

# 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 2024  
Issue No. 33 v1

## 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: The Recovery Puzzle

*"There are no extra pieces in the universe. Everyone is here because he or she has a place to fill, and every piece must fit itself into the big jigsaw puzzle." – Deepak Chopra*

Life is like a complex jigsaw puzzle and so, too, is recovery from sexual addiction. For many addicts, the successful completion of a recovery puzzle makes the difference between sobriety and Self-destruction. Each puzzle piece is part of a large picture which, when completed, reveals the solution.

When we begin recovery from sexual addiction it may seem like a complex puzzle has been scattered on a table for us to solve, alone. We may feel overwhelmed and confused. And, we may feel frustrated, lose our patience, and want to walk away from the puzzle. However, sobriety is not possible if we give up, surrender to addiction, and continue to act out. That said, we may have tried different ways to defeat our addiction which were not successful. Too often, painful slips and relapses were the outcome.

How do we get sober and stay sober? First of all, we put in place the four cornerstones of our recovery puzzle (life, body, mind, spirit). Then, we lock in place the four edges (strength, courage, wisdom, freedom). With guidance from our Higher Power, SAA and sponsors, we then determine the correct location of the remaining pieces in our puzzle. These pieces are the Twelve Steps. Each step consists of several important pieces which must be carefully examined with rigorous honesty, passion and purpose.

When we have completed our recovery puzzle it should reveal a sober and healthy picture of ourselves. And, within our minds and hearts, we know our self-esteem, self-confidence and problem-solving skills are stable and strong. Also, we can now heal from the visible and invisible wounds of our addiction. Moreover, we have the strength, courage and wisdom to reject addictive and self-destructive thoughts and behaviors, one day at a time. With God's grace, we are deeply grateful to our Higher Power for the priceless gifts of faith, freedom and sobriety.

Ernest Hemingway wrote: "Today is only one day in all the days that will ever be. But what will happen in all the other days that ever come can depend on what you do today." And, to paraphrase the wisdom of St. Francis of Assisi: Do what is necessary. Then, do what is possible. And then, suddenly, you will be doing what you thought was impossible.

- Bill N, *We are not Saints, San Jose, CA.*

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



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## Perfectionism and Long-term Recovery

Nobody I know got into recovery for fun. We had blown our lives up to smithereens through the secret pursuit of arousal. We were spiralling about in the dark like an abandoned shell of a spaceship in a grade B science fiction movie but were still unable to stop our secret pursuits. Through a friend, a therapist, a chance encounter, higher power, somehow, we ended up in the rooms. There we met others who had also been reduced to shells, who had visited similarly dark places. We could see and hear and feel that some of them had been able to emerge, reassemble a life, and then even talk about it to others and smile and laugh.

I entered the rooms in the rainy season, 36 hours after the dam of my secrets broke in an explosive disclosure to my wife that lasted over a day and happened in front of my children. I began going to two, then three meetings a week. I found a sponsor. He had a slip. The tradition is that that means he had to drop me. So I found another sponsor. He helped me through my first step. I gave that step in front of the Los Altos Thursday evening group towards the end of the summer.

The second sponsor had a relapse and lost his own marriage a few years later. For several years I worked with a third sponsor who lived an hour and a half's drive away. After a few years that third sponsor had a slip and had to drop me. I returned to the second sponsor. He was now sober and in the beginnings of a second marriage.

Nothing lasts forever. Sponsorships. Marriages. Life. Sobriety. Perfection is an illusion, and for me, a character defect. I have slips. But now I also have at least a middling level of honesty and I have program people I can talk to, safely, about those slips. I had a sponsee who would say "Talking about my fantasies out loud takes the power out of them." Talking about what I am actually doing and thinking in weekly meetings does take the power out of the cravings and gives me confidence that I will never again find myself having sex in secret with other people, and will never again engage in the intense levels of destruction and hurt that I was doing to myself and the people that I loved during the height of my acting out, those many years ago. Thank you program. Thank you steps. Thank you program friends.

