

Out of the Fog



News, events, outreach, and support for the Bay Area Fellowship of SAA
A publication of the San Francisco Bay Area Intergroup

Spring 2022
Issue No. 23

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 and dependency.

Out of the Fog Returns

The last *Out of the Fog* newsletter was published in the Summer of 2019. We are back and continue with the goals of sharing inspiring articles written by program members, encouraging step work, making all aware of announcements and upcoming events, providing links to more info, and more. This new format is intended to be viewed online and will include clickable links.

Let's us hear from you - see the last page of this newsletter.

Matt T - Editor - San Jose, CA

Reflections on COVID-19, Addiction & Recovery

"In the ashes of bitter tragedy, lie the seeds of astonishing rebirth." — Stewart Stafford

In March, 2020, our nation and world faced an existential, public health, crisis -- COVID-19. Sadly, while millions of innocent people died, over the next two years, countless survivors struggled to cope with profound pain and grief. And, during the past two years, SAA fellowships have held in-person, Zoom and/or (hybrid) meetings to confront another existential crises -- sexual addiction.

With God's grace, let us pray for those affected by COVID-19 and/or (sexual) addiction and the untold damage done to individuals, relationships, families, our nation and world. We thank God for the gift of life and all our blessings. And, we pray for the wisdom to never take life or sobriety for granted as we share precious days with loved ones. Each day, let us make the commitment to rebuild our lives in positive, healthy and sober ways.

We rebuild our lives by speaking the truth as we focus on reality not fantasy. Furthermore, we rebuild our lives by creating strong relationships with sponsors and brothers and sisters in program. Moreover, we rebuild our lives when we attend regular meetings and share thoughts, feelings and personal experiences with one another. And, we rebuild our lives by thoughtfully completing the twelve steps of recovery with guidance from our sponsors.

May our Higher Power give us the courage and strength to heal from past mistakes, to make amends to others, and to create positive, healthy and sober lives. Then, we will overcome our existential crisis -- one day at a time.

Bill N. - "We Are Not Saints" - San Jose, CA

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In-Person, Hybrid, & Online

Before March 2020, “going to a meeting” was about travel, walking in, handshakes, chairs, going out to a meal afterwards. Meeting virtually was primarily the realm of telemeetings - calling in by phone.

COVID & the Spring of 2020 forced meetings online. We all had to quickly figure out Zoom accounts, logins, passwords, cameras, microphones, privacy – not to mention tweaking scripts to accommodate remote attendance, sharing readings on the screen, figuring out how to handle donations via PayPal or some other mechanism.

We had no choice but to become familiar with Zoom and remote meetings. It has its positives - we welcomed people who couldn't have made meetings otherwise due to distance or circumstance, we could attend more different meetings, we could roll out of bed or stop working & be on a meeting quickly.

In recent months, many of our meetings have had to make decisions – should we continue online only or return 100% to in-person or figure out some hybrid mix? It seems clear that there is no 1 perfect answer. Online & hybrid definitely have drawbacks; however, they allow us to meet our primary goal of serving the addict who still suffers while maintaining community – this addict may not be able to join without Zoom.

If COVID had happened in 2010, we would have moved everything to phone meetings. I am so thankful that video technology like Zoom as well as readily available high-speed internet was available when COVID hit.

Over the coming months, I hope we will all have grace, patience, & humility as we work together to find the best situation for each of our meetings. Let's continue forward in-person, online, or hybrid with open-minded, positive discussion while keeping our primary goal in mind – to serve the addict who still suffers.

Matt T - Editor - San Jose, CA

Steps 4, 5, & 6

Step 4 - Made a searching fearless moral inventory of ourselves.

It is not uncommon for people working the steps for the 1st time to get stuck on step 4 – sometimes for years. If you are stuck on step 4, I encourage you to set a date with your sponsor for step 5 and do the best you can to complete this step by then. You can and will never work step 4 perfectly, so quit trying to. Don't put it off, and don't let step 4 be a roadblock to working the rest of the steps.

[This page](#) links to guides & worksheets for Step 4.

Step 5 - Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Step 5 is when I read through my compiled step 4 work with my sponsor. For those doing step 5, think of your step 4 as a script from which you give your narrative to your sponsor in step 5. Sponsors - let your sponsee read and narrate – your job is to listen and take notes – and specifically to produce a list of character defects you notice. You will share this list & what you heard with your sponsee when they are done.

[This page](#) is a guide for working step 5.

