

# 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 approved by the Delegates in Houston, at the May 27th & 28th, 2011 Conference:**

- Approved that Motions directly related to proposed bylaw changes be given preferential consideration by the Conference; Such consideration shall mean that the motion(s) will be addressed prior to those motions that do not impact a change in the Bylaws of the ISO of SAA, Inc., herein described as General Motions; Further, that the aforementioned motions shall require the standard prerequisite(s) regarding passage as General Motions submitted to the Conference.
- Approved to relieve the ISO Board of Trustees from all further work on 24-hour hotline and cancel any other future work on this project.
- Approved that the business procedures for the delegate Conference in 2012 and thereafter be modified as follows: a) that the deadline for submission of regular delegate business motions to be considered at the annual Conference will be the immediately preceding March 31, b) that all motions must be submitted on an ISO Business Motion form and must include adequate background information, clear statement of benefits to the fellowship, and an analysis of the impact on the operation and finances of the ISO, and, c) that the Delphi Committee will be empowered to recommend to the chair of the Conference that urgent motions be given preferential consideration outside of the Delphi process.
- Approved that the ISO discontinue the sale of non-SAA literature and video once current stock is exhausted. Non-SAA items, for the purpose of this motion, would be comprised of books and videos that are not produced by the fellowship and specifically for the fellowship.
- Approved that the ISO of SAA Bylaws be amended as follows: In Articles II, III and V, all references to "convention" referring to the annual delegate assembly be changed to "conference"; In Article IV, all references to "convention" except for those in Sections 6 and 7 be changed to "conference". Further, that Article IV, Section 6 shall be changed to read, "The Board shall fix the date of an annual conference and convention to be held at least once in each calendar year, and notify each registered SAA group of the time and location(s) thereof at least 90 days in advance, and publish the same in any SAA-sponsored periodical. At the International Conference the Board shall make available, an annual report to the members detailing the status of the corporation and the SAA Fellowship, as well as the activities of the Board during the past year." Further, that Section 7 be amended to read, "The annual meeting of the Board shall occur in conjunction with the annual international SAA Conference." The remainder of Section 7 would remain unchanged.
- Approved that a Section 12 be added to Article III that states, "The

Conference may establish committees, referred to as “conference committees” or “conference standing committees.” Such committees will, at a minimum, elect a chair, vice-chair and recording secretary, all of whom may be elected at the caucus used to form the committee. Further, that such committees are empowered to conduct electronic meetings and voting procedures in the process of conducting committee business.

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## **The Following actions were approved by the Board of Trustees in Houston, at the May 25th, 26th & 29th, 2011 Meetings:**

- Approved the [submitted] policy for linking from the ISO website.
- Approved the [submitted] policy for use of ISO trademarks.
- Approved that the Board interpret the ISO bylaws to the following effect: Any member group not associated by geographic location with an existing ISO region may be assigned by Board action to any such region for purposes of caucusing at conference or elsewhere.
- Approved that delegates for meetings not allocated to a region be permitted to caucus and vote with the Northeast region in the 2011 conference (Amending motion approved to strike ‘the Northeast region’ and insert ‘the US region in which they have legal residence, or if none, to a region as directed by the Director’).
- Approved the 2010-2011 audit report as submitted.
- Approved the 2011-2012 budget as submitted.
- Approved the 2010-2011 annual report as submitted.
- Approved the 2011 Conference Business Procedures as submitted.
- Approved to accept and implement changes #1-5 to the Internal Standing Committee structure, as presented in the May 2011 Report of the Board Structure and Operations Committee (Amending motion approved to strike ‘5’ and insert ‘4’ and to append ‘further that item number 5 be presented to the General Outreach committee as a recommendation’).
- Awarded the 2013 ISO of SAA Annual Conference/Convention location.
- Approved the 2012 convention budget as submitted.
- Approved the 2012 delegate registration fee as submitted.
- Approved the “ISO BOT Service Questionnaire” (2 pages) and the “Guidelines for International Service for ISO BOT and Literature Committee” (2 pages).
- Approved that Board teleconferences for the 2011/2012 year will be held at 9am Central Time on the 3<sup>rd</sup> Saturday of each month, beginning on 6-18-2011, and that such teleconference will be for a duration of 2 hours unless a vote of the Board agrees to extend each teleconference.

