



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

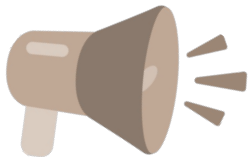


Issue No. 37

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.

Please Join Us for the



2026
MARCH 13-15



(Credit: www.walkercreekranch.org)

Contents

What is SAA?	1
2026 Bay Area SAA Retreat	1
Q&A: Kara L	2
Reflections: Escape the Cage	5
Bee Buzz	6
Pollution of the Mind	6
Recovery Quotes	6
Forgiveness Step-by-Step	7
Recap: Santa Cruz Beach Burn	9
Straight from the Source	9
Donations, Announcements, & Links	10
California-wide Prisoner Outreach	10

OUT OF THE FOG

BAY AREA SAA RETREAT

Online register only. Registration ends on March 3.

REGISTRATION LINK: <https://bit.ly/retreat2026link> QR Code:



DAY PASS (NO LODGING): ½-day \$49.99, 1-day \$132.43, 2-day \$264.86

ECONOMY ROOM: 1-night \$169.14, 2-night \$338.28

SEMI-PRIVATE ROOM: Full weekend \$440.59

CAMPING: 1-night \$137.99, 2-night \$275.98

Recovery, Fellowship, Food & Fun!

Tools, Workshops, Activities, Nature, Connection, Outer Circle!

All in an amazing location in West Marin/Sonoma near the coast

Camping, Lodging, Meals: 1/2 Day and partial days + scholarships available

Walker Creek Ranch
1700 Marshall Petaluma Rd
Petaluma, CA 94952



Aim your smartphone camera at this, tap on it, view newsletter online



Out of the Fog

Winter 2026



Q&A: Kara L, Chair of the 2026 Bay Area SAA Retreat Committee

To help get the word out about the Bay Area SAA retreat, OOTF sat down with Kara L., this year's Retreat Committee Chair, to get an inside look at everything behind the event — from what the retreat is all about and who it's for to how it comes together, how to get involved, and why she keeps coming back every year!

Well, it's that time of year again! Fellows from all around the Bay are clearing their calendars in (giddy?) anticipation of the annual 2026 Bay Area Retreat, which will be held at Walker Ranch in Marin County from March 13-15. As the chair of the Retreat Committee this year, I would imagine that there are a lot of loose ends for you to tie up between now and then to ensure that everything goes off without a hitch. What has the experience of planning this event been like for you?

It has been a good reminder that there is a Higher Power that is guiding this process and that we have the 12 Traditions to help keep the message clear. We are all volunteers, recovering addicts, and people who care deeply about the retreat coming together to make sure that we are carrying the message to the addict who is still suffering. I am reminded that we don't do this program alone, and watching this committee come together at each meeting is a powerful testament to that.

Many people reading this may not be familiar with the annual Bay Area Retreat. Or perhaps they've heard about it from other fellows but have never experienced it for themselves. How would you describe the retreat to someone who's never been to one before?

I can think of a number of adjectives to help describe the retreat: restorative, profound, transformative. It is a wonderful weekend of recovery with fellow recovery folks, speakers, deeply moving workshops based on the principles of the program, and joy and laughter. Whether people come for the entire weekend and get to immerse themselves in recovery, or only for a few hours to see a speaker, attend a workshop, or enjoy a meal with others, there are numerous ways to participate in the retreat. Walker Creek Ranch is a beautiful setting, away from the busyness of life, where we get to focus on ourselves, our recovery, and our fellowship. I know it can feel overwhelming for someone to come to the retreat for the first time. However, we have all been newcomers to the retreat, and there are plenty of people ready to welcome them there.

This event draws a big crowd, year after year. On average, how many fellows typically show up for the retreat?

It can be anywhere from 100 to over 200 people! The opening Friday night meeting is always mindblowing, hearing each person introduce themselves and why they come. It's probably my favorite meeting of the weekend.

That's a lot of people to house, feed, and entertain! What kinds of accommodations and amenities are available to people at Walker Ranch? And are there a lot of things for people to do there?

There are both semi-private and economy options for those who choose to stay for one night or for the entire weekend. The semi-private rooms have beds for 2 - 5 people. The economy lodges are much like a camp with bunk beds. There are bathroom and shower accommodations, which vary depending on where you are staying.



