

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 2023
Issue No. 28 v1

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.

First Sign of Civilization

Years ago, anthropologist Margaret Mead was asked by a student what she considered to be the first sign of civilization in a culture. The student expected Mead to talk about fish hooks or clay pots or grinding stones.

But no. Mead said that the first sign of civilization in an ancient culture was a femur (thighbone) that had been broken and then healed. Mead explained that in the animal kingdom, if you break your leg, you die. You cannot run from danger, get to the river for a drink or hunt for food. You are meat for prowling beasts. No animal survives a broken leg long enough for the bone to heal.

A broken femur that has healed is evidence that someone has taken time to stay with the one who fell, has bound up the wound, has carried the person to safety and has tended the person through recovery. Helping someone else through difficulty is where civilization starts, Mead said.

SAA's 12th step reads "Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex addicts, and to practice these principles in all our affairs." Carrying our message to other sex addicts is a critical part of our recovery. Recovering sex addicts often tell how recovery saved their lives – and how critical the support of others was and continues to be in their life.

We are at our best when we serve others – carry the message of experience, strength, and hope.

Recovery Quotes

- ❑ Out of suffering have emerged the strongest souls; the most massive characters are seared with scars - Kahlil Gibran
- ❑ For recovery from anything, we need to give up the hope of a better past
- ❑ To see miracles happen, we have to let go of expectations
- ❑ I don't have to see the entire staircase to take the first step
- ❑ Honesty heals – secrecy kills

Contents

What is SAA?	1
<i>First Sign of Civilization</i>	1
Recovery Quotes	1
<i>TGTFS (Thank God for the Steps)</i>	2
ISO, The Outer Circle & Intergroup	2
<i>Reflections on the 12 Steps of SAA</i>	3
Steps 7, 8, & 9	3
<i>Grateful to Be Alive & Breathing</i>	4
Sex Addicts Recovery Podcast - #100	5
<i>Going to Any Length</i>	6
Bay Area SAA Camping Retreat	7
3 New In-Person Meetings	7
<i>Increasing Face-to-Face Meetings</i>	8
<i>Reflections on Rigorous Honesty</i>	9
<i>Fourth Step & Intimacy Avoidance</i>	10
Add/Update Your Meeting Info	11
Announcements & Events	12
Donations, Resources, & Links	12
California-wide Prisoner Outreach	12



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Out of the Fog

Summer 2023



TGFTS (Thank God for the Steps)

Now that I am working through Step Seven, I can clearly see how the preceding steps were vital to this stage of my development. I lived powerlessness and was mired in futility, but didn't get any traction until I truly admitted utter powerlessness and the need for help. Doing so to a sponsor, coming clean that I had acted out, tried to fix myself, and failed, was acutely necessary. I had to take Step One to create a firm foundation for my recovery.

Step Two opened the possibility that a higher power could help me. I came to. Literally. I admitted that my way was dead, and I came to believe that there was a better way of life. Others were experiencing this, and why couldn't I? I couldn't as long as I focused on myself as a potential solution-maker. There was a better way; it just wasn't something that I could make up myself. I had to be open to a better way, a different way, of doing things. My sponsor kept saying this, and it truly took a while before I started to get it. Note I didn't say "I got it." I'm still growing in "getting it," one day at a time, as long as I remain in the process of the recovery journey.

Each step builds on the previous, and perhaps I will continue to write successive articles as a travelogue through the steps. Until next time,

- DB

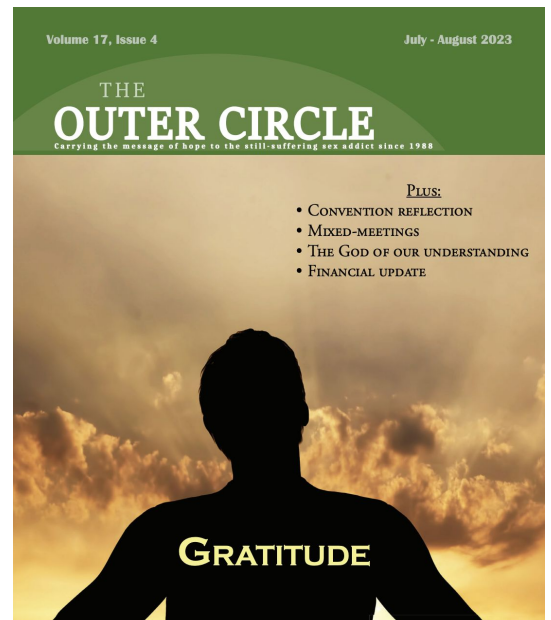
ISO, The Outer Circle, & Intergroup

Sex addicts attend SAA meetings for experience, strength, and hope in recovery. But where do things like the SAA Green Book, flyers, meeting lists, and many other things come from?

