

The Outer Circle

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

PO Box 70949, Houston, TX 77270

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The Following actions were taken by the Board of Trustees at the October 16, 2010 Teleconference:

- Motion approved that the ISO Board give permission for the UK Intergroup to quote the Twelve Questions in their leaflets and on their website <http://saa-recovery.org.uk>.
 - Motion that, in order to provide for attendance by Board Alternates, the budget for the January, 2011 Face-to-Face meeting of the Board of Trustees be extended by an amount not to exceed \$5,000.
-

The Following actions were taken by the Board of Trustees at the November 20, 2010 Teleconference:

- Motion approved that all authorized travel by members of SAA on official ISO of SAA business be coordinated and paid for through the ISO office; this is not a mandatory policy and all SAA members travelling on official SAA business can choose to coordinate their own arrangements; this travel coordination only includes airline reservations and hotel reservations; all other expenses will be paid for by the member, and these expenses will be reimbursed according to the travel policy.
 - That the ISO Board include a multilingual reference to the existence of international translations of AA literature on the ISO website.
-

Are You Planning to Attend the Convention in Canada in 2012?

If you are planning to attend the convention in Canada in 2012, please be aware that Canada has strict laws on people with past criminal histories entering the country.

Depending on the nature of the crime, whether it is a misdemeanor or a felony (by Canadian standards, which are sometimes different than U.S. standards), and how long ago the offense took place, it can take up to eighteen months to get permission to enter the country, and will involve a nonrefundable fee for processing the application, which in the case of felonies can be quite steep.

More information about the requirements is available at:
http://travel.state.gov/travel/cis_pa_tw/cis/cis_1082.html

We hosted a workshop on this subject at the recent convention and a ***CD of the workshop is available*** from the ISO office.

The Board of Trustees of the ISO of SAA, Inc. sends its greetings to you, the members of the fellowship of SAA and offers this mid-service year report for your consideration.

Much has transpired at the Board thus far this service year, including preparations for the 2011 Convention, international development activities, and addressing the 2010 Conference resolutions. We expect to accomplish still more in the latter half of our time leading up to the 2011 Conference.

ISO Mission

The ISO's mission statement, as adopted by the Board at last year's Convention meetings, now reads:

"The ISO serves member groups by helping them carry their message of recovery to the sex addict who still suffers."

Board Organization

The Board is currently made up of nine Trustees, eight of whom are elected by their respective regional caucuses to staggered three-year terms and one elected at large by the delegate conference and representing primarily international meetings. Each regional Trustee also has an elected Alternate Trustee who can step in when the Trustee is unavailable.

Three internal standing committees made up of Trustees and Alternate Trustees perform a significant amount of the Board's work: Fellowship, Finance & Operations, and Policy. These standing committees have reduced the Board's workload substantially by investigating and, when appropriate, recommending actions the Board should consider.

An Executive Committee composed of the Board's elected Trusted Servants (Chair, Vice Chair, Secretary, Treasurer) and the Director of Operations manages the Board's agenda for each meeting, assuring the best use of the Board's limited time to meet.

The Board also has a number of focus committees (e.g., General Outreach, Information Systems and Online Presence, Women's Outreach) which report to selected standing committees mentioned earlier. These focus committees are charged with developing new ideas and approaches for service to you, the members of SAA and the member groups of the ISO.

On occasion, special committees are created to address specific issues that are of a highly specialized or temporary nature. A current example is the 2011 Conference Committee, which is reworking the business rules for the upcoming Conference.

The Board meets by teleconference call once per month on the third Saturday morning. Other meetings are held as necessary. A face-to-face mid-

year meeting is being held in the early part of January, 2011. Board actions are published in *The Outer Circle* on a bi-monthly basis.

Conference Resolutions / Referrals

Among the most important business items the Board takes up during the service year are those identified by the preceding Conference delegates through their Group Conscience as needing attention. The 2010 delegate Conference in Albuquerque produced two resolutions which were referred to the Board for its consideration per the ISO's Bylaws. These two items are the establishment of a twenty-four hour hotline and the creation of safety guidelines for meetings specifically created for minors or with minors in attendance.

Safety Guidelines for Underage Members

The original "minors at meetings" resolution reads as follows:

"...that the ISO Board, as trusted servants, will provide local SAA groups with suggested safety guidelines for conducting meetings for underage members by May 2011, and that the ISO Literature Committee will work in concert with this effort by encouraging and assisting members to craft SAA literature that will communicate the suggested safety guidelines throughout the SAA fellowship."

A number of the Board's committees are currently involved in the development of "minors at meetings" guidelines, including all of the standing committees as well as the General Outreach and Minor Outreach focus committees. There is a long and complex history accompanying this issue at the ISO, stretching back more than a decade in the Board's records. Many different perspectives and approaches have developed over the years regarding minors attending SAA meetings, some diametrically opposed. This challenging task - now requested of the Board by the 2010 Conference - has required and will continue to require a close level of cooperation between many of the Board's committees and individuals. In addition, it is important to note that any guidelines published by the ISO for circulation among the member groups will require approval of the ISO's Literature Committee, which is an independent arm of the ISO, not a committee of the Board.

Despite these challenges, progress is being made. The Board has already approved the creation of a secure website allowing member groups to share their own direct experience, strength, and hope on this issue with one other. Though a simple start, this is an important step. By facilitating communication between member groups on this topic, the Board acknowledges that the groups themselves are the best source of answers to these difficult questions.

Twenty-Four Hour Hotline

The original Twenty-Four Hour Hotline resolution reads as follows:

"...that SAA have a nation-wide 24-hour toll-free hotline staffed by sex addicts. This hotline is to be overseen by the ISO Board, its committees, or as delegated by the board. This hotline is to be located where there are no reporting requirements."

The Board's Fellowship standing committee has worked to research and report the benefits and costs of the proposed hotline. Though this work is not yet finished, it has become apparent that there exist a number of challenges in setting up such a service. These include how to appropriately organize, staff, and train volunteers providing the service, what it means to "locate" a hotline in a non-reporting jurisdiction, and what resources the ISO must use to set up and maintain the service. The Board will continue to work toward a solution that meets the spirit of this resolution within its ability to do so.

