it Works” section very closely. It is the path we must follow that will help set us free. Will the person with How it Works, please read it.

Will the person with The Ten Commandments please read any two of them.

(1st meeting of the month) Will the person with the Sobriety Statement, please read it.



This is a closed meeting. If you feel you cannot relate to the material you have just heard or feel you do not struggle with maintaining sexual purity, we ask that you leave at this time. By staying you agree to the following guidelines:

1. Keep your sharing focused on your own thoughts and feelings (use “I” or “me” statements, not “you” or “we”). Limit your sharing to three to five minutes. The leader has a timer and will notify you when the time has expired. The leader will notify everyone when it is OK to share more.
2. There is NO cross talk. Cross talk is when two individuals engage in conversation excluding all others. Each person is free to express his feelings without interruptions. This includes consoling members who are sharing. I ask that everyone only unmute their phones while they are talking and return them to mute when finished.
3. We are here to support one another, not “fix” another. Leaders are but trusted servants, they do not give feedback during the meeting.
4. Anonymity and confidentiality are basic requirements. What is shared in the group, stays in the group. The only exception is when someone threatens to injure themselves or others (or admits to committing an unprosecuted felony-level sex crime. The leaders are required, by law, to report these activities.)
5. Offensive language has no place in a Christ-centered recovery group. Furthermore, names, locations, websites, or explicit examples should NOT be shared. If something offensive or triggering is mentioned, the leader or a member should bring attention to the person sharing.

Will all present please introduce yourself using first names only? New members need not admit to having a problem with sexual purity or sex addiction, but let us know if this is your first recovery meeting or first time attending this specific meeting. (if a new member exists) Please hang on until the end of the phone call and I will exchange information with you so that we can send you a Newcomer’s packet. You may also acknowledge your Higher Power if you choose. Hello, my name is _____(state your higher power if you choose) and (choose one) I am recovering from sexual addiction or who struggles with sexual purity.

The Empty Chair:

The Virtual Empty Chair in the middle of our circle awaits the return of those members who are currently suffering the consequences of their addiction in prison. Also, the chair awaits the return of those members who have left the program in search of their true bottom. Finally, the empty chair is to remind all present the loss of those members whose disease drove them to take their own life.

Parking Lot:

There will be a Virtual Parking Lot at the end of the meeting intended to allow time to exchange phone numbers and gather information on new members.

Topic Introduction:

The first meeting of the month is a step study. We will review the step of the corresponding month. (i.e. January – Step 1, February – Step 2, etc...)

[Introduce Topic]



The floor is now open for comment on the topic. Other topics and check-ins are always welcome. Also, if you choose, please include your prayer request at this time. We will pray at the end of the shares.

With 10 minutes remaining in the meeting:

The time for sharing has ended unless someone has a burning desire to share one last time. A “burning desire” is defined as a desire to share one last thing in order to avoid acting out because of not sharing.

Prayer Requests:

Let us take 30 seconds to silently pray for the men in this meeting, for what they shared or did not share, for their recovery, and for the group.

Group Announcements:

Are there any group announcements?

Milestone Recognition:

Our group conscience has suggested that sexual sobriety means compliance with an individual’s Sex Plan. A Sex Plan is a written description of the sexual behavior for which a person is willing to be responsible.

Does anyone here have:

- | | | | |
|--------------|-----------------|---------------|-------------|
| One Month? | Two Months? | Three Months? | Six Months? |
| Nine Months? | One Year? | 18 Months? | Two Years? |
| Three Years? | Multiple Years? | | |

Closing:

In closing, I would like to say that the opinions expressed here were strictly those of the person who gave them. Take what you like and leave the rest. The things you heard were spoken in confidence and should be treated as confidential. Please keep them within the walls of this room and the confines of your mind. Whatever problems you have, there are those among us who have them also. 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 one another. Instead, let the understanding, love, and peace of Christ Jesus grow in each of us, one day at a time. Will the person with the promises please read them?

Closing Prayer:

Let us close with the Lord’s Prayer.