Out of the Fog

Winter 2026



Q&A: Kara L (cont.)

There is also the option to set up camp. Some members bring their own camping gear and set up camp in various areas of the property. Other folks come up in their RVs and stay there. I really love staying on site because I get to really soak in all that the retreat has to offer and spend as much time with my recovery people as possible.

When we are not busy with workshops, meetings, or meals, there are things to do in our free time. Friday night is the night for dancing, and one of our members sets up his DJ gear, and we dance late into the night. In the dining hall, people are gathering for chats or board games. Saturday night is the always popular “Talent/No



(Credit: www.walkercreekranch.org)

Talent Show” where folks in our community bring their instruments, or comedy, or whatever they want to showcase. It’s always a great time and inspiring to see the talent in our fellowship. There is also a bonfire that often goes late underneath the night sky. There is often meditation offered in the mornings, and we’ve even had Tai Chi offered by a member of our fellowship. And there’s ping pong! I’ve seen quite a few competitive ping pong games take place at the retreat. No matter if you’re new to ping pong or a seasoned player, the ping pong games are always very popular. We are also lucky to be at Walker Creek Ranch, which has several walking trails to explore the area. The ever-popular hike takes place during free time on Saturday, and there is always a big crowd heading up the nearby hills. Lastly, the food is always delicious, and mealtimes are a good time to talk with people that we don’t often get to see.

You’ve been to the retreat before obviously. What’s do you like most about it?

It is one of my favorite times of the year, honestly. I can’t wait to get up there and immerse myself in recovery. I know it sounds sappy, but getting to be amongst other folks in recovery for 3 days is amazing! It’s like a meeting that lasts 3 days! Hearing the speakers at the meetings or attending a workshop that someone in the program has prepared really is truly special. There are some people that I only get to see in person once a year, and getting to hug them and spend time with them is so meaningful.

Is anything new and different happening at the retreat this year that’s never happened before?

Well, we are still working hard behind the scenes to get the retreat ready, so you never know what Higher Power may have in store for us!



Q&A: Kara L (cont.)

What would you say to someone who's on the fence about going to the retreat? Can it offer them something they wouldn't normally get from attending SAA meetings or from after-meeting fellowship?

This is a great question because this is what I try to make sure to talk up at meetings. I get that it can be overwhelming to think about attending the retreat. An entire weekend of 12 step work and talk?! And, I understand. I was only in the program for a few months when I was talked into going to the retreat. I remember who spoke that night, and I was incredibly moved and inspired. I found my first sponsor at that retreat and made friends with people that I am still close with today. The thing about the retreat is that there are plenty of ways to attend. You don't have to come for the entire weekend. You can come for a day, or even a half-day. You can even come for the weekend but stay offsite nearby. Quite a few members do this. Everyone has their own unique experience at the retreat. But as we say in the program, take it a bit at a time. Maybe this year, come for the day, and then you can decide. Honestly, your recovery is worth it. We only get the opportunity to gather like this once a year.

*"I can think of a number of adjectives to help describe the retreat:
restorative, profound, transformative."*



What if someone wants to do service at the retreat? Are there opportunities for people to help out with the event? What kinds of things can people do?

We have a volunteer coordinator who is in the process of reaching out to those who want to volunteer and plugging their names into a variety of jobs. There are plenty of jobs that need to be filled. We have an arts-and-crafts table that we need help with this year. This is where people have the chance to make their own nametags, which is always popular. This is an important job to fill. We need help checking people in when they arrive and getting them squared away with their accommodations. We need runners who help the registration desk with things like parking and showing people to their rooms. We need help with the evening bonfire, making sure it's safe and extinguished at the end of the evening. People who want to volunteer at the retreat can reach out to our volunteer coordinator, Brendan, at bpdesigns1@gmail.com.

If someone wants to help out financially, are there opportunities for them to do that as well?

