

The Outer Circle

The Newsletter of the
International Service Organization of SAA, Inc.

PO Box 70949, Houston, TX 77270

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ISO Board Actions

The following actions were taken by the Board of Trustees at the Saturday, January 16, 2010 Teleconference:

- Motion approved that "the Board approve an extended presentation (20 Minutes) by the CCC at the 2010 Conference as part of the annual report presentation."
- Motion approved that "the Board approve the Conference Agenda for inclusion in the 2010 Call."
- Motion approved that "the Board approve changing the official title of the 'Call to Convention' to the 'Call to Conference.'"
- Motion approved that "the board endorse the CCC proposed motion to establish a Conference-driven CCC:
 'That the Conference hereby establishes a Conference Charter Committee to draft a Conference Charter to present to the Conference. Membership is open to all who can vote in the Conference. The Committee would elect its own chair and secretary.'"
- Motion approved that "the ISO Board Increase the ISO Full Time Staff Health Benefit from \$248 per month to \$500 per month, effective January 1, 2010."
- Motion approved that "the ISO Board approve that the ISO of SAA furnish a company cell phone and cell phone plan for the Director of Operations at a cost not to exceed \$100 per month."

The following actions were taken by the Board of Trustees at the Saturday, February 20, 2010 Teleconference:

- Motion approved that "the ISO Board direct the Office to amend the unattended telephone message as follows:

To insert the following in the unattended telephone message before the caller is given the opportunity to leave any message:

'If you have concerns about disclosures and reporting, please press [button] now', which will lead to the following message:

'Be advised that under Texas State law, disclosures of abuse or neglect of minors must be reported to the authorities. SAA staff can provide more information on reporting and disclosure issues.'"

Literature Committee News



New Project: History of SAA

The ISO Literature Committee is pleased to announce plans for a new project to compile and document the history of the founding and development of SAA. The research and initial writing will be done by a long-time member of the fellowship, who has graciously volunteered to spearhead this project.

Questions about the project and information or anecdotes for possible inclusion in this volume can be sent by postal mail to the ISO office, or emailed to:

litcom@saa-litcom.org

“Pocket” Edition of *Sex Addicts Anonymous*

Now Available from the ISO!

The SAA Green Book, *Sex Addicts Anonymous*, is now available in a convenient size that fits easily into pocket or purse.

Now you can discreetly carry your recovery program with you.

Order one for yourself or your sponsee from the ISO office or through the online SAA Store.

Personal Story Submissions for *Sex Addicts Anonymous*:

Do you have a personal story to tell?

The ISO Literature Committee continues to accept personal stories for consideration for future editions of the SAA book, *Sex Addicts Anonymous*.

Guidelines for Submission of a Personal Story

Stories in the SAA book, *Sex Addicts Anonymous*, are an intensely personal way to help carry the SAA message to the addict who still suffers. While there are no absolute requirements for the content of a personal story, the Literature Committee recommends that a story describe:

- What it was like before entering SAA.
- What happened to bring you into SAA.
- What happened within SAA.
- What it is like now with the ongoing experience of SAA recovery.

It is recommended that a story emphasize the experience, strength, and hope found in SAA recovery. It is further recommended that the writer disclose his or her length of sobriety (or abstinence from addictive behaviors).

Personal stories are intended to help carry the message to the addict who still suffers. As much as possible, highly explicit descriptions of places, people, or acting out behaviors should be avoided. The best stories provide sobering details of unmanageability contrasted with the hope of recovery from sex addiction.

The preferred format for manuscripts is double-spaced with one-inch margins on all four sides in MS Word (or similar). Each submission must be accompanied by a signed release conveying ownership to the ISO of SAA, Inc. The release form is available on the last page of this newsletter, or from the ISO office or SAA website. (www.saa-recovery.org).

Submissions and a signed release form may be emailed as attachments to the ISO Literature Committee at info@saa-recovery.org.

They may also be sent in hard copy by postal mail to the ISO Literature Committee at ISO of SAA, PO Box 70949, Houston, TX 77270.



IMPORTANT

**Please carefully read the following
before submitting a personal story for
Sex Addicts Anonymous:**

Every story submitted for possible inclusion in the SAA book will be thoroughly reviewed and given in-depth consideration by the ISO Literature Committee, which is deeply grateful to every member who takes the time to write and submit a story.

The ISO of SAA, Inc. and the ISO Literature Committee do not guarantee that any particular story will appear in a future edition of the SAA book. Once submitted with a signed release form (located on the last page of this newsletter), the written story becomes the permanent property of the ISO of SAA, Inc., and may be edited or modified as deemed appropriate by the ISO Literature Committee.

Please also note that, while the ISO Literature Committee will acknowledge the initial receipt of a story, the ISO may or may not communicate further with the author about the suitability of the story or the likelihood of publication in *Sex Addicts Anonymous*.

ISO Literature Committee Guidelines for submission of entries to be considered for the *SAA Meditation Book*

The ISO Literature Committee welcomes submission of entries from the fellowship-at-large for possible inclusion in the SAA Meditation Book. The Meditation Book will consist of 366 entries, one for each day of the calendar year.

To ensure consideration, submissions should follow these guidelines:

A short quotation should be taken from SAA publications that are Literature Committee approved or Conference approved (see list below). The quote must be exact and followed by a citation that includes the name of the publication and page number, using the following style: *Sex Addicts Anonymous*, p. 20. Submissions using quotes from other sources will not be considered.

The main body of the entry should be a thought-provoking expansion of the topic or principle expressed in the quotation, ideally including some fresh perspective on a particular aspect of SAA recovery from your own experience, strength and hope.

At the bottom of the page, a concise statement in the author's own words should summarize the main idea of the meditation or offer a poignant challenge or affirmation.

Each entry should be 200-300 words including the quotation and the closing affirmation, so that each meditation will fit on a single page. Multiple entries may address slightly different aspects of the same subject.

Submissions must include your name and contact information and be accompanied by a signed release. By signing the release, the author grants the ISO of SAA, Inc. sole rights to edit, alter, publish, or reject any submission. A blank release form is available in this newsletter or may be obtained from the ISO office or downloaded and printed from the SAA website.

SAA Literature

Sex Addicts Anonymous (SAA Book)

Abstinence and Boundaries in SAA

First Step to Recovery

Getting Started in Sex Addicts Anonymous

Sex Addicts Anonymous (SAA Pamphlet)

Sexual Sobriety and the Internet

A Special Welcome to the Woman Newcomer

Abstinence

The Bubble

From Shame to Grace

Group Guide

Tools of Recovery

Three Circles

Send your meditation, contact information, and signed release form to the ISO.

(release form is located on the last page of this newsletter)

Send by postal mail to:

ISO
PO Box 70949
Houston, TX 77270

OR

Scan and email to:

meditation@saa-recovery.org

You will be sent confirmation that your
submission has been received.

