

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

Fall 2022
Issue No. 25

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.

My Addiction

This is in the beginning of my acting out, when I thought my acting out behavior was my secret, my entitlement, my special antidote, my secret weapon to whatever ailed me emotionally, physically or mentally.

Whenever I acted out, I thought I knew a new freedom & a secret happiness.

Whenever I acted out, I regretted the past and wished to shut the door on it.

Whenever I acted out, I thought I comprehended the word serenity and knew peace for a moment.

Whenever I acted out, no matter how far down the scale I had gone, I could not see how my experience was anyone's business.

Whenever I acted out, that feeling of uselessness and self-pity would never disappear.

Whenever I acted out, I would be consumed in selfish things & lose interest in my fellows, family & friends.

Whenever I acted out, self-seeking never slipped away.

Whenever I acted out, my whole attitude and outlook upon life was stuck.

Whenever I acted out, fear of people and of economic insecurity never left me.

Whenever I acted out, I never knew how to handle situations which continued to baffle me.

Whenever I acted out, I realized that this sexual acting out is doing for me what I could not do for myself.

You can see how for someone like me who was insecure, unsure of how to be around people, why acting out was so powerful and meaningful to me.

Sexual acting out was my Higher Power, my best thinking that seemed to make my life better. This was my life until my addiction turned against me. It's not a surprise I got addicted mentally & emotionally, despite my best efforts at self-will to change, I was in the grips of a powerful force that kept me trapped.

In SAA, I found a Higher Power that could help me out of this addiction. But first, I had to surrender my life and will over to the care of a loving Higher Power.

- Anonymous

Contents

What is SAA?	1
My Addiction	1
Shame	2
Self Care in Recovery	2
Steps 10, 11, & 12	2
A Week in the Life of a Retired SAA Member	3
Step 9 Promises	3
2023 Bay Area Retreat Update	4
The Bay Area SAA Community - Learning About Each Other	5
Announcements & Events	6
ISO Donations	6
Recovery Resources & Links	6
California-wide Prisoner Outreach	6
Participate - Submit Content	6



Out of the Fog

Fall 2022



Shame

Shame is a prominent, powerful feature in our stories, at least in mine. There is something in the story that I tell about myself to myself that says I am fundamentally flawed. I would never talk to someone else like I talk to myself, but for some reason, I say all kinds of disparaging remarks to myself that are visceral and even more primal than words.

My solution used to be acting out; increasingly though it's reaching out and being vulnerable with my fellows. Program taught me that my story wasn't unique and through the stories of others, I caught a glimpse of what full and successful living could look like.

I had to open up and be not only willing to tell my story, but take steps-The Steps- to change my story. I have to be real with my inner circle with others and be open to change in community. Talking about my highs and lows as a recovering sex addict was where I got to tell a new story, one of transparency and grace. The very thing I fear the most is now the channel of my healing.

- Dale B. - Santa Cruz Meeting

Self Care in Recovery

In addition to **meetings, step work, & calls**, I have learned that there are other critical aspects to successful recovery.

Therapy - In addition to talking through all my feelings and messed up thinking, I am working through CBT and EMDR with my therapist and continue to make progress.

Exercise - I do Peloton (not enough) and bike riding and am always amazed at the natural high I get. Try exercise!

Sleep - Reading [Why We Sleep](#) really opened my eyes to how important sleep is to my health and recovery. I have since been tested for sleep apnea and now use a CPAP machine nightly.

Medicine - My mom told me many years ago that my dad fought taking meds for depression for many years, but he finally did and regretted waiting. I have been taking meds and constantly reviewing the progress - so valuable.

- Matt T. - San Jose Meeting

Steps 10, 11, & 12

Step 10 - Continued to take personal inventory and when we were wrong promptly admitted it.

By the time I get to step 10, I've done the hard work. Step 10 is about applying what I've learned on a daily basis. The [Green Book](#) encourages "We set aside time to review our behavior, our dealings with others, our emotions, and our spiritual condition". The key is to try to do something daily so I stay in touch w/ my recovery. Houston SAA has a good [worksheet for step 10](#) if you want to have more structure.

Step 11 - Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

In addition to my SAA community of fellow recovering addicts, meditation and journaling have been critical friends in my recovery. I often count my breaths up to 10 over and over while sitting, laying in bed, walking, or driving - besides calming me, I get valuable insights into what my mind is doing. And journaling has been so huge in my recovery - I have many books compiled over the past 15 years - what a blessing. Don't miss out on the value of prayer, meditation, and journaling. See this [step 11 guide](#) for more info.

Step 12 - Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.

Once I had worked steps 1-11, I realized that I needed to and wanted to serve other addicts if I was going to stay sober and become the person I wanted to become. I started sponsoring when I was early in the program and stumbled often - yet I believe I was a blessing as I was blessed. You can make a difference in other recovery addicts' lives simply by showing up at meetings and listening to others. If you are intimidated by being a full fledged sponsor, try being a temporary sponsor. You can do it, and - not only that - service is critical to long term sobriety. Houston SAA has a comprehensive [12th Step Workbook](#).



