Tuesday Night Foundations of Recovery for Newcomers

Tuesdays 7:00pm-8:00pm (Topic Discussion and Questions)

Revised 10/23/2026

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 Tuesday Night Foundations of Recovery for Newcomers 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 Our Program?
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 our discussion on the foundations of the SAA program of recovery from sexual addiction. We will have a short reading on a topic, then open the floor up for discussion on the topic. 15 minutes before we close, we will open the floor for questions on tonight's topic.

Go to the section which corresponds with this week and advance to the correct slide in the presentation. The readings for each topic can be found on the Readings page.

TOPICS

Week 1 Defining Abstinence: Inner Circle
Week 2 Sponsorship
Week 3 Defining Abstinence: Middle Circle
Week 4 Phone Calls
Week 5 Defining Abstinence: Outer Circle
Week 6 Step Work
Week 7 Meetings
Week 8 Relapse
Week 9 Service

Defining Abstinence: Inner Circle
(Week 1)

Today's topic is Defining Abstinence, and we will be focusing on the Inner Circle. We will read a selection from our basic text, the Green Book about the Inner Circle. Who would like to start off?
(Reading is titled "Foundations: Week 1 - Inner Circle")

After the reading: **The meeting is now open for sharing our experience, strength, and hope on the Inner circle. Remember, we will have time for questions before we close the meeting. 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**)

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.)

At 7:45pm, read the Questions section.

Sponsorship
(Week 2)

Today's topic is Sponsorship. We will read a selection from our basic text, the Green Book about Sponsorship. Who would like to start off?
(Reading is titled "Foundations: Week 2 - Sponsorship")

After the reading: **The meeting is now open for sharing our experience, strength, and hope on the Sponsorship. Remember, we will have time for questions before we close the meeting. 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**)

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.)

At 7:45pm, read the Questions section.

Defining Abstinence: The Middle Circle
(Week 3)

Tonight's topic is Defining Abstinence, and we will be focusing on the Middle Circle. We will read a selection from our basic text, the Green Book about the Middle Circle. Who would like to start off?
(Reading is titled "Foundations: Week 3 - Middle Circle")

After the reading: **The meeting is now open for sharing our experience, strength, and hope on the Middle Circle. Remember, we will have time for questions before we close the meeting. 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**)

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.)

At 7:45pm, read the Questions section.

Phone Calls
(Week 4)

Today's topic is Phone Calls. We will read selections from Tools of Recovery and the Green Book about Phone Calls. Who would like to start off?
(Reading is titled "Foundations: Week 4 - Phone Calls")

After the reading: **The meeting is now open for sharing our experience, strength, and hope on Phone calls. Remember, we will have time for questions before we close the meeting. 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**)

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.)

At 7:45pm, read the Questions section.

Defining Abstinence: The Outer Circle
(Week 5)

Today's topic is Defining Abstinence, and we will be focusing on the Outer Circle. We will read a selection from our basic text, the Green Book about the Outer Circle. Who would like to start off?
(Reading is titled "Foundations: Week 5 - Outer Circle")

After the reading: **The meeting is now open for sharing our experience, strength, and hope on the Outer circle. Remember, we will have time for questions before we close the meeting. 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**)

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.)

At 7:45pm, read the Questions section.

Step Work
(Week 6)

Today's topic is Step Work. We will read a selection from our basic text, the Green Book about Step Work. Who would like to start off?
(Reading is titled "Foundations: Week 6 - Step Work")

After the reading: **The meeting is now open for sharing our experience, strength, and hope on the Step Work. Remember, we will have time for questions before we close the meeting. 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**)

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.)

At 7:45pm, read the Questions section.

Meetings
(Week 7)

Today's topic is Meetings. We will read a selection from our basic text, the Green Book about Meetings. Who would like to start off?
(Reading is titled "Foundations: Week 7 - Meetings")

After the reading: **The meeting is now open for sharing our experience, strength, and hope on the topic of meetings. Remember, we will have time for questions before we close the meeting. 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**)

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.)

At 7:45pm, read the Questions section.

Relapse
(Week 8)

Today's topic is Relapse. We will read a selection from our basic text, the Green Book about Relapse. Who would like to start off?
(Reading is titled "Foundations: Week 8 - Relapse")

After the reading: **The meeting is now open for sharing our experience, strength, and hope on the Relapse. Remember, we will have time for questions before we close the meeting. 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**)

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.)

At 7:45pm, read the Questions section.

Service
(Week 9)

Today's topic is Service. We will read a selection from our basic text, the Green Book about service. Who would like to start off?
(Reading is titled "Foundations: Week 9 - Service")

After the reading: **The meeting is now open for sharing our experience, strength, and hope on Service. Remember, we will have time for questions before we close the meeting. 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**)

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.)

At 7:45pm, read the Questions section.

@ 7:45pm QUESTIONS

We now have time for questions about today's topic. When asking your question or sharing, please speak to the whole group, not to any one individual. 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.

After the question has been asked, rephrase, if necessary, then allow one or two people to share/answer and repeat the process until 7:53pm.

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 topic. (Use the Topical Index in the back of the book to find a mediation.)

@ 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 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.

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".