

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

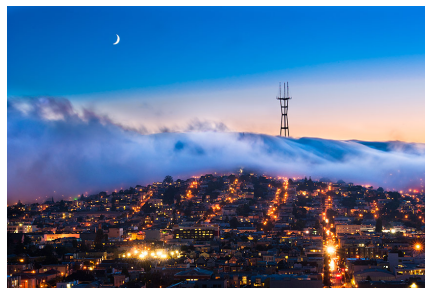
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What is SAA?

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.

Did You Know?

The ISO has implemented an email list to communicate more effectively with members of the SAA Fellowship about news and events. Sign up to be on the mailing list by calling 800-477-8191 or sending an email to: webmaster@saa-recovery.org.



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>*



Inspirational Words

"You have sole custody of your life. Who you are today is not who you have to be tomorrow. Embrace the possibility of transformation."

Leeza Gibbons



The Principles of SAA

Step One: Humility

by A.T.

Being humble about my sex addiction has often been a challenge. My impulses toward controlling everything are strong – and when it comes to my sex addiction, they are a force to be reckoned with. For me, admitting that I was powerless was akin to admitting failure. It has taken many years in program to understand that surrender does not have to be like Davy Crocket at the Alamo (as in defeat), but it can be a profound spiritual moment of deep acceptance of my condition. I cannot, on my own, control my addiction. On occasion, all my efforts may have bought me time away from my addiction but never in a sustained way.

Humility is founded in truth. When I relax, my ego and all the ways in which I wish to see my life and dare to see it as it truly is, what becomes glaringly

apparent is that my sex addiction was a pervasive and long term suffering that had many dimensions of unmanageability. I was never fully aware of the extent of the evasion, distraction, rationalization and denial (all forms of dishonesty) until I was in SAA and focused on my compulsions through the lens of the Steps — a lens that allowed new insight and understanding. So much of my early recovery was about damage control – leaning heavily into the steps and tools in order to stay abstinent from my inner circle behaviors. Over time, however, I came to understand that the entire truth included not simply my errant sexual behaviors, but equally as unmanageable, the realities that lay beneath them, i.e., my inability to face the challenges in my life and my aversion to facing what felt like oceans of emotions. I lived in fear that to go there at all would unlock a floodgate, which I would never be able to close again. These fears drove my addiction.

While the truth of powerlessness may be initially deeply unsettling, humility tempers the challenge of experiencing it. Humility invites an atmosphere of compassion and kindness; an atmosphere in which I am more able to rest in the truth of the many imperfections that are simply part of being human. It helps to lift self-judgment and recrimination. Humility invites me to move beyond my self-centeredness and to pay more attention to the possibility of serving others. It invites me to be

honest about all the ways in which my sex addiction distorted and subverted my life. It invites me to see the ways in which my behaviors were disrespectful to others. Like a dark cloud obscures the light, so did my lack of humility limit my ability to acknowledge my strengths and talents. Humility is not just about admitting defects; it is also about acknowledging the healthy, strong and lovable parts of me. Humility is a foundation for creating an environment in which genuine change and recovery is possible.



Out of the Fog and Into the Frogs!

The Annual SAA Camping Trip

Join us for a weekend of fellowship in a beautiful outdoor setting in the Sierras at our annual camping event. Registration covers the cost of reserving the campsites, with the remainder donated to the International Service Organization of SAA.

Campsites have been reserved at a drive-in campground. Bring your

tent and sleeping bag, and enjoy nature walks, swimming, hiking, stargazing and campfire chats. As a group, we hold meetings around the campfire, which is truly an awesome experience.

Each camper is assigned to a food team and shares the cost and preparation of one meal. We like to carpool, so ask around at meetings.

If you are considering attending for the first time, please talk to others who have gone before. Look for registration information fliers at local meetings close to the date of the event.

This event is restricted to members of SAA.

For more information, email info@bayareasaa.org

San Francisco Bay Area Intergroup

The San Francisco Bay Area Intergroup of SAA (BAISAA) manages the business of SAA in the San Francisco Bay Area. 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. There are currently about 50 meetings within the geographic area served by BAISAA. Each group may

elect its own Intergroup representative. These members provide input to Intergroup on the matters listed above and relay relevant information back to the groups they represent.

Monthly Intergroup Meeting BAISAA meets the second Saturday of every month from 11:15 AM to 12:45 PM at the Alano Club, 1748 Market St., San Francisco, CA 94102. Any SAA member interested in the business of SAA may attend this meeting. If a matter is put to the group for a vote, these visitors may participate in the discussions, but will not be allowed to participate in the voting process.

Sobriety requirements are set by member groups; BAISAA recommends six months of membership in SAA and three months of abstinence from inner circle behaviors.



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 Seven: 'Humbly asked God to remove our shortcomings.'

Reading:

SAA Green Book: "Step 7," pp. 43-45.

The preceding steps bring us to the realization that our character defects, the flaws or shortcomings in our personality, have caused us a great deal of suffering throughout our lives and prevented us from completely aligning ourselves with our Higher Power's will for us. When we become entirely ready to have these self-destructive aspects of our character removed, we then ask God to do so in Step Seven. Whenever we ask for this help, we invite God into our lives in a new way.

We may wonder why it is necessary to ask *humbly*. Many of us have confused humility with humiliation. We were more familiar with pleading for, or demanding what we wanted, than with asking. In fact, it takes humility to truly ask for help. It means admitting that we are not wholly strong and self-sufficient. It means we are not too proud or ashamed to believe that we can be helped.

Humility is a result of the self-honesty we have gained through working the preceding steps. It comes from a realistic view of ourselves, a knowledge of both our strengths and limitations. We recognize that our shortcomings are not unique, and that we are not better or worse than anyone else. When we live with this knowledge, we do not expect perfection from ourselves or others. We know that we are bound to make mistakes, and we choose to learn from them rather than punish ourselves for them. Humility means being teachable,

vulnerable, and open

As we grow in humility, we gradually come to view our lives, and even our problems, with gratitude. When we are free from self-importance, we can recognize that we have much to be grateful for. In our addiction, we felt that no matter what we had, we were missing something. We often risked the wonderful things we had in order to act out. In recovery, with the humility we received through working the steps, we become thankful for the things we have taken for granted. And we can look at our shortcomings as opportunities to learn and grow.

In the process of asking our Higher Power to remove the flaws in our character, we exercise and deepen our humility. Only when we have come this far in our program, and have begun the change from a self-centered approach to life to a new approach based on spiritual principles, are we ready to constructively face the damage that we have inflicted on other people. With the willingness to let go of resentment, fear, and the other defects that have isolated us from God and our fellows, we are spiritually prepared to consider repairing the harm we've done in the past. We move on to Step Eight.

Bay Area SAA

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