

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

Spring 2023
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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.

Bay Area Retreat - In Person Again

From 4pm Friday, March 31 to 2pm Sunday, April 2, over 170 SAA members joined up at Walker Creek Ranch in Petaluma, CA for the 2023 SAA Retreat. The time together included fellowship, SAA meetings, bonfires, food, workshops, Tai Chi, meditation, relaxation, music, the annual "Talent/No Talent Show," board games, and more (see [the 2023 Retreat On-site Schedule](#)). After having to cancel or take the retreat online during the COVID years, it was really important to reestablish the in-person retreat. We asked retreat attendees to summarize their own retreat experience in a few sentences.

Every time, I learn something vital at the workshops that change my life. Every time I have a conversation that opens my mind. Those and a dozen other reasons are why I Love the Retreat. – Howard C

For the first time I felt a sense of ease being around women in our program. It might be partially due to my four years in the program, but I attribute it to the retreat design and amplified goodness of so many people together putting recovery and service first. – Frank T

I arrived at the retreat resentful at pretty much everything in my life. Attending workshops and in-person meetings allowed me to reset my perspective and find the solution to my challenges within. – Anon

The retreat experience was amazing!! To be around so many people who have struggled just like 'us' and moving through shame to grace is very empowering. – Fred D

The retreat was the jolt of recovery I didn't realize I needed so badly. I've been slipping lately, so the opportunity to spend the entire weekend seeped deeply in recovery, fellowship, and service set me in the direction I've been searching for. – Alex DL

The retreat was just the shot in the arm my program needed. The meetings, workshops, fellowship, and the setting combined to ease the pain of my relapse and energize my recovery. – Edward C (SF)

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Bay Area Retreat Experiences (continued)

I was very isolated and not using the tools of recovery. This retreat turned things around for me, and I'm very grateful. – John C

This retreat reminded me of how far I've come in recovery, from darkness into the light. The workshops, fellowship and recovery renewed my commitment to this path. To connect with old friends and make new friends, priceless. If you're new to SAA, you owe yourself this retreat. – Anon

During the Talent/ No Talent show and over breakfast, lunch, dinner and the hike, I loved meeting new people getting to know them as fellow humans. Learning about their life outside of addiction and their talents was a true gift - something I could only get at the retreat! – Prakash

The weekend retreat allowed me the time I needed away from the complications of everyday life, to slow things down, and immerse myself in the program. It was a booster shot with nothing but positive side effects! – Matt M

Our traditions say that the only desire for membership is a desire to stop addictive sexual behavior. At the Retreat, I was with over a hundred other members whose focus was on the solution. We didn't want to reminisce about what brought us to the program or tell war stories, we wanted the cure. The focus on the solution is so refreshing. – LS

The workshop on "Balance" was such a powerful combination of whole group discussion and one-on-one work with a fellow. How great to feel supported by a whole room of fellows and to be in dialogue with a partner for each exercise. – Anon

It had been three years since we last met, Walker Creek Ranch had made changes to their operations, we were bumped from our original time slot and we didn't know how many people would come. In the end, we filled the room, including lots of new faces, and the old magic was there right where we left it. The speakers were inspirational, the workshops alive with the participants insights and good will, and recovery was in us and all around us. – Chris C (SF)

I climbed up the mountain next to the camp with a good program buddy. We had a wonderful talk about our recoveries and our "outside" lives. That, by itself, was remarkable. Connecting with another deep soul is one of the benefits of SAA. – Anon

After being shut down for four years, returning to the Walker Ranch and reconnect in person with so many old friends from all over the Bay Area was sublime. Perfect weather, great camaraderie, wonderful workshops, and speakers. A highlight for me was a trust walk where one of us played the addict, and the other played our higher power. For me to close my eyes and let my higher power guide me was a powerful metaphor. – Tom F

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Bay Area Retreat Experiences (continued)

At a retreat, I can focus my thoughts, actions and emotions on the Lord and on activities that build new acquaintances. Through seminars, meetings, conversations and personal reflection, I had time, space and tools to fight for my continued sobriety and to encourage others who are in this battle as well. – David S (SJ)