Out of the Fog

Fall 2022



A Week in the Life of a Retired SAA Member

Sunday: visit to an organized place of worship (COVID-19 permitting); walk in a park; afternoon Zoom meeting; correspondence with incarcerated addicts via ISO

Monday: reading SAA approved literature; tennis in morning; swimming in afternoon; Zoom meeting at night (sharing readings)

Tuesday: reading SAA approved literature; playing bridge with male friends; program calls

Wednesday: reading SAA approved literature; tennis in morning; noon meeting with sponsee at Morcom Rose Garden; tennis and swimming in afternoon; hybrid meeting in Alameda following by fellowship meal

Thursday: reading SAA approved literature; lunch and fellowship with sponsor

Friday: reading SAA approved literature; tennis in morning; swimming in afternoon; Zoom meeting at night with sponsee

Saturday: morning Zoom meeting; Zoom Intergroup meeting monthly sharing reports as Treasurer and Intergroup Communications Committee liaison

- *Juan K. – Alameda Meeting*

Step 9 Promises

1. If we are painstaking about this phase of our development, we will be amazed before we are halfway through.
2. We are going to know a new freedom and a new happiness.
3. We will not regret the past, nor wish to shut the door on it.
4. We will comprehend the word serenity, and we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook on life will change.
10. Fear of people and economic insecurity will leave us.
11. We will intuitively know how to handle situations that used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.

- *Alcoholics Anonymous, pgs 83-84*



Out of the Fog

Fall 2022



2023 Bay Area SAA Retreat Update

The retreat is currently scheduled for **March 31st- April 2nd, 2023 in-person at Walker Creek.**

If you plan on attending and you've wanted to help out either on the retreat planning committee or as a volunteer, now is your chance! Take a look at the positions listed below and email volunteers@sfsaaretreat.groups.io if you are interested. Not sure what you'd like to do, but you'd like to do something? Just let us know, and we will slot you in where we are most in-need.

Below is the list of retreat committee positions and abbreviated list of volunteer roles.

Committee members are expected to attend regular retreat meetings starting in January.

Almost all the volunteer positions are on-site during the retreat, and only a few require specialized skills.

Volunteers are not expected to attend the retreat committee meetings.

- Retreat Committee Chair - Secretary Meetings, Liaison with Walker Creek, Overall Coordination
- Volunteer Coordinator - Staff On-Site Volunteer Position
- Registrar - Register Attendees, Collect Payments
- Treasurer - Track finances, Reimbursements, Payments
- Program Committee Chair - Select Workshop Presenters and Speakers
- RideShare Coordinator - Assist Attendees with Carpools and Rides
- Outreach Coordinator - Promoting the Retreat across the Bay Area
- Meal Coordinator - Plan the retreat menu and food service
- On-Site Registration/Check-In Staff
- Program Committee Member - Help Select Presenters and Speakers
- Program Designer - Layout and Print Retreat Program
- Ad-Hoc/Morning Meeting Secretary
- Artist in Residence - Art Table & Supplies
- Birthday Cake Crew
- Campfire Watcher
- Friday Night Dance DJ
- Saturday Night Talent Show MC
- First Aid Contact - Preferably someone with EMT/Medical training
- No One Stands Alone - On-Site Help/Sponsor
- Morning Yoga Leader
- Morning Meditation Leader
- Large Meeting Secretary
- Large Meeting Docent - assists the secretary
- Day Manager/Night Manager

With Gratitude,

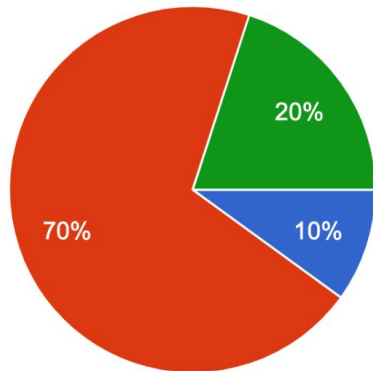
Retreat Committee, 2023



The Bay Area SAA Community - Learning About Each Other


What is your current SAA sponsor situation?

10 responses



- Talk to my sponsor DAILY
- Talk to my sponsor WEEKLY
- Talk to my sponsor EVERY SO OFTEN
- Have a sponsor, but WE RARELY IF EVER TALK
- Don't have a sponsor right now

Source: Summer 2022 Out of the Fog Survey



Fall 2022 Survey

Anonymous

How far are you in working the 12 steps?

Take the survey

(1 question)

You'll be able to see current results after you submit. Complete results will be published in the next *Out of the Fog* newsletter.



Out of the Fog

Fall 2022



Announcements & Events

- ❑ **Working SAA 12 Steps in Community - Starts January 11th**
Work the 12 steps together **online** - 6:30-7:30 pm Wednesdays
For more information/Zoom link, see [top of this page](#) - join us!
- ❑ **Holiday Music Jam** - Los Altos Thursday meeting
December 15th, 8:30pm
Contact: Jason T 408-300-8536 taboadafett@gmail.com
- ❑ **Bay Area SAA Retreat** - March 31 - April 2, 2023
See article on page 4 of this newsletter!
- ❑ **California Prisoner Outreach** - Update meeting. Nov 19th, 4pm PT
Zoom Mtg ID: 379 934 1922. Pw:000000
- ❑ **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**
Saturday, December 3, 2023 - 9:45am
Trinity Presbyterian, San Jose, CA
- ❑ **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 - Review new website: <https://bayareasaa.website>
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. To help or get more information contact Rey G at 818.486.4053 (text first) or chair@scisaa.org.

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](#)

Participate

- [Make an Announcement](#)
- [Publish an upcoming Event](#)
- [Propose an Article](#)
- [Provide Feedback](#)