2011 Convention

Progress continues at a brisk pace in preparation for the 2011 Convention and Conference. The Convention brochure has been published and circulated to member groups.

A major effort is now underway to revamp the business rules to be used by the 2011 delegate Conference. A special committee, the 2011 Conference Committee, was established earlier in the year to investigate ways to improve the Conference experience for all Delegates. This committee is currently meeting bi-weekly to draft a set of motions for the Board's consideration. Some possible changes include a reduction in time dedicated to annual reports, improved and fairer voting and minority appeal procedures, and the assembly of recommendations to the Conference Charter Committee for inclusion in its work.

Service Website

The Information Systems and Online Presence Committee is launching a preliminary version of the ISO's service website very soon. This resource will allow greater collaboration between committees and individuals at the ISO, eventually allowing member groups and Conference delegates access to (and participation in) our latest work.

Conference Charter Committee

While the Board's 2011 Conference Committee is working on rules for the upcoming conference, the long-term establishment of rules for the Conference falls to the Conference Charter Committee established at the 2010 Conference by the delegates. The Conference Charter Committee is not a committee of the Board; it reports only to the Conference itself, so any progress it makes is not managed or reported by the Board of Trustees. The

Board intends to set aside time for this committee to report its progress to the Conference delegates in 2011. Of course, the Board will seek to be of service to this committee in any way possible.

2012 Convention

The 2012 Convention logo is now near consideration for the Board's approval. A hotel contract for 2012 has been drafted, accepted, and signed. Further information on the 2012 Convention will be available during the next service year. Members wishing to attend that convention should note that because the event is being held in Canada, special international travel preparations may be necessary. The Board will be posting about these preparations on its service website.

International Outreach Efforts

The ISO has made some significant progress in its efforts to develop outreach and service internationally. The basic pamphlet is now available on the ISO website in English, Spanish, and French. In addition, the Board recently authorized the posting on the ISO website of links to translations of basic literature of Alcoholics Anonymous. An energetic International Development focus committee fuels much of this work with its diligent pursuit of new opportunities for service.

HCI Contract Renewal

As you may know, the ISO has had a contract in place for the production, marketing, and sale of its text, the Green Book, through Health Communications, Inc. (HCI). As this contract neared its expiration this service year, the Board considered a renewal. After some brief discussion, the contract was renewed and will continue the ISO's relationship with HCI.

Long-range Planning

The Fellowship of SAA is growing rapidly, now approaching 1200 meetings worldwide. This growth means that more meetings require services they cannot provide for themselves. It also means that the representation of our member groups at Conference is growing. The ISO needs experienced members to serve at all levels of its operation. Our past structures have served us well, but may not be able to adequately provide for our future in five or ten years.

To address these long-range planning concerns, the Board is meeting in Houston in early January with representatives from the Literature Committee, the Conference Charter Committee, and the ISO Office to begin a coordinated effort at realigning the ISO service structure so it is more localized, more responsive, and more effective at the local, national, and international levels. This effort will likely require a number of years of coordinated planning and execution between all of the ISO's structural entities. The result will be a new look to the way service is done by the ISO.

Gratitude

It is a privilege to serve the fellowship of SAA through the ISO. The Board extends its thanks to all members of the fellowship as well as the ISO's member groups for the opportunity to serve in this way.

Those members who participate in the Board's focus committees contribute greatly to the ISO's continued effectiveness in extending help those in and out of the rooms of SAA. Our thanks goes out to them. Without their efforts, we would be ineffective in our outreach efforts.

The ISO's office staff, headed by Director of Operations Joe H., is the keystone in the ISO's ability to serve our member groups. The Board extends its thanks to these dedicated special workers for their expertise and willingness to serve our fellowship reliably and consistently.

The Board also wishes to thank the members groups and individual members for their continued financial support through Seventh Tradition contributions and the purchase of literature through the ISO website.

We are ready and willing to receive your comments, suggestions, complaints, or any other communication regarding the Board or the ISO. Please contact your Board representatives using the information found in this issue of The Outer Circle. Let us know how we're doing.

In Memoriam

Finally, it is with great sadness that the Board acknowledges the passing of one of its own members, Ken S. of Bloomington, Indiana earlier this summer. Ken was a tireless servant who dedicated much of his life to the ISO and the fellowship it serves. Great Lakes Regional Trustee, former Chair of the Board, a singular force behind the creation of the Conference Charter Committee - Ken's contributions to the ISO will be felt for years to come by those who knew him and indeed by those who have yet to find our rooms. We are deeply grateful for all that Ken gave us. He is and will be missed.

The Board of Trustees sends its best wishes to all of you for a meaningful year-end celebration in recovery and the spirit of service. We'll see you at the 2011 Conference.

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 on next page). 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 Approved Literature

<i>Sex Addicts Anonymous (SAA Book)</i>	<i>Abstinence</i>
<i>Abstinence and Boundaries in SAA</i>	<i>The Bubble</i>
<i>First Step to Recovery</i>	<i>Writing to Prisoners</i>
<i>Getting Started in Sex Addicts Anonymous</i>	<i>Group Guide</i>
<i>Sex Addicts Anonymous (SAA Pamphlet)</i>	<i>Intergroup Guide</i>
<i>Sexual Sobriety and the Internet</i>	<i>Three Circles</i>
<i>A Special Welcome to the Woman Newcomer</i>	<i>Tools of Recovery</i>

**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 e-mail to:

meditation@saa-recovery.org

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

Meditation Writing Tele-Workshops

All those interested in contributing to the Meditation Book are invited to attend one or more tele-workshops. We will go over the guidelines and process for submission; there will be ample time for writing, and time for sharing as well. Please consider joining us for this unique service opportunity!

All workshops are the 4th Sunday of the month at 5:00 p.m. Central Time and last until 6:30 p.m.:

Sunday, January 23
Sunday, February 27
Sunday, March 27
Sunday, April 24

To register, call the ISO at 1-800-477-8191,
or send an e-mail to:

meditation@saa-recovery.org

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 e-mailed 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*.

