

Thursday Morning Wake-Up Meeting

Thursdays 6:30am-7:30am (11th Step Meditation and Topic Discussion)

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 Thursday Morning Wake-Up 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

This is an 11th Step meeting of Sex Addicts Anonymous. The 11th Step states: "Sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of God's will for us and the power to carry that out." We will take turns reading literature excerpts about the 11th Step, and a reading from SAA's meditation book, *Voices of Recovery*. This will be followed by a fifteen-minute practice of silent meditation. Finally, we will share our experience, strength, and hope on today's meditation. For those of you who cannot see the screen, you can just listen.

Display the "11th Step Meditation" located on the Readings page.
Read the first paragraph from the 11th Step Meditation reading.

Follow along with the 11th Step readings. Once the section for the *Voices of Recovery* reading is reached, click the link on the Readings page to access today's meditation.

Just a few words before we meditate:

If you are new to this meeting or new to meditation, here is what has worked for some of us. Keep in mind we are practicing meditation not perfecting it. It's ok if your mind wanders, there are some things that can be done when this happens:

- o Concentrate on something simple like breathing.
- o Take time to consider the prayers we have just shared and today's meditation.
- o Just sit quietly, turning our attention to our Higher Power, allowing ourselves to be open to God's Grace and wisdom.

We will now have 15 minutes of silent meditation; you may consider turning your video off during the meditation period. Also, I will mute all participants during the meditation period. For those who cannot see the screen, the 15-minute period will end at _____. ([MUTE ALL - This will also mute the Trusted Servant](#))

Active the timer which is located on the reading tab ([Click here for Meditation Timer](#)). The 15 minute timer will automatically begin when you click on the link.

Meditation begins now.

After 15 minutes have passed, read the next paragraph ("We usually conclude...") as found on the Readings page- 11th Step Meditation.

TOPIC DISCUSSION

The meeting is now open for sharing our experience, strength, and hope on recovery from sexual addiction through today's meditation.

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)*

@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.

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 the Steps Are the Spiritual Solution?

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.

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.