

Out of the Fog

An update on events, outreach and other news of the Bay Area Fellowship, published by Intergroup, made possible by your 7th Tradition contributions.

A Quarterly Newsletter

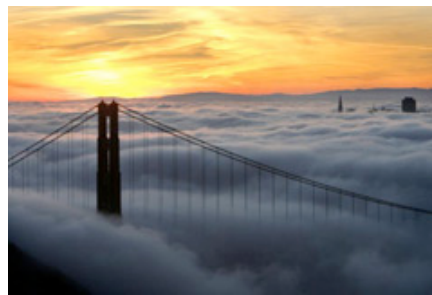
Issue N° 1 - Spring 2011

Reach for the Heavens in 2011

The 24th annual SAA International Convention is coming up and you're invited! Look for a brochure on the literature table at your next meeting - it's not too late to register. **May 27 - 30 Houston, TX**

Did You Know?

Bay Area SAA has placed Green Books in more than 130 public libraries in 8 Bay Area counties, stretching from Santa Cruz to Sonoma....and the list is still growing! All funds for the project were donated by SAA members and their friends and family.



Help save the environment. Download this newsletter online at: bayareasaa.org/intergroup.php

Stand Up for Your Health

Recent studies suggest that adults who exercise regularly, but spend most of their time sitting have greater health risks than people who stand and move throughout the day. Take frequent breaks from sitting: walk around, climb a flight of stairs or just stand up and stretch.

Inspirational Words

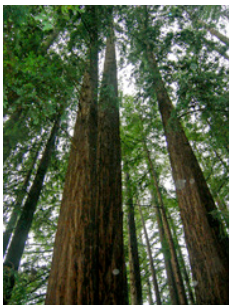
"We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, and fabulous?' Actually, who are you not to be? You are a child of God."

-- Marianne Williamson

Spring Retreat 2011

A Walk in the Woods

Words & Photos by Samuel R.



trails. Perhaps it is my association with recovery that makes HV so valued because I have been going to S-program retreats there and I have many wonderful memories tied up with the place.

Ah, Happy Valley Conference Center in Santa Cruz has a very fond place in my heart. Perhaps it is because I've been going there for most of the last twenty years, even before I entered the SAA program. Perhaps it is the rushing brook on the property, the redwoods, the hiking

For whatever reason or reasons, I always enjoy myself when I am there. This past March was no exception, when I attended the SAA Spring Retreat. The atmosphere is so all encompassing, so full of warmth and emotional safety, so nurturing. While the staff is friendly and go out of their way to make our stay as enjoyable as possible, I believe it is the hard work that the Retreat Committee puts in that makes the experience so profound for me.

I love all the activities, the speaker meetings, the workshops, the Talent/No Talent show (which to me is a misnomer because I see lots of talent expressed there). This year's workshops included workshops on the Second, Third, and Fourth Steps; Sponsorship; the Importance of God; Developing a Closer Relationship with Higher Power; Forgiveness, Intimacy, Surviving being a Survivor in Recovery and Re-entry.

While I attended the workshops on the Fourth Step, Developing a Closer Relationship with a Higher Power, and Intimacy, I had a very challenging time (as I always do) deciding which workshops to attend. They all sounded so appealing that I begrudgingly chose to miss six of the nine, choosing the three which seemed to be the workshops I was guided to by God.

The workshops I attended were all quite powerful and well done by the presenters. I am on the Fourth Step and so I got much out of that workshop. I have always struggled with embracing my Higher Power and so that workshop was amazing in the presenter's ability to be in constant close contact with his Higher Power. Finally, my addiction is an outgrowth of my intimacy disorder so attending that workshop also proved to be fruitful for me.

I also enjoyed wandering around, taking landscape photos, and sitting by the fire. The food there is pretty good and plentiful. Most importantly, I got to connect with God and with many of you in the fellowship. To be immersed in the recovery culture for 48 hours is indeed "Miracle Grow" for my program.



