

# Out of the Fog

*An update on events, outreach, and other news of the Bay Area Fellowship.  
Available online at: [bayareasaa.org/newsletter](http://bayareasaa.org/newsletter)*

A Quarterly Newsletter

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## What Is SAA?

*Sex Addicts Anonymous (SAA) is a fellowship of men and women who share their experience, strength, and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction or dependency.*

## From the Green Book

*"We maintain our recovery by working a daily program in the knowledge that although we can never be perfect, we can be happy today. Our serenity and sobriety grow as we continue to live according to spiritual principles. We enjoy the gifts that come from being honest and living a life of integrity."*



### Save the Trees!

Sign up to receive this newsletter via email.  
Send your request to:  
[newsletter@bayareasaa.org](mailto:newsletter@bayareasaa.org)

## Looking for a meeting?

A complete list of all current Bay Area SAA meetings can be found at:  
<http://www.bayareasaa.org/meetings.php>



## Inspirational Words

*"The problem is never how to get new, innovative thoughts into your mind, but how to get old ones out. Every mind is a building filled with archaic furniture. Clean out a corner of your mind and creativity will instantly fill it."*

- Dee Hock

# The Principles of SAA

## Step Two: Hope

When I was lost in my sex addiction, it seemed unimaginable that I could dare to hope for change. Yes, I wanted freedom from my sexual compulsions; I wanted things to be different but all my efforts were short lived and ultimately got me nowhere. In the mire of despair, it is challenging to find hope.

I spent most of my life aversive to the traditional notion of God. If God were so good and powerful, how was I to understand all the violence and suffering in the world? The only conclusion I could come to was that it must be a lie and I was on my own.

The question of where to place one's hope is fundamental to recovery and at the core of Step Two. In the very definition of hope is the notion of something outside of oneself that helps alter circumstances—whether internal turmoil or external wreckage. For me, if I weren't encouraged to find

my own definition of God, a higher power of my own choosing, I would not have stayed in a Twelve-Step program. I believe the whole point and process of Step Two is in the choosing; in the evolving of one's own concept of who or what in which to place one's hope. Without a clear sense of what my higher power is, leaning in and daring to hope is not possible.

Initially, I found hope in meetings and in the stories of recovery around me. Lives filled with misery, isolation, and despair had been transformed into lives characterized by contentment and dignity. If the people sitting in the chairs next to me could change then by extension, perhaps I could dare to hope that I could change also.

Over time, my Higher Power expanded to include nature. I never doubted the existence of God on a clear day on top of a snow-covered mountain or sitting in the woods next to a stream. My Higher Power also included Quan Yin: the Chinese goddess of compassion. During difficult moments I would close my eyes and imagine she was holding me close, singing to me and supporting my desire to have a better life—one not burdened by shame and self-hatred. If she could love me, then maybe I could love myself. Having something larger than myself fostered hope and allowed my mind, body and emotions to rest down.

A gift of SAA has been the integration of my spirituality into my everyday life. Over the years I

have been blessed with long-term recovery. Slowly, my capacity for hope has deepened and expanded. I never stray far from the truth, however, that hoping is always on its own frontier—there is no end to "coming to believe"—it's an illusive state of being, the thing not yet felt or achieved, the growth that has not yet happened. I think that's where gratitude helps. It is important not to forget all the gains, all the things that once seemed impossible and are now sometimes possible. Without daring to hope, there would be no possibility of recovery.



# Giving Thanks!

Giving Thanks is an annual celebration and fundraiser for the International Service Organization of SAA. This event is a joyful occasion of fellowship with members, families and loved ones. We take the time to reflect on the gratitude we feel for the new life SAA offers us.

We emphasize the tie to a Thanksgiving spirit, mindful of the benefits and healthy relationships we enjoy through the wealth of

meetings, literature and other support that our ISO provides. Whether in advance or at the event itself, members give personal donations in amounts of their own choosing.

Giving Thanks is generally held the 2nd Saturday of November. Please [www.bayareasaa.org](http://www.bayareasaa.org) for more information and to confirm the date, time and location.

Your presence at the event is more important than a donation. All are welcome.

Through Giving Thanks the San Francisco Bay Area fellowship has raised in excess of \$100,000 towards carrying the message of our strength, hope and recovery throughout the United States and the world. Thank you to everyone who has participated over the past nine years!

