

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

Summer 2022
Issue No. 24

What is SAA?

Sex Addicts Anonymous (SAA) is a fellowship of people 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.

If You're Like Me

If you're like me, you think you're here because of compulsive sexual acting out. I thought "I'm not hurting anyone." Yet how did I ignore the harm I did to myself? Why would I settle for fantasy rather than intimacy? If you're like me, you chose to leave your faith, claiming you still believed in God but trusting and relying on your best thinking to guide your life. If you're like me, that didn't turn out so well. If you're like me, you tried to stop or control your acting out on your own, only to be demoralized again and again. If you're like me, you're clever and too proud to ask for help.

If you're like me, you might be feeling overwhelmed and unsure if you can change. If you're like me, you have lots of ideas and thoughts. My problem wasn't that I was over-sexed but rather that I was under-secure. My thought-life needed a major overhaul and so may yours - if you're like me.

If you're like me, you will come to realize that you are powerless over acting out and that you need a Higher Power to guide you safely in sobriety. The beauty of this program is that we get to define our own notion of God. If I wanted to get right with God I had to find a higher power that was personal, that I could listen to. Today, my God is a big part of my life. I call my God Creator and describe it as a loving, patient and forgiving Presence which accepts me as I am. Creator can do for me what I can not do for myself. If you're like me, the God of your understanding will reveal Itself to you in time.

If you're like me, you'll do your best to surrender your thought-life and actions to Creator. If you're like me you will have an opportunity to practice this on a daily basis and. If you're like me, there will be no situation in your life that won't benefit from asking Creator for direction & guidance. If you're like me, it's the solution that works. If you're like me, it can work for you too. You might be thinking, "that's great in your case, however it won't work for me!" If you're like me, you will realize you can always go back to your old ways of thinking and doing things. If you're like me that is a truly terrifying thought.

If you're like me, you'll practice putting your relationship with God first in your life. If you're like me, you will practice putting your recovery before your marriage, family, and job. If you're like me and you don't have God, then you don't have recovery. And if I don't have recovery I don't have my marriage, my family, my job or my life.

If you're like me, you will know a new freedom and a new happiness. You will comprehend the word serenity and you will know peace. I hope you're like me.

Gil R - Santa Cruz, CA

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My Sponsor Said

My sponsor said
 when I get in recovery
 There is a person there waiting for me
 a person I don't know
 a person I haven't met
 a person I will grow to love and respect
 My sponsor said all these things
 Then we worked the Steps
 1, 2, 3
 On Step 12, I looked around
 That mystery person? It was me.

Anonymous

Reflections on Recovery & Redemption

"Every person carries a sorrow and struggle. We each hurt in our own unique ways and when we give voice to this pain, we begin to heal it." -- Desmond Tutu

Recovery is the soul-searching journey which allows us to heal from the pain and self-destruction of addiction. Redemption is our spiritual reward for making amends to those we've harmed. With inspiration from our Higher Power and SAA program, we learn how to let go of the "wreckage of our past" and to create positive, healthy and sober lives.

In recovery, we learn the only person we're destined to become is the person we choose to be. Therefore, we focus on reality not fantasy; truth not lies; fact not fiction. Moreover, we take responsibility for our lives and become rigorously honest with our Higher Power, ourselves, sponsors, and others. Most importantly, we reject self-destructive, inner circle behaviors and embrace healthy, outer circle behaviors.

With God's grace, we acquire wisdom, courage and strength to defeat our addiction, one day at a time. As a result, we learn how to overcome complex emotions (fear, anger, guilt, shame, depression) while building positive self-esteem. Each day, our lives are transformed by the truth. Each day, we awaken to new beginnings and spiritual renewal. And, each day, our Higher Power will guide us on the healing journey of recovery and redemption.

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

Steps 7, 8, & 9

Step 7 - Humbly asked God to remove our shortcomings.

If I've done my work in Step 6, I have a relatively short list of my key character defects (hopefully, no more than 5... I can work others at another time). Step 7 is about letting go of my character defects to my Higher Power.

Personalizing and repeating the [7th Step Prayer](#) and answering the questions on [this worksheet](#) help solidify my progress in recovery.

Step 8 - Made a list of all persons we had harmed and became willing to make amends to them all.

If I worked Step 4 and compiled inventories around resentments and harms done others, then I have what I need to work Step 8. I remember that there are 2 steps related to amends for a reason.

Step 8 is about making a list and becoming willing. I talk w/ my sponsor and leave the actual amends to Step 9.

[This worksheet](#) is a helpful format for me to use in making my Step 8 list.

Step 9 - Made direct amends to such people wherever possible, except when to do so would injure them or others.

I love hearing the hopeful message of [the Promises](#) in meetings: "If we are painstaking about this phase of our development, we will be amazed before we are halfway through.

We are going to know a new freedom and a new happiness...". However, it's important to realize that the Promises come in the AA Big Book at the end of Step 9 – when the Promises say "before we are halfway through", I believe they are referring to being halfway through my amends.

Amends are powerful for those who have worked the steps to this point. I remember my amends w/ my daughter, my ex-wife, and others. They were not easy to get to, but they made a huge difference in my life. Amends are often a lifetime effort and are rarely fully completed before a person moves on to Step 10, but there is great value in getting started with some easier amends.

Working with my sponsor, I can use [this information](#) to structure my amends.