Outreach

Reaching out in our communities to help the addict who still suffers, and demystify sex addiction and its stigma.

Bay Area Outreach Committee

Tradition Five states that, "Each group has but one primary purpose - to carry its message to the sex addict who still suffers." We at Intergroup have identified a host of possible programs that we could implement to accomplish this goal. We're limited only by the participation of those willing to volunteer and to lead. Ken H. has graciously offered to chair the Outreach Committee for our

fellowship. If you wish to be of service in this valuable way, please contact Ken H. by sending an email to: newsletter@bayareasaa.org, or reach out to him directly. All levels of participation are welcome!

Newspaper Ad Campaign

Intergroup is currently conducting an ad campaign to test the effectiveness of outreach via newspaper ads in local rags. After extensive research

on the circulation and demographics of leading papers in the area, the committee chose *SF Weekly* to test the campaign. With a weekly circulation of 85,000, ads were run in the paper and web editions for six consecutive weeks, one ad per week. We compared two versions of the ad to see if one yielded more responses than the other. Both provided the reader with a URL link to the Bay Area SAA web site and a very simple message: one

asked, "Am I a Sex Addict?", the other, "What is Sex Addiction?". We have been tracking traffic to the URL to measure the effectiveness of each ad. The results of the campaign are being evaluated now and the teams will make recommendations to Intergroup for future campaigns based on the findings. We'll share their report in the next issue of *Out of the Fog* coming out this summer.

Inreach

Creating activities and communications to enrich and strengthen members' recovery.

Outer Circle Committee

At Visioning Day held in January (see Intergroup Update below), we saw a great opportunity to create an Outer Circle Committee to plan activities and events to support members' recovery and strengthen fellowship. Plan a trip to Angel Island? Have a bowling party? Arrange a BBQ in Golden Gate Park? The sky's the limit on what we might do - well, that and budget of course.

But before we can get started we need to find a member who'd be interested to lead the charge. Are you looking for a powerful way to serve our fellowship? Think you might be interested in chairing the Outer Circle Committee? If so, please join us at our next Intergroup Meeting or reach out via email to: newsletter@bayareasaa.org and let us know your thoughts and intentions.

Out of the Fog: Quarterly Newsletter

This is our inaugural issue and we aim to publish one every quarter. To be successful, your input is essential. Got feedback to share? Want to be a regular contributor? We'd love to hear from you! Reach us via email at: newsletter@bayareasaa.org, through your Intergroup rep or at our next Intergroup meeting.

Intergroup Update

In January of this year, Intergroup held its bi-annual Visioning Day at the Alano Club. All members of the fellowship were invited and a representative group of 12 of us were present to share our hopes and intentions for SAA in the Bay Area. We asked ourselves the question, **what's our vision for where our fellowship could be in the year 2013?**

After many flipcharts were filled up with ideas, we voted on our top priorities and set about a plan to accomplish them. We're still in the beginning stages of bringing these plans to fruition, and there's ample opportunities for participation from all those interested to be of service.

We divided the work into two main thrusts: one reaches out to the public to help the addict who still suffers (see Outreach above), while the other reaches out to the members of our fellowship (see Inreach above).

Get involved! We have more ideas than we do people to implement them. If you're interested, or if you just want to explore the possibilities, please join us at our regular meeting of Intergroup, the second Saturday of every month at the Alano Club in San Francisco, from 11:15 am - 12:45 pm. All SAA members are welcome!



San Francisco Bay Area Intergroup

The San Francisco Bay Area intergroup of SAA (BAISAA) has four primary areas of responsibility:

- To help SAA groups carry the SAA message to the addict who still suffers.
- To provide shared and coordinated services and resources to individual members and the member SAA groups, e.g., the website, telephone line, and printed meeting lists.
- To allow for the effective use of BAISAA funds.
- To help disseminate information within the local SAA organization and to coordinate outreach and public information for SAA in the San Francisco Bay Area.

Learn more at: www.bayareasaa.org/intergroup.php

Bay Area SAA

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