These things come from SAA's ISO, or International Services Organization (saa-recovery.org). Based out of Houston, the SAA ISO assists all SAA intergroups and meetings with things like [worldwide meeting lists](#), [literature](#) (e.g., the Green Book, info brochures), and more. Every other month, the ISO publishes a newsletter for all SAA members called "The Outer Circle" – it is full of recovery addicts' stories and more. A link to the July-August 2023 online version is available below the picture to the right. You can request a physical copy by emailing info@saa-recovery.org

In the Bay Area, we have the Bay Area Intergroup which meets each month to support the ~90 Bay Area meetings. Among many other things, the Bay Area Intergroup maintains the bayareasaa.org website where you can find info on [Bay Area meetings](#), announcements, this newsletter, and more.

We encourage at least 1 person from each Bay Area SAA meeting to attend the monthly Bay Area intergroup meeting:
2nd Saturday of each month 11:15 am - 12:45 pm
Online: <https://zoom.us/j/87065412456> Password: Admitted



[Click to view The Outer Circle newsletter](#)



Out of the Fog

Summer 2023



Reflections on the 12 Steps of SAA

"Miracles happen every day." -- Thomas Wolfe

The Green Book (pages 21- 22), reviews the meaning and importance of the Twelve Steps of SAA.

In part, it reads:

"These steps are the heart of our program. They contain a depth that we could hardly have guessed when we started. Over time, we establish a relationship with a Power greater than ourselves, each of us coming to an understanding of a Higher Power that is personal for us."

"But the steps are more than a series of exercises. They provide basic principles for living. Most of us find opportunities on a daily basis to apply one or more of the steps to some challenge in our life."

The meaning and importance of the Twelve Steps of SAA are, in my experience, an essential reminder (spiritual road map) of how we achieve freedom, sobriety and serenity.

However, as a wise adage reminds us, "Saying is one thing, and doing is another." Therefore, we must "work our program" (with guidance from our sponsor) and make consistent effort (progress not perfection) to complete each step assignment.

With God's grace, when we get sober, and stay sober, one day at a time, we achieve a "life-changing victory" which will help us to better understand who we really are. The Twelve Steps of SAA give us a powerful and pragmatic plan to defeat addiction -- one day at a time!

When all is said and done, we learn the only person we're destined to become is the person we choose to be. And, the moment we change our thinking from "I cannot get sober" to "I will get sober" our Higher Power will help us to find the strength, courage and wisdom to cross the bridge to freedom, sobriety and serenity and to burn the bridge to slavery, addiction and self-destruction.

– Bill N – We are not Saints, San Jose

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.



Out of the Fog

Summer 2023



Grateful to Be Alive & Breathing

I am writing this two months after being hospitalized for intestinal bleeding. 2023 had a rough start for our family. In January, my wife, son and I were all hit by a respiratory virus (thankfully not Covid). Just as we all seemed to be out of the woods, one Wednesday afternoon I started feeling some abdominal pain. Without going into the graphic details, I discovered that I had severe blood loss during a bathroom visit. A few hours later, I was still having the same symptoms and knew that I needed to make a trip to the emergency room.

Arriving just after midnight, I waited patiently to be seen. A few preliminary tests and a few hours later still in the waiting room, I enquired when I might be able to see a doctor. After hearing that it would be another six hours, which would be well after dawn, I decided to go home and get some sleep. I made an appointment to see my doctor, but the earliest appointment would still be five days away due to a holiday weekend. Three more days at home passed while I was still having intestinal bleeding. I could no longer get up from the couch without getting dizzy or even climb upstairs to my bedroom. I knew I had to go back to the ER.