Workshops at 2010 Convention

The ISO Literature Committee will present two workshops at the upcoming 2010 ISO convention.

LitCom Listens will offer an opportunity for members of the fellowship to voice their opinions and ask questions about SAA literature and the ISO Literature Committee. The organization of the LitCom and the process of review and approval of literature will be explained briefly.

Meditation Writing Made Easy will be an opportunity to learn how to write meditations suitable for the new SAA meditation book that is presently under development. Time will be allotted to write meditations and share with others in a small group format.

On arrival at the convention, see the convention program for exact times and room numbers.

Committee Reports

Finance and Operations Internal Standing Committee

To: ISO of SAA, Inc. Board of Trustees
From: Finance and Operations ISC

Subj: MINNESOTA CHARITABLE ORGANIZATION LAW

At the 2009 ISO convention, an SAA member informed the Board that ISO was in violation of the subject law because we had not paid for an outside audit and had not filed appropriate documentation with the State of Minnesota. The Finance and Operations ISC was assigned by the Board to investigate the matter and report back to the Board with a recommendation. This report completes that assignment.

The ISC's recommendation is that there is no need for the Board to take any action other than forwarding this report to the Fellowship. This recommendation is based on two solid pieces of information.

1. In the wording of the law itself is included exemptions. Among the exemptions is one for a "fraternal, patriotic, social, educational...society" which limits solicitation of contributions to persons who have a right to vote as a member. Since we, by our Traditions, prohibit seeking donations from outside sources and since only members have a right to vote in our processes, we are not a charitable organization under Minnesota law.

2. In a court case under the Minnesota law, the court established criteria for determining charitable status. We do not meet at least two of the criteria: (a) SAA is a non-profit corporation so we do not make a profit from our donations; and (b) the members of the Fellowship do pay in whole or in part for the benefits received. We charge for the convention and other activities. We charge for the literature produced by ISO.

In conclusion we see that the ISO is a non-profit corporation but is not a charitable organization. In part, the confusion may have come from the assumption that non-profit corporations are always considered charitable organizations. We discovered that there are separate laws governing the two types of organizations. We recommend that the Board publish this report to the rest of the Fellowship.

In service,

Ken S.

Chair, Finance and Operations ISC

Outreach Committees

“Our voluntary efforts are essential to the success of the fellowship and the recovery of every sex addict who is a part of it.”

(Sex Addicts Anonymous, Chapter 5 “Our Purpose – Service”, pg. 75)

General Outreach Committee

This umbrella committee was established by the ISO Board of Trustees in 2006, and consists of numerous subcommittees, which are designed to address specific areas of outreach for the SAA fellowship:

- Public Information subcommittee
- Teen Outreach subcommittee
- Men’s Outreach subcommittee
- Young Adult Outreach subcommittee
- GLBT Outreach subcommittee
- (In formation) Compulsive Sexual Avoidance Outreach group

General Outreach Committee welcomes all SAA members who desire to be of service in these areas. Monthly teleconference information for General Outreach and any of its subcommittees can be obtained from the ISO office.

For information, questions or suggestions, email:

genoutreach@saa-recovery.org

Public Information Subcommittee

The Public Information Subcommittee works to create documents and processes to carry the SAA message of recovery through the Twelve Steps, to the addict who still suffers. Recent Projects include:

- Development of an SAA Speakers Bureau and Training workshops
- Development of an SAA Speakers Manual, to establish standards, policies and procedures for the SAA Speakers Bureau to accurately present the SAA message to outside organizations and media.
- Establishing a process to respond to media requests
- Producing a draft revision of the Anonymity Letter
- Development of a Public Information Work Book

For information, questions or suggestions, email:

genoutreach.pi@saa-recovery.org

Teen Outreach Subcommittee

The Teen Outreach Subcommittee works to create tools and materials to support addicts from age 13 to 17 in finding recovery. Supporting teen sex addicts is a complex and sensitive issue. It is our task to do everything possible to make our program available to anyone who wants help, according to our Third Tradition. This subcommittee is currently developing a set of guidelines for carrying the SAA message of recovery to teen sex addicts, and is developing informative pamphlets describing some options for the SAA fellowship in helping teen sex addicts.

For information, questions or suggestions, email:
genoutreach.teen@saa-recovery.org

Men's Outreach Subcommittee

The Men's Outreach Subcommittee is tasked with reaching sex addicts who do not have the ability to attend a meeting in their immediate vicinity. A Men's Contact list has been established for the purpose of contacting others for support and/or sponsorship. It has been and continues to be an effective tool for supporting those who wish to recover but lack local support. Members are needed to keep this group active and to help carry the message to those in remote areas. This subcommittee is currently dormant, and is seeking members to actively participate in service. Please consider including Men's Outreach in your service activities. Women and transgender persons are most welcome to participate on this subcommittee.

For information, questions or suggestions, email:
genoutreach.men@saa-recovery.org

Young Adult Outreach Subcommittee

This subcommittee's focus is on carrying the SAA message to young adults aged 18 to 39, with a current emphasis on college students. College-age adults are being exposed to the dangers of sexual addiction at a rate that seemed impossible just a few years ago. Pornography and dating services are available to anyone with the touch of a keyboard. "Sexting" (Sex Texting) is also becoming rampant among young adults. Up until now, in our fellowship, there has been little focus on carrying a message that specifically targets the college-age population. The goal of the Young Adult Outreach Subcommittee is to explore and develop ways to effectively reach out to those young adults who need to hear the message of recovery that SAA has to offer. Activities included sending an informational letter about SAA to approximately 200 college counselors. An informational article about SAA targeted to college newspapers was drafted for possible distribution. Currently this committee is not meeting, as there are no active members.

If you are interested in participating on this committee, or for information, questions or suggestions, email:
genoutreach.ya@saa-recovery.org

GLBT Outreach Subcommittee

The GLBT Outreach Subcommittee is tasked with developing and providing outreach activities to sex addicts in the Gay, Lesbian, Bisexual, and Transgender communities, as well as to current GLBT members within Sex Addicts Anonymous. SAA members of all genders and sexual orientations are invited to participate in developing methods to best carry the message of SAA recovery to sex addicts within these communities.

Since its establishment in early 2008, our members have responded to over 300 inquiries per year to our Outreach email address, providing information on SAA, as well as support and sponsorship. Recent projects include sponsoring a monthly Public Information announcement in a national GLBT newsmagazine and drafting pamphlets focusing on the needs of sex addicts in the GLBT communities.

For information, questions or suggestions, email:

GLBT@saa-recovery.org

Currently in formation:

Compulsive Sexual Avoidance Outreach

“For some of us, the compulsive avoidance of sex and intimacy became a destructive pattern, dominating our thoughts and actions.”