## **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. What we're looking for is your experience, your strength, your hope, and your voice.

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>

## Meditation Book Vision Statement

*(approved by the Literature Committee)*

**“The SAA Meditation Book carries the message of recovery by collecting into one volume diverse voices of the SAA Fellowship to serve as a resource for meditation and prayer for the addict in recovery and the sex addict who still suffers.”**

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

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

Please send a digital copy of your submission (attached as .doc, .docx, .rtf, .txt, or in the body of the email) to [\*\*meditation@saa-recovery.org\*\*](mailto:meditation@saa-recovery.org) .

Include complete contact information and, if possible, a signed scanned release. All submitters must send a release form – one per author - before submissions can be considered.

You can also send your meditation, contact information, and signed release by postal mail to: ISO, PO Box 70949, Houston, TX 77270.

***If at all possible, please send your submission in digital form. We will, of course, consider all submissions.*** You will be sent a confirmation that your submission has been received.

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## 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, July 24  
Sunday, August 28  
Sunday, September 25  
Sunday, October 23  
Sunday, November 27

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

[\*\*meditation@saa-recovery.org\*\*](mailto: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](http://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](mailto: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*.

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## History of SAA Project

The ISO Literature Committee is working on a 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 e-mailed to:

**[info@saa-recovery.org](mailto:info@saa-recovery.org)**

## **Intergroup Communications Committee Report**

Beginning on 6/21/2011, the ICC has started meeting again, on the third Tuesday of each month, and is looking for interested members.

We hope that every intergroup will send a representative. Members can indicate interest by calling the ISO.

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## **Men's Outreach Committee Report**

After a semi-dormant year, Men's Outreach is in the process of reviving. Our renewal began with a spring cleaning of the Men's Outreach list; we had roughly 500 names on there, and after eliminating the 100 or so email addresses that no longer worked and asking the rest of the men on the list to opt in, we wound up with a list of about 105 names. The office receives a number of calls from men to be on the list, and so at this writing we are up to 145 names.

At Reach for the Heavens in 2011, a small but enthusiastic cadre of men met as part of the process of reviving men's outreach. Among the things that we are looking into doing are the following:

- Putting together a column similar to "Dear Grace" to answer questions that men who are new in the SAA program may have. We came up with a great title for the column. Stay tuned...
- Preparing an article about the role that the men's outreach list plays in long-distance sponsorship. The article is essentially ready and will be appearing in an upcoming issue of *The Outer Circle*.
- Putting together a pamphlet on men's outreach for eventual submission to the Literature Committee.
- Working on a men's outreach subpage for the SAA website.

We will be coming up with more projects as the year progresses. If you have suggestions for things we can do or if you're otherwise interested in being part of men's outreach (and yes, women are welcome, too), please get in touch with us at [\*\*men4saa@saa-recovery.org\*\*](mailto:men4saa@saa-recovery.org).

## 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](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1082.html)**

We hosted a workshop on this subject at the 2010 convention and a ***CD of the workshop is available*** from the ISO office.

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## SAA pamphlets available to read online!

The International Service Organization of SAA is pleased to announce the availability of SAA pamphlets on the SAA website (**[www.saa-recovery.org](http://www.saa-recovery.org)**). The pamphlets may be found by following the “SAA literature” sub-tab from the Home page. Also available online are the pamphlets in Spanish and the “Pathway to Recovery” pamphlet in French.

This milestone has been accomplished by the combined efforts of the ISO Literature Committee, the ISO office, and the ISO Board of Trustees and its committees, specifically the Online Presence Committee and the International Development Committee. We believe that ready access to SAA literature online will greatly enhance the capacity of member groups and individual members of the fellowship to carry the SAA message of recovery more effectively and more efficiently.

As before, the printed pamphlets are available for purchase from the ISO – either through the online SAA Store or by telephone or postal mail from the ISO office. Don't forget to ask about our volume discount.

This development is a good example of how the ISO is working to support members of the fellowship and member groups. As you benefit from having access to the SAA pamphlets online, please remember that the ISO is totally dependent on financial support from members, member groups, and intergroups to offer and maintain this type of service for the fellowship. If you appreciate what the ISO does for you, please consider making a tax-deductible contribution today.