Round two at the emergency room at 3pm on a Saturday. The testing from my previous visit showed no signs of parasitic activity, but now I had extremely low blood pressure from all the blood loss. Extremely frustrated by been moved from one waiting room to another, then back to the first waiting room, I was ready to give up again. After almost 8 hours of waiting, I was finally admitted. My hemoglobin count had continued to drop and I could no longer answer questions coherently. The doctors and nurses knew that I needed a blood transfusion quickly. I remained in the hospital for a few days while having an angiogram, MRI, colonoscopy, and a second blood transfusion. The tests showed signs of diverticular pockets, but no active bleeding; the healing had already begun.

Most of the time, I was in my own room in Urgent Care, but eventually I was moved to a room with three other patients. Having very little sleep during my stay, I tried my best to sleep in this crowded room. One patient in particular was obnoxiously loud and inconsiderate while ironically complaining about the nurses being too loud. He decided to crank the volume on his TV at 3am in order to drown out the nurses talking to a fellow patient. I tried my best to ignore this and try to let go of my resentments that were quickly building. When the nurses finally attended the loud guy, I easily overheard his problems and that he was an untreated alcoholic who was about to have a few of his toes amputated. This moment really put things into perspective for me. Where I had been focused on myself filled with resentment, I now had compassion for this man and gratitude for my situation.

Through all the difficult inconveniences of waiting and all inconclusive tests, my body was healing itself. The blood transfusions helped get my hemoglobin count to a safe level where I could walk and breathe without difficulty. I had wonderful nurses and doctors taking care of me. My wife and family came to the hospital to stay with me during visiting hours. I was actually able to attend a few Zoom SAA meetings for a short while during my stay. I had program friends checking in on me (most of whom I could not reply to until after I returned home).

During my hospital stay, I did not realize how close to death I was. A normal range for hemoglobin count is about 13.2-16.6 grams per deciliter (g/dl). My first visit to the ER, I was about 13.5 g/dl. When I was admitted on my second trip I was 8.3 g/dl and eventually dipped down to 5.9g/dl. A hemoglobin level of less than 5.0 g/dl is dangerous and could lead to heart failure or death. Scary!

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Out of the Fog

Summer 2023



Grateful to Be Alive & Breathing (continued)

Some of you reading this may know that I host, edit, and produce the “Sex Addicts Recovery Podcast” for the Bay Area Intergroup of SAA. Shortly after returning home from the hospital, I recorded Episode 83 of the podcast called “I’m Grateful to be Alive”. I quoted lyrics from one of my favorite Tool songs called Parabola...

“Recognize this as a holy gift and
Celebrate this chance to be alive and breathing
A chance to be alive and breathing
This body holding me reminds me of my own mortality
Embrace this moment, remember
We are eternal, all this pain is an illusion”

Indeed...I am so grateful to be alive! I am grateful for all the wonderful things I have in my life. I must keep reminding myself of this whenever I am feeling resentful or feeling down. In episodes 83 and 40, I talk about Gratitude and shared a few songs relevant to the topic. In Episode 40 “Thanks and Gratitude”, I also shared a few items from my Gratitude Lists that were part of my daily 10th Step inventories. I am so thankful for all the positive feedback that we have received from SAA members listening to the Podcast letting us know that the work we have done on the Podcast has been helping in their recovery journeys.

Thanks to the program of SAA, I can say that today my life is filled with Gratitude.

- Jason T.

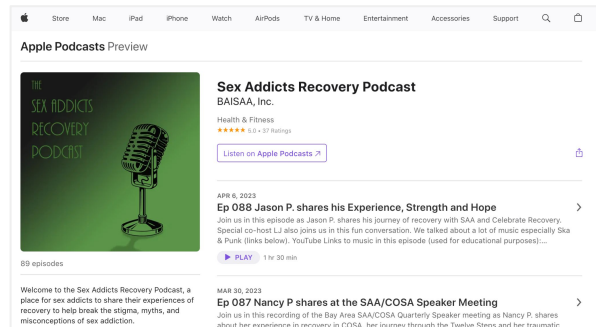
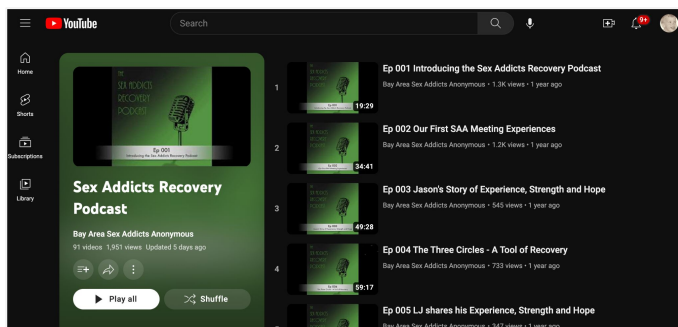
Sex Addicts Recovery Podcast - Episode #100

