



The Service Issue

In this special “service” issue of *Out of the Fog*, we turn the mic around for a Q&A with SAA podcaster and service all star Jason T; get fired up in an interview with Beach Burn organizers Mark T, Marc S, and Gil R; and reflect on the importance of doing service with help from individual contributors Dave B, David C, and Matt T, the Green Book of SAA, and other inspiring sources.

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.

Reflections: A Little Help

I hear a lot about benefits of service in SAA. My service experience here has been positive. As an addict I may feel discomfort and reluctance to be of help. I might do it wrong. I might show my ignorance in front of others. I might struggle with some of the requirements for time and energy. I can make up plenty of excuses. I’m learning, though, that my discomfort is a way for growth, for recovery. I learn best by doing, not observing. And, surprise, I usually survive intact.

Vulnerability can be a gift, rather than a hardship. It amazes me how appreciative program people are for the smallest act of support. From a history of isolation and self-reliance, I find it heartening to see and offer help to others; to see others not as critics or indifferent, but teammates, brothers.

My favorite service roles have been meeting greeter-so little required, a smile and fist bump, and so appreciated; making calls to others-welcomed and direct about struggles or wins; and meeting secretary-reading a script and getting used to being seen.

Service is not required; like the steps, this is a suggested avenue of recovery. I can choose to step in, or if I need to, to step back. When I’m in a bind, an obvious solution is to help. Make a call, set up tables, do some dishes. Pretty simple.

- Dave B.

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Q & A: Jason T, Creator of the “Sex Addicts Recovery Podcast”



Who came up with the idea for the podcast? And how long did it take to go from idea to execution?

I came up with the idea for the Sex Addicts Recovery Podcast in 2015. We recorded the first the episodes in 2019 and finally launched the Podcast officially in January 2021. There were many stumbling blocks and changes along the way, which I will address over the next few questions.



What was going on in your life at the time that this opportunity presented itself? Where were you in your recovery?

In 2015, I was just coming off of a long relapse after resting on my laurels for a bit too long. I had no service positions. I was not working the steps myself or with sponsees.

After restarting the steps with my sponsor, I wanted to get back into service and decided to volunteer as an Intergroup Representative for one of my meetings. Intergroup has an annual brainstorming session for potential projects and improvements (the Visioning Meeting). Eventually I brought my idea for the Podcast to Intergroup.

Was this a passion for you even before you started the podcast? What made you decide to take it on?

Podcasting has been a passion of mine ever since I started listening to podcasts around 2005. I have been a regular contributor to a number of podcasts over the years. In the spring of 2015, my wife and I created a podcast covering the American version of a French supernatural drama TV series called “The Returned” (“Les Revenants”). After the American version was over, I continued to cover the second season of the original French TV show in the Fall of 2015.

Back to listening, I eventually started listening to recovery podcasts and discovered the podcasts on sex addiction were a bit lacking. I had seen in a number of documentaries of the punk, metal, and underground music scenes, that when people couldn’t find the music they wanted to hear, they created it themselves. I had the same thought with podcasts on sex addiction. As I was wrapping up one podcast, I could start another one.

In 2016, at the Bay Area Retreat, I asked if other people were interested in doing a recovery podcast for sex addicts. Hearing a lot of enthusiasm, we had two routes to take: a personal podcast or an Intergroup project. With a personal podcast, there was both freedom and certain limitations. With Intergroup, there were more resources available and it would be an actual SAA podcast that we could talk about as an SAA announcement. After bringing up the idea at Intergroup, I was told that the ISO would need approval of each episode, which did not interest me, so we shelved the idea for about a year. Eventually, I found the ISO’s Public Information Handbook, which had the info I needed to proceed without requiring the ISO’s stamp of approval.



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Q & A: Jason T (cont.)

Once again, I brought the idea to our Visioning meeting and we decided to move forward with the Podcast. What would the format be? How and where would we record it? What do we need to do to protect anonymity? What do we need to know about the Traditions? Those were some of the questions we had to figure out. One of the things we talked about was wanting to capture the conversations that we have after the meeting is over, in the parking lot or at breakfast. “The Meeting After The Meeting” became the working title of the podcast.

In 2019, we had most of the logistics down and had changed the name to the “Sex Addicts Recovery Podcast” (for better search engine optimization). We were set to launch in March of 2020 just after the Retreat, and then... Covid hit. The podcast took a backseat as we put our attention to getting our meetings up and running on Zoom and establishing communication with our Bay Area members.

We only had three recordings in 2019: one conversation at the Retreat, one conversation after the Los Altos meeting, and one of my ESH talks from the San Jose meeting. Now that we were all isolated, how could we get together and record new episodes? Then it dawned on me that we could use Zoom to record. One of the problems we had in the beginning was the recordings would mostly be done in the South Bay, but now we could record anyone in the Bay Area (and the world). We finally launched in January 2021 with the first three Episodes, and it was up to me to keep recording. Now I am editing Episode 160 and have a few more in the bank for more.