SAA Women at Convention

PLEASE JOIN US FOR THE SAA WOMEN'S WELCOME RECEPTION

at the "Reach for the Heavens in 2011" Convention!

Arrange your flights! Let's get the convention started out with fellowship and connection.

Date: Thursday of Convention week
Place: Women's Outreach Room at the
Convention Hotel
Time: 7pm – 9pm Central
Who: All SAA women members
and women newcomers

Reception is sponsored by the Women's Outreach Subcommittee.

Hope to see you there!

And calling all SAA Women Members...

Do you feel called to offer service at the 2011 Convention,
but aren't sure how?

Here's an idea! Volunteer to help staff the 2011 Women's Outreach Table in the registration area and/or the Women's Outreach Room at the Convention Hotel. *Women are needed to help serve as greeters to welcome women in the registration area, as well as in the Women's Outreach room.* Two-hour shifts will be available starting at 7pm Thursday evening through Monday afternoon (not including sleeping hours).

If you're interested in volunteering for the Women's Outreach Table, the Women's Outreach Room or for the convention in other ways, email your first name, day(s)/times you're available, and contact information to:

judyg.1@sbcglobal.net

Or call the ISO at 1-800-477-8191 or 713-869-4902.

We encourage all forms of service as a vital tool of sobriety!

SAA Women's Retreat

Be part of the first International SAA Women's Retreat!

When:: March 18-20, 2011

Where: COD Ranch near Tucson, AZ

Who: All SAA Women Members and Newcomers

Price: \$250 includes registration, lodging and meals

For further information, go to:

http://saa-soaz.org/events/saa_events.shtml

or call Elizabeth N. at 520-205-0108

Women's Outreach Subcommittee

Composed of interested women and men sex addicts from all over the world, the WOSC reaches out to all women with a desire to stop addictive sexual behaviors and helps them find our Fellowship for recovery. WOSC members meet regularly to discuss and implement ways to help women reach each other and maintain contact with each other. We offer an e-mail list for women in recovery, and *this year we will sponsor the first International SAA Women's Retreat* (announced above).

If you are interested in participating on this committee,
or for information, questions or suggestions, e-mail:

genoutreach.wosc@saa-iso.org

Men's Outreach Subcommittee

The Men's Outreach Subcommittee is looking for new committee members. Men's Outreach Subcommittee tele-meetings are once a month. If you have the time and are willing to attend, please contact Tim at the ISO office (800) 477-8191.

Also, if you are willing to work with members requesting assistance, please contact Tim at the above number, or send him an e-mail at:

men4saa@saa-recovery.org

ISO Income/Expense Summary

As of November 30, 2010

	Nov '10	Monthly Avg	Jul-Nov '10
Income			
Sales	15,448.55	16,455.99	82,279.93
Shipping & Handling	1,406.90	1,478.15	7,390.77
Donations	38,677.53	24,014.24	120,071.19
Interest Earned	35.97	35.70	178.48
Convention Revenue	1,669.00	1,140.50	5,702.52
Total Income	57,237.95	43,124.58	215,622.89
Cost Of Goods Sold	6,985.88	8,222.91	41,114.56
Gross Profit	50,252.07	34,901.67	174,508.33
Expense			
Wages	17,260.62	17,595.70	87,978.48
Insurance	306.96	301.05	1,505.25
Payroll Taxes	1,331.86	1,362.24	6,811.21
Employee Benefits (Not Wages)	3,633.13	3,716.99	18,584.94
Business Travel Related	2,170.00	594.00	2,970.00
Office Postage	41.57	100.39	501.93
Communications	633.13	536.40	2,682.00
Professional Fees	1,500.00	300.00	1,500.00
Office Expense	644.58	1,057.27	5,286.35
Occupancy Expenses	1,344.66	1,457.03	7,285.17
Board/Committee Expense	1,568.72	1,436.84	7,184.22
The Outer Circle	2,548.96	1,592.98	7,964.88
Financial Charges	1,526.05	1,265.97	6,329.86
Bad Debts/Refunds	12.60	74.81	374.04
Delegate Meeting Expenses	0.00	82.80	414.00
Convention Expenses	309.90	474.14	2,370.68
Depreciation	175.00	175.00	875.00
Payroll Expenses	16.95	16.64	83.18
Reconciliation Discrepancies	0.00	-52.07	-260.36
Total Expense	35,024.69	32,088.17	160,440.83
Net Income	15,227.38	2,813.50	14,067.50

Financial Results for November 2010

In November, we had a surplus of \$15,227.38. We had a budget for a surplus of \$18,684.00. The difference was due to receiving fewer donations.

Our sales for the soft cover of our SAA Green Book were below our estimate by \$1,380.39.

Our pamphlet and booklet sales exceeded our budget by \$381.67. Our bronze medallion sales exceeded our estimate by \$308.00 and our chips exceeded our estimate by \$50.00.

Our total sales for November were below our estimate by \$966.45.

Individual donations were below our estimate by \$3,834.19 and group donations were below our estimate by \$3,107.28.

Our product inventory is valued at \$58,995.15. This was an increase of \$14,499.95 from the previous month and is due to the addition of 12,000 Green Books to inventory.

Our expenses were less than budgeted by \$1,928.31.

A summary of the current service year:

- Sales exceeded the budget by \$204.93
- Donations exceeded the budget by \$5,976.19
- Expenses exceeded the budget by \$2,740.83
- Net surplus exceeded the budget by \$832.50

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.

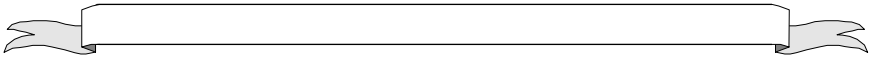
In Your Service,
Joe H.
Director of Operations
[**director@saa-iso.org**](mailto:director@saa-iso.org)

[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 SAA fellowship as a whole.]

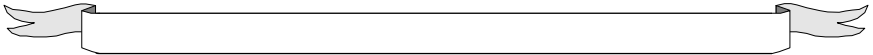
From the Editor

by Mike L.