As he mentioned in the previous article, Jason T serves our community by publishing a podcast specifically for our those in recovery from sexual addiction. You hear the voices of recovering addicts. The podcast is called “Sex Addicts Recovery Podcast” and is available on the major podcast platforms. Jason has heard from recovery addicts from all over the world including Singapore and France for whom the podcast has been a blessing.

A group of people joined Jason on July 18th for the recording of episode 100 of the Podcast with wide open discussion about the SAA fellowship, the SAA program, and reflections on the Podcast itself.

As of July 2023, the podcast has 143,400 downloads as well as 476 subscribers and 23,700 views on Youtube.

Check out www.sexaddictsrecoverypod.com for links to the major podcast platforms. For more info, contact Jason T at 408-300-8536 or jason@sexaddictsrecoverypod.com





Going to Any Length

“If you have decided you want what we have and are willing to go to any length to get it – then you are ready to take certain steps.” - Alcoholics Anonymous, pg. 58

Since I joined SAA in May of 2020, I have had trouble maintaining sexual sobriety. For most of the intervening 38 months, I’ve been caught in a cycle of recovery and relapse that has frustrated, frightened, and humbled me. Luckily, I’ve been able to disclose all my slips to my sponsor and program friends, and have returned to meetings—again and again—with the knowledge that this program is my best hope for living a worthwhile life.

There are many reasons why I have been unable to string together more than nine months of continuous sobriety—and usually no more than two to four weeks—but rather than catalog those reasons, I’ll sum them up with two main principles. These principles became clear to me in the wake of my most recent slip, and point away from the problem of my addiction towards its solution.

The first principle has to do with keeping my outer and middle circles separate. It has been easy for me to convince myself that certain activities belong in my outer circle even though they have a substantial middle circle component. For example, I do a lot of yoga and go through periods where I’m attending 3-4 yoga classes per week. Even though I can claim that attending these classes is an outer circle activity, I know I’m also there to fuel my addictive fantasies with provocative, real-life images. Ditto for the gym, the beach, aimless walks, aimless drives. This pattern of disguising my middle circle within my outer circle has undermined my recovery to this point, and has kept me from fully surrendering to this program.

The second principle, “Go to any length to get it”, is contained in the above quote from “How it Works”. It relates to the first principle, because it speaks to a simple (but not easy) method for decoupling my outer circle from my middle circle. If I’m willing to go out of my way to find activities that are as far removed from my middle circle as possible, I believe I’ll stay sober.

Going to any length to get it means I need to do yoga alone or with my partner, rather than in classrooms full of beautiful people in tight clothes. It means I need to skip the beach sometimes and avoid triggers at the gym. It means I need to curb my addiction to fantasy, rather than accept it as a given.

But not doing things is only part of the picture. I need to get in the car early on Saturday mornings and drive from Santa Cruz to the Campbell meeting, even if I hit beach traffic on the way home; I need to drive from Santa Cruz to the Los Altos meeting on Thursday nights, no matter how “inconvenient” doing so may seem; I need to write for this newsletter; I need to attend fellowship gatherings; I need to make calls; I need to work the steps.

I need to fully arrive in this program.

- Simon C - Santa Cruz

“If you have decided you want what
we have and are willing to go to
ANY LENGTH to get it,
THEN...”



