

# Out of the Fog

An update on events, outreach and other news of the Bay Area Fellowship.  
Available online at: [bayareasaa.org/newsletter](http://bayareasaa.org/newsletter)

A Quarterly Newsletter

Issue N° 6 - Summer 2012

### Volunteers Needed

The Bay Area needs you to help with distribution of SAA materials to places like health clinics and recovery centers to reach the addict that still suffers. You can make a difference - reach out.

Contact: Jim J. via [info@bayareasaa.org](mailto:info@bayareasaa.org)

### Did You Know?

You can now download audio files of speakers and workshops from the 2012 Convention? The mp3 files play on almost any portable music device or computer and are sold online for just \$3.00 each. Get a 30% discount when you can purchase 10 or more! Go here for a full listing of recordings: <http://saa-store.org/>



### Save the Trees!

Sign up to receive this newsletter via email. Send your request to: [newsletter@bayareasaa.org](mailto:newsletter@bayareasaa.org)

### Outer Circle: What ideas do you have for today?

Outer circle activities are easy to dismiss as "just having fun" but as we grow through SAA we learn how important the outer circle is to our well being. What can you suggest to your fellows this week to get into the outer and out of the others?

Reach out, join in.

### Inspirational Words

"By believing passionately in something that still does not exist, we create it. The nonexistent is whatever we have not sufficiently desired."

-- Franz Kafka

## Silver Linings 2012 Convention

by Thom R.

The Vancouver SAA fellowship were a great host for the 2012 conference and convention held May 24<sup>th</sup> through May 28<sup>th</sup>. Attendance for the 25th year was estimated by the ISO at 110 delegates and 240 attendees. These are exciting numbers given it was the first conference held out of the United States.

Workshops were held on a range of topics. Delegate work was performed in a professional and thoughtful manner with clear respect for our traditions. The delegates made and heard pro – con discussions on critical issues facing the organization before voting was held. All issues were important to our mission and the process by which our elected board and delegate body worked was marked by respect for their importance and for the fellowship.

Important issues included conference business priorities for 2013, the establishment of a conference

steering committee, anonymity policy, conference approval of literature, ISO structure and provision of the AA Big Book and 12x12 to prisoners.

Regional caucuses were held where priorities and directions were discussed and elections were had. Trusted servants from the fellowship of the Bay Area were elected to both the Literature Committee and to the ISO board.

There is good service work being performed for our international fellowship each and everyday. The experience of service, and the success of program were evident in the reports, the open minded and respectful discussions of issues for which opposing views were held and in the overt belief in recovery under which service is performed.

Saturday workshops were many with some good focus topics such as "Gratitude" and "Healthy Dating in Recovery" on the list. The site itself supported movement and traffic with good signage to support the directory of events.

The Saturday evening banquet was an open event between SAA and COSA. The food was good and the speakers even better. The presenting of different perspectives showed all how deep similarities are shared. Fellowship and food marked our banquet.

After dinner Saturday activities included meetings and games... and of course karaoke. Some got a good night sleep.

The nights rest was needed before a full Sunday beginning with meetings and workshops, through outer circle outings to local Vancouver sites such as Stanley Park, Lonsdale Quay, and Steveston Village.

The Women's panel hosted by the WOSC after the Sunday luncheon was emotional and personal, the experience, strength and hope was a gift to all. The night featured an authors group, talent show and a drumming circle and ended with a GLBT candlelight meeting and peace.

Monday was a day to say so long until next we meet, thank our brothers and sisters in the Vancouver BC fellowship for their hospitality and to take a deep peaceful breath as we stepped towards home.

For anyone who was there to experience their first convention and conference, *Silver Linings 2012* was an experience and event to remember with gratitude as we now look forward to *Oasis of Serenity 2013*, our upcoming conference convention being held in Summerlin, Nevada next May.

See you there!

# Freedom From Addiction Week

by Larry R.

This July marks SAA's fourth annual Freedom From Addiction Week. In this annual fundraising appeal, the International Service Organization of SAA requests that meetings consider passing the basket a second time for one week during the month of July.

They suggest reading the following statement at the meeting:

"I encourage you to look at giving as an opportunity to practice Step Twelve. Reaching out to help others in need is an age old spiritual practice. It changes us. In the very act of reaching out, we receive healing. There's a blessing to be had. And you will be a blessing to the addict who still suffers."

Donations may be made at the following webpage, which also includes more

information about Freedom From Addiction Week:

<http://saa-store.org/7thTradition/FreedomWeek/>

Or groups may donate by check, payable to ISO and marked "Freedom Week." Include the name of the group, if applicable, and mail to:

ISO, PO Box 70949, Houston, TX 77270.

"Our message is simple and profound: that recovery from sex addiction is possible through working the Twelve Steps of SAA, and that following this program results in a spiritual awakening."

- Sex Addicts Anonymous,  
Second Edition, p. 59



## Camp Time!

Sierra Mountains -- September 14th-16th!!

Listen for upcoming announcements about the annual camping trip being planned for the Bay Area Fellowship of SAA.

This is a great event for both fellowship and reflection..

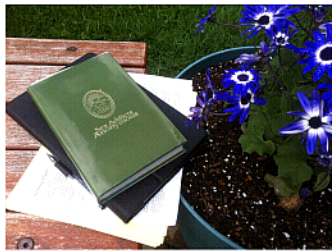
The Sierras are involved as well as friends we haven't met

yet. What isn't great about that?

This year, our camping trip is at a new location and limited to 25 so sign up early.

Questions about the upcoming camping trip can be answered through:

[info@bayareasaa.org](mailto:info@bayareasaa.org)



## 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](mailto:newsletter@bayareasaa.org).

*Step Five: 'Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.'*

### Reading:

Big Book: "Into Action", pp 72-75. 12x12: "Step 5," pp. 55-62.

SAA Green Book: "Step 5" pp. 37-39.

Working the Fifth Step helps relieve us of the burden of our secrets, break through our isolation, and face ourselves honestly in a way we cannot do alone. With the Fifth Step we come out into the open. - SAA Green Book

### Fifth Step Meeting (s):

Our Fifth Step meeting is setup by our sponsors. Each sponsor has his or her own approach to working the Fifth Step with a sponsee. You may have one long meeting with your sponsor, or several shorter meetings.

### Hints:

**Be open and honest.** Reviewing our Fourth Step with our sponsor honestly and in detail is critical to performing a Fifth Step.

**Pray.** It can be helpful to recite the serenity prayer before doing step work. We can ask for help from the universe to be present for our experience.

**Is there anything else?** After presenting your fears, resentments, sexual inventory, and strengths you may be asked 'Is there anything else?' This is the time to expose any lingering secrets of shameful events that haven't been previously discussed.

**After taking the Fifth Step with your sponsor: (AA Big Book P:75)**

- 1) Be Quiet for an hour
- 2) Review what has been revealed to you in this step
- 3) Thank God for the spiritual progress that has been made
- 4) Ask yourself if anything was omitted in the Fifth Step

**Taking the Fifth Step with Ourselves.** After reviewing the Fifth Step with your sponsor, consider going to another serene place, where you feel the presence of God. Bring a picture of yourself from when you were younger. Review your Fifth Step with yourself.

**Taking the Fifth Step with God.** After reviewing the Fifth Step with your sponsor, consider going to a place where you feel the presence of God. Review your Fifth Step together with your Higher Power.

### Bay Area SAA

P.O. Box 14754  
San Francisco, CA 94114  
(415) 456-1063

[www.bayareasaa.org](http://www.bayareasaa.org)