In spite of concern about low attendance due to prices, COVID-19, and novelty for new members after a four year hiatus, the 2023 retreat far exceeded expectations. Gathering with close to 180 sex addicts in recovery and having open, honest, and unguarded conversations about who we were and how we can be better still was spiritually transformative! – Paul MJ

Despite a tidal wave of anxiety that almost turned me around, I made it to the retreat. It was a relief to find that I could almost instantly form meaningful connections with fellow sex addicts. – DK

I have attended other SAA retreats, and each time I walk away with a transformational experience, full of growth and connectedness. This year's retreat was no exception, and I can honestly say, was the most powerful for me to date. I started the weekend feeling a bit lonely, a lot on my mind and longing for some spiritual growth. By Sunday, my cup was full! I was able to connect deeply and meaningfully with other sex addicts and was able to open up to my emotions, be vulnerable and explore my thoughts and assumptions. Mostly though I was my "family" and felt heard, cared for and truly loved. – MB

The SAA retreat was powerful, healing, intense, soulful, deep, touching, a true release of the my past trauma's and shame. I entered into my first retreat unsure of what would come of it and left expanded, more whole! It felt as though my soul had joined into communion with other souls. They felt my pain and I felt there's. I found brotherhood in this shared experience of being a sex addict that allowed me to open my heart honestly to people that I had just met. I was so eager to learn of all the stories of what brought us all to the rooms of SAA. To me it seemed each story was unique but each story the same in ways. I noticed we were here at a retreat wanting healing from our mutual addiction that had caused so much pain in each of our lives and now we were seeking to face that pain together as a fellowship to help rise up broken together and become whole as a unit. I felt grateful for the 12 steps, for all 180 members coming together to share our experience, strength and hope! The retreat was a powerhouse of healing and I can't wait to go back next year! – Anon

A safe, vulnerable place to be that can also fast-track your recovery! Not many places where I can do that! – Michael L

The committee created a warm and welcoming space for all the attendees this year. The event was well-organized and the worships, meetings, meal breaks, and free-time activities allowed ample opportunity for fellowship. The retreat helped participants to grow spiritually and deepen and enlarge their commitment to the program - and to our community. – Anon

The retreat was a surreal weekend of acceptance, sobriety and community. I've never experienced anything like it and wouldn't trade it for the world. I'll be back next year! – EM

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Bay Area Retreat Experiences (continued)

The retreat re-ignited my appreciation for fellowship and program. I came holding resentment and resistance and left with a full heart and a deep sense of connection. – Adam D

The retreat was something I didn't know I needed in my recovery. It is awesome to be surrounded by people who understand. It's almost miraculous to see so many brothers and sisters able to let down their guard and be their real selves for a weekend. I look forward to building relationships with those I met and reconvening next year. – Cory

It's easy to be facetious about 180 sex addicts in the woods in Petaluma. Don't be. Be surprised, set aside your cynicism and embrace being accepted and loved. I did. – Hamish D

The retreat provided the luxury of time to talk with newcomers, answering their questions and providing my perspective in recovery. – Brian M

I signed up for the retreat the day after the window was supposed to close. The procrastination to register led to isolation, that then led to acting out. But that prompted me to wake up early and try to “sneak” in. Luckily, I was able to do so and attend my first SAA retreat! The weekend was just plain fun—but so spiritual and inspirational at the same time. I went to the retreat looking for answers to help me define my inner and middle circles. Of course, I heard my story there... and related to someone with long term sobriety, something I've struggled with. While I've been able to stay out of my deeper, darker inner circles for some five years, namely online pornography, secrecy and fantasy are now things I realize I can no longer justify. At the retreat, I was able to connect with so many other SA's, make new friends, and share my story with others as they shared their experience, strength, and hope with me. Any middle circle ambiguity has been cleared up. (Yes, my sponsor was right all along!) I know if I keep coming back, stay active in the fellowship—especially stepping outside my comfort zone—if I follow the suggestions as found in the Steps and offered to me by a loving and patient sponsor, my sobriety will grow. One day at a time. I'm already looking forward to next year's retreat: A wonderful setting, great speakers, insightful workshops, ping pong, hiking, music, good food, heart-to-heart conversations, and lots of laughter... the fellowship of SAA at its finest. If you've never been, go! Do not wait until it's too late! – BC