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

Step 6 gets my mind & heart ready to let go of defects of character that do not serve me. My experience is that my higher power won't take away things that I won't let go of. My higher power doesn't rip things out of my hands. If I am not willing to let go of a character defect, my higher power will let me keep it - even though that trait doesn't serve me. Before I can let go of & truly say “goodbye” to a character defect that is not serving me, I need to understand that the character defect does do something for me, even if at a high cost. I have worked through the steps many times as part of step workshops, and I probably get as much value from working step 6 each time as any step.

[This worksheet](#) can help prepare you for step 6.



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The Bay Area SAA Community - Learning About Each Other



Source: [Bay Area SAA Meetings page](#)

Survey

Let's hear from you

- Have you been attending Online Meetings, In-Person Meetings, TeleMeetings, or a Mix?
- Do you think that will change for you in the next 6 months?

[Take the survey](#)

(2 questions)

You'll be able to see current results after you submit. Complete results will be published in the next *Out of the Fog* newsletter.



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Announcements & Events (updated 6-1-2022)

- ❑ **Bay Area SAA & COSA Quarterly Speakers Meeting**
May 7, 2022 – 5:30-7:30 PM - Open meeting - All adults welcome
Sara P (COSA) from Tucson AZ & John R (SAA) from Palm Desert CA
[Zoom link](#) – For more info, contact Michael N MPN121@gmail.com
Call in: 669 900-9128 – ID: 837 2934 5573 – Passcode: 121212
- ❑ **34th Annual International SAA Convention** - May 27-30, 2022
Atlanta, Georgia
[More Info](#) (username: “steps” / password: “courage” – please do not share this info with anyone outside of the fellowship)
- ❑ **Outer Circle Bike Ride** - Sat, Jun 4, 2022 - 8:45am
Santa Cruz - Davenport (19 miles)
Contact: Gil 831 419-3342 anothergratefulguy@gmail.com
- ❑ **Sponsor Support Group** - Next meeting: Jun 4, 2022
In-person support group of sponsors.
Trinity Presbyterian Church, San Jose, CA.
Contact Bill N (text: 408 568-9702)
- ❑ **Musical Outer Circle Event** - Sat, Jul 23, 2022 @ Tom F’s home in Palo Alto. If you would like to play or just listen, contact Tom or Jason for details and location. Tom F 650 793-1244 / Jason T 408 300-8536
- ❑ **Camping Retreat - Sep 9-11, 2022**
Stay tuned for more info, which will be posted on bayareasaa.org
- ❑ **No Main Retreat in 2022** - Walker Creek Ranch not available this year
- ❑ **Working the 12 Steps in Community** - Saturdays, 7:15-8:15 am Online
As of Apr 9, 2022, we are starting Step 4. Come join us!
For more information, see 2022 Workshop [here](#).
- ❑ **Bay Area SAA Intergroup** - Serve our 90+ Bay Area meetings!
2nd Saturday of each month 11:15 am - 12:45 pm
Online: <https://zoom.us/j/87065412456> Password: Admitted

Resources & Links

- **Women’s Newcomer Line**
510 426-6420
- **Men’s Newcomer Line**
510 906-1644
- **Women Seeking Recovery**
women@bayareasaa.org
- **GLBTQQI Seeking Recovery**
gibt@bayareasaa.org
- **Spanish Speaking Information**
espanol@bayareasaa.org
- **Bay Area SAA website**
 - [Bay Area Meetings List](#) ★
 - [Bay Area Events](#)
 - [Bay Area In-Person & Hybrid Meetings](#)
- **Worldwide SAA website**
 - [Global Meeting Finder](#) ★
 - [SAA Literature](#)
- **Sex Addicts Recovery Podcast**
 - [Listen Directly](#)
 - [Podcast YouTube Playlist](#)
- **San Jose Recovery website**
 - [Step Guides & Worksheets](#)

Participate

[Publish an upcoming Event](#)

Is there an upcoming SAA recovery related event that the SAA community should be aware of? Editor will follow up to confirm details.

[Make an Announcement](#)

Do you have an announcement appropriate for Out of the Fog? A new meeting, change in meeting venue, a request to fill a need in the SAA community, etc. Editor will follow up to confirm details.

[Propose an Article](#)

Are you willing to write an article which can serve to encourage and inform the Bay Area SAA community? Editor will follow up to confirm details.

[Provide Feedback](#)

Any other feedback, corrections, ideas, or other comments?