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Musical Outer Circle Event - July 23

We miss the “Talent/no-Talent” event at the annual SAA retreat. Last year Jason T. came by Tom F.’s music garage to play guitar live with Tool playing in the room on Tom’s studio quality system. We had a blast! (and the neighbors dug it).

This year we are inviting everyone in Bay Area SAA. Several are eager to play. So far we have drums and a lead guitar or two. And rumors of a clarinet and keyboards. In between live jamming we’ll play vinyl and CDs.

If you would like to play solo or jam, or spin your favorite record, or just listen, please come by!

Contact Tom or Jason for details and location. We will have chairs, tasty snacks and (non-alcoholic) beverages. Bring your instrument, vinyl and CDs. Bonus points if bring a pot-luck snack to share.

Sat afternoon July 23, 2022, 1-5 p.m.

@ Tom F.’s Palo Alto home.

Price: \$0!

Tom F. 650-793-1244 Jason T. 408-300-8536

Sponsors Helping Sponsors

Submitted by Michael N

This [Learn to Become an SAA Sponsor - Discussion Podcasts](#) page contains a list of and links to several years of weekly audio recordings made during the “Sponsors Helping Sponsors” SAA Zoom meeting held every Thursday morning. These recordings are categorized and are also listed on the meeting page on [saatalk.info](#).

I must say, these are fantastic podcasts!! We have a great influence of SAA sponsors in our SAA community. Feel free to share this info with any SAA sponsor you know, or any individual who wants to learn how to become a sponsor – and invite them to listen to these recordings, or to attend our meetings. I hope to see you on our SHS meeting soon:

Sponsors Helping Sponsors Meeting Information

Thursdays 11:00 a.m. US EST / 8:00 a.m. PST

Zoom ID: 419880404, pass code: 123456

PHONE: (646) 558-8656

Contact: Christine C. (260) 209-4445

1 hour AUDIO recorded meeting, discussion group

SAASponsorsHelpingSponsors@gmail.com



Out of the Fog

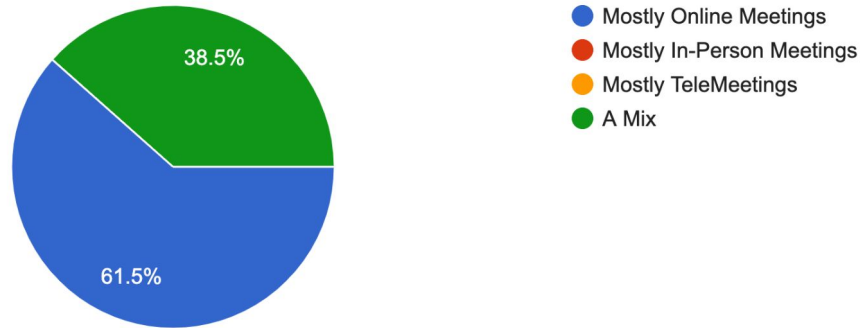
Spring 2022



The Bay Area SAA Community - Learning About Each Other

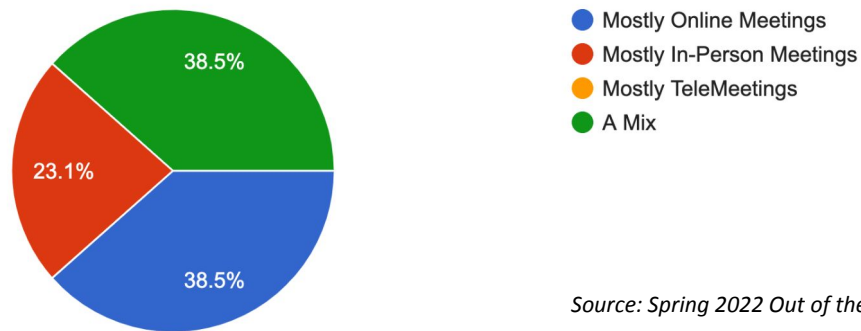
In the LAST 6 MONTHS, what types of SAA meetings have you been attending?

13 responses




In the NEXT 6 MONTHS, what types of SAA meetings do you see yourself attending?

13 responses



Source: Spring 2022 Out of the Fog Survey



Summer 2022 Survey

Anonymous

- Do you have a sponsor?
- How often do you talk?

Take the survey

(1 question)

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



Out of the Fog

Spring 2022



Announcements & Events

- ❑ **Outer Circle Bike Ride** - Sat, Jul 16, 2022 @ 9am
Meet at corner of Swift & Engalls Streets, Santa Cruz, CA
Contact: Gil 831 419-3342
- ❑ **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
See article earlier in this newsletter
- ❑ **Camping Retreat - Sep 9-11, 2022**
For more information, see <https://www.bayareasaa.org/events.php?p=camping>
- ❑ **No Main Retreat in 2022** - Walker Creek Ranch not available this year
- ❑ **Working the 12 Steps in Community** - Saturdays, 7:15-8:15am Online
As of July 9, 2022, we are starting Step 8. Come join us!
For more information, see 2022 Workshop [here](#).
- ❑ **Sponsors Helping Sponsors** - Thursdays, 11am US EST / 8am PST
Zoom ID: 419880404, pass code: 123456 PHONE: 646 558-8656
Contact: Christine C. 260 209-4445
See article earlier in this newsletter
- ❑ **Bay Area SAA Intergroup** - Serve our 90+ Bay Area meetings!
2nd Saturday of each month 11:15am - 12:45pm
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
- **GLBTQI Seeking Recovery**
glbt@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?