Thanks to our generous fellowship, we offer scholarships to those who want them. These scholarships cover the full weekend in economy lodging, with all meals included. We only ask that you pay what you can (starting at \$40), and the scholarship fund can cover the rest. The retreat committee realizes that attending the retreat may be a financial stretch for some. We are committed to helping those who want to come and may not be able to pay. A donation link is available on the Retreat Registration website. (<https://bit.ly/retreat2026link>)



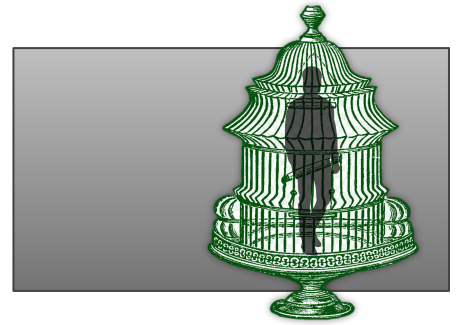
Reflections: Escape The Cage

"Our lives are a sum total of the choices we have made."

-- Wayne Dyer

Addiction is about lies. Recovery is about truth. A wise soul said:

"We lie loudest when we lie to ourselves." However, when we embrace the truth we create strong, sober and meaningful lives. When we embrace the truth we live in reality, not illusion. A wise philosopher wrote: "Far more crucial than what we know or do not know is what we do not want to know." Denial does not make our addiction go away. Denial only makes the problem worse because it keeps us from finding a solution to defeat our addiction. And, it has been said, "The truth does not die because we try and bury it."



An author wrote these profound words: "There is no trap so deadly as the trap you set for yourself." Sexual addiction is like living inside a cage but the door is never locked. The cage represents the battlefield of our mind and the limitations or restrictions which confine us: self-doubt, fear, anger, guilt, shame, depression and the slavery of addiction. Another wise soul said: "The cage you live in is just an illusion created by your fears. Do not let the walls of your cage define you. Break free and become the person you were always destined to be."

When we escape the cage, we learn how to reject the obsessive and compulsive behaviors which kept us a slave within our own self-imposed prison. It has been noted: "Much of your pain is self-chosen." However, "Your pain is the breaking of the shell that encloses your understanding." With the help of our Higher Power, SAA, sponsors and friends in program, we can find the strength, courage and wisdom to heal our pain, while we remain sober, one day at a time. When we escape the cage, we are no longer victims but grateful survivors. And, we learn that no matter how difficult recovery may sometimes be, we have the power to get sober and stay sober, if we have the willingness and commitment to do so. Moreover, we learn how to make safe, strong and sober decisions, as we give thanks to our Higher Power for the gift of life and all our blessings.

When we escape the cage, we explore a new, sober, world of self-discovery and self-acceptance, as our Higher Power helps us to rebuild our lives in positive ways. These awe-inspiring words proclaim: "Like the butterfly, you will also go through stages of change, rebirth, and new beginnings for transformation and renewal. Use these changes to create a clarity of purpose for a personal renaissance. Break out of your comfort zone, shed old layers, and stretch in your potential to become your best self. Be free of outdated limitations, experience rebirth and take flight."

Within the battlefield of our mind, we must remember that addiction will never overlook our mistakes or forgive any weakness. However, we have the power to defeat addiction, and to stay sober, one day at a time. The wisdom of H.G. Wells reminds us: "Sometimes, you have to step outside of the person you've been and remember the person you were meant to be. The person you want to be. The person you are." With God's grace, let us be grateful for the priceless gifts of faith, family, freedom and sobriety.

- Bill N, *We Are Not Saints*, San Jose, CA



Out of the Fog

Winter 2026



Bee Buzz

Bee Buzz, Bee buzz in my head a bee buzzing around stuck bouncing around like ping pong ball bing bong all around. I cannot sleep I cannot pray a constant noise in my head. Open the doors and fly away annoying bee, be gone be gone I cannot sleep I cannot pray I cannot exist . I am a prisoner to a tiny Bee in my head bouncing around it's Tiny problem and echoing its noise into louder and louder. I cover my ears but the noise is inside my head insidious paradox of intrusion thought reverberate bells of insanity from a little bee bouncing in my head ferocious monster of a beast echo chamber lost.



- Mark T

Pollution of the Mind

I waken to the sound of birds chirping outside and sleep to the sound of frogs croaking a nature nursing delight of the mind, Then. The background of the highway drumming, "pollution of mind". Granddaughter teething screaming, "pollution of mind". Car fan belt screeching "pollution of mind". Nagging back pain, digital clock on dresser, cutting morning air, ice on car windshield occupy and pollute the recesses of mind and soul.