I'm a firm believer in the importance of literature to recovery. SAA literature is available in print or online 24/7, even during those times when meetings are not. Thanks to online and telephone meetings, these times are becoming much less frequent.



*...the topic for the September/October
2011 issue: "Humility."*



So it was with great excitement that I learned of the publication of what may be the most important event in the history of recovery literature. This is the recent publication of *The Book That Started It All*. This book, originally published on October 1 and already awaiting its second printing, presents the original working manuscript of the AA Big Book along with comments from the 400 people who reviewed the draft. One of the original reviewers of the Big Book sought to replace the word "God" each time it occurred, usually with "faith," a desire that the author of the book completely rejected, as is evident from even a cursory glance at the book. I see this book as relating to my work as editor of *The Outer Circle* in a couple of important ways.

First of all, the importance of God to the SAA program. While the program speaks of "the God of our understanding," I experience some difficulty when I read a proposed article that relates that God to the religious tradition of the United States, in part because that God was so often used to beat me over the head when I was growing up. In an upcoming issue of *The Outer Circle* will appear an excellent article relating an Eastern religious tradition to our program of recovery that I was able to review without wincing once; on the other hand, what I did wince at was my knowledge of how I would have reacted at reviewing an equally excellent article that was based on the religious traditions of the United States. I am making a

conscious effort to be more open to articles that talk about God, regardless of the religious tradition they reflect.

Second, the pioneering work done by Alcoholics Anonymous on which we of SAA have so often drawn. While I appreciate the importance of having our own literature and of its being the primary source of quotations in *The Outer Circle*, I've become more open over time to the judicious use of quotes from AA literature. In this regard, I'm also happy to note that the Board has authorized links to translations of basic AA literature on the ISO website (see page 6 of this issue of *The Outer Circle*). Our article on Tradition Two this issue admirably conflates our literature with that of Alcoholics Anonymous with regard to this tradition.

There is little in our program that will garner one hundred percent approval from our diverse membership. For example, I have heard the "my program vs. the program" controversy many times over the years. And I realize that I'm begging the question by using a piece of AA literature as proof of the importance of AA literature to the SAA program. Still, one of my goals as editor of *The Outer Circle* is to have more of an open mind towards these two questions.

Which brings me to the topic for the September-October, 2011 issue: "Humility." I normally think of humility as knowing my place in the universe. A simpler way to put it might be, "There is only one God, and I am not God." So I'm interested in hearing your experiences around humility, possibly beginning with what it is for you and what it isn't.

So I'll conclude for now. I hope your 2011 is turning out to be blessed, and I look forward to talking with you again next issue.

Game Plan for the Traveler

by Jack G. and Jim L.

For many members of the SAA fellowship, the specter of traveling looms large as a personal challenge and potential threat to sobriety. This may be particularly true for the sex addict whose employment requires frequent travel, especially if acting out while traveling was a common behavior of the past. For some of us, simply being alone in a distant city detached from immediate accountability can be in itself a trigger. In addition, particular locales may be the source of euphoric recall and may cause significant fear, which can precipitate a desire to medicate those thoughts and feelings, undermining our recovery.

The purpose of this article is to examine briefly the program principles that can be applied while traveling and to share specific suggestions that have been found useful by the authors.

Program principles

Of paramount importance is maintaining active and vital connections to our Higher Power and to our colleagues in recovery, just as if we were at home. Our recovery program must be practiced continuously—that is, without interruption—whether at home or on the road. Since we have learned that practicing the principles of the Twelve-Step program is the essential foundation of our everyday lives, we must remember not to suspend our recovery program when away from our normal environment.

Our experience confirms that connection with our Higher Power and with our colleagues in the program (sponsor, sponsees, and others) is an essential ingredient of relapse prevention while traveling. For that reason, rigorous practice of Step Eleven—prayer and meditation—becomes the cornerstone of uninterrupted sobriety and recovery, for we are convinced that it is never God's will for us to be distracted by circumstances. If we remain consciously connected to our Higher Power, we will be more resistant to potential triggers. Furthermore, we discover that a healthy spiritual connection makes it easier to maintain connections with our program colleagues, who serve as further support to guard against addictive responses to unanticipated temptations.

Another principle to consider while traveling is to avoid the trap of obsessing on “not acting out.” Experience has shown that focusing on “not acting out” is not substantively different from thinking about acting out. It is tantamount to planning to act out. Fear of triggers or acting out forces us to think about and move toward our acting out behaviors. On the other hand, focusing on God's will, the promise of recovery, and healthy activities tends to pull us toward recovery.

Specific measures

In view of these underlying principles, several specific measures have been useful to keep our thoughts and our actions well-grounded in recovery:

- As an aid to maintaining conscious contact with God, the Third Step prayer (Alcoholics Anonymous, p 63) has been particularly useful for beginning each day. Also, carrying our favorite book of daily meditations has served to undergird Step Eleven work by providing recovery-related suggestions for morning and evening reflections.
- Telephone conversations and text messages with our sponsor, our sponsees, and other trusted colleagues in the program further bolsters our conscious connection to recovery.
- Choosing a safe environment adds another dimension of safety. At least one website (www.cleanhotels.com) provides the names of hotels that do not offer pornographic pay-per-view movies. Another approach is to request at the time of check-in that television or at least the pay-per-view channels be disabled for the duration of the stay.
- Reading recovery literature (meditations, the SAA Green Book, the AA Big Book, or other resources) rather than popular magazines and newspapers helps to maintain focus on recovery.
- Attending a local meeting is also very helpful when traveling. The SAA website has an extensive list of meetings worldwide. If there are no SAA meetings in that city, a meeting of another S-fellowship or an AA meeting may be available. In addition, SAA meetings by telephone are available any day of the week.
- For travelers who need a computer for their business, use of blocking programs or accountability software can further enhance safety.
- Actively seeking outer circle activities is another way to maintain focus on recovery. Exercise, appropriate movies, reading non-program materials for pleasure, and going to bed early may provide additional healthy ways to avoid idle time that might cause a lapse into negative thinking and addictive behavior.

