

Saturday Night Step-By-Step Meeting

Saturdays 7:00pm-8:00pm (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.

Fourth Saturday of the month: (For the purpose of this meeting readings should be selected from: SAA Pamphlets and Outer Circle. Links to this literature can be found on the Readings page.)

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 Saturday Night Step-by-Step Meeting of Sex Addicts Anonymous. This meeting is open to people who seek recovery from sexual addiction and to all who want to learn more about SAA. 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/GUESTS

If we have any newcomers to the SAA Program, first-time visitors to our San Jose group, or outside guests 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, visitors or guests, advance to Readings:

If there are any newcomers, visitors or guests, 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 What Is Sex Addicts Anonymous?

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

First Saturday

(Step # matches the month)

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.

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.)

MEETING FOCUS

Second Saturday

Select a page in the Voices of Recovery meditation text based on the Step for the month. Use the Topical Index in the back of the book to find a mediation; more than one can be selected to facilitate sharing.

At this meeting, we read from Voices of Recovery. This week we are reading on Step _____ starting with page _____, which is the meditation for (announce date of reading.) We will hold all sharing until the entire page has been read. Who would like to read the meditation?

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 reading. Using the raised hand feature, which is *9 for phone users, the floor is now open for sharing on today's meditation.

(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, an additional mediation may be selected to facilitate further sharing.

MEETING FOCUS

Third Saturday

(Tradition # matches the month)

trad	1	2	3	4	5	6	7	8	9	10	11	12
text page	78	79	81	82	84	86	87	89	90	92	94	95
online page	86	87	89	90	92	94	95	97	98	100	102	103

Display the Green Book as found on the Readings page.

At this meeting, we read from Sex Addicts Anonymous, the green book. This week we are reading Tradition _____ starting on page _____. We will take turns reading a paragraph or two at a time until we've finished reading the entire tradition. 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 tradition 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 tradition. Using the raised hand feature, which is *9 for phone users, the floor is now open for sharing on today's Tradition.

(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 Tradition to facilitate further sharing. Do not read the next Tradition. (Use the Topical Index in the back of the book to find a mediation.)

MEETING FOCUS

Fourth Saturday

Screen share the SAA-approved literature that you have selected.

At this meeting, we read from SAA-approved literature. We will take turns reading a paragraph or two at a time until we've finished reading the entire selection. 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 selection 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 reading. Using the raised hand feature, which is *9 for phone users, the floor is now open for sharing on today's topic.

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

(Note: phone users unmute themselves with *6)

MEETING FOCUS

Fifth Saturday

At this meeting, we have an “Ask-it Basket” meeting. This is a meeting where we get to bring up questions about what we have covered this month, which includes Step___ (step read and discussed this month) and Tradition ___ (tradition read and discussed this month). Refer to the Green Book and Voices of Recovery to review this month’s focus.

Keep in mind there are no unimportant questions, as they help us build connections with others, provide an opportunity for others to be of service and can help us focus our discussion on the solution, rather than the problem. When asking your question or sharing, please speak to the whole group, not to any one individual. After each question is asked, we will share our own experience, strength, and hope as it relates to our recovery from sexual addiction. Remember we may have more questions to respond to, so please be concise in your share. Using the raised hand feature, which is *9 for phone users, the floor is now open for sharing.

It is ideal to get through as many questions as possible. A good rule of thumb is to allow 2 or 3 people to respond before moving on to a new question.

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

If there are no questions asked, select a meditation from Voices of Recovery pertaining to the Step and/or Tradition for the month. (Use the Topical Index in the back of the book to find a meditation.)

@7:53pm 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.

7TH TRADITION

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

We will now observe our 7th 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”.