- *Richard M, Santa Cruz fellowship*

## Recovery Quotes

- Serenity is not freedom from the storm, but peace amid the storm.
- We don't have to like the situation, we do have to take care of ourselves in it.
- My time is my own, but I have choices to make.
- Whatever emotional state we are in is never wrong - it is what it is.
- Life is a succession of lessons which must be lived out to be understood.



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## The Body Speaks

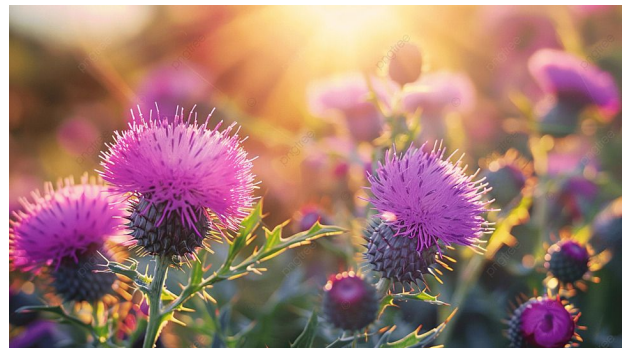
My body sings the pain of my soul the cycle of endless pain once vanquished and subdued rise again like a beast in shallow creeping back in sinister form. Darkness my old friend the earthen hollow beast of empty marrow. Cataclysmic yawn of release of harrows release of horror horrors of forgotten truths that belie in locked away places. Places of shame and sorrow locked away But never forgotten. Please go away forever false lie of falsehood never gone. Acceptance of that of that cannot be sat away pound again and again away you beast, go home to your fallow ground of useless dreams forgotten dreams lost for lost sake. Go to sleep monster in me. Go to sleep and never awaken forever. Sing my body alive again spirit of truth my breath is weak with anger. Restore me my ping a light of flicker everlasting to free me to be me of real me. Cast away my difficulties so I may better serve thee in thy love, power and way of life. Always and forever peace be to me still waters peace



- *Mark T, Santa Cruz*

## Some Day Please

I hope you come back someday... someday. Come back to me, please. Come back to me the child of innocence lost to forgotten bee's from flowing thistle milk trees in mysterious pastures of life. Longing for that time of moment of me the I am presence of clarity home to free spiritual bliss untethered in a moment stand a "be" seen world here I am again. Bare all of me, I am therefore a worthy being of the light shining on withered fallow light replenishing on souls of life listless in darkness. Hallow come back to me, come back plead not selfish want of perfection plague leave me. Come back to me fallow me loss to lost, me to be, In wretched lock of locked soul freedom sought not attached tethered string of thread of hairline of fingertip's disconnect realm of vacuum less air. Halt the the hand rise faith my friend, my friend come back to me, come back to me my friend. Restore my me the I am restore restore thistle milk me.



- *Mark T, Santa Cruz*



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## SAA Defect Theater Workshop Catch and Release - Steps 4,5,6,7

Marin Lutheran Church, 649 Meadowsweet Dr, Corte Madera, CA  
Saturday, 1-3pm, January 25, 2025

*An experimental workshop where **personal defects** will be illuminated via participant-defined role-play scenarios, followed by shared learning from member's Outer Circle Step practices – letting go of defects through a Higher Power-aided release.*



### Workshop Goals

- Experiencing and **releasing defects** members want to be rid of
- Create 5-minute anytime pause & practice
- Learn from others

### Prerequisites

- Openness
- Willingness
- Understanding **you cannot fix defects yourself**
- A readiness to play

### More Information

- Sponsored by BayAreaSAA.org
- \$10 Suggested Donation - pay at door cash, check, Venmo
- **Workshop Contact: Frank T. 415-497-6800**

## Santa Cruz Beach Burn Update

### Oct 26 2024 - Beach Burn #4 - Seabright Beach, Santa Cruz

A wonderful outer circle event occurred on Oct 26, 2024. On a beautiful calm and serene night with gentle waves breaking the surf. The guys got a nice fire going on our SAA fabricated fire pit and away our fellowship went with endless potluck food snacks appetizers and deserts. Each member giving thanks in their own special way, what a blessing of pizza, taco salad, chicken wings!! (OMG) home made, sushi deserts and Coffee ☕ After a great social dinner around the bonfire sharing and exchanging greetings, we gathered to start our fellowship meeting. Marc S got us started and introduced our awesome guest speaker Anatoli. Sharing as the ocean waves were breaking along with a crackling fire 🔥 under a starlit sky. Peace, serenity and fellowship shared by 24 recovering sex addicts on a beautiful serene night by the bay staying sober one day and night at a time. Thank you all that made this dream possible