Being with the fellowship in person at the retreat was a wonderful experience after 4 years away. Getting to connect and share my experience as a part of a workshop panel was rewarding. I most enjoyed how many people were there and us all taking the time to focus on our recoveries. – Michael N

The annual retreat is one of my most-cherished events of the year. It takes my program to a deeper level with grace, support and love. I learn about different ways others approach their program through workshops; I experience others living in sobriety with joy and elation at the talent show; and I foster deeper connections with my sisters and brothers in the program by spending the weekend in communion with one another. I leave full of hope, courage, and strength...and a ton of gratitude. – David B

Many thanks to those who provided these quotes



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The Return of the Bay Area Retreat

The Bay Area Spring Retreat returned after a 3 year absence due to Covid-related shelter in place policies. First, I'd like to thank the committee members who put in the hard work to organize this event. Such things do not happen without willing volunteers.

The format followed what has become pretty standard in previous years. Check in began at 4 pm on Friday where people could select their rooms, dormitory or camping sites. Then there was dinner, followed by the first speaker meeting.

The rest of Friday night was games or discussions in the cafeteria, a drum circle around a fire, ping pong, or a dance in the "Boogie Barn".

Saturday morning there was early Tai Chi or a guided meditation. Then breakfast, the second speaker meeting, followed by the first workshop session. Then lunch and the second workshop session.

Mid-afternoon was 2 hours of free time, plus a sound bath meditation. Many people play ping pong or go on a group hike up the hill, or perhaps meet with their sponsor or do step work. Also there is volleyball and basketball.

Then dinner and the second speaker meeting.

Saturday ended with a dance and the talent/no talent show or games and art in the cafeteria.

Sunday started with Tai Chi and the guided meditation, then breakfast. Then the third workshop session was held, followed by lunch, one last meeting, and checkout.

I have personally attended quite a few of these retreats, and they are always excellent for both my recovery and also for fellowship...which, in my opinion, is an essential component of my recovery. Walker Creek Ranch in Marin County is a great venue with ample interior space in a beautiful, isolated setting. The creeks were running pretty high, which was nice to see, but we lucked out with really good weather during this unusually wet winter.

I went to three workshops (there were 4 in each of the three time slots), and the ones I attended were all great. I also played some board games and attended part of the talent show. I intended to do Tai Chi on Sunday and hike on Saturday, but I somehow wrenched a knee mid-day Saturday, so had to pass on those two activities, as well as ping pong, so my paddle went unused.

It was great to see a lot of program folks whom I have not seen in-person since April of 2020. I also got to meet a number of people who I have only seen on zoom. In addition, there were lots of new people, including visitors from Washington, Arizona, Southern California and Atlanta. In all, 180 sex addicts attended this year. The food was OK, but somehow it did not seem quite as good as previous years, but that's a minor quibble. The retreat committee provided free snacks for the munchers.

I am very glad the retreats are back, because I have found them to be an essential component of my recovery. I hope to see many of you there next year, and cannot recommend the experience highly enough.

– Ray F



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The Power of In-Person Meetings

This was my very first Bay Area retreat - although I moved to the South Bay in 2019, the pandemic, among other things, prevented this fantastic recovery event from taking place. As the retreat officially began, I stood in this large room with another 150 or more recovering sex addicts. The words of the Serenity Prayer echoed loudly across the room, voiced by this wonderful recovery choir. I had never experienced such a powerful sense of hope, unity, and strength in over ten years of recovery - it was the beginning of two days of blissful recovery, connection, growth, and personal reflection.