Out of the Fog

Summer 2023



Bay Area SAA Camping Retreat

On September 8, 9, 10, 2023, join us for a weekend of camping, recovery and fellowship, at the Bear River Group Campground, off of Hwy 88, in the beautiful central Sierras. Bring your tent and sleeping bag, and enjoy camping activities with your SAA fellows. Attend workshops under the pines and attend morning meetings with a cup of coffee in the crisp, mountain air and night meetings around a large campfire. Robust meals are provided as a part of camping experience and we strive to suit your dietary needs, whether you are vegetarian, vegan, or have other requirements. Our goal is to work toward creating a community-based experience, whether it is carpooling together or chipping in to help prepare meals.

SAA Camping Retreat Committee’s Commitment to Inclusivity: The SAA camping retreat committee is committed to ensuring that all participants have a safe and inclusive experience. All identities are welcome and all boundaries respected.

The event is open exclusively to SAA members. The camp site is limited to 25 campers, so apply early before we reach our limit. The Junco camping site within the Bear River Group Campground is large and spacious, and has plenty of room for all of our tents and then some.

- When: September 8, 9, 10, 2023
- What: Fellowship, meetings, workshops, good food, hiking, swimming, and fun
- Where: Lower Bear River Group Campground in the Central Sierras
- Who: 25 campers in recovery
- Cost: Pay-what-you-can (link below / QR code for details)
- Register: [Click here for more information and to register](#)
or scan the QR code >>



3 New In-Person Meetings

- [Benicia Saturday Morning 1-2-3](#) – Saturday, 10 am in Benicia
- [Discovering Joy in Recovery](#) – Thursday, 8 am in Novato
- [No One Stands Alone](#) – Sunday, 4 pm in Los Altos

Click on meeting links above for location, direction, contact info, and other details



Out of the Fog

Summer 2023



Increasing Face-to-Face Meetings

After years of uncertainty with Covid and ample use of online and phone meetings, I had a profound experience attending the Bay Area SAA retreat in April. Seeing so many fellow addicts face-to-face and having that sense of in-person community and support really jump started my recovery. I had not realized how important seeing my fellows was until that weekend.

In recent months, when I have looked at the Bay Area meeting lists it's clear that our local in-person meetings are sparse. Most areas/cities are limited to a single meeting on any given day, with no area having a face-to-face meeting every day of the week. Access to online and phone meetings continues to be important for those who do not have the option to attend face-to-face meetings or are able to incorporate meetings where they otherwise would not be able to. However, many meetings that converted to online formats due to Covid never returned in person. It would be great if members could come together to make great efforts to expand our face-to-face options. This could improve our outreach to potential addicts still suffering.

You may be reading this and thinking, "This is a great idea! I would happily join a local meeting if someone started one!" Well, you're in luck! You qualify as someone who can start a meeting! I know from personal experience, as I just started the Benicia Saturday morning 10am meeting! The only things needed to start a meeting are a viable location, access to a computer and printer, and some patience.

The ISO website (<https://saa-recovery.org/literature/group-guide>) has the SAA Group Guide as a free downloadable PDF that can be referenced for many of the questions of how to start a group and what considerations should be made.

Finding a meeting location may seem daunting. Where do you even start? The SAA Group Guide suggests: "Identify churches, social services organizations, AA/NA clubhouses, neighborhood community centers, colleges, or hospitals with a reputation for reaching out to the community. Places with other twelve-step or self-help groups may be more likely to be open to hosting an SAA meeting." Check websites for local 12-step groups like AA, Al Anon, NA in your city, and see where they have meetings. Contact venues where their meetings are held and discuss availability and rent amount.

Once there is a location established, materials for the meeting such as meeting scripts and general readings (Opening, Abstinence Statement, etc.) can be found on our local intergroup website (<https://bayareasaa.org/meeting-scripts>; <https://bayareasaa.org/meeting-kit>) or the ISO website (<https://saa-recovery.org/meeting-readings>). You can adapt other meeting scripts and establish a format for the group. Additional things such as literature can be purchased through the ISO store (<https://saa-store.org>), including a "New Meeting Starter Guide" that includes a discount for a bulk purchase of 2 Green Books and all of the pamphlets and booklets. Also, don't forget to reach out to BOTH bayareasaa.org and saa-recovery.org to have their meeting lists updated and get the word out!