Tanning lotion billboard, yoga pants, lingerie ads, ads, every where invading mail, invading search engine, news engine, purchase engine, car magazine engine with Grease and grime.

Tattoos creeping out of tank top hypnotic blues, smells of perfume, eye contact piercing blue eyes, polluting pristine beaches of mind like an Exxon Valdez.

Choose to be an Amish please, high degree to be less of me. Thought life clean, clearly free. A recipe for living pollution free.

- Mark T



Recovery Quotes

★ "You must do the things you think you cannot do." – Eleanor Roosevelt

★ "You can't go back and change the beginning, but you can start where you are and change the ending." — C.S. Lewis



Forgiveness Step-by-Step: A Bay Area SAA Workshop Explores Steps Four Through Seven

FORGIVE

On October 16, 2025, five members of **Sex Addicts Anonymous (SAA)** gathered online from across the San Francisco Bay Area to explore a theme central to recovery yet often elusive in practice: *forgiveness*. The two-hour workshop, titled “*Forgiveness Step-by-Step: Four Through Seven*,” invited participants to reflect on how forgiveness takes shape in the middle steps of the Twelve Steps — especially in inventory, confession, readiness, and humility. Participants used the chat function to share their reflections before moving into open discussion. Together, they examined forgiveness as a spiritual process that begins with self-awareness and unfolds through honesty, willingness, and connection.

Defining Forgiveness

The group began by reviewing a working definition: forgiveness as “*a process of self-release from resentment and anger toward oneself or others for past harms related to addiction.*” Many agreed but felt the definition could expand to include situations beyond addiction. One participant described forgiveness as “*an ability to let go,*” another as “*a conscious decision to release resentment and anger.*”

What does forgiveness feel like in practice? Members offered a range of answers — from “peace of mind,” “freedom,” and “joy mixed with humility” to “scary,” when uncertainty remains about how others feel. Some participants shared that forgiveness had allowed them to stop investing emotional energy in anger that could not be acted upon, freeing them to live more fully in the present. Others noted that true forgiveness often begins with forgiving oneself.

Forgiveness in the Steps

Step Four: A Searching and Fearless Inventory

Members described Step Four as a roadmap for identifying where forgiveness is needed — both for others and for oneself. One participant shared a breakthrough around forgiving his mother after recognizing that his own shame had intensified past wounds. Another noted that inventorying resentments revealed how fear and self-hatred often disguise themselves as anger toward others. “Step Four,” someone said, “maps the journey I need to take if I wish to be in recovery.”

Step Five: Admitting Wrongs to Another Person

For many, Step Five was a profound experience of release. Sharing personal truths with a sponsor or trusted friend brought ego deflation and relief from isolation. “When I tell the truth,” one member said, “I release the burden of shame and guilt — that’s forgiveness in action.” Another added that being heard without judgment felt like “*belonging at last.*”



Forgiveness Step-by-Step (cont.)

Step Six: Becoming Entirely Ready

In Step Six, participants saw forgiveness as a form of readiness — the willingness to let go of old habits of resentment, judgment, and fear. “Every judgment about others,” one person reflected, “is an attack upon myself.” Another added that forgiveness sometimes requires acknowledging, “*I don’t want to forgive this person*” and asking for help anyway.

Step Seven: Humbly Asking for Removal of Shortcomings

By Step Seven, the conversation turned toward grace. Participants discussed how asking their Higher Power for relief from shortcomings felt like *receiving* forgiveness — not just granting it. “Once we’ve given forgiveness in Step Six,” a member observed, “we are ready to receive it from our Higher Power.” Others expressed gratitude for the sense of renewal this step brings: humility, compassion, and the courage to start again.

Workshop Reflections

Members appreciated the workshop’s structure — particularly the use of the chat function to express thoughts before speaking. “It was a great forum to think about things I usually don’t think about,” one said. Another noted, “Writing helped me pause, consider, and then listen to how others responded.” Several participants said they planned to apply what they learned directly: “Next time I need to forgive a person,” one member wrote, “I will use Steps Four through Seven in sequence to understand my part. It brought me clarity on how to practice forgiveness in the problem and reach my heart in the matter.”