As attendees quickly introduced themselves around the room, several shared that this was their first in-person meeting since COVID. In addition, for some, this was the very first in-person meeting, since they joined SAA during COVID. I was glad they were there, especially for those newcomers who had never experienced the power and the connection that being there in person can deliver in a 12 steps meeting.

Virtual meetings helped our fellowship tremendously during the pandemic - they helped each of us stay sober. In addition, they allowed each of us to be helpful to others by virtually being there for them. Finally, they allowed members from around the globe to connect and members who moved geographically to remain connected with their home meetings. Although I live in California, I am an active member of the Italian SAA. The Italian fellowship, which initially had very few members scattered across multiple cities, started and grew thanks to virtual meeting platforms - and I had a chance to participate in meetings in my native language. Many members of the Italian SAA fellowship have never attended an in-person meeting.

While we are all thankful to technology for keeping us connected during difficult times, we should recognize how much in-person connection matters in our program, to do fellowship before or after a meeting, and to hug and support each other. Physical connection is not optional. Virtualization saved our fellowship during COVID and unleashed the power to reach a meeting anytime from anywhere. But it also came at a cost: isolation, disengagement, and a weakened service culture. We can return to the thriving pre-COVID SAA, now with more options to connect to meetings and for people everywhere to find support, but centered around the magic that takes place when two or more addicts meet in a room to share their experience, strength, and hope.

Hopefully, this retreat gave many of us a sense of what we have been missing for so long - boosting participation in face-to-face meetings in our area and worldwide.

– *Daniele M - Palo Alto*

Recovery Quotes

- ❑ “I can’t stay clean on yesterday’s shower”
- ❑ “The clouds of discouragement and suffering only temporarily veil the sunlight”
- ❑ “The best time to plant a tree is 20 years ago – the second best time is today”
- ❑ “Recovery is not for those who need it – recovery is for those who want it”
- ❑ “Change comes from practicing something different”
- ❑ “Addiction is trading everything for one thing, and recovery is trading one thing for everything”



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My SAA Community

Most people remember their first SAA meeting — how fear and apprehension gave way to relief at feeling welcomed by other addicts in recovery with so many experiences in common. The same was true for me.

Except that at times I still felt different. There was no way to touch upon that feeling of difference without receiving as a response the diagnosis of ‘terminal uniqueness’. And indeed that sense of uniqueness that prioritizes the differences above the commonalities is indeed a character defense of mine that requires work to overcome.

But there were other issues at play too. I remember going to an SAA meeting wanting to share about my emotional revulsion to a mass shooting of sex workers — most of which were Asian-American women — by a guy who was using his sexual addiction as the justification for his actions. I felt that all of us sex addicts were being implicated by association in this horrific sexist and racist crime. And yet some in the meeting argued that my share was an outside issue.

It was not outside for me. In fact it was central to my addiction and my recovery. That’s when I understood that the experience, strength, and hope that most SAA meetings provide did not make space for all my experiences.

Lucky for me, I have found a home in SAA meetings open only for sex addicts seeking recovery who are Black, Indigenous, or Persons of Color (BIPOC). It is in those meetings where I can bring my full self to the table.

In this virtual table, we have no outside issues. Whatever is important to your recovery is important to all of us. We do not force our lead shares to be bound by pre-approved literature. In fact in a recent meeting the lead share was the playing of a jazz song, which allowed us all to reflect not only on the importance of being in our outer circle, but also on the way that music can be a spiritual experience and a bridge to building community, and further, how the act of playing music can give us the courage to expose our vulnerabilities and overcome our perfectionism.

Our SAA BIPOC community has its own intergroup, 3 meetings a week, plus a BIPOC women-only meeting, a WhatsApp group list, and more. Our meetings have a larger proportion of women of color in positions of leadership, and we have participants from all across the US and abroad.

We are building a safe space where we can explore what we have in common despite the differences among us. Our members are placed differently in the hierarchy of white supremacy, but we all understand how racism — and yes, internalized racism as well — plays a role in our sense of self and in our addiction. Conversely our BIPOC community helps us find the support we need to walk the path of recovery.