While SAA will likely never have the presence of many 12-step programs, the Bay Area is a huge community full of recovering addicts and potential newcomers. The more we can work together to rebuild our meeting numbers and even increase our meetings from the pre-pandemic days, the stronger SAA will be as a whole.

- Jon D



Out of the Fog

Summer 2023



Reflections on Rigorous Honesty

"We are all broken — that's how the light gets in." - Ernest Hemingway

It was God's "light" that saved my life. He gave me the strength, courage and wisdom to stop lying to myself and others. Lies which had kept me sick. Rigorous honesty was absolutely essential for me to regain my mental, physical and spiritual health.

Without question, rigorous honesty (with ourselves and others) is always the first decision we must make to get sober and stay sober.

Many years ago, I wrote down my "top ten" lies so I would never forget them. And, I needed to identify these lies so I could target them like an enemy on the battlefield. These were my "top ten" lies (in reverse order).

10. Acting out could replace whatever was missing in my life.
9. No 12-Step program, or therapist, could help me to stop acting out.
8. Because of my mistakes, I was not entitled to live a happy and sober life.
7. I could, somehow, eliminate my emotional pain by acting out.
6. I must understand the exact reason(s) for my addiction before I could stay sober.
5. No marriage or relationship was more important than my sexual addiction.
4. My secrecy, dishonesty, and deception were necessary and, somehow, justified.
3. I could never stop acting out 100% or ever want to stop acting out completely.
2. My addiction was really worth all the insanity, pain and suffering.
1. I didn't have a serious problem that could, and would, destroy my life.

Let me be crystal clear. I no longer believe these lies. These lies no longer have the power to control and ruin my life. I refuse to waste another day of my life as a slave to addiction. I refuse to allow myself to be tormented and defeated by compulsive sexual behavior.

– Bill N – We are not Saints, San Jose

"Many of them do recover if they have the capacity to be honest."



Out of the Fog

Summer 2023



Fourth Step & Intimacy Avoidance

Upon revisiting my 4th step, I came to the realization that intimacy avoidance resonated with me as a character defect that showed up in my life and it handicapped my ability to be vulnerable and emotionally connected with myself, other people, and my higher power.

Since the beginning of my 12-step journey, it has been difficult for me to identify feelings and reflect on my life experiences as a part of doing step work. Seeing this connection and quickly intuiting that avoidance has limited or emotionally stunted much of my life felt like a breakthrough of insight. This seemed like the single largest source of pain that drove me to finding a way to numb out through acting-out behavior. However, taking the next action of doing something about it was unclear. I discussed my insight with my sponsor with limited success as he didn't have the same depth of personal issue and experience with avoidance. I didn't do a very good job of discussing my issue with others in the program or with anyone at the Bay Area Intergroup.

After feeling stuck for some time, I heard about an intimacy and sexual avoidance step-study group that was forming. The group would work the steps from the perspective of intimacy avoidance based on SAA. This opportunity seemingly found me, and I jumped at the chance by signing up and pouring myself into the work.

One way that this study group proved to be different from other's I'd attended, is that each member was to contact someone else in the group to be sharing buddies and we'd be required to do 2 one-hour calls per week to brainstorm and share our way through the step work. This would be on top of the one-hour weekly Zoom meeting and time spent doing homework individually. The structure supported my focus. The sharing buddy requirement helped me keep moving when I felt stuck, and I developed a wonderfully vulnerable connection with a fellow study-group member that only comes from talking a lot about personal recovery while becoming willing to risk connecting openly.

There are many small ways that the intimacy and sexual avoidance curriculum made the process empowering: from subtle shifts in language, to providing a list of common symptoms to even providing updated promises that speak to the value of making progress on this character defect. I do feel I am further healing from shame and am cultivating vulnerability. My ability to experience, identify and communicate feelings is growing, my heart is more willing to experience grief and I can better tolerate anger while keeping to "my side of the street."

The promise of learning to express my affection, rather than seeking isolation, false protection, power or control, is beginning to manifest. If you feel that intimacy avoidance is an issue for you, I suggest checking out the meeting lists on saatalk.info, saa-recovery.org or bayareasaa.org. Some intimacy avoidance step-study groups don't get listed on the main sites and it helps to be networking through your regular meetings to find them. Being patient, requesting help from your Higher Power and networking through sponsors and others are terrific ways to get additional help.