Conclusion

Our experience suggests that the crucial component that best protects us when traveling is conscious appreciation of the fact that program principles are designed to be practiced without interruption—at all times and under all circumstances. With this concept firmly planted in our minds, we recognize that we are not dependent on location, meetings, or particular people, but that we rely on our Higher Power and the program principles we have learned to keep us sober and to deliver the promises of the program. When our resolve weakens, we can pray and call on fellow addicts to help us re-establish a firm footing in recovery. Travel does not have to be a threat to our sobriety and recovery.

Step One

by Mary F.

We admitted we were powerless over addictive sexual behavior--that our lives had become unmanageable.

“Those of us who acted out in this way know that the consequences from sitting alone at a computer can be just as great as those found in the world of prostitutes, adult bookstores, or anonymous encounters.” (from *Sexual Sobriety and the Internet*)

I am in my fifth year of recovery and I am still powerless over the internet. When I began recovery I eliminated the internet completely from my home. That forced me to use it only in public places, such as libraries and work, where I could not be alone. This kept me from acting out.

About a year ago I took an online job which required me to work from home. Reluctantly, I obtained home internet service and within a month found myself on three different dating sites. Because I was still willing to do anything it took, I deleted my dating site profiles, quit the job, and cancelled my home internet service, despite the \$150 cancellation fee.

Going back to Step One, I knew I was still powerless over the internet. Recently, I decided to apply for an online college teaching position which would once again require home internet. I decided to try it again, but this time, before getting it, doing whatever it took to stay sober. I talked to another program person with the same issue, and her experience, strength, and hope inspired me. I turned on the pop-up blocker to prevent pop-ups and decided I would only go to sites already on my favorites list. That way I would not surf. I am careful about what I put on my favorites list, including only my employers, my credit union, an encyclopedia, a search engine, an e-mail website and a news website. My email address contains my name so that I cannot remain anonymous. I also decided that I would install blocking software if I started to slip.

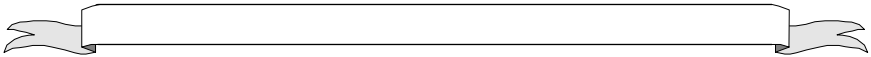
It has been one month now and my plan is working. I continue to consult with a program person and with my Higher Power. I see the internet now as an ocean—full of cunning, baffling, unpredictable, and dangerous things. If I go too far out, the strong current will pull me under and I will drown. If I stay in the roped-off area with others, I am more protected. There are people there to help if I get into trouble. If I need to get out of the water, I can. Because the internet is so ubiquitous in our society, it is my hope that all members of SAA who need to will stay in the “roped-off area” that the fellowship provides. Venturing out into an ocean alone disregards the powerlessness inherent in Step One.

Step Two

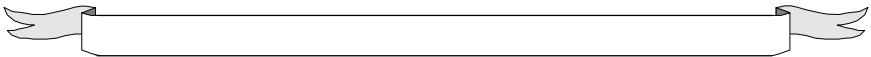
by Valorie F.

Admitting defeat to my sex addiction was easy. My only choices, I believed, were death or SAA. If SAA didn't work, death would be the only solution left. Step One came relatively easy for this addict. I knew I was powerless. Step Two was a totally different ball game.

I knew that Twelve-Step recovery worked. I personally had had success—but I could only believe in the fellowship, not in some Higher Power. My reliance on the twelve steps, the fellowship and the Program itself as my Higher Power worked with the other addiction. It did *not* work for this one.



*I am truly blessed because my process
through Step Two not only gave me a
Higher Power that I can trust,
but gave me the ability to allow others their
beliefs without harming me.*



But I couldn't go there. I had too much resentment towards God and towards religion. I wasn't capable of believing in the God I grew up with. I cringed at the "J" word. Anything that resembled church made me want to run and hide. So, how could I possibly come to believe?

Luckily, I had those who had gone before me. And I made *lots* of phone calls. I e-mailed every woman on the women's outreach list who had more than one year sober. I asked them all the same question: How did you work Step Two? It was one of the things my sponsor had me do as part of Step Two. She also asked me to answer some questions. She read them off to me, as I wrote them down. I wrote one question down wrong. I don't know what the "real" question was, but what I answered was "what is your history with God and religion?"

The process of writing that answer brought out every angry resentful moment in my life around God and religion, but it also brought out the good moments. I think this history was nearly as long as my First Step (which took over three hours to read to my sponsor). I had answered all the ques-

tions, but I still couldn't pray. I was still working on getting feedback from other women in the fellowship.

One day, a woman shared with me the idea of firing the God I grew up with. I didn't see how that could help, and just kept asking other women. Another woman shared that she wrote a termination letter to the God she grew up with. She explained that she needed to terminate the understanding she had in her mind of what/who God was, so that she could be open to a new understanding. What a concept! Although it is very close to what I had been offered just a couple of days earlier, this made more sense to me; it clicked. So I wrote a termination letter. I wrote out all the reasons I could no longer believe in that God. It was extremely liberating.

I then wrote a letter asking for a Higher Power that I could understand. I listed the qualities I needed in a Higher Power. This really changed things for me. I was able for the first time to pray with feeling (okay, pray with feelings that were not dread, anger or frustration). This was a true turning point in my recovery.

Today, there are still only two things I know about my Higher Power. I know that it is not human and that I am not it. I don't know who or what that Power is. I often use the word God, only because others understand the word, and the word no longer carries the same meaning for me. Today, I can hear the "J" word and not run away or get angry. I can hear other people's experience around literature that used to make me rise up in rebellion. I am truly blessed because my process through Step Two not only gave me a Higher Power that I can trust, but gave me the ability to allow others their beliefs without harming me.

I love this program and will always be grateful for the experience, strength and hope of those who have gone before me.

Dear Grace

Submitted by SAA Women's Outreach Subcommittee

Statement of Purpose for Dear Grace:

*To reach out to all women with a desire to stop addictive sexual behavior through this printed medium and share with the fellowship the types of questions the Grace e-mail receives. *Names have been changed to protect anonymity**

How can I find a sponsor?

There are several ways to get a sponsor. First, go to meetings. Then, listen. Listen for members (preferably women members) who have completed the Twelve Steps and who have experienced some degree of spiritual growth. Then, call and ask.