We are only beginning. Our community is growing. We welcome all BIPOC sex addicts seeking recovery to join us. Here’s how you can do so: bit.ly/SBIPOCintergroup-welcome

– Sydney L



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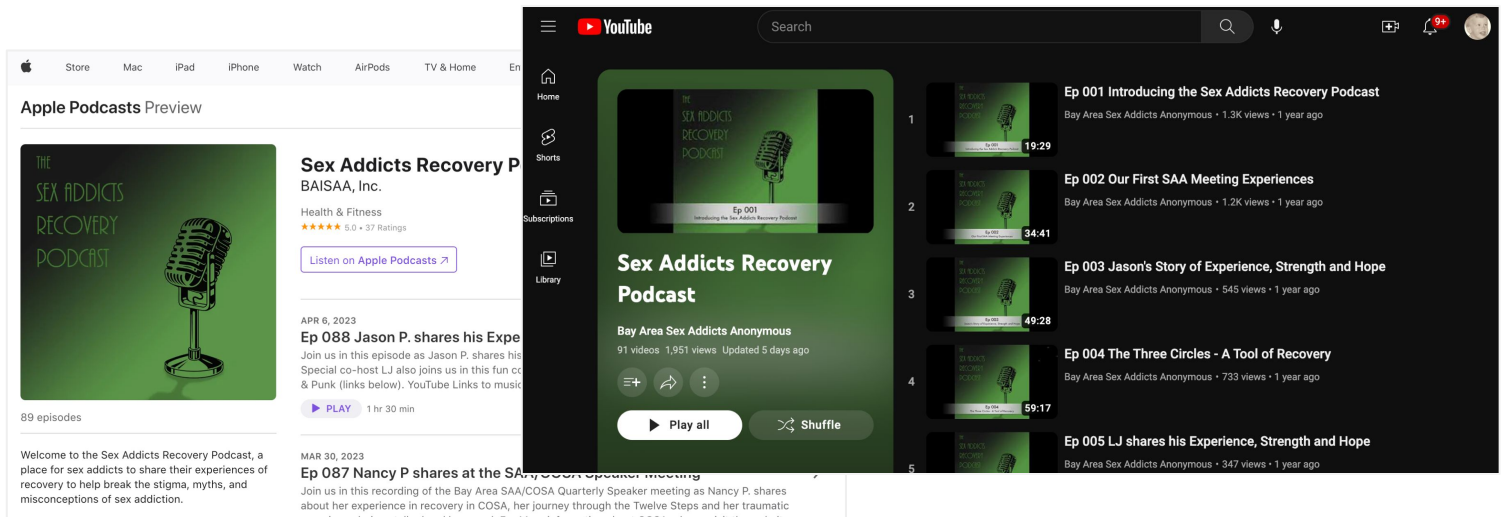
Sex Addicts Recovery Podcast

If you are not aware, the Bay Area's own Jason T is publishing a podcast specifically for our fellowship. You will hear the voices of people in the program. It's called "Sex Addicts Recovery Podcast" and is available on the major podcast platforms.

By the numbers - 88+ episodes, 122k+ downloads, 397 subscribers and 19k+ views on YouTube

Check out www.sexaddictsrecoverypod.com for links to the major podcast platforms.

For more info, contact Jason T 408-300-8536 jason@sexaddictsrecoverypod.com



A Lesson in Acceptance

I wanted to recount an adventure I had on the Retreat hike. I have done it several times before the Pandemic. The last time, I elected to turn around before the hill. I had some foot problems (I still do but not so bad). Anyway, I am older now (70) so I had a few qualms. Nevertheless, I headed up the hill.

After a while, my legs started getting tired--I am not in good shape. But it seemed that we were almost there. Then another hill appeared.

I started thinking, maybe I should stop; I am going to have to go down this hill. So I stopped. Colin H. offered to walk down with me. I had to swallow my pride, but I accepted his help. We headed down. My legs were just too weak to hold me back. I started an easy jog but I could not slow down. So I fell. The ground was soft, but I still got banged up a little. After that I relied on Colin's shoulder to move at a sensible pace.

