

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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From the Green Book

"For all of us now in recovery, there came a time when we realized that we simply could not go on living as before. Our denial cracked and we felt the full force of our unbearable situation. We knew we had to change, even if we didn't know how. Out of this despair, we came to Sex Addicts Anonymous."

Can't Make a Meeting?

Telemeetings of Sex Addicts Anonymous offer an accepting, non-threatening environment where we can share our common struggles and learn how to apply the principles of the Twelve Steps to our everyday lives. The only requirement for membership is a desire to stop addictive sexual behavior.

We practice strict anonymity and confidentiality, so that our meetings are a safe place for all of us. Whom we meet or what is said in a meeting is confidential and is not normally disclosed or discussed with anyone. We don't oppose other forms of therapy or treatment – we just offer our experience, you're free to take it or leave it. For more information, go to www.saatalk.info.



Inspirational Words

"It is the highest form of self-respect to admit our errors and mistakes and make amends for them. To make a mistake is only an error in judgment, but to adhere to it when it is discovered shows infirmity of character."

- Dale Turner

Save the Trees!

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

Stop Pornography at the Gateway with DNS

by *Christophe*

For many of us, Internet pornography is part of our inner circle. To help alleviate this specific threat of acting out, some of us chose an efficient but drastic way: to no longer have Internet access at home. Others choose to install an Internet filter like Net Nanny or K9 Web Protection on their computers. Nowadays, with the multiplicity of connected devices used to browse the Web—such as desktop computers, laptops, smartphones, or tablets—installing and managing Internet filters on each of these devices can quickly become overwhelming. For a few months now, I've been happily using a DNS resolution service that comes with content filtering.

The main advantage in using such a service is that it can be setup directly on the gateway (modem or router) you use at home to access the Internet. As a result, every computer, gaming console, and wi-fi device will be instantly and seamlessly protected. The main drawback is that as soon as you take your portable device outside your home, those devices will be no longer be protected. Nonetheless, it is comforting knowing your home will be safe from pornography.

Below is a table that lists five DNS resolution

providers that block sexually explicit material. Most of them are free and are relatively simple to setup. Choosing one over the other is just a matter of self-preference. Without getting too technical, let me briefly overview the main setup points. First, while some Internet Service Providers (ISPs) lend you a gateway to access their service, they sometimes restrict its DNS settings' customization abilities. If that is your case, you will have to purchase a separate gateway (i.e., wireless router) and plug it behind your ISP provided gateway, in a different subnet mask.

Then, simply open the preferences of your router (typically, in a web browser, type your gateway's IP address like 192.168.1.1) and in the DNS server settings, enter the Preferred DNS Server IP address (to be picked from your provider of choice from the table below) as Primary DNS and enter the Alternate DNS Server IP address as Secondary DNS. You should also block the port 53 (TCP & UDP) so that the connected devices are forced to use your newly configured router's DNS setting. Save your settings and restart your router.

Dyn Internet Guide

216.146.35.35

216.146.36.36

OpenDNS FamilyShield

Preferred DNS Server: 208.67.222.123

Alternate DNS Server: 208.67.220.123

Norton ConnectSafe

Preferred DNS Server: 198.153.192.60

Alternate DNS Server: 198.153.194.60

MetaCert DNS

Preferred DNS Server: 184.169.223.35

Alternate DNS Server: 54.247.162.216

SafeDNS

Primary DNS server: 195.46.39.39

Secondary DNS Server: 195.46.39.40

SentryDNS

Primary DNS Server: 152.160.81.10

Secondary DNS Server: 70.90.33.94

That's it! From now on, all your existing connected devices should be protected from adult websites, without separately configuring each of them. If some of your devices already have their own blocker, this new setup should not interfere with it and should just provide an extra layer of protection. If you purchase a new smartphone or computer in the future, you will not need to configure those for them to be protected.

If you cannot always trust your own self, you also might want to let a fellow member change your router's password (so that you cannot modify the settings) and even consider enclosing it in a lockbox (so that you cannot reset it or bypass the router by disconnecting it).

For more fine tuning option—like filtering by entire categories (such as dating, social sites or lingerie etc.) or allowing/restricting access to specific websites—you will have to create an account with the DNS provider that you picked from the above list.

