

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

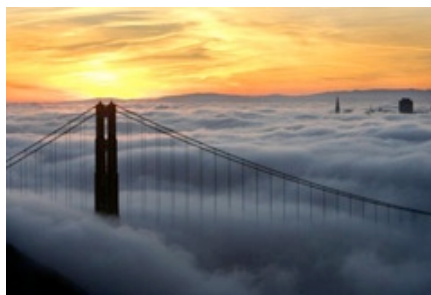
Issue N° 3 - Fall 2011

Giving Thanks!

The annual Bay Area fundraising event, Giving Thanks, is a vital activity that supports the work of ISO. Read all about it on page 2 and please plan to join us. Open to family and friends. Look for flyers at meetings. **San Francisco November 12th**

Did You Know?

The SAA Green Book is now available as an e-book. The electronic version can be bought online at the SAA store and costs only \$8.95. After online purchase, you'll receive an email with a link to a downloadable zip file that works with Kindle and Nook apps. Go to: <http://saa-store.org/book>



Save the Trees!

Sign up to receive this newsletter via email. Send your request to: newsletter@bayareasaa.org

Outer Circle: Bowling!

Open to all members of the fellowship, come join us for the November outing. We're going bowling at Yerba Buena Bowling Center, 750 Folsom St in San Francisco. Meet at the bowling alley: **November 19th at 7:00 pm. For more information, email: outercircleevent@gmail.com**

Inspirational Words

"When you come to the end of all the light you know and it's time to step into the darkness of the unknown, faith is knowing that one of two things shall happen: either you will be given something solid to stand on, or you will be taught to fly."

-- Edward Teller

Reflections

SAA Wright's Lake Camping Trip 2011

Words and Photos by Frank B.



Our 11th annual Wright's Lake camping trip in the last weekend of August proved to be a fantastic outer circle outdoor adventure for all who attended. 30 SAA members got to participate in 4 incredible SAA meetings around the campfire, five gourmet meals prepared by teams, along with outdoor activities including hiking, biking, kayaking, swimming, star-gazing, and all of the wonderful

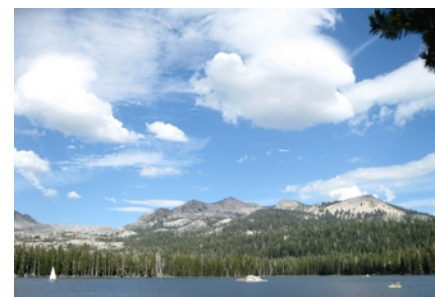
fellowship conversations and higher power connection that this spiritual nirvana provides us each year. Additionally the camping trip raises much needed funds for our central office, the ISO, that helps carry the message to the sex addict all over the world.

The camping trip service committee really needs to be commended once again. The trip ran seamlessly all weekend because of their organization and planning. Special accolades must be given to the planners of our amazing meals we shared together. Each meal is run by a team of folks who plan their menu, shop for the food, cook the meal and cleanup afterwards. For anyone who thinks we "rough it" on this camping trip, don't be deceived. Just to give you an example...the breakfast menu both days included blueberry walnut pancakes, scrambled eggs, oatmeal, sausage, bacon, granola, and fried potatoes, and there is nothing like coffee over the campfire! If you have never had breakfast in the outdoors you are missing an amazing treat.

Can you imagine what it is like to have an evening SAA meeting of 30 around a big bonfire? Yes, it's definitely a spiritual experience. We had speakers

Saturday night and Sunday morning who inspired us to maintain sobriety and carry the message. One of our members is an amateur astronomer and each night he gave a lecture and let us look through his telescope to see distant stars and galaxies. It was really interesting and such an outer circle experience for all of us. There are so many talents that we all bring to this annual trip.

I'm so grateful to have gone on this weekend trip again this year. The experience of being in such a beautiful national forest coupled with the love and connections that I was a witness to, strengthen my commitment to my sobriety each year. If you haven't attended the camping trip before, I hope that you will consider doing so in 2012.



Giving Thanks Annual Event

We are more than happy to announce this year's Giving Thanks celebration! We will be meeting at a member's home between the Mission and Noe Valley in San Francisco on the 2nd Saturday of November to celebrate our recoveries and to raise always-welcome and always-needed funds for our international office in Houston. Thanks to the huge success of this event in the Bay Area, other Intergroups around the country have begun to host their own fundraisers to

support the vital role of ISO, without whom we would not have a Fellowship.

We hope you will participate again this November to ensure this year's success. Plenty of food will be provided and there will be an opportunity to make a donation by check, cash or credit card.

Our ISO office is committed to using all donations for the purpose of supporting the carrying of our message of recovery.

Please know that donations are not

required for attendance. We hope that you will be able to contribute, but if you are unable to make a donation -- one dollar, one hundred, one thousand, or some other amount -- please come and join in this once-a-year event with fellow members. Kids and partners are welcome to attend.

Flyers will be available at local meetings. Please take a few and make sure they are distributed far and wide within the program. Hope to see you there!



Thanks from the Giving Thanks Committee!

**San Francisco
November 12th
12:00 - 4:00 pm**

An End is A Beginning

The Sunday night Survivors Healing in Recovery meeting closed its doors at the end of July.

Attendance had dwindled to the point where the meeting was not sustainable anymore. Although the few of us remaining were reluctant to admit it, it was time to let the meeting go. Our last meeting was bitter-sweet. Unexpectedly, one of the members who had founded the meeting many years ago showed up on this night. It gave the meeting closure a real sense of coming full circle. As I was taking care of the final

logistics the next day -- ending the rental agreement, sending out final contributions to ISO and Intergroup, arranging for the literature to be donated to another meeting -- I thought about what I would do next. It would be a real relief to have my Sunday evenings back to myself again, but what about the survivor issues that had drawn me to this meeting in the first place? My work there is not done. And so, even though this particular meeting has ended, in a way this is freeing me up to do other outreach

to survivors in the program. How about drafting a pamphlet? Or leading a workshop? Or putting together a survivors' writing meeting? Or doing outreach to survivors in the broader community? The end of this meeting could be a beginning of a new journey. Who would like to join me on this?

If you're interested in getting involved in survivor outreach work, please contact: timbinca@comcast.net

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 Two: Came to believe that a power greater than ourselves could restore us to sanity.

Reading:

Big Book: "How it Works," pp. 58-60, and Appendix II, "Spiritual Experience"

12x12: "Step 2," pp. 25-33

SAA Green Book: "Step 2," pp. 25-28

Hints:

Ask Your Fellows. Each of us has a unique way of approaching, and surrendering to the belief that a 'power greater than ourselves' could and would restore us to sanity. Find out how others in the program took this step?

Be Open-Minded. Many of us were very closed to the topic of religion. That's okay. This is the topic of spirituality, an entirely different animal. Just resign from the debating society and open your mind.

Be Willing. If you can't be willing to believe in a 'power greater than yourself' right now, would you be willing to be willing?



Gentle Curiosity. Can we be gently curious about this concept of a 'power greater than ourselves'? How have I been able to stay sober today, when my will never worked in the past?

Adjectives to Describe your 'Higher Power'. I have found it helpful to actually 'write' down the attributes of my Higher Power. For me, he's compassionate, omnipotent, caring, loving, forgiving, loyal, and trusting.

Notice the Resistance. It's okay to feel resistance to a step. Notice it and share the experience with your sponsor and fellows.

Pray. It can be helpful to recite the serenity prayer before doing step work. We can ask for help from the universe to be present for our writing.

Share. Be sure to 'share' at meeting level that you are working on your Second Step.

Bay Area SAA

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