(Sex Addicts Anonymous, pg. 6)

Members interested in participating in a service group to address this important issue are invited to join us. This group pursues outreach efforts including: providing outreach contacts for those struggling with compulsive sexual avoidance (or sexual anorexia) issues, and creating literature around recovery from compulsive sexual avoidance.

For information, questions or suggestions, email:

genoutreach.avoidance@saa-iso.org

SAA Interfellowship Relations Committee

We were able to complete the Guidelines for Cooperation with other S-Recovery Fellowships and place it on our websites in the Members' Area. We hope to incorporate the guideline into a pamphlet explaining the work of the IRC.

We added information, which improves our convention guest communication, on our convention website about how to connect with COSA's concurring convention. Next year, we hope to have that information also printed on the convention flyer.

We have worked with Interfellowship Forum (IFF) to be the first fellowship to host the Interfellowship Website. After ISO board approval, we worked with the Online Presence Committee to finalize it. The IFF has arranged to have a Web Master for its site. In order to honor everyone's traditions, the website will be sponsored annually, the same way we sponsor the face to face meetings. There is no mixing of finances.

Last year's IFF meeting was hosted by COSA at the Serenity on the Sound Retreat, in Seattle, in August. The meeting is usually held in November. Sexual Recovery Anonymous and COSA and SAA were the only fellowships attending. However, members of the retreat came and shared how they attend other fellowships' meetings because of geographical location. The main topic on the agenda was the IFF Website.

This year, we are hosting the IFF meeting tomorrow, here, at the convention. It will be from 9:00 – 4:00 in the board room. We will continue to talk about the Web site and cooperative efforts among all of the S-Recovery Fellowships.

Our work for the coming year will be to develop our mission statement, a pamphlet and make recommendations to the IFF for their website.

ISO Income/Expense Summary

As of March 31, 2010

	Mar'10	Monthly Avg	Jul '09-Mar'10
Income			
Sales	20,096.23	17,302.99	155,726.92
Shipping & Handling	1,654.10	1,499.71	13,497.36
Donations	15,547.59	22,943.59	206,492.30
Delegate Meeting Registration	800.00	100.00	900.00
Interest Earned	142.19	203.92	1,835.24
Convention Revenue	22,417.00	3,410.83	30,697.46
Total Income	60,657.11	45,461.03	409,149.28
Cost of Goods Sold	9,864.54	8,665.97	77,993.74
Gross Profit	50,792.57	36,795.06	331,155.54
Expense			
Wages	15,267.54	15,509.57	139,586.09
Employee Benefits (Not Wages)	2,943.02	2,165.70	19,491.34
Payroll Taxes	1,260.16	1,207.45	10,867.06
Insurance	201.75	257.31	2,315.75
Depreciation	175.00	163.89	1,475.00
Postage/Shipping	16.90	53.16	478.40
Communications	475.43	466.26	4,196.36
Office Expense	508.38	742.41	6,681.73
Occupancy Expenses	1,344.65	1,612.27	14,510.42
Board/Committee Expense	1,666.70	1,557.58	14,018.23
The Outer Circle	2,575.09	1,361.91	12,257.23
Financial Charges	1,258.95	1,149.19	10,342.70
Bad Debts/Refunds	185.61	162.92	1,466.28
Translating/Literature Projects	0.00	130.05	1,170.48
Miscellaneous Expenses	0.00	142.95	1,286.57
Delegate Meeting	1,379.29	248.88	2,239.94
Annual Business Meeting	0.00	182.21	1,639.90
Convention Expenses	535.36	417.26	3,755.35
Payroll Expenses	6.72	0.75	6.72
Total Expense	29,800.55	27,531.73	247,785.55
Net Income	20,992.02	9,263.33	83,369.99

Financial Results for March 2010

In March we had a surplus of \$20,992 which was \$12,264 over budget. The increased surplus of \$8,728 was due to a good month of sales (\$3,556 over budget) and receiving more convention registrations (\$5,017 over budget).

Individual donations were under budget by \$812 and group donations were over budget by \$1,310. The Houston Giving Thanks event has received \$14,404 which exceeds the budget by \$1,404.

Our sales for the SAA Green Book were \$1,614 over budget, and are \$954 under budget for the current budget year. Our sales of the SAA Green Book through our book distributor (HCI) remain steady. In the last twelve months we have sold an average of 156 books per month through HCI.

Our pamphlets and booklets sales were over budget by \$857, and are \$4,233 over budget for the current budget year. Three other significant sales areas during this service year are the workshop CDs, which are \$2,672 over budget, our Bronze Medallions, which are \$1,710 over budget and our chips, which are \$1,272 over budget. The sale of outside literature is under budget by \$2,344.

Our product inventory is valued at \$49,980.

In taking a look at how we are doing against our current year budget, which runs from July 1, 2009 to June 30, 2010, we have done very well. In the first eight months of our budget year:

- Sales exceeded the budget by \$6,866
- Donations exceeded the budget by \$17,242
- Expenses are under budget by \$2,984

Our operational reserve amount is fully funded at \$118,322. This is the estimated amount needed to run the office for four months and is reset each January. Our other reserve accounts, which are funded based on sales, were all fully funded.

If you have any questions, please let me know.

In Your Service,

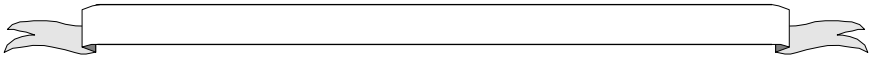
Joe H.
Director of Operations
director@saa-iso.org

[Editor's Note: The ideas expressed in the literature section of *The Outer Circle* reflect the opinions of the authors of those articles, and do not necessarily represent the opinions of the ISO or of the S.A.A. fellowship as a whole.]

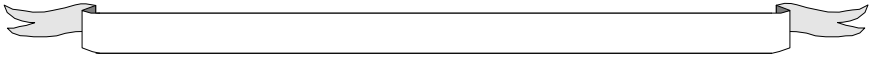
From the Editor

by Mike L.

Greetings. This is the May/June issue of *The Outer Circle*. So, by the time this issue reaches your hands, the annual convention will be right around the corner.



I am looking for writing that focuses on the solution rather than the problem.



In one of the articles this issue, Sean C. talks of the gifts he received from last year's convention. Reading this article, I was reminded of my very first SAA convention, the Ann Arbor convention, "Learning to Grow Along Spiritual Lines," in 1995. ("Been there, done that and got the t-shirt," as the saying goes. And it is because I got the t-shirt that I remember the theme of the convention.) I had originally planned to go to the 1994 convention and then backed out, mostly because of fear. And the fear was still there in 1995, only this second time I decided to walk through it.