**Dec 21 2024 - Next "Beach burning desire" event – Seabright Beach - all are welcome!**



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## Bay Area Intergroup Report

The Bay Area Intergroup of SAA created a report about the functions handled by Intergroup. Most members are aware of the Bay Area SAA website with its meeting lists, announcements, and events pages. This report opens up the inner workings of Intergroup to the membership. It's a great way to learn more about Intergroup, what it's doing, and how to get involved. Click on [this link](#) or on the image below to view the whole report on your phone or computer. Feel free to print or share the link with others.



### Our Purpose

Bay Area Intergroup of SAA **BAISAA** is an affiliation of over 100 meetings in the greater Bay Area. Each meeting is autonomous and can send a representative.

Our primary purpose is to help SAA groups carry the message to the addict who still suffers.

- providing shared and coordinated services and resources to individual members and SAA groups.
- to allow for effective use of SAA funds
- disseminating information within the local organization and to coordinate outreach and public information for SAA in the San Francisco Bay Area.



### Get Involved

**Web Committee:** Manage content on [bayareasaa.org](http://bayareasaa.org). Meets on Zoom Fridays at 11 am. Contact: Brad B. [bayareasaa.org/contact](http://bayareasaa.org/contact)

**Zoom Committee:** Coordinates shared Zoom accounts for local meetings. Contact: Greg R. [bayareasaa.org/contact](http://bayareasaa.org/contact)

**Sex Addict Recovery Podcast Committee:** Currently designing a WordPress website site for the pod. Contact: Jason T. [bayareasaa.org/contact](http://bayareasaa.org/contact)

**Newsletter Committee:** Seeking new editor for BAISAA Out of the Fog newsletter. Mentorship



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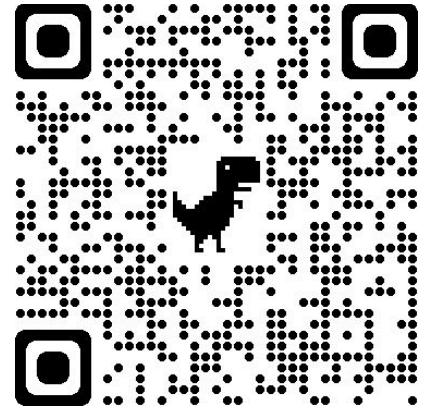


## Bay Area “Giving Thanks” Update

The Bay Area SAA’s “Giving Thanks” program collects donations that all go to the SAA International Service Organization (ISO) so that more sex addicts in need around the world can be reached.

In 2024, the Bay Area SAA community has so far donated **\$9,808.00** (\$6,888.00 online and \$2,920.00 in cash/checks at the Giving Thanks event this Fall)

