

# Sex Addicts Anonymous South Africa

## National Yearly Retreat: “Together We Recover”

5 – 7 June 2026



### IMPORTANT NOTICES:

- This retreat is designed to encourage active participation, fellowship, and shared recovery dialogue.
- The retreat is free and open to all members of Sex Addicts Anonymous and those seeking recovery from compulsive sexual behaviour.
- Times for events are given in South African Standard Time (SAST). International guests, please be sure to check your local times accordingly.
- The Zoom link will be distributed beginning Wednesday, 3 June 2026. Online participants may request the Zoom link via email from SAA South Africa at [saa.recovery.za@gmail.com](mailto:saa.recovery.za@gmail.com)
- Online participants are encouraged to join 10–15 minutes early to resolve any technical issues before sessions begin.
- Friday evening will be online only.
- Saturday and Sunday will be hybrid with:
  - Cape Town in-person venue
  - Johannesburg in-person venue
  - Zoom participation
- In the interests of safety and security, all online participants are required to keep their webcams active while attending online sessions.
- Headphones are recommended for online participants where possible to improve audio quality and confidentiality.
- Please respect the anonymity and confidentiality of all attendees. Recording, screenshots, or redistribution of retreat content is not permitted.
- Please help create a safe and respectful recovery environment for all attendees.
- Members attending the Cape Town venue who wish to arrange accommodation or catering must email SAA South Africa before May 25th.
- For inquiries regarding the retreat, please contact [saa.recovery.za@gmail.com](mailto:saa.recovery.za@gmail.com)

### Friday, 5 June 2026 (Zoom only)

Time	Item
18:00	<b>Opening &amp; Welcome:</b> Serenity Prayer, retreat orientation, theme introduction, and welcome to all attendees ( <i>Zoom only</i> )
18:15	<b>Recovery Reflections:</b> Short shares from previous retreat attendees on what they learned and how retreats impacted their recovery, sponsorship, meetings, and fellowship ( <i>Zoom only</i> )
19:00	<b>Speaker 1: Dave H (USA)</b> ( <i>Zoom only</i> )
20:00	<b>International Fellowship &amp; Recovery Discussion:</b> “What does Together We Recover mean to you?” ( <i>Zoom only</i> )
20:30	Closing meditation / Serenity Prayer ( <i>Zoom only</i> )
21:00	End of Day 1 ( <i>Latest possible closing time</i> )

## Saturday, 6 June 2026 (Hybrid format)

Time	Item
9:00	<b>Opening &amp; Introductions:</b> Serenity Prayer, welcome to all locations, introductions, and recovery icebreaker
9:20	<b>Speaker 2: Devin R (Cape Town) &amp; others:</b> Carrying the message of SAA to the still-suffering Sex Addict per Tradition 5 and Step 12
10:20	<b>Guided Recovery Discussion / Worksheet Session:</b> “How do we carry recovery together?” - Facilitated By Devin R
11:00	Break & fellowship time
11:45	<b>Speaker 3: Michael B (Pretoria)</b>
12:45	<b>Unified Recovery Dialogue:</b> Recovery tools, connection, isolation, newcomer support, and fellowship discussion - Facilitated By Michael B
13:30	Lunch & fellowship
14:30	<b>Speaker 4: Stepwork Groups:</b> Step-by-Step Session with Craig S (USA) and additional Step-by-Step members.
15:30	<b>Interactive Recovery Workshop:</b> Facilitated By Leighton B
16:15	<b>Fellowship Reflection Circle:</b> “What am I taking from today?” - Facilitated By Anthony S
16:45	Closing announcements, Sunday preview, and Serenity Prayer
17:00	End of Day 2 ( <i>Latest possible closing time</i> )
17:15	Fellowship dinner in Cape Town and Johannesburg

## Sunday, 7 June 2026 (Hybrid format)

Time	Item
9:00	<b>Opening &amp; Introductions:</b> Serenity Prayer, Step 11 meditation / reading, and welcome
9:20	<b>Speaker 5: Donovan W (Cape Town)</b>
10:20	<b>Open Recovery Sharing:</b> Retreat reflections and recovery takeaways
11:00	<b>Future Vision &amp; Fellowship Discussion:</b> Sponsorship, Intergroup and Area Assembly service, outreach, future retreats, newcomer support, PI/CPC, Activities Committee - Facilitated by Anthony S
11:20	<b>Closing Session:</b> Gratitude shares, acknowledgements, final reflections on “Together We Recover,” and Serenity Prayer
12:00	End of retreat
12:15	Fellowship lunch in Cape Town and Johannesburg