I arrived in Ann Arbor on Thursday night because I was a delegate and had delegate meetings to attend on Friday before the convention formally began on Friday night. I will never forget that Friday for as long as I live. The weather in itself was enough to get my attention; it was an absolutely perfect day, especially compared to the kind of weather I am used to experiencing at the end of May. It was not long before I was already making plans to attend the 1996 convention in Minneapolis.

There are many wonderful things to experience at conventions, many great workshops and speakers, as well as less formal events, such as the annual talent show that Francie E. mentions in her article, and other free time. And yet my fondest memories are of spending quiet time with other recovering sex addicts, perhaps going on an early morning or late afternoon walk or ride, or possibly just spending time visiting in the Hospitality Room.

It is traditional for there to be a re-entry workshop on Monday morning, and especially the first couple of years I found these to be invaluable. After spending three days in what I saw as a safe recovery cocoon, I did want to seek out help for reintegrating into the real world, because for those three days, the only real world to me was the one I experienced at the convention. And I'm ready to return to that "real world," year after year.

I often get asked what kinds of material I am looking for to publish in *The Outer Circle*. So here are a few guidelines: First, I am looking for writing that focuses on the solution rather than the problem. Just as in meetings I see much more focus and support for moving away from remorse, shame and guilt and into the solution; similarly I like to see our articles take an analogous slant.

Second, I do like to see the majority of our quoted material come from SAA literature as opposed to secular literature, as wonderful, helpful and profound as some non-SAA literature can be. The more the author can focus on SAA literature, the more likely it will be that the article coming out of that quote will also have an SAA focus.

Third, I like to see writing that is from the heart, and by "from the heart" I mean writing that reflects the author's own life. When a person writes of his or her own experience, strength and hope, it is much more likely that I'll find something in that article with which I can identify and that will be a gift to me in my own recovery.

So from there, I'll segue into the topic for the Jan/Feb 2011 issue. The topic is inspired by James P.'s article in this issue, and that topic is "Coping with Travel." I can certainly recall a time when I saw each out-of-town trip as an opportunity to act out. Persuaded by the way my life had changed after I came into SAA, I began to seek out ways to keep trips safe for me.

So what I want to know is: what kinds of things do you do to keep your travels a safe, abstinent time? Since this topic is for the Jan/Feb 2011 issue of *The Outer Circle*, the deadline for submissions is November 5.

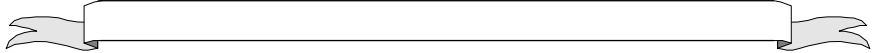
And here is an ongoing topic suggestion: I was intrigued by Cheri C.'s article "Each Step Summed Up in a Word" on page 32, where each word, like her name, begins with C. I'd like to get more of these lists where each word begins with the same letter. Feel free to use the first letter of your name or a letter of your choosing.

I hope you enjoy this issue of *The Outer Circle*. I doubly hope that I'll have the opportunity to meet you at the upcoming SAA convention!

Gifts of Conventions

by Sean C.

In the First Step of the SAA program, the use of the words “we” and “our” remind me that I’m not going through my recovery alone. That emotional fact was profoundly reaffirmed for me when I attended my first SAA convention last year in Oakland, California.



There were so many people of such different stripes with such amazing stories, I couldn't help but be encouraged. The convention reinforced my confidence that I could recover from my addiction.



When I got there, I was halfway through my first year of sobriety. I felt confident in my program, but the convention really helped put me on a strong path to recovery. It amplified, many times over, the positive spiritual values the fellowship was already imbuing in me. Seeing a convention full of hundreds of people working on themselves was an incredible boon. The shame that comes with my addiction was replaced with a feeling of camaraderie: there we all were, moving forward with our lives. The stories I heard were sometimes heartbreaking but always genuine, which helped fend off sneaky grandiosity. There were so many people of such different stripes with such amazing stories, I couldn't help but be encouraged. The convention reinforced my confidence that I could recover from my addiction.

Getting sober has been a process of removing the lens through which I had always viewed my life. It didn't matter how content or fulfilled I was at any given time. It did not matter if I had gone to church, exercised, or eaten well. Whatever I put into my life was ultimately colored by the addiction. Before I realized I had a problem with overindulging in pornography, my mood would wax and wane horribly. My disposition was stormy; wracked with self-loathing and rage, depression and anxiety. Eventually, my acting out directly affected my most trusted friendships, my marriage, and my parenting.

I could not have sobered up without SAA; the fellowship is very important to me. I have never been as unguarded as I am in the two weekly groups I attend in my home town. There is no judgment and a seemingly infinite capacity for sympathy in the room where we meet. An unbelievable weight lifts off me at the door; inside, I know I can speak the unspeakable. I have been at my most pained before the meetings, and I have also been able to share little victories and milestones.

The fellowship understands me. While the specifics of any individual's acting out may vary considerably from mine, they know the struggle, the pain, and the difficulty of being addicted to sex. In fellowship, we share a part of each other's history and so we share each other. The same goes ten-fold for the convention; that energy felt at regular meetings is amplified by our sheer numbers. It was awesome to realize how so many people from around the world could, would, and do come together for the focused, life-saving purpose of recovery from sex addiction.

Since the convention, I have come to feel like the fellowship, with all it entails, is not just a lifestyle choice; it is my life. It is a way of life I didn't believe possible before walking into SAA and becoming steeped in its principles. The convention helped shatter the isolating despair that is so often a part of my addiction. The "we" in the First Step was reinforced to me over and over at the convention. I hugged strangers. I meditated with and shared intimate details about my life to people I had met only a few minutes before. I sought counseling and advice from workshop leaders who were happy, engaged, and willing to offer their experiences in recovery as a way to positively affect and re-energize my own.

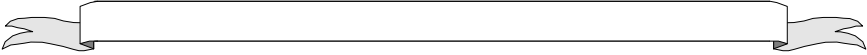
I felt self-conscious when I first entered that hotel in downtown Oakland, wondering if there would be some indiscreet sign welcoming all of us sex addicts to the Bay Area. As I participated in the delegate conference which preceded the convention, I felt more at ease. I quickly felt like I was part of something even larger than I had imagined. It was this sense of fellowship which gave me hope and calmness; it was a reminder that the convention is another example of a Higher Power.

I'm very much looking forward to this year's convention that will take place in my hometown. It is my fervent wish that we will offer the attendees an experience that they will not soon forget.


Letter to the Editor

Dear Mike,

Thank you for putting me back on the mailing list for *The Outer Circle*. I got my first issue (Jan./Feb.) a couple of weeks ago and noticed your request for feedback on articles.