“Start slow and easy. Not every bit of service requires a lot of commitment.”



As of this writing, you've recorded 158 episodes. When you started this, did you ever think you'd record this many?

Yes, I was originally planning for at least 100 episodes. When the Podcast launched, I numbered the first episode as 001 leaving enough digits to make at least 100 episodes. After the first ten, making it to 100 seemed so far away. And now, slowly but surely, we're approaching 200.

With over 289,250 Downloads, 71,400 views on YouTube, and 1,010 subscribers to date, the reach of the podcast is staggering. That's a lot of people you're "twelve stepping" into the program on any given day. How does it feel to do service on such a massive scale?

It's very humbling. I still get emails from around the world that makes me feel overwhelmed with emotion. It's strange that something I make in my apartment can reach so many people globally.

How many total countries are represented by listeners worldwide? Have you been surprised by who's listening?

According to our hosting site, the Podcast has been downloaded in 85 countries around the world. Most of our listeners are from the US, UK and Canada. The bottom 50 countries average less than 10 downloads, including Saudi Arabia which surprised me. Other surprises: receiving emails from Singapore, Israel, and South Africa, all of which are in our top 10 countries of listeners.



Q & A: Jason T (cont.)



Your passion for music often comes up in your podcasts - so much so that you've devoted entire episodes to music you and others find inspiring. How big a role does music play in your recovery?

Music has always been a huge part of my life. Coming into the program as an agnostic, I had difficulties with the whole God concept. When working Step 2, I found that music and nature could be my higher power. I started making mix CDs and playlist of songs that helped me in my recovery. Over the years, I shared these mixes with program friends. Eventually I led a few workshops at the Retreat and Convention around music and recovery. At first, I was hesitant to share music on the Podcast. When trying to find an idea for Episode 009, I decided to replicate what I talked about at the

various workshops on music and layered in music during the post-production. Ever since then, I've been adding songs to various episodes and now have a few public playlists on Apple Music and Spotify.

In addition to being the official Bay Area SAA podcaster, I know that you currently serve as an Area Director, are active in the Bay Area Intergroup, and had a role in planning the annual Bay Area Retreat this year. Do you think that, as far as service goes, there can ever be too much of a good thing? What lessons have learned about your own abilities and limitations when it comes to doing service?

Good ole "service burnout." Yes, I have found my limitations of what I can do in terms of service and sponsorship. Both are important, but if I try to do too much, everything starts to get spread thin and that is not good for anyone. Recently, I finally had the chance to turn over being the Chair for Area 40, but like with many service rotations, it's the same people serving, just switching jobs. Because no else steps up to volunteer, I serve on many committees, but I keep to what I can handle. We do need new volunteers for service at many levels.

What advice do you have for the newcomer who has never done service before?

Start slow and easy. Not every bit of service requires a lot of commitment. Volunteering to read at a meeting, helping set up or break down an in-person meeting are great ways to start. Local meeting service positions can range in commitment level. The same goes for Intergroup Reps and Group Service Reps. Starting out as a IG Rep or GSR can just be a commitment to show up at a meeting and share information back to your group. Eventually, there are other service positions available, but at first take it slow and easy.

Service Quote

★ "If you want something you've never had, you have to do things you've never done." - Thomas Jefferson



Reflections: Shared Struggles

I often feel that I have nothing to contribute in meetings. I am not a sage old-timer with years of sobriety - in fact I still struggle to string together more than a month at a time. So in many a meeting I still quietly in the back without sharing. But that only perpetuates my tendency to isolate, which fuels my addiction. I have learned that my recovery is stronger when I am open and honest about my feelings and struggles. To force myself to share I frequently volunteer to do readings. This way I can tailor the reading to whatever I am struggling with at the moment, giving myself a greater opportunity to be open, honest and vulnerable in my share. Invariably I find that I am not alone, that many of my fellows have similar struggles. Sharing allows us to participate in each other's recovery, strengthening each. This small act of service bears out the promise that, "no matter how far down the scale we have gone, we will see that our experience can benefit others.

- *David C.*

Reflections: Why Step Workshops Matter to Me

In my own recovery, real change didn't happen just from attending meetings or talking to my sponsor—though those things helped a lot. What truly shifted my life was when I started working the steps consistently, with guidance and support. That's why starting and running step workshops has become one of the most meaningful and fulfilling parts of my journey in SAA.