Or, after those telemeetings (including most women's telemeetings) where the members provide their phone numbers, listen for women who state that they are available to sponsor. Then, call and ask.

Or, email grace@saa-women.org and ask to be added to the women's outreach list. You will see that on the list some women indicate that they are available to sponsor. Then, call and ask.

Additionally, some women, if they cannot find a female sponsor, ask a gay male to sponsor them.

We also suggest that you read "Sponsorship" on pages 13 and 14 of the SAA Green Book (*Sex Addicts Anonymous*, Second Edition, 2008).

Disclaimer: we cannot guarantee that this advice will be equally applicable to every woman, although it is our hope that such will be the case.

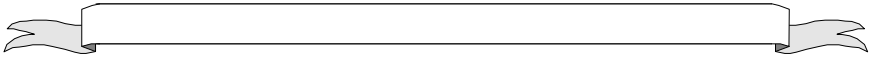
– SAA Women's Outreach Subcommittee

Moving Sober

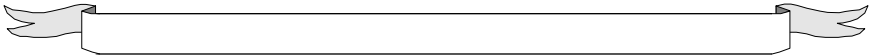
by Bill J.

I have traveled some since being in recovery since 1997, but I would like to share my experience about moving recently. I have been sober in alcohol recovery for twenty-seven years and have gotten in the habit of thinking about sobriety before I go anywhere, so I do the same for my SAA program. Alcohol recovery meetings are usually easy to get to but that's not always the case with S-meetings.

I retired from the military and have been used to traveling to other countries or to different states in the U.S. When I move or go out of town, I usually go to the internet and search for meetings and contact phone numbers. I



*If I am not sober then I don't stand a
chance of helping anyone else.
As the sage said, "To thine own self be true."*



get phone numbers in the area I am going to and bring numbers of home group members as well, just in case I have to call for help. When I travel I usually try to get to at least one meeting that week. I have recently moved and will share about that now.

I was living in Virginia and decided to move to another state because the housing market was more to my liking. Before I made up my mind to move I researched the SAA meetings in that particular area. I found that the nearest meeting would be about sixty-five miles from me one way. That was hard to accept. As part of having my boundaries in place for staying sober, I had decided that I would not move to an area if the meetings were too far away from that area. In this case, I decided that I would be willing to sacrifice the time needed to travel to meetings.

So about two years ago, I moved and got settled in. I drove to the meetings a few times, but later stopped driving weekly and instead started going every few weeks. Eventually my disease started to rear its ugly head. I skipped more and more meetings and tried to substitute alcohol recovery meetings instead. With the odd hours I was working this was an easier approach but it proved not to be effective. I needed my SAA meetings.

In a few months I decided to start driving the one-hundred-thirty-mile round trip weekly. I felt quite relieved in going back to regular meetings. The place I had moved to was a rural area and it didn't offer many meetings, so I was grateful to have one a week.

There was a town about thirty-five miles from where I lived and it had a hospital. I went to the person who assigned the conference rooms in the hospital and asked to use one of the rooms for a weekly meeting. I had started SAA meetings in the past and knew that I would have to show up for the meeting, even if no one came that night, and be there for anyone who might want to attend. There was one guy who showed up regularly and some of the people from the distant meeting came to this new meeting for support. I did this for about six months.

Since I was used to living in a city that had many SAA meetings each week, it was a difficult adjustment. I felt isolated. In the city I had moved from, I could call someone up and drive to a coffee shop and meet, but I found out that it was really difficult to arrange a simple meeting to chat with another recovering person in the rural area where I was now living.


I knew that sobriety was first for me and that I had to make some tough decisions. I decided after nearly two years of living in this rural country setting that I needed to sell my house and move back where there were more meetings. I decided to go back to Virginia. I couldn't sell my house, so I had to rent it out. Some of the guys, my sponsor for one, are taking over the meeting I started. I hope it keeps going but I have to do for my sobriety what is necessary to stay sexually sober.

This may seem extreme, but I had to make tough decisions for my alcohol recovery over the last twenty seven years, so I need to do the same for my sexual recovery program. We are all individuals and have different needs. I find that by working my program of recovery I am doing what is right for me. If I am not sober then I don't stand a chance of helping anyone else. As the sage said, "To thine own self be true." Thanks for letting me share. See you sober.

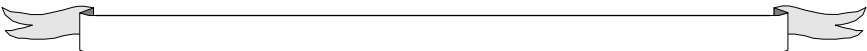
Overcoming Temptation

By Ed W.

For slips and relapses to even be an issue, we must first look at the idea of boundaries. Without boundaries, one doesn't have anything from which to slip. The ultimate goal of setting boundaries is to free us up to protect, nurture, and develop the lives over which our Higher Power has given us stewardship. God has given us responsibility over our lives—the test is “What are we going to do with our lives?”



If we have to cry out for God's help two hundred times a day to defeat a particular temptation, he will still be eager to give mercy and grace, so we boldly come.



Setting boundaries is 1) mature; 2) proactive, 3) initiative-taking. It's being in control of our lives. No “pity parties” here. We're trying to live our lives as we'd like them to be (act as if), not just give in to how they have been.

Individuals with boundaries aren't frantic, in a hurry, or out of control. They have a direction in their lives, a steady moving toward their personal goals. They plan ahead.

Okay, so now we've chosen to place boundaries or limits on acceptable behaviors. This must be done with a sponsor (not in isolation) so we can't rationalize or negotiate with ourselves. We carefully study the Three Circles brochure during this process and review our boundaries periodically.

Temptation

It helps us to know that addictions are entirely predictable. The addiction, which is like a best within, uses the same strategy and tricks to delude and manipulate us in any addiction. All temptations follow the same pattern. Temptation follows a four-step process.

Step One: The addict identifies a desire inside of us. He whispers, “You deserve it! You've earned it! You should have it now! It will be exciting...”

comforting...or it'll make you feel better."