*But God will manifest, in unmistakable ways,
to me when I am seeking; I know when it
happens and I am graced with it.*



Each of the personal stories shared a bit of recovery that reminded me there is still an SAA out there somewhere. I especially liked the articles submitted by Cameron S. because of the way they used the shame-to-grace concept. Kasey S. gave me a blessing with "A Higher Power of My Understanding" and its flexible conceptual understanding of God (that is even greater than what holy books tell us). But most precious to me of all was David S.'s honest description of his quest for HP. Most honest and true, refreshing to my old eyes (and metaphysical ears). Some of the greatest giants of faith ever known have also experienced the dark night of the soul that David describes, in which all feeling of God's presence is withdrawn and they are left to fend for their faith without that support. This is a time of real growth for some.

I believe God manifests out of grace and when this happens I know unmistakably what is occurring. It cannot be manufactured or brought about through mental gymnastics (like belief, prayer or whatever) and does not always happen the same way. But God will manifest, in unmistakable ways, to me when I am seeking; I know when it happens and I am graced with it. Thank you, David, for sharing your search with me.

A reader in recovery

[Editor's Note: The following is the second and final part of the text of a talk that was given at the 2009 SAA convention in Oakland. As it was not taped, the author is offering it for publication in The Outer Circle. The first part of the talk appeared in the March/April issue. Following is the conclusion.]

Healthy Spirituality

by Francie E.

When I designate "Heart" as a sign of healthy spirituality, I think of what happened to my heart or spirit. In my addiction, I had the illusion of control. I was arrogant; I played God.

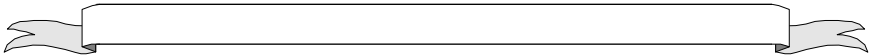
I talked about the surrender that was needed to counter my illusion of control. When I came to grips with my human limitations, I tasted humility. After working Steps Four, Five, Six, and Seven, I experienced what the Green Book says on page 45: "With the willingness to let go of resentment, fear, and the other defects that have isolated us from God and our fellows, we are spiritually prepared to consider repairing the harm we've done in the past." In working Steps Eight and Nine I started to experience forgiveness more concretely. I made amends to myself in the form of writing a letter. It was my sponsor who alerted me to the fact that I had not put myself on my amends list. After I wrote the letter, I sealed it in an envelope and stamped it. After a week or so, I mailed it to myself. What a great grace it was to open it and read what I had been inspired to write. I cried and experienced forgiveness. I kept my letter all these years and would re-read it from time to time. I am sad to say that Hurricane Katrina took it away from me in August of 2005.

Honesty is another sign of a healthy spirituality. My addiction had the ripple effect. My choices polluted me and I was polluting others. If I changed, I would bring about more change because I would no longer be polluting others. One thing that needed to change was the negative tapes in my head that had been there since childhood. In my spiritual journey I have had to "leave home." My father's and mother's deep hold on me had shaped my subconscious thinking. I had low self-esteem. Working the Twelve Steps helped me to see what was real and what was a result of my mother's belief system or my father's influence. Replacing those tapes in my head takes time. Even after years of recovery some of those old tapes still pop up into my head.

But I developed honesty by the use of positive affirmations. I learned how to do some self-talk and really worked on being honest at my meetings during check-in. This helped me to grow spiritually. To be honest for me was

to say “yes” when I wanted to say “yes,” and to say “no” and mean it. I learned how to set boundaries and realized that these boundaries were meant to keep me safe. I could be honest and not tell lies or half-truths that painted me in a good light. However, I know that my spiritual program is progress, not perfection. I still struggle with being one hundred percent honest every hour, every day. There is always the temptation to paint myself in the best light before others and not say the whole truth.

Gratitude is also a sign of a healthy spirituality. At meetings I started to introduce myself as a grateful recovering sex addict. My pain, despair, and shame had been so mountainous that once they were reduced, I felt grateful. As my relationship with my Higher Power grew, my gratitude increased. On our medallion it says “From Shame to Grace.” One author has said that to be full of grace is to have knowledge of being loved. It is God’s strength and grace that empower me to run my spiritual journey and not to grow weary. However, I still struggle at times with letting God love me!



The first strong sign of a healthy spirituality for me was when I accepted myself as a sex addict, when I realized that I would not be cured, and that I would always be a recovering sex addict.



Another sign of a healthy spirituality is to be generative. I realized that my sexual energy is creative energy. I started to channel my sexual energy in new ways like taking an art class where I used water color as a medium to paint flowers. Now they tell me that the flower I chose to paint is a sexual symbol. In the bookstore you can see my purple irises! Another outlet for me the first year was to write recovery poetry. Of course, I love to sing, so every convention you will find me in the talent show.

However, the most generative outlet that I have discovered was the energy that I received from Twelfth-Stepping a newcomer. The Green Book on pages 58, 59, 60 and 61 tells me that this step is essential to my own sexual sobriety and spiritual growth. Telling my story in a nutshell, offering to be a temporary sponsor to the still suffering sex addict, was the spiritual glue that I needed to keep coming back. It really was the principle of en-

ergy. I have a new life energy that helps to integrate me, gives me purpose in life and replaces my old negative tapes. I have a new identity: I am a grateful recovering sex addict!

To maintain a healthy spirituality I have to have a Spiritual Practice. The first point under this last heading [see the outline on p. 29 of the March/April 2010 issue of *The Outer Circle—Ed.*] is regular prayer (private and communal). In the Green Book on page 62, it talks about tools of recovery, and I quote, "Sex Addicts Anonymous offers a spiritual solution to the disease of sexual addiction. Every aspect of our program is founded on the experience of a Power greater than ourselves helping us live healthy and productive lives, free of addictive sexual behavior."

Two of my pitfalls as an addict are boredom and unscheduled time. Therefore regular scheduled private prayer is a must. Time is a gift. I set aside a certain amount of time each day for the health of my spirit. It is my first activity of the day.

Prayer is having an experience with a Power greater than myself. It is my effort to contact the God of my understanding. It is in prayer and meditation that I become aware of the various poles between which my life vacillates and is held in tension. Some examples of these poles follow:

Addiction – Recovery

Loneliness – Solitude (here I develop a new relationship with myself)

Hostility – Hospitality (new relationship with others in the fellowship)

Illusion – Prayer (new relationship with my Higher Power)

In prayer I obtain a vision for the future which is born out of my past suffering. I develop a compassion for the still-suffering addict coming from my own despair. I face my shadow side in prayer and I gradually become a fully integrated and authentic human being.

In prayer, I learn first to be still. I learn to be comfortable with myself. I learn to discipline myself and to listen. When I listen in meditation, I develop my inner ear, so that I can begin to recognize God's presence in what I am experiencing. How did I learn to pray? I learned it growing up as a child. But it was at my intergroup retreats and our SAA convention workshops on prayer that I have gleaned other methods. Different cultures from the East and West, North and South share a tradition of prayer that can connect me with my Higher Power. It does not matter what method I use for prayer and meditation. What matters is that I pray/meditate daily. There are times when I can't sit still; I feel so distracted that I want to give up. But I just say, "Okay God, I am here, help me not to be rude to You, but just to be with You."