These workshops offer something many of us struggle to create on our own: structure, momentum, and a sense of shared purpose. We move through all 12 steps in under a year by doing a little each week. For those stuck on a step for months—or even years—it creates the momentum to move forward. For those who've done the steps before, it offers a chance to go deeper and grow in new ways. Recovery isn't a one-time event. It's a lifelong process, and each pass through the steps brings new awareness and healing.

What's especially powerful for me is seeing how people connect and open up in these workshops. We build trust by sharing our own experience, not speaking in generalities or offering advice, but simply being real. That kind of honesty creates a safe space where real healing can happen. And I get to witness it week after week.

Running these workshops reminds me that recovery is a "we" process. I'm not just helping others—I'm growing too. Every time I guide someone through the steps, I'm reminded of my own journey and how far I've come. And I always come away with new insights and renewed hope.

Starting these workshops is one of the most fulfilling ways I've found to give back. It keeps me grounded, connected, and grateful. And seeing others come alive in their recovery—it's a gift I never get tired of receiving.

You can find more information about these workshops at www.indyrecovery.com.

- *Matt T.*



Q & A: Gil R, Marc S, and Mark T, Organizers of the Santa Cruz Beach Burn

For those not familiar with the Beach Burn, it's a unique event where people get together on Seabright Beach in Santa Cruz for food and fellowship, gather around a bonfire, and participate in a one-of-a-kind meeting. Who came up with this inspired idea?

GR: It started as an outer circle activity because we had one member who was going to be alone over the holidays. So, we said, 'Well, why don't we do something?'

MT: We thought about a beach bonfire event, and then, at the next business meeting [in Santa Cruz], we brought it up and another fellow, Mitch B, suggested, 'Hey, let's have it at Seabright.'

GR: So, that's how it started. We decided we were going to get together and have a meeting [at Seabright Beach], and then it just kind of grew from there. It started with gratitudes and open shares at the first meeting, and by the second meeting, it evolved into a typical meeting with a secretary and readings. We added a speaker (Tom W) at the third meeting.

Food is a big part of the Beach Burn, and OOTF would be remiss not to mention Mark's famous homemade Sushi, which is always a hit. Where did you learn to make sushi? Is it just you making it or do you have help?

MT: Well, I pretty much learned from my mom and, you know, throughout the years doing events for the family. My thought is, it's a really inexpensive dish to make. The ingredients are pretty inexpensive, so it's just a matter of the time it takes to put it together. At the last Beach Burn, two fellowship members, Sharish and Alex, pitched in to help and did a really good job. I think for future Beach Burns, I'm going to have more fellowship members come over to our place and help make it.

What's your favorite thing about doing the Beach Burn?

MT: I like the fellowship and getting to know fellows from across the Bay Area.

MS: Bringing together a forum for other fellows to get together and share a meal, get to know one another, and have conversations. It's a lot of work breaking it down, but at the end of it you walk away feeling your heart filled and closer to your higher power.

GR: Love the fellowship. It's an outer circle activity. We take the things we're learning in the program and bring it outside. It grew out of the need to make community for a one member. Now we have people coming from as far away as Brentwood, San Francisco, Morgan Hill, San Jose. It's even attracted some newcomers.





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Q & A: Gil R, Marc S, and Mark T (cont.)

Has anything ever not gone according to plan? What important lessons have you learned along the way?

GR: Bring a flashlight.

MT: Bring a chair. Bring a raincoat. A lot of things are out of our control, like weather.

MS: We always recommend layers. It can get very cold.

GR: We had to reschedule one because of the storms.

MS: We had some very bad storms. All the debris from San Lorenzo River washed on to the the beaches, the wharf collapsed, the beaches were closed. That happened last winter.

The Beach Burn consistently draws as many as 20 people – plus, the food is great, the fellowship is amazing, and everyone who goes to it speaks highly of their experience. How does it feel to be of service in this way?

GR: Service is the way we practice our program. Whether it's with a meal or something else, we give it away. That's how we carry the message to other people.

MT: It's about building, expanding the program. It's an outreach program. Doing whatever we can to grow. It's not only fellowship but program as a whole. If I can just put 1/10 of the energy I put into program that I put into my recovery, I'd be walking on water. I really appreciate the opportunity to be of service.

“Service is important because it gets you out of yourself. It's incredibly rewarding.”



You've been doing this event (depending on the weather) for a couple of years now. What's in store for the future? Do you have any ideas for changing or improving the it?

MT: We're thinking about having two fire pits. One primary and one alternate location to avoid distractions. Even having all of those distractions and noise, they're just part of the event. The challenge is to listen to what's being said despite everything that's going on.

MS: There has been talk of doing other locations. We could do one down in the Salinas/Monterey area. We'd certainly like to inspire others in Bay Area to do one.

MT: San Francisco has interest in doing one. We like to inspire others to do their own flavor. It is a jog for people to come to Santa Cruz.