We think temptation lies around us, but God says it begins within us. Temptation always starts in our mind, not in circumstances. It was once said, "For from within, out of a person's heart, come addictive thoughts, sexual immorality, theft, murder, adultery, greed, wickedness, deceit, eagerness for lustful pleasure, envy, slander, pride, and foolishness. All these things come from within."

Step Two: Doubt. The addict tries to get us to doubt what God has said about addiction. Is it really wrong? Did God really say not to do it? Doesn't God want us to be happy? The addict just loves to create doubts, thrives on rationalizations and distractions from reality.

Step Three: Deception. Anything the addict tells us will be untrue or just half-true. The addict says, "You will not die. You can get away with it. No one will ever know. It will solve your problem. Besides, everyone else is doing it. It is only a little violation of your boundaries." But a little transgression is like being a little pregnant: It will eventually show itself!

Step Four: Disobedience. We finally act on the thought we've been toying with in our mind. What began as an idea gets birthed into behavior. We give in to whatever got our attention. We believe the addict's lies and fall into the trap of addiction.

Overcoming Temptation

1. We refuse to be intimidated. Many people are frightened and demoralized by tempting thoughts. When striving for sobriety, they feel ashamed just for being tempted. In one sense, we can consider temptation a compliment. The addict does not have to tempt those who are already acting out. But in gaining sobriety and working the Steps, we've really angered the addict. The addict will suggest a bizarre or inappropriate thought just to distract and shame us. He will react and come after us.

God made every one of us a sexual being, and that is good (sexuality must be good, if it was created by God). Attraction and arousal are the natural, spontaneous, God-given responses to physical beauty, while acting out is a deliberate act of the will. No one holds a gun to our head at the massage parlor. We must choose to walk in the door. Our upbringing, traumas, habits, and the addict have all contributed to the development of our addiction. The more we progress in the Program, the Twelve Steps, gain sobriety, and become closer to our Higher Power, the more the addict will attack us.

2. We recognize our pattern of temptation and are prepared. Certain situations, surroundings, people, and habits will trigger acting out. The addict knows exactly what trips us up, and is constantly working to get us

into those circumstances. We ask ourselves, “When am I most tempted? What day of the week? What time of day? Where am I most tempted? At work? At home? At a sports bar? Driving down a particular street? Who is with me? Friends? Coworkers? Strangers? When I’m alone? Also, “How do I usually feel when I’m most tempted? When I’m tired, lonely, bored, depressed, under stress, hurt, angry, worried, or after a big success?”

We identify our typical pattern of temptation and prepare to avoid those situations as much as possible. We just don’t give the addict the chance. We plan carefully what we do. We avoid evil and walk straight ahead. We don’t go one step off the right way. We avoid evil ways, and we protect ourselves by watching where we go.

3. We request God’s help. Here’s a “microwave” prayer—“God, I call on you in times of trouble. Guide me. Rescue me.”

If our Higher Power is waiting to help us defeat the addiction, why don’t we turn to it more often? Honestly, sometimes we don’t want to be helped! We want to give in to temptation even though we know it’s wrong. At that moment we think we know what’s best for us more than God does.

At other times we’re embarrassed to ask our Higher Power for help because we keep giving in to the same temptation over and over. But God never gets irritated, bored, or impatient when we keep coming back to him!

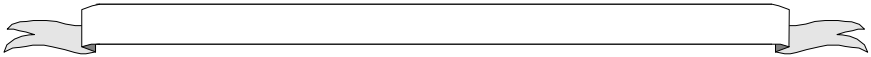
If we have to cry out for God’s help two hundred times a day to defeat a particular temptation, he will still be eager to give mercy and grace, so we boldly come. When we stumble—which we will—it is not fatal. Instead of giving in or giving up, we look to God and expect him to help us.

Me and Myself - A Conversation

by Scotty W.

I slipped again! Oh man! How could this have happened? I'm working my program. This shouldn't have happened. I don't understand.

I'm doing fine. Don't be so hard on myself. Just give it some time. That's what my sponsor always says. What a wise man.



*But I am getting better.
Day after day, just like walking
up a flight of stairs.*



Perhaps it's something I did *wrong*. Perhaps it's something I didn't do *right*.

I don't have to know why. I may never know the reason, even if there was one. This is a process. Different people recover in different fashions and at different speeds.

I'm worthless. This just proves it. I'm a zero, and it looks like I'll always be a zero. I'll never escape this thing.

Things take time. The addiction didn't instantly spring into my life, did it? I've been learning so much since I began going to meetings. So much of my life is more balanced, more peaceful, more—yes, I'll say it—*serene*.

I wonder what my sponsor is going to say when I tell him I slipped again. One of these days, he'll probably drop me because I'm still slipping.

My sponsor's been in the fellowship a lot longer than I have, yet he still attends meetings. He even shares about his own slips, remember? And when he shares about a slip, it doesn't seem to devastate him, remember? I'll be there some day. For today, though, I'll listen to my sponsor, and share all I can.

I'm ashamed to tell my sponsee; I'm supposed to be the good example, and not have slips, right? What will he think of me?

When I share the ups and the downs, I give my sponsee a balanced idea of what he can look forward to during his recovery. If I didn't share of my ups

and downs, he might be devastated when and if he encounters his own downs. I help him when I share. Good and bad, I help him—and myself—when I share.

This is so depressing. I've been doing all this step work, program calls, going to meetings, and I *still* have a slip? This *stinks!*

But I *am* getting better. Day after day, just like walking up a flight of stairs. I know my eyes are clearer. My thoughts are less jumbled, less frantic. I remember those terrible feelings, yet I don't talk about them as much as I used to. I am making progress. I truly am.

That phrase "progress not perfection" sounds so hollow sometimes. I don't need "progress", I need to be cured!

Yes, I'd love to be "cured", whatever that means. But today, I'm going to focus on my program for today. I'm going to my meeting tonight. I have literature to read during those anxious, idle moments. I have the phone list handy, and have a few of my recovery buddies in my speed dial. Sometimes, I just call others in recovery because I like talking to them! We're all on the same road, and I really respect them for the way I see them working their program. Hey, I just remembered some of them are getting together for dinner before tonight's meeting. And I've got time. Great! Let me hit that speed dial now!