On Sunday, I went to the emergency room close to where I live, where I had X-rays taken: nothing broken, just a bruised rib. (I was only staying for Saturday anyway.) What is the moral of the story? I have limitations. With the help of HP and a few good friends, I can accept those limitations with grace--maybe even gratitude.

- Les J



Reflections on Progress Not Perfection

"And now that you don't have to be perfect, you can be good." – John Steinbeck

The illusion of perfection (and never feeling good enough) can sabotage our self-esteem and recovery.

"Perfect is the enemy of good" is an aphorism, which means insistence on perfection will often prevent good outcomes. This adage was made popular by French writer, Voltaire.

In recovery, "perfect is the enemy of good" is a serious warning, to all addicts, that the unrealistic desire for "perfection" can limit and/or prevent us from getting sober and/or staying sober.

Moreover, there is a compelling, problem-solving, concept known as the "Nirvana fallacy" which relates to good vs perfectionism. Sometimes, people will refuse to even begin an important task (ex: sobriety) because they believe reaching perfection is impossible.

Furthermore, "... by aiming for a perfect solution, we may ignore a useful solution; by aiming to completely solve a problem, we may fail to at least improve a situation." (Anne-Laure Le Cunff, The Nirvana fallacy: When perfectionism leads to unrealistic solutions)

Although not the only reasons, "perfect is the enemy of good" and the "Nirvana fallacy" can help us to better understand why one's addiction and recovery may self-destruct. Again, some addicts may refuse to begin the important task of getting sober because a "perfect" outcome is impossible. However, it's clearly self-destructive to use perfectionism as an excuse to "act out," to ignore recovery, and to further damage our self-esteem.

During World War II, General George Patton offered this realistic advice for victory, "Better to have a good plan today, than a perfect plan tomorrow." Life coach and author, Tony Robbins said, "Take the opportunity to learn from your mistakes. Find the cause of your problem and eliminate it. Don't try to be perfect; just be an excellent example of being human."

The SAA sobriety plan (Green Book) helps us to focus on realistic, attainable, goals, one day at a time. And, as the SAA program wisely reminds us, "progress not perfection."

– Bill N – We are not Saints, San Jose

Steps 4, 5, & 6

Step 4 - Made a searching and fearless moral inventory of ourselves

Step 4 is about being honest with myself and writing down truths in my life - past and present. Typically, people working step 4 write out at least 3 inventories - resentments, fears, and harms done others. At first, step 4 can feel overwhelming, so it is recommended to work with your sponsor closely on this step. But do not skip this step - it is foundational to future steps and to your recovery. Especially with step 4, it is recommended that you read about [step 4 in the SAA book](#) ("Green Book"). [This page](#) contains links to helpful resources for working step 4.

Step 5 - Admitted to God, to ourselves, and to another human being the exact nature of our wrongs

Step 5 is done by reading the inventories you compiled in step 4 to your sponsor. Many of those working step 4 have found it helpful to schedule their step 5 while they are wrapping up their step 4 work. Having a date, time, and place scheduled to meet with your sponsor to present your step 5 is helpful. As a sponsor, step 5 is a time to listen to your sponsee, support them, and identify repeating themes. These repeating themes will often represent the defects of character that our sponsee will work with in steps 6 and 7. This [guide to step 5](#) is a helpful reference.

Step 6 - Were entirely ready to have God remove all these defects of character

Step 6 involves my identifying key defects of character that do not serve me. I work with my sponsor to identify the 5-8 traits (often uncovered in step 5) which I want to work on and turn over to my higher power. Trying to work on more than 10 defects of character at a time can be counter productive. Examples include: selfishness, pride, avoidance, rage, and more. It is important to realize that my defects of character do something for me – understanding this helps me prepare to let go of them. This [step 6 guide](#) can be a helpful resource in working the step.



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Rarely Have We Seen a Person Fail

In a lot of meetings we read How It Works from the Big Book - Alcoholics Anonymous. There is a line in it that reads "Rarely have we seen a person fail who has thoroughly followed our path." In an earlier manuscript the passage read "...who has thoroughly followed our directions." Perhaps they made the change because none of us are experts at recovery.