GR: Up to now, the meeting has been closed. We should give some thought to having an open meeting, so fellows can bring families. That would be different than a regular meeting. Just a thought - if we decide to keep it going.

MS: Maybe we could do gratitudes like we did at the first meeting.



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Q & A: Marc S, Mark T, and Gil R, (cont.)

What advice do you have for the newcomer who has never done service before?

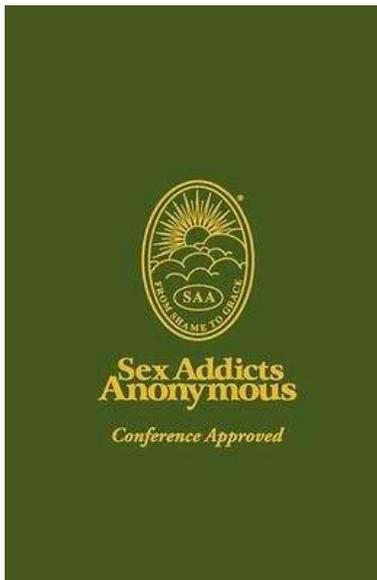
MS: Don't be afraid. If anything it will bring you close to the fellowship and to your high power. Jump into it feet first. It's a leap of faith but probably the most rewarding thing. For me, I remember doing my first service role. I quickly realized that it was amazing and incredibly satisfying. There was a sense of giving back, not just taking. I got hooked. I did almost every service role there is. It's wonderful.

MT: I think I would say, don't think too much. Just get into the action. I know for me, as a sex addict, I think too much. I don't get into the action, and I tend to isolate. Trust in program and The Promises.

MS: You're not doing this alone. There's people to help and support you. If you think you're going to be out of town, someone at the meeting will take over for you. Don't overthink it.

GR: Service is important because it gets you out of yourself. When you do that, it's incredibly rewarding. Being connected to others is really important.

Straight from the Source



“We depend on each other to stay sexually sober, and SAA depends on our service to keep functioning. Service in SAA ranges from one-on-one outreach over a cup of coffee to the worldwide outreach performed by the International Service Organization (ISO). Helping keep SAA running is an extension of carrying our message of recovery. Our voluntary efforts are essential to the success of the fellowship and the recovery of every sex addict who is a part of it. Personal service, one addict helping another, is the most essential way we carry our recovery message. We perform this type of service whenever we greet newcomers or listen to someone in the fellowship who needs to talk. We may sponsor others in the program, visit or write to addicts in jail or prison, or be available to take phone calls from members who are reaching out. In all cases, we share our experience and offer support. The paradox is that service helps us to stay sexually sober ourselves, regardless of the benefit that others may receive from us. We have learned that the best insurance against relapse is helping another sex addict.” - *Sex Addicts Anonymous*, p. 111.

“The steps are the spiritual solution to our addiction—leading not only to a life of abstinence from our addictive sexual behaviors, but to a fulfilling life of service to our brothers and sisters in recovery and beyond. The spiritual awakening described in Step Twelve puts us on the path of service and connects us with our Higher Power, our fellow addicts, and our world in ways we had never dreamed possible.” - *Sex Addicts Anonymous*, p. 146.



Out of the Fog

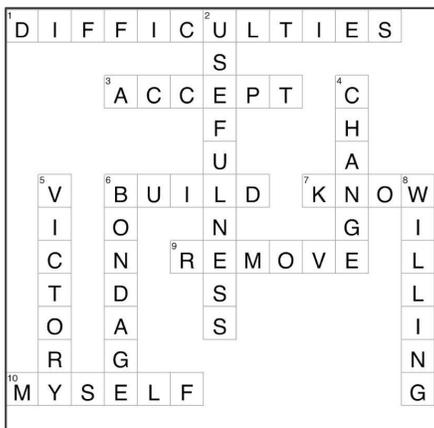
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Announcements & Events

- ❑ **Quarterly Santa Cruz Beach Burn #6-** July 12, 2025 - Seabright Beach. For more information: Mark T (408) 607-8186.
- ❑ **HELP NEEDED: Have experience in web design and/or WordPress?**
If so, please contact bradinrecovery@outlook.com – there is a service opportunity for 1 or more people to help with the Bay Area SAA website.
- ❑ **Podcast listener? Check out the Sex Addicts Recovery Podcast**
Available on [Apple](#), [Spotify](#), [YouTube](#), [Bay Area website](#)
130+ episodes which are downloaded and listened to around the world.
For more information: jason@sexaddictsrecoverypod.com
- ❑ **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
- ❑ **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 @ noon - 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>

Winter 2025 Crossword Puzzle Answers



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](#)
- **Printable Bay Area Meeting List**
- **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](#)