Besides praying alone, I recommend communal prayer. By communal prayer I mean praying with others. Others can be just one other person, but when my Intergroup offers a retreat and mediation is offered, I will experience special energy when all of us are connecting to our Higher Power. When we are all sitting together, trying to connect with our higher power, I feel connected to everyone. It seems to me as if we share a common spiritual energy that comes from our Higher Power. It makes me feel part of a greater force in the Universe.

Another point under Spiritual Practice is to start making little sacrifices and deeds of charity at home and in the community. For me, it is a way of repairing the ripple effect from when I polluted others. At meetings, there are times when I feel a conflict with another personality. I try to "act as if" there were no conflict. In the Green Book on pp. 95-96, Tradition Twelve says "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities." Now, by being kind to another when I don't feel like it, I grow in giving out the love that has been given to me. It costs at first, but the spiritual benefits are greater than the cost.

And the last spiritual practice that makes my spirituality healthy is concrete involvement with the fellowship. It is called service. Chapter Five in the Green Book, *Sex Addicts Anonymous*, says, "We depend on each other to stay sexually sober, and SAA depends on our service to keep functioning." Giving service has energized me so much that it is my main reason that I keep coming back to the meetings, retreats and conventions.

In closing I would like to say that the first strong sign of a healthy spirituality for me was when I accepted myself as a sex addict, when I realized that I would not be cured, and that I would always be a recovering sex addict. The second sign was seeing that new me who had a special connection with my Higher Power, whom I call God. To be faithful in making progress in developing my healthy spirituality, I continue to listen with my heart. I continue to know myself as my Higher Power knows me, weak, vulnerable, an addict, anxious, wanting to accept myself, wanting to be totally honest and still slanting the truth so that I look good. This is true spiritual living. I don't need to grasp a certain level or state; it is a journey that I am on with the rest of you. Progress, not perfection! It is my willingness to be transformed from addiction into a recovering addict. What is the pace? My own! We all are unique and have our own pace. There is no recipe of how long this cookie should be baked in the oven. We will all know in the end when it is done.

Thank you for listening.

Awakening to Grace

by Dauna B.

As a fairly new member of SAA, it took me several months to realize how the Twelve Steps, the Twelve Traditions, and the Twelve Promises weave themselves together into a solid fabric. A fabric of grace that is recovery.

I have read the Green Book and several other recovery books, many of which are used as the basis of meetings that I attend. I have read the stories of hundreds of addicts who came to the program before me. Their stories are about the process of change, recovery and hope. I have heard even more of these same stories from addicts in the meetings that I attend.

I still had a hard time comprehending just how the SAA program was going to work or change my life. What was the process going to look like for me? I had learned early on in my recovery groups that each individual addict's program of recovery was as unique and varied as are the addicts themselves. This disturbed me at first. There did not seem to be any one magic formula to be worked to ensure recovery. I saw progress and a certain amount of ease or softening in the lives of my fellow addicts, but did not know how this had been accomplished.

When I first started attending meetings and reading all the recovery books that I could get my hands on, I remained quiet at the meetings. I didn't share. I listened. I tried to take it all in and tried to absorb everything. I began working my Steps and found a sponsor right away. I still did not see how this was going to work for me. I was encouraged not to worry about how it all worked, and just focus on one step at a time; I just wanted to be thorough and to keep an open mind. I have done this, and have really dug into my Step work.

I realized that the first Three Steps were the last of my self-willed acts of my own recovery. I chose to surrender to my higher power. I chose to begin to trust in a power greater than myself who could restore me to sanity. At this point it has taken a great deal of pressure off of me. It is my higher power who now leads and directs. This is now his show. I no longer need to know how it will all work for me. I simply seek my higher power and continue to work the Steps, resulting in a trust in my higher power being built within me.

At almost every meeting that I attend, the Traditions and the promises are recited. I keep listening to them, and pondering how they really apply to my recovery program. How are these being demonstrated? What role do they play outside of the meetings? I did not have a perception of the workings of

these until an awareness came to me through my higher power. Tradition One says that "personal recovery depends upon S.A.A. unity"; Tradition Two says that the "one ultimate authority" is "a loving God as expressed in our group conscience" and that "our leaders are but trusted servants." As I sit in group meetings and hear truth, honesty, hope and healing being shared by individuals, I realize that I was listening to the voice of my higher power.

I began to desire connection and intimacy; to know others and to be known. It is through this stirring within me that my desire for recovery deepens. I have begun to seek my higher power in a new and personal way: for knowledge of him and his will for me. I began sharing my experiences, my daily struggles and victories. I began to learn that I could be open and be real in the group. This desire to be known and to know others has spilled into other relationships as well.

It has been through this process that I no longer experience severe bouts of loneliness. I no longer hold my true self in isolation, as I did in the past. This opening and sharing of myself has allowed me to let others in, especially my higher power. His voice gets stronger and clearer as I surrender to his will. A spiritual kingdom surrounds me always. It was when I ignored this spiritual reality that my life became unmanageable and out of control with addiction. My higher power has patiently waited for me to recognize and respond to him. Now that I have made my higher power a reality in my life he has started a work in me; a work of restoration. He draws me close and quickens my soul in my surrender to him.

The outworkings of this surrender are working the Steps and observing the traditions that support and protect our individual groups and organization as a whole. The Traditions are the strong filaments through which we weave the spiritual threads of the Steps. This is how we come to a spiritual awakening. This is what the program is designed to do. For me, this awakening has been in a personal awareness of the spiritual being that I am within my higher power. It has been my sharing with the group my experiences in light of this new awareness that it becomes part of the group consciousness. It is in this field of awareness, the group conscience, that strength and encouragement are passed to each individual to continue the pursuit of recovery. What a beautiful picture of group unity. The audible voice of a higher power, made up of each individual experience, lifting each soul, in support and encouragement.

Recovery does not really begin with me; it begins with my higher power. I am a spiritual being acting in human ways, not a human being acting in spiritual ways. It is through the process of working the steps and observing the undergirding of the traditions that I begin to see the promises start to manifest themselves in my life. I am amazed at the freedom and happiness

that I know, and the peace that is in my life. I realize that as far down as I was, I do have something to share from my experiences. I get a new energy and excitement every time I see a new face in a meeting. I have learned to laugh and to cry with my fellow addicts. My whole attitude has changed, and I know it is God who is doing for me what I could not do for myself. These fine and iridescent threads called promises are the finishing touches of our woven fabric of grace.

New Outer Circle Behavior

by Bill J.

Hello my name is Bill and I am a sex addict. Thank you all for contributing to the SAA Newsletter *The Outer Circle*. I love reading your articles that give me more than just food for thought; the stories also help me to put into action some of the suggestions given.