As a sponsor, can I guarantee that if you do everything I suggest you will stay sober?

No.

I can't even guarantee that I will stay sober. But I do have a daily reprieve from compulsive sexual behavior by the grace of a Power greater than myself - which I call God - contingent on the maintenance of my spiritual condition.

A healthy spiritual condition seems to be something that I can only keep by sharing with others. While I don't have the power to make other people sober, I can share with a newcomer or fellow member precisely how I recovered.

For me that means going to meetings, making calls to sober members of the fellowship, doing service at the meeting level, reading the Big Book and other program literature, and working the steps with someone who has worked them before - in my case, with my sponsor.

But does this program work? When I first came to SAA I didn't want to keep acting out but couldn't stop. I felt secretly terrified of living without it. By the Grace of God and the Twelve Steps of SAA, I have been abstaining from my inner circle behavior since 2012 - and beginning to learn how to truly live.

This addiction made my life progressively smaller. It was like going from the third dimension to the second. When things seemed to be getting better, I could always count on them eventually getting worse.

Recovery has been the opposite of this. It is progressive but not predictive. We never know what is going to happen next, who we are going to meet, where we can be of service to others, what exciting defects of character we may discover within ourselves - and what concealed exciting possibilities are just beyond them.

- *Anonymous*

East Bay Roses

One of the joys of sponsoring sex addicts is exploring beautiful examples of Mother Nature together. Such a place is the Morcom Rose Garden (MRG) on Jean Street off Grand Avenue in Oakland. Whether it's a heart to heart chat or dressing down the tardy addict or having a picnic replete with possibly questionable libations, there is not a more lovely spot for an outer circle event in the East Bay (short of the Brazilian Room in Tilden Park). Every variety of rose imaginable will be in full bloom the end of April at the MRG.

Staying sober.

- *Juan K*



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Bay Area Intergroup - Join Us

Once every month a group of recovering sex addicts meet with the primary purpose of unity and helping our ~90 Bay Area meetings carry their message to the sex addict who still suffers. They call this group Bay Area Intergroup. Every year finds different members elected to different roles. This year I have volunteered to be chairperson.

But we can't do it without you. If you want to get involved in Intergroup service, just show up at the second Saturday of the month on Zoom. You can bring to Intergroup more of what everyone there share: a desire to stay sexually sober and to help others to recover.

Upcoming Intergroup meetings (2nd Saturdays): May 13, June 10, July 8

Time: 11:15 am - 12:45 pm

Zoom: <https://zoom.us/j/87065412456> Passcode: Admitted

- *Gil R - Santa Cruz*

To the Newcomer or Tourist

You may not know me but I'm a sex addict. When I first came to SAA, 10 years ago, I was scared, desperate and alone. I wasn't sure that a group of strangers could help me overcome my sex addiction or that I had anything to offer them. When I first walked through the doors, I was out of options and willing to ask for help. As I started attending meetings and working with the steps with my sponsor, I began to see the power of the program and the value of this fellowship. I found a Higher Power that was stronger than my disease.

Over time, as I began to trust in the soundness of the program, coupled with my growing sense of what's possible, I now had a way out of addiction and towards recovery. As I worked my program, my life got better and easier. Don't get me wrong, my character defects are always there to pull me away from the principles of the program and into self. Today I know I have choices, do I choose recovery or do I rely on my disease which is filled with fear, doubt and selfishness? Do I trust HP or do I go at it alone?

My sponsor reminded me that once I was on solid footing, my responsibility was to work with others. I can contribute to the well-being of others by taking men through the 12 steps. I love the principle in action that we share with others what was shared with us, hope that recovery is possible.

However, the most rewarding thing for me is to work with other addicts who were just like me, and offer them help. I understand the feelings of isolation and hopelessness that can come with it. I also understand how hard it can be to ask for help and to find the support you need to overcome your sex addiction. The good news is you don't have to do it alone. We get to face challenges one day at a time. I hope you find what you need here.