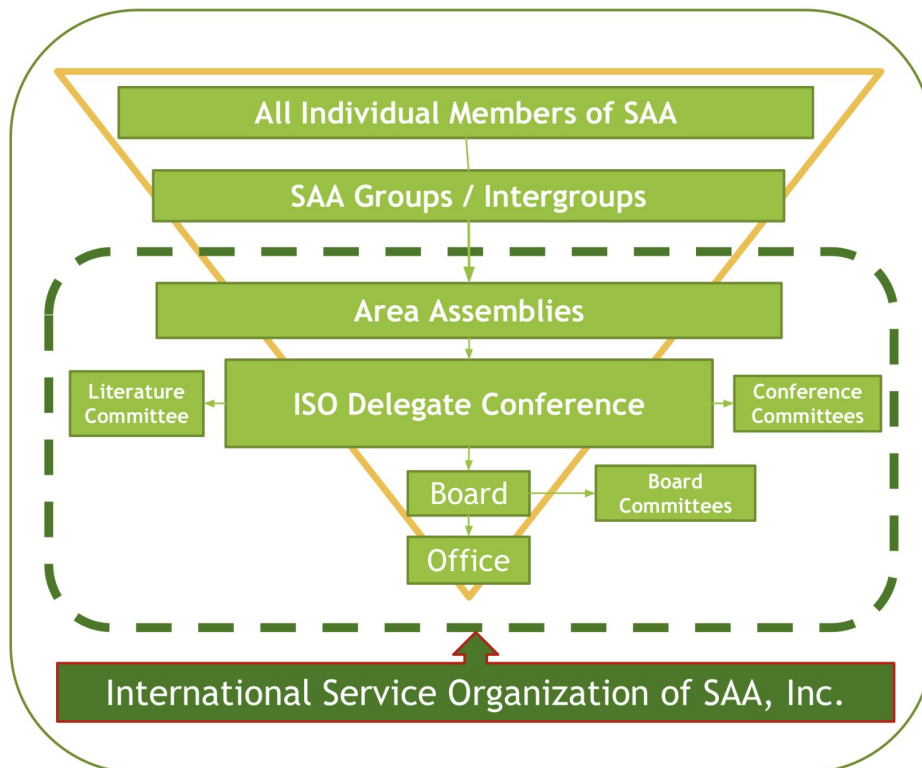
You can still donate by visiting [this link](https://fundraise.givesmart.com/form/omqKBw?vid=18on14) (<https://fundraise.givesmart.com/form/omqKBw?vid=18on14>) or by using the QR code >>>



Thank you all!

## Understanding the SAA ISO

The SAA International Services Organization (ISO) has a mission to serve all SAA member groups (meetings) around the world by helping them carry the SAA message of recovery to the sex addict who still suffers. The area surrounded by dashes in the image below highlights how the ISO gets involved. For more information, visit <https://saa-recovery.org/iso/>



