

Saint Joseph Men of Integrity Group Format

Opening Introduction and Prayer

"My name is _____, and I am healing from sexual addiction. This is the Saint Joseph Men of Integrity Group. I welcome each man here. I commend you on your commitment to be sexually sober."

"We define a state of sexual sobriety as having no form of sex with self or with persons other than the spouse (defined as partner in a marriage between man and woman), and progressive victory over lust. Our mission is to provide a safe atmosphere for Catholic men to share the struggles that keep them enslaved to sexual sin, to learn more effective ways of dealing with these struggles, and to learn to live as men of integrity, free from the negative effects of sexual addiction and sin."

"The meetings combine the wisdom of the 12 Steps of Sexaholics Anonymous with the teachings and traditions of the Catholic Church. By participating in this fellowship, we will become men of integrity who participate in the sacramental life of the Church and love and serve others with joy and humility."

Follow with the Prayer to Saint Joseph:

"To you, O blessed Joseph, do we come in our afflictions, and having implored the help of your most holy Spouse, we confidently invoke your patronage also.

"Through that charity which bound you to the Immaculate Virgin Mother of God, and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by his Blood, and with your power and strength to aid us in our necessities.

"O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness.

"As once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die in holiness, and to obtain eternal happiness in heaven. Amen."

Group Introductions

"I invite each of you to introduce yourself as we go around the room. Please state your first name, and if comfortable, your primary forms of acting out and your length of sexual sobriety. If you're a newcomer, please feel free to simply state your name and that you are a newcomer. I'll begin"

Welcome to Members - Group facilitator reads:

“We welcome each of you and we’re glad you have come. You are not required to talk, but we will be honored if you do. You will have opportunities share on readings, but most importantly, this is a place to feel safe and grow in sobriety and recovery.

An important aspect of growing in sobriety and recovery is to have accountability partners and a sponsor to help guide you in recovery. The best way to find a sponsor is by getting to know the meeting participants, selecting someone who has the recovery you want and asking them to sponsor you. We recommend 1 year or more of sobriety to be a sponsor. Members are encouraged to contact other members throughout the week. See me for the member contact list available to all members.”

Offerings

“There are no dues or fees for membership, and all are welcome regardless of their ability to make a contribution, but we do suggest that you make a meaningful weekly contribution as an investment in your own healing. Saint Joseph Men of Integrity Groups are self-supporting. We pay for our own materials and rent, and we use the money to help purchase materials or donate to charitable organizations to help others have access to the help we found. Alcoholics Anonymous would not have grown into the source of help to alcoholics worldwide without such regular contributions from its members.”

Business (Done first meeting of the month)

Facilitator says: “Is there any business we need to discuss?”

Reading and Discussion:

“We will now read a brief excerpt from the (use selected reading, blog or podcast indicated in our weekly email).” If the selection is a reading continue with: “We will each take turns reading a paragraph or two, then pass to the next member until the reading is completed.”

After reading is done, the leader reads:

“Now each member will have minutes to share their thoughts on the reading. The emphasis is on honesty, recovery, and healing. In participation, we avoid topics that can lead to dissension or distraction. We also avoid explicit sexual descriptions and sexually abusive language. If you feel another is getting too explicit, please signify by raising your hand. If needed a group conscience may be called on the matter.

“No cross talk please. Cross talk means interrupting, giving advice, or criticizing another person’s share. If you wish to respond to what someone said following their share, please do so by sharing from your own experience. Speak in the I and not in the “we,” or “you.” Giving affirming and loving feedback from your own experience to each other is acceptable.

If anyone discloses feelings or actions that indicate he is a possible danger to himself or to others, including minor children, we will take all necessary action outside of the group to report that danger and to ensure others’ safety. We cannot protect the confidentiality of illegal or “sex-offender” activity. We are very clear about these exceptions to confidentiality.

Lectio Divina

The leader begins with this prayer: “Jesus said, ‘I am the light of the world. Whoever follows me will have the light of life and will never walk in darkness.’ Lord Jesus, you also said that where two or more come together in your name, you are there with them. And, Lord Jesus, where you are, there, too, is the Father and the Holy Spirit. So we begin our meeting in the presence and the name of the Father, the Son, and the Holy Spirit. Amen.”

The leader will use the reading given in the weekly email reminder. Then do the following:

1. *A group member reads the scripture passage.*
2. *Pray silently for 2-3 minutes while reflecting upon how God is challenging them from the reading, and what specific actions will they take this week to meet that challenge?*
3. *Each member shares in turn allowing for open encouragement and feedback from members to what was shared.*

Celebration of Sobriety & Successes

“Is anyone celebrating a sobriety anniversary this week? Anyone wish to share a victory they had this week in their recovery work?”

“Congratulations on your success. We give God the glory! We also thank St. Joseph for his powerful intercession to our Lord for allowing us to come to together to celebrate living in freedom from sexual sin.”

Closing Comments and Prayer

“I thank everyone for coming and remind you the next meeting is _____. We encourage you to find a sponsor and accountability partners to help you in achieving sobriety. We find it best if you speak to someone you’d like to have as a sponsor or accountability partner after the meeting and ask him to help you.”

“Please remember that individual anonymity provides the safety for us to risk exposing our secrets to others and to God’s transforming light. Who you saw here and what was said here, let it stay here. We will close our meeting by offering our prayers for intercession. After you state your intercession say We Pray to the Lord and everyone will respond with Lord Hear Our Prayer. After the intercessions are done pray as Jesus taught us (pray Our Father or other selected prayer by facilitator followed by the prayer to Our Lady of Recovery:).”

O Mary, Virgin most powerful and Mother of Mercy, who interceded with your Son Jesus on behalf of the wedding guests at Cana in Galilee, intercede with Him now for me, that I may wholeheartedly embrace the path of recovery from the effects of sin in my life.

Recall, O holy Virgin, the solemn moment when Jesus, your divine Son, dying upon the Cross, confided us to your Maternal care. You are my Mother; I desire ever to remain your faithful child.

Pray, O holy Mother of God, for my recovery that I may do whatever He tells me, and with faith, share my experience, strength, and hope with those who still suffer from the effects of sin in their lives. May your Motherly intercession, begun at Cana, now bring Christ's peace to my soul and witness to your Motherly protection.

Holy Mary help your children in recovery to feel your motherly help and protection, for you were blessed by God to bear the Savior of the world, Who lives and reigns forever
Amen.