The effort is worth it and so are you!

- SP



Out of the Fog

Summer 2023



Add/Update Your Meeting Info

With all the changes that have occurred over the past couple years with COVID and moves to online and then back to in-person meetings, now is a great time to make sure the information for your meeting(s) is correct.

- Go find your meeting at <https://bayareasaa.org/meetings/>

Time	Meeting	Location / Group	Address	Region
Sunday, 7:15 am	Sunday Sunrise Spiritual Solutions Meeting	Emeryville Marina <i>In-person and Online</i>	3310 Powell St	Emeryville
Sunday, 9:00 am	Answers In the Heart	<i>Online</i>		San Francisco

- Click on your meeting's name in the list to see the details, and verify those details are correct

- If any updates are needed, please click on **Contact** in the header (<https://bayareasaa.org/contact/> – choose “Add or Update Meetings” as the Subject) and let us know what changes are needed.



Out of the Fog

Summer 2023



Announcements & Events

- ❑ **Bay Area SAA Camping Retreat** - Sept 8-10, 2023
(see page 7 in this newsletter for details)
- ❑ **Giving Thanks** - Nov 4, 2023 in Berkeley - Save the date!
Annual in-person event. For more information or if interested in helping, please contact Brian R brian195410@gmail.com
- ❑ **Working SAA 12 Steps in Community**
Work the 12 steps together **online** - 6:30-7:30 pm Wednesdays
For more information/Zoom link, see [this page](#) - join us!
- ❑ **Sponsors Helping Sponsors** - Thursdays, 11 am US EST / 8 am PST
Zoom ID: 419880404, pass code: 123456 Phone: 646 558-8656
Contact: Christine C. 260 209-4445
- ❑ **Sponsor Support Group** - 1st Saturday of Aug, Oct, Dec
Remaining dates in 2023: August 5, October 7, December 2
Location: Trinity Presb. Church, 3151 Union Ave, San Jose
Time: 9:45 - 10:45 am Contact: Bill N (408) 568-9702
- ❑ **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
- ❑ **Bay Area SAA Website Development Committee**
Fridays 10am - Contact Gil R. for more information (831 419-3342)
- ❑ **Please Submit Group Donations via Website** – this ensures we know which group is donating. Use this link: <https://bayareasaa.org/contribute>
- ❑ **Printable Bay Area Meeting List**
<https://bit.ly/bayarea-inperson-meetings>

California-wide Prisoner Outreach

More than half of the thirty prisoner requests arriving every week in the ISO Office come from California. Filling these sponsor requests always has a backlog, especially for Spanish speakers. Rey G from the Southern California Intergroup of SAA (SCISAA) thinks California SAA Fellows can/should take care of our own. He is building a coalition of SAA Fellows throughout California doing, and willing to do, Step 12 service to these SAA Fellows and new-comers in prisons.

For more information: <https://scisaa.org/prisoner-outreach>
Rey G - prisoneroutreach@proton.me 818.486.4053 (text first)

ISO Donations

If SAA has helped, consider becoming a LifeLine Partner to support ISO either as an [individual](#) or as a [group](#).

Resources & Links

- **Women’s Newcomer Line**
510 426-6420
- **Men’s Newcomer Line**
510 906-1644
- **Women Seeking Recovery**
women@bayareasaa.org
- **GLBTQQI Seeking Recovery**
glbt@bayareasaa.org
- **Spanish Speaking Information**
espanol@bayareasaa.org
- **BIPOC Specific Recovery**
bit.ly/SBIPOCintergroup-welcome
- **Bay Area SAA website**
 - [Bay Area Meetings List](#) ★
 - [Bay Area Events](#)
 - [Bay Area Meeting Updates & Intergroup Info](#)
 - [Intergroup Orientation](#)
 - [GSR Info](#)
- **Worldwide SAA website**
 - [Global Meeting Finder](#) ★
 - [SAA Literature](#)
- **Sex Addicts Recovery Podcast**
 - [Listen Directly](#)
 - [Podcast YouTube Playlist](#)
- **San Jose Recovery website**
 - [Step Guides & Worksheets](#)

Feedback / Submissions

- [Newsletter Submission](#)