# San Francisco Bay Area SAA Announcements

## • Term for Intergroup Representative

The bylaw of position service term for Intergroup has changed to: The suggested term of office for each representative is a minimum of one year; a two-year term is encouraged.

## • Outer Circle Ping Pong

Oct. 23, and every third Thursday through the end of the year, 7 p.m.-9 p.m. (Nov. 20 and Dec. 18) iTable Tennis, across from Albany Bowl 533 San Pablo (There's also an iTable Tennis in Fremont if anyone wants to arrange for a ping pong night in the South Bay.

## • Outer Circle Picnic

Golden Gate Park, Oct. 18, 11 a.m. until at least 2:30 p.m., Lindley Meadow Table 17  
Across from 30th and Fulton in

San Francisco. Bring food—there is a grill—only one table, so bring picnic blankets, musical instruments etc.

## • Outer Circle--Bowling & Pizza

Nov. 2, 6 p.m. until ? (They close at 11 p.m.). All the bowling, shoes included, and pizza you can eat for \$14. AMF Southshore Lanes 300 Park St, Alameda, CA 94501

Anyone in any area who wishes to create an Outer Circle event should contact Mahesh G. at (831) 428-2846.

## • Publishing Announcements

Call (415) 456-1063 or send email to [info@bayareasaa.org](mailto:info@bayareasaa.org) to publish fellowship news and announcements here.



HAPPY THANKSGIVING



# The Step Corner

Every quarter we'll publish experiences, hope, and hints about completing a step. If you have suggestions, please drop a note to: [newsletter@bayareasaa.org](mailto:newsletter@bayareasaa.org).

**Step Eight:** *'Made a list of all persons we had harmed and became willing to make amends to them all.'*

## Reading:

SAA Green Book: "Step 8," pp. 45-48.

With the Eighth Step, we begin to take responsibility for all the harm we inflicted on others when we acted on our character defects. Most of us know that we caused harm in one way or another, but in the past, we chose to feel guilty without doing anything about it. It was frightening to consider the consequences of our wrongs, and we felt helpless to take action. Or, we were too self-absorbed to notice the wreckage in our wake—so wrapped up in our own resentments and hurts that we were unwilling to recognize our part of the problem. However, as we progress in recovery, we seek to reclaim the truth about our actions. Working Steps Four through Seven helps our responsibilities become clearer. In Step Eight, we claim both our integrity and become willing to free ourselves from the guilt we have carried.

We start by writing a list of all the persons we have harmed. Our Fourth Step inventory can be very helpful in making this list. Going back over our inventory, we see the names of many people we resented, feared, neglected, or harmed with our sexual acting out. Most of these names will go on our Eighth Step list. Paying attention to the shortcomings outlined in our Fourth Step may also trigger memories of others we have harmed with these defects over the years. The point is to make the list as complete as possible, trying not to leave anyone out. Whereas in Step Four we looked at our painful relationships to help us uncover our character defects, in Step Eight, we focus on the individuals affected by these defects, in order to see how we may have harmed

We work this step most effectively when we keep our attention squarely on the Eighth Step, concentrating only on our willingness to make amends to those we have harmed, rather than worrying about how to make our amends in Step Nine. The amends process is broken into two steps for a reason, allowing us to take the time we need to become truly willing before moving forward. At this point, we only need to be honest with ourselves about the harm we have done. We stay focused on this work, letting go of any worries we have about the future. Our Higher Power is with us throughout this process.

When we have completed our list, most of us ask our sponsor to go over it with us and provide feedback. Our sponsor may make suggestions about people and incidents we have overlooked, or suggest we take certain names off the list. Our sponsor can help us sort these things out, encouraging us to be thorough without being too hard on ourselves. Empathy with those we have harmed is a sign of our willingness to make amends. This process cannot be rushed. We may never be able to fully understand what those we have harmed have gone through, but we can ask for the willingness to have this understanding given to us, in God's time.

Eventually, we find the willingness to proceed with our amends. However, we don't expect to work Step Eight perfectly. If we're not feeling totally ready in every case, or if we're unsure about some names on the list, we can move forward and not get stuck there. We can always return to Step Eight at another time and go deeper. Now that we have been honest about the harm we have caused others, and have been willing to do what we can to make amends, it is time to take action. We are ready for Step Nine.

## Bay Area SAA

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