

Saint Joseph Men of Integrity Group Format

Opening Introduction and Prayer

"Hello, my name is _____, and I am healing from sexual addiction. Welcome to the Saint Joseph Men of Integrity Group. 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 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, and in the sacramental life of the Church, we will become men of integrity who love and serve others with joy and humility."

Rosary (Tuesday & Saturday Meeting)

[Pray the mysteries of the day, using the Recovery Rosary document. After the rosary pray to St. Joseph as follows:]

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 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.

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 together to celebrate living as men of integrity, free from sexual sin.”

Closing Comments and Prayer

“Thank you for coming. Our next meeting is _____. We encourage you to find a sponsor and accountability partners to help you in achieving sobriety. Please let me know after if you are interested in being assigned an accountability partner or temporary sponsor.”

“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 Our Father or other prayer selected by facilitator and conclude with 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 us, that we may wholeheartedly embrace the path of recovery from the effects of sin in our lives.

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

Pray, O holy Mother of God, for our recovery that we may do whatever He tells us, and with faith, share our 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 our 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.