

Out of the Fog

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

A Quarterly Newsletter

Issue N° 4 - Winter 2012

2012 Outreach Committee

Anyone interested to join the new team, spearheaded by Joanne, please meet at The Grind Coffee Shop on Haight near Scott St after the Saturday 8:15 am meeting at Davies Medical Center. **January 7th around 9:30 am**
The Grind
783 Haight St

Did You Know?

You can now download audio files of speakers and workshops from the ISO Intl Conventions dating from 2004 - 2011. The mp3 files play on almost any portable music device or computer and are sold online for just \$3.95 each. Go here for a full listing of recordings: <http://saa-store.org/audio>



Save the Trees!

Sign up to receive this newsletter via email.
Send your request to:
newsletter@bayareasaa.org

Outer Circle: Dinner and the Movies!

Open to all members of the fellowship, join us at the next outing. We'll meet at the Food Court of San Francisco Shopping Centre (865 Market St, lower level) by Bloomingdale's. **January 7 @ 7:00 pm.** For more info, send an email to: outercircleevent@gmail.com

Inspirational Words

"From the very beginning to the very end, pointing to our own hearts to discover what is true isn't just a matter of honesty but also of compassion and respect for what we see."

-- Pema Chodron

In the Public Eye

Saturday Evening Post Moment for SAA?

Op-Ed Piece by Jim J.

With the December 5th cover story in *Newsweek* about sex addiction, and the nationwide release of the movie, *Shame*, perhaps our 12-step recovery movement is reaching the seminal point that AA experienced over 70 years ago when Jack Alexander wrote about alcoholism in *The Saturday Evening Post*.

The *Newsweek* writer, Chris Lee, researched his article by going to SLAA meetings. Steve McQueen, director of *Shame*, which is reviewed in the article, had attended SAA meetings for his research where he heard stories he described as "devastatingly sad." Perhaps even the most jaded movie-goers will have a disquieting experience seeing this film, which reportedly received a 15-minute standing ovation at the Venice Film Festival in September.

Much of the public will be shocked by the first interview in the *Newsweek* article with a young woman who lost two marriages and a job due to compulsive sexual behavior. Now perhaps the public will begin to realize that their brothers and sisters, co-workers and neighbors, may suffer from this addiction that is still so highly stigmatized publicly. Quoted in *Newsweek*, McQueen says, "It's not like alcoholism or drug addiction, where there is some built in sympathy. It's almost like the AIDS epidemic in the early days. No one wants to deal with you. You're weird. You're a fiend. That stigma is still attached."

At the same time, the Internet Filter Software Review estimates as many as "40 million people a day in the U.S. log onto some 4.2 million" web sites for pornography. Ironically, the *Newsweek* article (and cover) features titillating photographs that this writer would generally avoid. But such is the nature of our media and highly sexualized culture.

Where does this take us? As Bill W. noted in *Alcoholics Anonymous Comes of Age*, "Public relations was not only a big problem but a delicate one" (p. 197). It seems to this writer that, while the vast majority of us sex addicts in SAA may understand the importance of service in our recovery (Bill W. calls it the third legacy of AA after sobriety and

unity), many of us prefer to keep a low profile, mainly working the twelfth step by showing up at meetings and by sponsoring others.

Are we anywhere near ready to do outreach to the legions of sex addicts who still suffer? Case in point: currently there are a total of six members on the National General Outreach committee of ISO, and a like number on the Public Information subcommittee. All the ISO subcommittees suffer the same lack of participation. Yet we are a fellowship of thousands of individuals and hundreds of meetings throughout the US.

When a local professor recently called upon the Bay Area Intergroup to provide a speaker on sex addiction to one of his classes, we discovered the closest trained speaker who could represent SAA, based on ISO standards, was in Portland! Fortunately, one of our local members felt it incumbent to speak to the class anyway and did so, but was not able to identify "officially" as an SAA member.

So get ready, friends, to help with expanded outreach to the sex addict who still suffers. We have this responsibility of service. Let's all step up to the challenge, as we can.

Review of Internet Blockers

by Steve S.

Are you considering using an internet blocker to prevent accessing inappropriate internet content? I have been using a whole range of blockers for the last 10 years and have learned some things that I can share with you. I have used *Net Nanny*, *K9*, and *Safe Eyes* and each has strengths and weaknesses. Below find a quick description of each.

Net Nanny – supports mobile devices. It has a one-time cost plus

annual fee, and allows password administration and content management remotely (your sponsor can do it from home!).

K-9 (free) – does not allow remote administration and does not support mobile devices.

Safe Eyes – supports mobile devices. It has a one-time cost plus annual fee, and allows password administration and content management remotely (your sponsor can do it from home!).

All of the blockers work in very similar ways and block almost all obvious inappropriate content. They also allow you to add sites to block, search words to block, and actually allow you to block all images.

Blockers usually do not allow any access to the internet at most public sites like coffee shops, hotels, libraries, etc. because of the way they conflict with public logon screens.

Therefore, if you travel and need the

internet, a blocker will be a problem.

My final comment is that, although I cannot trust myself to use the internet without a blocker, no blocker has proven more cunning than my addict. When I am in a fit spiritual condition, however, the blocker has allowed me to use the internet for positive purposes, one day at a time.



Retreat Time!

Santa Cruz -- March 16th - 18th

Mark your calendars for the annual 2012 SAA Retreat. It will begin on Friday March 16th and end on Sunday March 18th. Once again, the location is at Happy Valley Conference Center, nestled in a beautiful redwood grove in the Santa Cruz Mountains. The weekend will be packed with a multitude of workshops, 3 guest speakers, a Talent – No Talent Show and a Disco

Dance. There is an Opening meeting on Friday night, 2 on Saturday and a closing meeting on Sunday. Last year we had record breaking attendance with 125 people. We hope you can join us – it's an amazing event!

Registration details will be available in mid-January. Look for flyers on the literature table in your meetings.

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.

Step Three: 'Made a decision to turn our will and our lives over to the care of God as we understood God.'

Reading:

Big Book: "How it work", pp 60-64. **12x12:** "Step 3," pp. 34-41. **SAA Green Book:** "Step 3," pp. 28-31.

"Our whole trouble had been the mis-use of willpower. We had tried to bombard our problems with it instead of attempting to bring it into agreement with God's intention for us." -- from the **Big Book**

Writing:

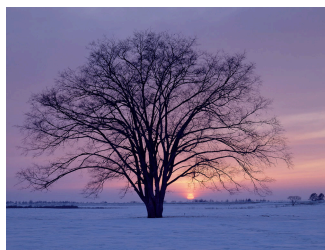
Define 'Made a decision'. What does it mean to 'turn your will and life over to the care of God'?

Hints:

Ask Your Fellows. Each of us has a unique way of 'turning our will and our lives over'. Find out how others in the program took this step.

Be Willing. Having the willingness to turn our will and our life over to a Higher Power demonstrates humility.

Gentle Curiosity. Can we be gently curious about this concept of 'turning our will over'? Is there something I need to turn over today?



What things in my life can I really control? It may be helpful to actually 'write' these down. For me, the list is much smaller than I sometimes acknowledge.

Taking the Third Step. After you have done the work assigned by your sponsor, take the Third Step, including reciting the Third Step Prayer, someplace where you feel the presence of your Higher Power.

Notice the Resistance. It's okay to feel resistance to a step. Many times I will 'turn some things over', but try to use my will for others.

Turn over the Results. I'm still responsible to do the footwork in life. I just turn the results over to my Higher Power.

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 writing.

Share. Be sure to 'share' at meeting level that you are working on your Third Step.

Bay Area SAA

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