

Out of the Fog

An update on events, outreach, and other news of the Bay Area Fellowship.
Available online at: 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

“The disease of sex addiction does not discriminate according to race, gender, age, class, religion, or any other social category. There are sex addicts all over the world and in every walk of life. All of us have a right to seek recovery in Sex Addicts Anonymous.”

Save the Trees!

Sign up to receive this newsletter via email.

Send your request to:

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>

If you can't make a meeting in person, a complete list of electronic meetings can be found at <https://saa-recovery.org/Meetings/ElectronicMeetings/index2.php?timeOffset=-480>

Inspirational Words

“Where the willingness is great, the difficulties cannot be great.”

- Niccolo Machiavelli

What we call the secret of happiness is no more a secret than our willingness to choose life.

- Leo Buscaglia

Out of the Fog and into the Light! The 2016 SAA Retreat

The annual SAA retreat is March 18-20. There is still a pressing need for more people to be on the retreat committee. If you would like to be part of the committee, please contact info@bayareasaa.org.

For more information, registration forms and workshop proposals go to www.bayareasaa.org and click on the “Events” link.

San Francisco Bay Area SAA Announcements

Monthly Intergroup Meeting

The Bay Area Intergroup Meeting is held on the second Saturday of each month from 11:15 a.m. to 12:45 p.m. at the Lutheran Church of the Cross located at 1744 University Ave., Berkeley, upstairs in room 210.

Outer Circle Events

Each meeting is encouraged to create an outer circle event for the Bay Area. Speak with your Intergroup representative. Also, send your ideas for Outer Circle events to the Intergroup at info@bayareasaa.org or 415-456-1063.

Publishing Announcements

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

The following meetings are struggling with attendance and are asking for help:

Sunday 7:30 p.m. meeting, Castro and Duboce, San Francisco

Wednesday 1:10 PM Happy Destiny meeting at Most Holy Redeemer,

Thursday 6 p.m. Tools of Recovery meeting at the Alano Club,

Friday 8:15 p.m. Step/Speaker/Chip meeting at St. Francis Lutheran Church (aka Our Lady of Safeway).

There's an App for That!

These days, there's an app for everything. My SAA Toolkit is a free app for iPhones, and offers a running total of sobriety time, reading, prayers, spot check and nightly inventories, a journal, and gratitude list.

For more information, go to www.myspiritualtoolkit.com/my-saa-toolkit-mob-app/ or go to the App Store.



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.

Step 6: Were entirely ready to have God remove all these defects of character.

Principle: Willingness

There has been nothing absolute or constant about my willingness to explore my character defects or my readiness to have them lifted. On one end of the spectrum there are moments when I am in rebellion and can feel no willingness. Just getting myself to a meeting, making a program call, being rigorous about my circles, much less honestly appraising my character, feels like a momentous task. On the other end of the spectrum, sometimes willingness comes effortlessly, but most of the time, my experience lies somewhere in between.

The part of me that likes to be in control of everything inside of me and around me would like to imagine the strength of my willingness is a function of my own efforts. All I have to do is show up for meetings, work on my Steps, follow my sponsor's guidance and willingness will follow. Unfortunately, this is not my experience—there are times when my program is very solid and my willingness falters and times when my program gets sketchy and my willingness is steady and strong.

Recovery can't be quantified. There is much at play beyond our understanding and beyond our own desires or efforts. How does one cultivate willingness? How does one maintain willingness in spite of the fact that we live on a moving planet and inner and outer circumstances are in constant flux? The language of the Sixth Step points to an answer. It does not read that *we* are now ready to relieve us of our character defects, rather, that we are ready to have the God of our understanding relieve our defects. The stability and strength of our willingness is a consequence of the stability

and strength of our relationship with our Higher Power.

It matters little how we define Higher Power. Whether we find it in traditional or esoteric religion, Mother Nature, or in the rooms with our fellows, how we choose to define it pales next to the power of its existence in our lives and the healing force it can become in our recovery. If we could have saved ourselves from the destructive downward spiral of our addiction, we likely would have. If we could have controlled the world of feelings and realities that lay underneath our addiction, we likely would have. If we could have removed the defects of character that permeated our acting out behaviors, we likely would have. The hardcore truth is that we are in the rooms because we couldn't—our own unaided efforts were not enough. It is in the ground and depth of our relationship with our Higher Power that we become ready and willing to have our defects lifted. Our Higher Power can do for us what we could not do alone.



The principle of willingness that is foundational to Step Six does not include a promise for an immediate or successful

outcome when we get to Step Seven and ask our Higher Power to remove our defects. An important aspect of becoming ready is to be realistic about the complexity of character defects. Some defects take years to heal—some we will be working on for the remainder of our lives. Sometimes defects can appear to be entirely lifted and then circumstances trigger us and they come back with a vengeance. Sometimes there is no discernible reason at all for their reappearance in our lives. It is our continual intention toward willingness, which becomes the reliable thread that carries us through the changing landscape of our defects and creates the optimum healing environment. Our willingness deepens when we invite our Higher Power into the process of exploring our defects. It supports us in honestly examining them and how they operate in our lives. Willingness generates the initial hope and eventual faith that when accompanied by our Higher Power, and we can become freer from our defects.

In addition to listing defects, some sponsors also suggest creating an inventory of strengths. For each defect I identified, I posed the question, "What specific strength do I possess that could help support me in becoming ready to have this defect lifted?" This positive approach to working with defects generates more willingness.

Each time I sit down to work on my Sixth Step, I take a moment to rest in the experience of connection to my Higher Power. It calms me, fortifies me, and through the compassionate and non-judgmental lens of my Higher Power, I hold my defects with less embarrassment and shame. My willingness becomes easier to access and sustain. When I rest in the experience of connection to my Higher Power, I am more willing to accept that I have this problem in my life. I am more willing to see the damage it has created and I am more willing to live in the solution. I can be ready and willing to have my Higher Power begin to remove all these defects of character.

- A.T.