I was attending our weekly Tuesday night SAA meeting recently and had to open up and also chair the meeting. I've heard that "you get to chair a meeting when you need to." When I chair, I am more attentive and my feelings come up to the surface more.

I had been feeling somewhat "down," a feeling that had been low-grade for a few years now. The feeling I had was one of "Is this all there is for me?" As I listened to people share stories of success I could tell there were feelings starting to surface in me. It seemed that everyone wanted to share that night; the meeting was running over and I didn't know if I would get a chance to speak. I told my Higher Power that I needed to unload.

When things quieted down somewhat I started sharing and said that I felt like I was not successful. I am retired and I work at a local shopping outlet, which is not my idea of success. My feeling was that I am more than this. I started an outer circle behavior in 2005 after working the Twelve Steps a few years before; the new me wanted to help others as much as possible using the talents God gave me. I wrote several recovery books and could not get them published. I called publishers and they referred me to agents who didn't want to deal with recovery material. After a few years of this I gave up. I didn't have the money to self publish and it just seemed impossible to me.

As I shared that night I began to sob uncontrollably because of my frustration. I didn't even know that was inside me. The group allowed me to cry for a few minutes and then I explained that I had a lot to give and didn't feel I was being allowed to give it. I was frustrated, a character defect that had

plagued me for years. I can remember as a child that I had a bike that I had to work on all of the time. One day I got frustrated as I had many times before and decided right then that I would never work on anything mechanical again. I stuck to that. I refused to work on my automobiles when they broke down or even do the simplest things that had to do with mechanics. I spent a lot of money on auto mechanics, plumbers, lawn mowing services, and so forth because of that childish decision. So I made another decision that night after leaving the meeting that I would complete my work that I had started.

After I finished crying and I talking about it I got great support form my fellow addicts. I felt cleaned out for hours and still do. I've gotten phone calls, and one of the guys gave me a person to contact. I sent this new contact a copy of my books and he agreed to be my agent. He loved what I had already done. He has helped many others publish books about addiction. God works in funny ways.

Now I am back to working on this new outer circle behavior and attempting to counteract that defect of character—frustration. My agent wants a book about the actual stories of sex addicts and of how they were affected by sexual addiction and what they did about it. This new project gives me hope that I can be of service to others who might read the stories and identify that they too are sex addicts and get into recovery. I have about a hundred stories and am looking for about two hundred more.

I thank God for SAA and I thank him for my sobriety. I can say that my life isn't perfect and I am still struggling financially but there is hope. I am now present in my children's lives, even though they are adults, and I am supportive in any way that I can be. My two sons and my daughter call me and run things by me. They are all in Twelve Step programs. My family of origin was anything but helpful as I grew up and I now have the power to change that with my children. In this way I am successful.

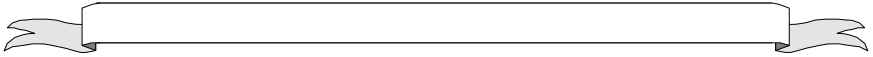
Not all that glitters is gold. What I mean is that being in my grandson's life and my children's lives is golden and that means more than anything to me.

As always, thank you for being there for me.

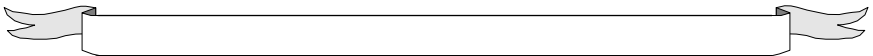
Drop the Rock: the Sixth and Seventh Steps

by Ed W.

I want to look at some of my addictive practices besides the sex addiction. Do I still smoke, binge on sugar, excessively drink coffee, recklessly gamble, abuse credit cards, drive over the speed limit, and so on? How do these activities affect my movement toward God and spirituality? Does practicing another addiction mean that I still have an addictive lifestyle? The basic text of another Twelve Step fellowship says that alcohol, drugs, food, and sex are but symptoms. They are just the tip of the iceberg. If I am willing to give up my character defects, I need to become willing to see them all.



As an addict I am just learning to be honest with myself. I work the program with a sponsor, committing time each day and each week to working the Steps as suggested by my sponsor.



Do I treat others as sex objects? Do I use sex to alter my mood? Am I abusive? Am I able to be intimate? Can I reveal my true feelings in an open and trusting manner? Can I relate well with those I am sexually attracted to without becoming sexual? What is the pattern in my relationships?

All addictions mask feelings and change the way I deal with others and myself. I need to deal with all of my feelings, not just my specific addiction.

I think of a movie I once saw. It tells the story of a murderer who copies the seven deadly sins in his crimes. Those sins are Pride, Envy, Gluttony, Sloth, Covetousness, Lust, and Anger. Obviously, as a sex addict, obsessive and compulsive "lust" has become the major issue in my life. Sex addiction has become the obsession of my mind and the compulsion of my body. The first Three Steps of the Program guide me in facing the reality of my sex addiction. In realizing that my addiction is bigger than me; I also see the solution of surrendering to a power greater than myself. Through

Steps Four, Five, Six, and Seven I am led to the long and arduous journey of reprogramming my way of thinking and ultimately adopting a complete new lifestyle.

I must look at the other six sins and their different manifestations if I am to achieve long-term sobriety and true serenity. Following is a partial listing of character defects I have come up with.

Character Defects/Shortcomings

Selfish and self-seeking
 Dishonest
 Fearful
 Proudful
 Inconsiderate
 Greedy
 Lustful
 Angry
 Envious
 Slothful
 Gluttonous
 Impatient
 Intolerant
 Resentful
 Hateful
 Harmful
 Self-pitying
 Self-justifying
 Self-important
 Self-condemning
 Suspicious
 Doubting
 Covetous
 Disrespectful

Program Principles

Interested in others
 Honest
 Courageous
 Humble – Seeking God's Will
 Considerate
 Willing to give or share
 Pure
 Calm, serene
 Grateful
 Willing to take actions
 Moderate
 Patient
 Tolerant
 Forgiving
 Loving, full of empathy
 Helpful
 Self-forgetting
 Self-accepting
 Modest
 Self-forgiving
 Trusting
 Faithful
 Charitable generous
 Respectful

I remember that as an addict I am just learning to be honest with myself. I work the program with a sponsor, committing time each day and each week to working the Steps as suggested by my sponsor. I have found that there are no lightning bolts that will zap me sober and keep me sober. My sobriety requires action and work.

Sixth Step Meditation

by Phillip M.

As part of “being ready” I need always to remember what it was like to be out there in my sexual addiction: breaking promises not to act out that I had made to myself; paying others to watch me in my acting-out behaviors when the high I got from those behaviors was no longer enough; enabling others to act out in their addictions so I could get sex (that was ultimately unsatisfactory) as a payback; feeling like a failure because I could not engage in sexual activity with my wife unless it involved some form of acting out.