The Glorious SAA Retreat!

by Anonymous

Ah, what a glorious weekend in the Santa Cruz mountains to celebrate recovery from sexual addiction. As always, the retreat planning committee did a magnificent job in creating a safe environment enriching our recovery. The workshops were fabulous, and I understand, that several good workshops were declined due to the quantity and superb quality of the offerings. Among those accepted were presentations on working various steps, developing a closer, more intimate relationship with a Higher Power, and dealing constructively with anger. To start your day off on a spiritual foot, there were yoga and meditation workshops on both

Saturday and Sunday, as well as the usual Friday night dance and Saturday Talent/No Talent show, which is really a misnomer since the array of talent was quite mind-blowing. There were several meetings, including incredibly moving speaker meetings. The Happy Valley staff was ever so accommodating as always and the food was plentiful and good, including options for vegetarian, vegan, and gluten free diets. And then the weather, which so often is rainy in March, was marvelous, sunny and warm but not too hot. Nearby hiking, walking among the redwoods, and the Santa Cruz downtown and Boardwalk were some of the off campus activities that were available to all. In summary, I experienced

yet another stupendous experience of Miracle Grow for my Program and I encourage anyone and everyone to experience the magic of this well attended, well organized, and highly spiritual event.



A Pathway to Recovery

From the Pathway to Recovery pamphlet

The Problem:

Sex addiction was progressive for most of us. Thus, its consequences usually became more severe over time. We experienced obsession, which is mental preoccupation with sexual behavior or fantasies. We experienced compulsion, which is an urge that is stronger than our will to resist. Both were destructive, because they led us to addictive sexual behavior. We refer to these behaviors as acting out. [Paraphrased from Sex Addicts Anonymous, page 3] While living in addiction, our preoccupation with sex and sexual fantasy became more important than friends, family, and career. Sex-related obsessions filled our minds and distorted our thinking. Sex became our way to get relief from negative feelings and further avoid responsibility. We repeated sexual behaviors even though we were often aware of the potential risk to

others and ourselves. Much of our time was spent acting out or trying to manage the resulting crises and problems. Many of us went against our own moral values, for sex became an overpowering force in our lives. We fabricated lies to hide our behavior. We found ourselves isolated and alone, often gripped with fear and despair. [Paraphrased from Sex Addicts Anonymous, page 4] No matter how sincerely we desired to stop our preoccupation with sex and our destructive sexual behavior, we found that we were powerless to change. Others may have engaged in the same behaviors without ill effect, but we could not. Our will power repeatedly failed. We could not stop acting out sexually, even when we faced negative or disastrous consequences. We came to realize that we were powerless to change on our own.

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 Six: 'We were entirely ready to have God remove all these defects of character.'

Reading:

SAA Green Book: "Step 6," pp. 40-43.

"Wanting our lives to change is not the same as being actually ready for change. The negative patterns uncovered in our inventory represent a lifetime of ingrained beliefs, attitudes, and habits of behavior. Just becoming aware of them can be painful; trying to imagine living without them may seem almost impossible.

Much of our resistance to change is based in fear. We may find it easier to continue in an unhappy, yet familiar, way of life than to face an unknown and uncertain future. For many of us, our problems and shortcomings seemed to define us as people: what would we be without them? Often we find that our character defects started with ways to deal with difficult circumstances, in childhood or later. It is hard to let go of beliefs and behaviors that once helped us cope, or even kept us alive. If we are fearful, we can gently and courageously allow ourselves to consider the possibility of surrendering our familiar defects, trusting that our higher power will not give us more than we can handle.

In working this step, we have found it helpful to refer to the list of character defects we made in our Step Four inventory and perhaps expanded with the help of our sponsor when we took Step Five. Our list includes all of the self-defeating attitudes and behavior patterns that have been revealed to us. Examples of unhealthy attitudes may include resentment, grandiosity, self-pity,

perfectionism, blaming others, feeling like a victim, and entitlement. Our list of behaviors might include habitual actions such as raging, isolating from others, lying, manipulating, or avoiding conflict. We may have also noted our negative traits or approaches to life, such as greed, envy, selfishness, and self-hatred. It's important to realize that the words 'these defects of character' refer to the 'exact nature of our wrongs' admitted in the Fifth Step. In Step Six, we focus on those defects that have come to our attention through our inventory work.

As we let go of old ways of approaching life, and trust that God will reveal new ways, many of us begin to have a greater vision of what our life in recovery could be. We are ready for real change, and our attention turns directly to our Higher Power, so that we may ask in all humility for the help we need. It is time for Step Seven."



Bay Area SAA

P.O. Box 14754

San Francisco, CA 94114

(415) 456-1063

www.bayareasaa.org