- *Anonymous*



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Quarterly Speakers Meeting Online

Saturday, May 6th @ 5:30pm PT

- Speakers
 - SAA - David K. (San Francisco), 22 years sober
 - COSA - Linda P (Walnut Creek), 15 years in program
- Meeting Details
 - <https://us02web.zoom.us/j/83729345573?pwd=ZkZCMVhoOU1HT1BNRnQ4N05zbFVTZz09>
 - Meeting ID: 837 2934 5573 // Passcode: 121212 // Call in: 669-900-9128
- This is an open meeting, all adults are welcome.

The Bay Area Quarterly Speakers Meeting is on the first Saturday of February, May, August, and November. Two speakers share their story of longtime recovery on what it was like, what happened, and what it's like now. The meeting operates in the spirit of cooperation between SAA and COSA, two separate 12 Step fellowships. Email MPN121@gmail.com to be added to the speakers meeting announcement list.

Russian River Kayak Trip

North Bay SAA presents the Ninth Annual Russian River Kayak Trip – all are welcome!

Note: *This is the last year to experience this as the Russian River is being closed to commercial tours, so come join us.*

- Date: Saturday, June 24, 2023
- Type: Closed / Mixed
- Distance: Memorial Beach to Wohler Bridge. 9 miles. 3.5-6 hours.
- Check In: 9:30 am
- First Launch: 10:00 am
- Meeting/Lunch: 12:00 pm
- Return Shuttle: Last at 5:30 pm
- Cost: \$67.50 (Early Bird Special through Monday, May 31, 2023)
\$75.00 (First come first served after May 31 - sells out fast, so don't wait)
- Vendor Info: SOAR Inflatables / Russian River Adventures
20 Healdsburg Ave.
Healdsburg, CA 95448
- Reservations: <http://russianriveradventures.com/full-day/>
(707) 433-5599 (800) 280-SOAR (7627)
- What to Bring: Bring your own Lunch, Drinks and Sunscreen. Dry Bags are provided.
- For More Info: info@northbaysaa.org (707) 408-1078



Out of the Fog

Spring 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.

1. 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 In-person and Online	3310 Powell St	Emeryville
Sunday, 9:00 am	Answers In the Heart	Online		San Francisco

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

We are not Saints (In Person)
In-person

Get Directions

Meeting Information
Saturday, 8:30 am to 9:30 am
✓ In-person
✓ Closed
Big Book, 12 & 12, Green Book.
Speaker last Saturday

3. 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.

Contact

Please contact Bay Area SAA with any questions you may have using the contact form or the telephone numbers below.

General Voicemail: [\(415\) 456-1063](tel:4154561063)

Men's newcomer line: [\(510\) 906-1644](tel:5109061644)

Women's newcomer line: [\(510\) 426-6420](tel:5104266420)

Intergroup email: bayareasaa-intergroup@groups.io

Newcomer lines are answered by member-volunteers when available.

Postal Mail:
Bay Area Intergroup
P.O. Box 14754

Name *

Email *

Phone (Optional)

General Information About SAA
Información General en Español
Add or Update Events
✓ Add or Update Meetings
Newsletter Submissions
Women Seeking Recovery



Out of the Fog

Spring 2023



Announcements & Events

- ❑ **Quarterly Speakers Meeting Online** - Saturday, May 6, 2023
See all the details on page 10 of this newsletter
- ❑ **Russian River Kayak Trip** - Saturday, June 24, 2023
See all the details on page 10 of this newsletter
- ❑ **Working SAA 12 Steps in Community**
Work the 12 steps together **online** - 6:30-7:30 pm Wednesdays
For more information/Zoom link, see [top of this page](#) - join us!
- ❑ **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
- ❑ **Sponsor Support Group** - 1st Saturdays of Jun, Aug, Oct, Dec
Dates in 2023: June 3, August 5, October 7, December 2
Location: Trinity Presb. Church, 3151 Union Ave, San Jose
Time: 9:45 - 10:45am
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)

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
- **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](#)