Life's Meadow

by Larry E.

Mountain meadow blanket
Threads rough woven.

I am like a blade of grass;
One stitch in a green field
Broken by deep purple lilac,
Orange paintbrush, golden petals
As my world is bright with color.

Water and earth nourish the grass
As the river and stuff of life feed me.
A breeze rustles us from lethargy.
Walked upon, we spring back.
Fed upon, we grow new shoots.
Flooded or frozen, we recover in time.
Disturbed, we soon resume our pattern.
Waiting for the sun's return, we sleep
And dream of peaceful meadows.

But weeds and thistles and vines and
Crawling things that burrow beneath
Threaten the blades of grass one by one.
As invasive temptations
And shadows of the mind
Threaten lives well lived.

And here is a difference,
For unlike the grass
I am not planted, fixed, unthinking.
It is time to grow
A meadow of my own making.

Tradition One

by Ed G.

Our common welfare should come first; personal recovery depends upon S.A.A. unity.

The first three sentences of Tradition One in the SAA Green Book really say it all. “As recovering sex addicts, we all need the love and support of our fellow SAA members. We need to hear each other’s experience, strength, and hope. We need sponsors and other recovering addicts to guide us through the steps of the program” (p. 78).

It is so important to know that there are others like us from whom we can draw hope and strength on our journey of recovery from our addiction. When I first discovered my “problem,” I felt quite alone. I had no idea that others suffered from this degrading sickness. Now I know that I am not alone. And who better to understand what we are experiencing—the shame, pain, and fear of our little-understood addiction—than those similarly afflicted.

Tradition One goes on to say that we each have our individual recovery goal and manner in which we hope to achieve it. We are unified under the sickness we have, but we are all different. How others handle their recovery may be just the ticket for us—and our way may be just the piece missing that others need. That is the beauty of our groups—our common welfare! And sharing our story, as others share theirs, gives us the hope we need.

Will we agree with everything and everyone? More than likely, no. But as the Tradition states, “The spirit of unity prevents disagreements from turning into quarrels, factions, or destructive personal conflicts” (p. 78). It is from this collective unity that we draw the strength to move forward on our recovery journey. Our group and our Higher Power are with us all the way. We just have to be sure to let them into our lives.

Tradition Two and the “Former” Trusted Servant

by Robert N.

The AA *Twelve and Twelve*, while speaking of the Seven Deadly Sins in Step Four, says “It is not by accident that pride heads the procession” (*Twelve Steps and Twelve Traditions*, Alcoholics Anonymous, p. 48). Pride, either by itself or working together with fear, stands at the root of the other Deadlies. One of the most obvious places within the fellowship where pride can cause difficulties is in the area of group leadership. The *Twelve*

and Twelve does an admirable job on pp. 134-35, in its section on Tradition Two, in describing the possible pitfalls that group leaders can fall into.

The SAA Green Book, written some fifty years after the *Twelve and Twelve*, goes the book one better by describing those group leaders as “trusted servants,” a term not mentioned specifically in the AA text other than as part of the quote of the Tradition itself at the beginning of the chapter. “Trusted servants” is defined in the SAA Green Book as “those of us who are chosen by our groups to carry out the decisions called for by group conscience” (*Sex Addicts Anonymous*, Second Edition, p. 80).

Relating all of this back to me, I can say that pride was certainly a major cause of my difficulties before coming to SAA. I did not anticipate, however, that, having served in some leadership capacities within the fellowship, pride would continue to cause me similar problems after leaving those positions. In that regard, I fall into the *Twelve and Twelve* category of “bleeding deacons” (“convinced that the group cannot get along without him . . . constantly connives for reelection to office . . . continues to be consumed with self-pity”) (*Twelve and Twelve*, p. 135). For me, this translates into those comfortable feelings of “less than.” What’s more, I take these feelings out on myself as well as those around me.

Many of these “less than” feelings relate back to my old habit of comparing my insides to the outsides of others. Another one is “in,” I am “out”; therefore, the other one is good and I am bad. Yuck. Once again I’m giving into my decades-old core belief that my worth is determined, not by who I am, but by what I *do*. I especially love the words of our SAA Green Book in that regard: “Asking members to serve does not put them in a different rank or class than other members” (*Sex Addicts Anonymous*, Second Edition, p. 80). They remind me that being a trusted servant is simply that, and not a reflection of my self-worth.

In a key phrase, the SAA Green Book reminds us of the role of the group conscience in the process of choosing trusted servants. What better reminder that this whole process is not about me than that God is in charge here also, through the group conscience.

Finally, the SAA Green Book makes the distinction between service and government. Accepting a service position within the fellowship is not an ego-feeding proposition, much as I try to shoehorn it into being as much. It is simply what it is, a service position.

By meditating on Tradition Two I realize that I am still a cog in the great wheel of SAA. There will always be needs within the fellowship and always opportunities for me to serve. With a little looking around, I will find the next place that Higher Power wants me to be active in the fellowship. I will always have opportunities through SAA to reach out to others and to God.

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 e-mail 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
North Central Board Member and Alternate: BoardNC@saa-recovery.org
Northeast Board Member and Alternate: BoardNE@saa-recovery.org
North Pacific Board Member and Alternate: BoardNP@saa-recovery.org
South Central Board Member and Alternate: BoardSC@saa-recovery.org
Southeast Board Member and Alternate: BoardSE@saa-recovery.org
Southern Pacific Board Member and Alternate: BoardSP@saa-recovery.org
At Large Board Member: BoardAL@saa-recovery.org

Great Lakes LitCom Member and Alternate: LitComGL@saa-litcom.org
Intermountain LitCom Member and Alternate: LitComIM@saa-litcom.org
North Central LitCom Member and Alternate: LitComNC@saa-litcom.org
Northeast LitCom Member and Alternate: LitComNE@saa-litcom.org
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"Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other sex addicts..." Step Twelve

First: Write from your experience, strength, and hope. Others may need to hear exactly what you have to say. Suggested Topics are listed below.

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Sep-Oct 2011	July 5, 2011	Steps & Traditions 9 & 10, and "Humility"
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