

Friday Morning Topic Discussion Meeting

Fridays 6:30am-7:30am (Topic Discussion)

Revised 3/01/2026

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 Friday Morning Topic Discussion 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

At this meeting, we focus on topics for sharing. Various SAA-related topics will be shown on the screen for individuals to choose from to share their experience, strength, and hope as it relates.

Display “Topics” located on the Readings page.

Here are today’s topics. Using the raised hand feature, which is *9 for phone users, the floor is now open for sharing on today’s topics.

(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 Tools of Recovery?

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.