Personal Forgiveness Prayers

To close the workshop, each person wrote a short forgiveness prayer. Among them:

- “God, grant me the courage to look at my shortcomings and reach a place of self-forgiveness each day.”
- “God, may everyone have the ability and pre-grace to find You now.”
- “God, help me match any judgment of others with forgiveness.”
- “God, for today, please help me catch my negative thoughts and behaviors early so I won’t do things that need me to ask for forgiveness.”

For these Bay Area SAA members, forgiveness was not a single act but an unfolding process — one that, like the Steps themselves, opens doors to humility, healing, and love. The session ended with a reading from Shakespeare — a reminder that mercy and forgiveness, like grace, flow freely when invited:

“The quality of mercy is not strained; It droppeth as the gentle rain from heaven Upon the place beneath.”

The Merchant of Venice

- Frank T



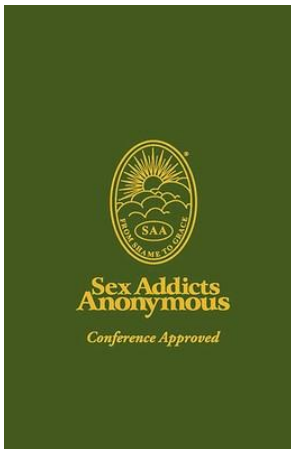
Recap: Jan 31, 2026 Santa Cruz Beach Burn Event

A beautiful day transitioned into a calm and reflective evening, accompanied by the sound of crashing waves, as members of the SAA community gathered around a fire to share experience, strength, and hope. Fellowship members traveled from Oakland, San Francisco, and San Jose to join the Santa Cruz fellowship in an evening dedicated to outer circle living, fellowship, and shared meals.

The evening featured a guest speaker, Jeff M., who delivered his first in person share of his story. Standing against the backdrop of the ocean, his message reflected courage, humility, and a deep commitment to healing—both personally and in service to others—through lived experience with the cunning and baffling disease of sex addiction.

Following the speaker, members participated in a series of meaningful shares, openly reflecting on both the challenges and progress of their individual recovery journeys. The gathering concluded with continued fellowship around a warm fire, fostering connection and mutual support. The evening served as a powerful reminder of the healing that occurs when individuals come together in recovery, guided by a shared purpose and a clearly felt Higher Power.

- Grateful SAA members



Straight from the Source

“The Steps are an expression of spiritual principles that can be practiced in all aspects of life. Honesty, willingness, courage, humility, forgiveness, responsibility, gratitude, and faith are just some of the names we give to the spiritual principles that gradually come to guide us in our lives. As we progress through the program, establishing conscious contact with the God of our understanding, we become aware of these principles within us—like gifts that were always there, unopened until we were ready to receive them. Opening these gifts brings about our spiritual awakening. Continuing to apply them on a daily basis keeps us spiritually fit and growing in recovery.”

Sex Addicts Anonymous, p. 60

“We may have setbacks and difficult times. We may suffer the painful consequences of past behavior, or experience the pain of new growth. It is important that we not give up. Using the tools, and practicing the spiritual principles we have learned, we can move through the pain without acting out, and find serenity. The miracle of recovery from sex addiction becomes a reality we experience every day.”

Sex Addicts Anonymous, p.66



Out of the Fog

Winter 2026



Announcements

- ❑ **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@sexaddictsreciverypod.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>

Events

- **Step Study Workshop.** Saturdays,
7:15 - 8:15 am. Online.
<https://zoom.us/j/346089081?pwd=cZEMDIBUK92ZnZuUW4wSzdkMkpBQT09>
- **Quarterly Santa Cruz Beach Burn.**
Saturday, April 25. Seabright Beach, Santa Cruz. For more information: Mark T (408) 607-8186.
- **Bay Area Outer Circle Committee – Standing Hike.** 1:00 pm, every first Saturday of the month. Rancho San Antonio, Deer Hollow Farm Trailhead, 22500 Cristo Rey Dr, Cupertino. Contact: Ken N (ken558d13@gmail.com)

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](#)

Submissions

- [Newsletter Submission](#)