And all of this was not enough either. The day I stopped a teenage girl to talk to her, I knew that I was breaking my “special conditions” as a sex offender. And I did not care. Finally, things came to a head. I was arrested, not for something I had done over and over again, but for something new and worse. I remember telling the judge I needed help. I thought I’d get it in prison. I learned quickly that instead of getting help I would merely be warehoused.

I started searching for recovery from my sexual addiction and also worked the Steps for another of my addictions. These things are still working in my life nine-plus years later. After I investigated the available programs, I saw that SAA was what I needed. I got a mail sponsor in 2005.

I knew I was powerless from the start. But I had to surrender totally to my Higher Power before the healing could begin. Now I go for weeks without acting out. For me, that is progress.

It is my plan, with God’s will, to have a normal life when I get out this time. Maybe I’ll even be able to find another person to whom I can be faithful; that would be a first for me. I want to be able to get behind the wheel of a car without rubbernecking or deviating from my course. I also plan to do service work upon release for other struggling sex addicts.

I’m already a walking miracle. By the time I get out, if it is God’s will, I will have years of sexual sobriety. But for now it’s just for today.

Dr. Jekyll and Mr. Hyde

by Brenda F.

Well, here I go again, back inside the same old body that keeps control over me. Its bitter sting is called "addict."

When I came to SAA it was through reading mail from another offender. I wrote to the office and received SAA material and my own Green Book. I couldn't see that I was a Dr. Jekyll and Mr. Hyde, with two addictions in one body.

Well, my story briefly goes like this. I was abused by an older brother at the age of four or five, and this behavior continued until I was seven. I was and am still emotionally and physically scarred by what happened. As I became older I began acting out with other family members and friends. Being a predator led me into using drugs to which I became addicted. I became a Dr. Jekyll and Mr. Hyde.

I needed help and was too powerless to obtain the help I needed for myself. So I was arrested and sent to a free-world drug rehab. I went AWOL and was arrested again, this time to be placed into a prison substance abuse program. After my release I failed to stay sober. So the judge, angry that I did not continue to work my program of recovery, sent me to prison for a twenty-five-year-to-life term for a drug possession charge. She said to me, "You will get some treatment if it is the last thing you do. It will clean you and you will be sober." So I came to prison with my only possessions being the basic text of another fellowship and a Bible. I attended meetings of that other Twelve Step fellowship.

I was fully inclined to work my program, and, since I was in the Big House, I was not going to run or hide when Dr. Jekyll and Mr. Hyde came upon me. I knew at that moment that I was going to face the horror show and deal with it. So I fell on my knees in front of all the prison guards and told my Higher Power that I would change my life.

It was in prison that I originally learned of the program that would help me with my drug addiction. Later I received an SAA Green Book. I have been sober since receiving that book on May 25, 2007.

My strength today comes from not acting out sexually in any of the ways that I used to. I have pledged to be sexual with only my husband, who has taken me back. I now seek the things that are outlined in the Eleventh Step. I work on the Twelfth Step as well.

Prison has been a painful awakening for me which I believe was inspired by

God himself. He said these words to me: "This is where Dr. Jekyll and Mr. Hyde live, and Heaven is on the other side." That inspired thought gave me a choice to either stay in prison and become these two demons or to work my program of recovery, make it on the outside and keep my sobriety. This is the spiritual awakening I see in my life, so I practice my Steps in all my affairs to keep my sobriety.

Today those two creatures are only a faded reminder of what my addiction would turn me into without my recovery program. I consider myself today a miracle of what God has made of me through my Steps of recovery. Heaven awaits me on the other side. While here, I can share my recovery from shame to grace.

I hope my story especially goes to those who are in prison and know about Dr. Jekyll and Mr. Hyde, because without hope there is no possible light that can shine. With hope all things are possible. My higher power and the affirmation I tell myself each day build up the strength and hope I need.

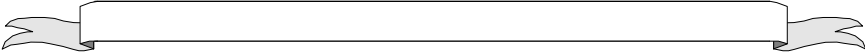
Each Step Summed Up in a Word

by Cheri C.

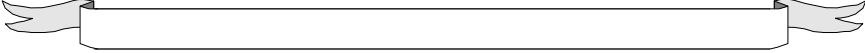
1. Can't
2. Could
3. Choose
4. Cleanse
5. Confess
6. Commit
7. Change
8. Consider
9. Correct
10. Continue
11. Commune
12. Comfort

How My Sex Addiction Inspired a New Venture by James P.

Hello, my name is James and I am a sex addict. In June 2008 my partner and I celebrated twenty years of sobriety from my most destructive bottom line behavior by visiting friends in Florida. I was excited to visit Florida, but upon arriving found many triggers difficult to cope with. The most challenging proved to be an airboat in the Florida Everglades where I found myself sitting next to an attractive woman. I bumped into her at one point and my addiction was completely triggered.



*Having a temporary sponsor while
traveling provides the accountability
I need to maintain sobriety.*



Later in the day, I vented my frustration by saying that our next trip was going to be to Antarctica. My wonderful partner actually began to research trips to Antarctica and other such places. However, we talked and our talk began to center on the underlying issue, which was much more important: traveling, be it for business or pleasure, can create dangers for me.

Now when I travel, I plan to attend SAA meetings in my destination city. I most recently requested a temporary sponsor in the city I visited. Having a temporary sponsor while traveling provides the accountability I need to maintain sobriety.

Our idea has morphed into a new business venture for people suffering from addiction who travel. It is exciting for me to utilize my experience, strength, and hope to benefit others. We are clearly struggling in this economy and with choices that limit my income potential. At the same time we would love to hear ideas or experiences of other sex addicts who travel and how they cope. This can be done by contacting the Editor of *The Outer Circle* who can forward responses.

E-mail Addresses

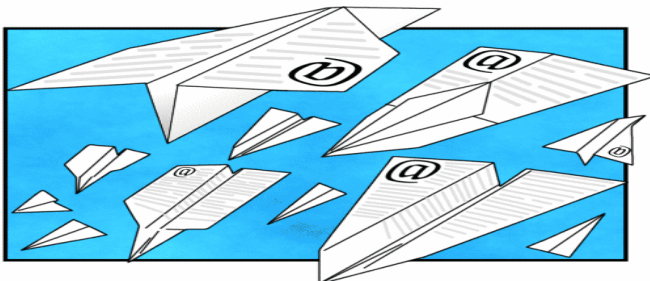
The following is a list of Board E-mail addresses and the LitCom e-mail addresses for the various regions, and the ISO staff E-mail addresses. The Board, LitCom, and the staff are always happy to hear from the fellowship.

The Chair of the Board of Trustees also receives a copy of email to the service addresses of regional Board representatives.

Great Lakes Board Member and Alternate: BoardGL@SAA-Recovery.org
Intermountain Board Member and Alternate: BoardIM@SAA-Recovery.org
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