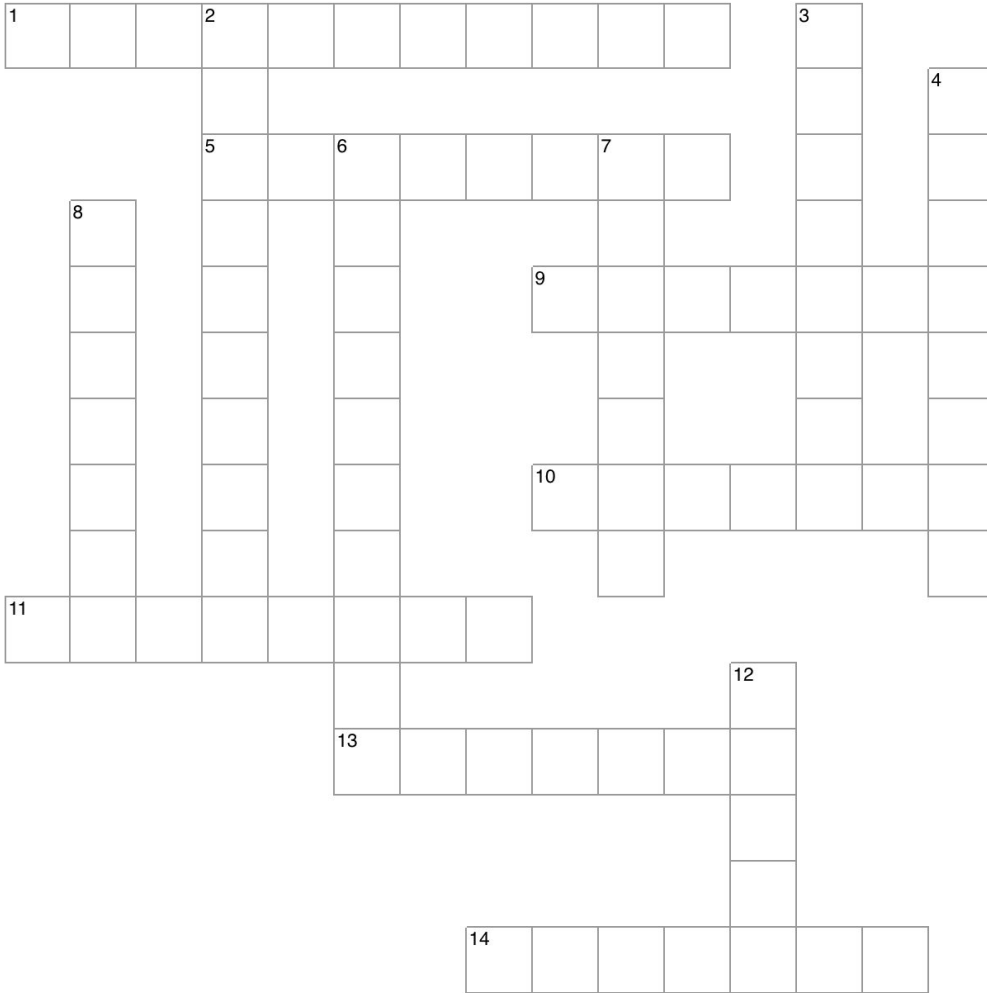


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## Fall 2024 Crossword - "Recovery Terms"

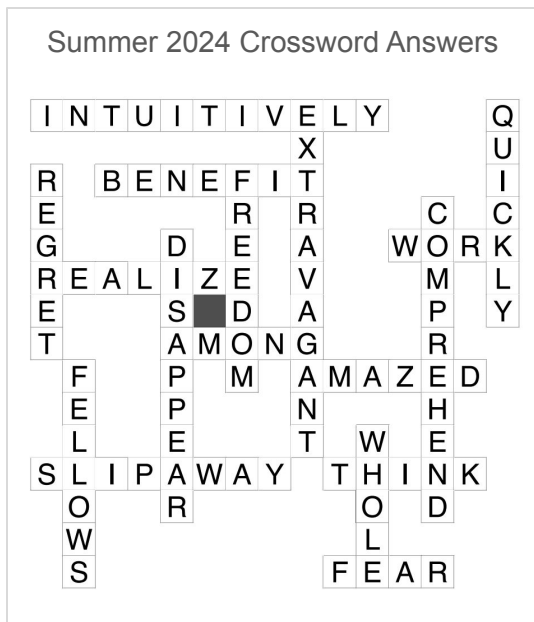


### ACROSS

- 1 Practice of being present and aware
- 5 State of abstaining from addiction
- 9 Process of recovery and growth
- 10 Mentor in a recovery program
- 11 Prayer often said together in meetings
- 13 Assistance from others in recovery
- 14 Recovery addict supported by sponsor

### DOWN

- 2 Honest sharing of behaviors with partners
- 3 Getting together with other recovering addicts
- 4 Events causing addictive urges
- 6 Limits set to protect oneself
- 7 Treatment involving talking to a professional
- 8 Return to addictive behavior
- 12 The 12 principles I work to recovery





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## Announcements & Events

- ❑ **SAA Defect Theatre Workshop Catch and Release - Steps 4, 5, 6, and 7**  
1-3pm, Saturday, January 25, 2025  
Marin Lutheran Church, 649 Meadowsweet Dr, Corte Madera, CA  
Workshop Contact: Frank T 415-497-6800  
(for more information: see top of page 4)
- ❑ **Quarterly Santa Cruz Beach Burn #5** - December 21, 2024 - Seabright Beach  
For more information: Mark T (408) 607-8186  
(for more information: see bottom of page 4)
- ❑ **HELP NEEDED: Have experience in web design and/or WordPress?**  
If so, please contact [bradinrecovery@outlook.com](mailto: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](mailto:jason@sexaddictsrecoverypod.com)
- ❑ **Sponsor Support Group** - 9:45 - 10:45 am, Saturdays: 10/5/24, 12/7/24  
Trinity Presbyterian Church, 3151 Union Ave., San Jose  
For more information: Bill N (408) 568-9702
- ❑ **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>

## 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](mailto: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](mailto:women@bayareasaa.org)
- **GLBTQQI Seeking Recovery**  
[glbt@bayareasaa.org](mailto:glbt@bayareasaa.org)
- **Spanish Speaking Information**  
[espanol@bayareasaa.org](mailto:espanol@bayareasaa.org)
- **BIPOC Specific Recovery**  
[bit.ly/SBIPOCintergroup-welcome](https://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](#)