

# Monday Morning Step Study Meeting

Mondays 6:30am-7:30am (Green Book Step Study)

Revised 5/01/2024

Trusted Servant instructions look like this and are not read aloud.

Identify a Co-Host prior to starting the meeting to better facilitate lowering of hands and muting.

Open the Readings page on the San Jose SAA website: <https://sanjosesaa.org/readings/>

Upon signing in, display the Opening Screen reading bar.

When the meeting starts, begin reading the script.

## OPENING

**Welcome to the San Jose Monday Morning Step Study Meeting of Sex Addicts Anonymous. This meeting is reserved for people who want to stop addictive sexual behaviors or believe they may be a sex addict. My name is \_\_\_\_\_ and I am a sex addict. (Pause for response)**

Display “Serenity Prayer” located on the Readings page.

**Please join me in a moment of silence for the addict still suffering, followed by a call and response reading of the Serenity Prayer.**

**Moment of silence. (A moment of not more than 15 seconds)**

**Read Line 1 God, grant me the Serenity to accept the things I cannot change,  
(Pause for response)**

**Courage to change the things I can, (Pause for response)  
and Wisdom to know the difference. (Pause for response)**

## NEWCOMERS/VISITORS

**If we have any newcomers to the SAA Program or first-time visitors to our San Jose group attending this meeting please introduce yourself by your first name so we may get to know you. (pause for response)**

If there are no newcomers or visitors advance to Readings:

If there are any newcomers or visitors read the following:

**We would like to welcome you to our meeting. It's ok to participate just by listening, or you can join in when you feel comfortable. After the meeting we will be available to answer any questions you may have.**

If there are any newcomers to SAA, also read the following:

**We hope you find what we have found- a solution to our addiction. Keep coming back, It works!**

## READINGS

Display each reading as you ask for volunteers.

**Would someone please read Boundaries?**

**Would someone please read The Knot?**

**Would someone please read The 12 Steps of SAA?**

**Would someone please read The 12 Traditions of SAA?**

**Would someone please read Sponsorship?**

## MEETING FOCUS

step	1	2	3	4	5	6	7	8	9	10	11	12
text page	22	25	28	31	37	40	43	45	48	52	55	58
online page	30	33	36	39	45	48	51	53	56	60	63	66

Display the Green Book as found on the Readings page.  
(Green Book Study Page Tracking will provide Step to be read)

**At this meeting, we read from Sex Addicts Anonymous, the green book. This week we are reading Step \_\_\_\_\_ starting on page \_\_\_\_\_. We will take turns reading a paragraph or two at a time until we've finished reading the entire step. It is not necessary to introduce yourself before reading a section. As soon as someone has finished reading just move on from where they left off. We will hold all sharing until the entire step has been read. Who would like to start off?**

After reading of the selection is completed

**It is time to share our experience, strength, and hope in recovery from sexual addiction as it pertains to this step. Using the raised hand feature, which is \*9 for phone users, the floor is now open for sharing on today's Step.**

(Reminder to TS: lower fellow's hand as they complete their sharing.)

(Note: phone users unmute themselves with \*6)

If the room remains quiet for more than a minute, select a mediation from Voices of Recovery pertaining to the current Step to facilitate further sharing. Do not read the next Step. (Use the Topical Index in the back of the book to find a mediation.)

@ 7:23am CLOSING THE MEETING

**It is time to close the meeting. If you didn't get a chance to share or need support, please stay for the after meeting. Newcomers are encouraged to stay around to ask questions and gain support.**

### 7<sup>TH</sup> TRADITION

Display the "7th Tradition" located on the Readings page:

**We will now observe our 7<sup>th</sup> Tradition, which states: "Every SAA group ought to be fully self-supporting, declining outside contributions." If you are new, please be our guest. Contributions are used to help support our group in providing meetings and in carrying the SAA message of hope. You may contribute using Zelle, PayPal, or Venmo. Visit the SanJoseSAA.org website for more details about how to contribute electronically.**

### ANNOUNCEMENTS, RECOVERY MILESTONES, READING

Display each reading as you ask for volunteers.

**Would someone please read the Announcements?**

**Would someone please read Recovery Milestones, remembering to pause after each bullet.**

**Would someone please read How We Live?**

### CLOSING PRAYER

Display "Closing" located on the Readings page.

**We will now close the meeting with a moment of silence for the addicts still suffering followed by a call-and-response reading of the "We" version of The Serenity Prayer. Everyone is encouraged to remain for the After Meeting.**

**Moment of silence. (A moment of not more than 15 seconds)**

**Read Line 1 God, grant us the Serenity to accept the things we cannot change,**

**(Pause for response)**

**Courage to change the things we can, (Pause for response)**

**and Wisdom to know the difference. (Pause for response)**

## AFTER MEETING GUIDELINES

Display “After Meeting Guidelines”

Read the screen.

State the following: **The floor is now open for any newcomers who have questions.**

If there are any newcomers, display: **”Recommended for Newcomers”** and explain that it can be found on the Readings page of the San Jose SAA website.

Once there are no questions, stop screen sharing and state: **The floor is now open to all.**

Leave the room open for questions and answers as well as additional sharing. When there are no further questions or shares, close the meeting.

If you are unable to stay for 15 minutes beyond the scheduled meeting, you must pass host privileges to another trusted servant before leaving or the room will close when you exit.

At the conclusion of the meeting, please use the Green Book Study Page Tracking to record the Page/Paragraph where the next meeting should resume reading. This can be found at the bottom of the readings page below “Recommended for Newcomers”.