## ISO Income/Expense Summary As of May 31, 2011

	May 2011	Monthly Avg	Jul 2010- May 2011
<b>Income</b>			
<b>Sales</b>	17,760.92	16,676.74	183,444.19
<b>Shipping &amp; Handling</b>	1,168.50	1,431.78	15,749.62
<b>Donations</b>	13,885.08	21,885.23	240,737.55
<b>Delegate Meeting Registration</b>	7,125.00	829.55	9,125.00
<b>Interest Earned</b>	38.67	35.32	388.47
<b>Outreach Endowment Fund</b>	4,859.00	441.73	4,859.00
<b>Other Income</b>		52.46	577.04
<b>Convention Revenue</b>	28,209.12	6,695.64	73,651.99
<b>Total Income</b>	73,046.29	48,048.44	528,532.86
<b>Cost of Goods Sold</b>	7,617.97	8,067.94	88,747.38
<b>Gross Profit</b>	65,428.32	39,980.50	439,785.48
<b>Expense</b>			
<b>Wages</b>	17,621.76	17,784.73	195,632.05
<b>Insurance</b>	291.23	307.65	3,384.12
<b>Payroll Taxes</b>	1,827.87	1,454.17	15,995.85
<b>Employee Benefits (Not Wages)</b>	3,675.53	3,692.31	40,615.42
<b>BUSINESS TRAVEL-RELATED</b>	502.50	1,542.65	16,969.20
<b>Office Postage</b>	2.64	49.69	546.62
<b>Communications</b>	508.39	527.10	5,798.12
<b>Professional Fees</b>		345.45	3,800.00
<b>Office Expense</b>	1,417.91	955.39	10,509.25
<b>Occupancy Expenses</b>	1,335.14	1,497.96	16,477.54
<b>Board/Committee Expense</b>	1,029.08	1,305.68	14,362.49
<b>The Outer Circle</b>	2,299.51	1,501.41	16,515.53
<b>Financial Charges</b>	1,292.16	1,374.50	15,119.55
<b>Bad Debts/Refunds</b>		57.53	632.83
<b>Translating/Literature Projects</b>	475.00	43.18	475.00
<b>DELEGATE MEETING</b>	349.80	88.27	970.99
<b>CONVENTION EXPENSES</b>	5,828.43	779.03	8,569.35
<b>Depreciation</b>	175.00	175.00	1,925.00
<b>Payroll Expenses</b>	18.66	17.50	192.48
<b>Reconciliation Discrepancies</b>		-23.67	-260.36
<b>Total Expense</b>	38,650.61	33,475.55	368,231.03
<b>Net Income</b>	<b>26,777.71</b>	<b>6,504.95</b>	<b>71,554.45</b>

## Financial Results for May 2011

In the month of May we showed a surplus of \$26,777.71. We had budgeted for a surplus of \$22,279.00. The increase in our budgeted surplus of \$4,498.71 was due in part to receiving a check from our endowment fund of \$4,859.00. May is a difficult month to budget as convention expenses budgeted for May are not always submitted for payment until June.

Our sales for the SAA Green Book were below our estimate by \$188.46.

Our pamphlet and booklet sales were below our estimate by \$490.16. Our bronze medallions exceeded our estimate by \$532.00 and our chips exceeded our estimate by \$64.00.

Our total sales were below our estimate by \$1,654.08.

Individual donations were below our estimate by \$1,165.01 and group donations were below our estimate by \$568.91, and total donations were below our estimate by \$1,733.92.

Our product inventory is valued at \$50,912.75

Our expenses were below our estimate by \$7,432.39. Our convention expenses were less than expected by \$7,376.57 because there are still outstanding expenses that have not been submitted.

A summary of the current service year: (July 1, 2010 to May 31, 2011)

- Sales are below our estimate by \$120.81
- Donations have exceeded our budget estimate by \$7,928.55
- Expenses have exceeded our budget estimate by \$8,006.03
- Net surplus has exceeded our budget estimate by \$297.45

Our operational reserve amount is \$123,808 and is fully funded. This is the estimated amount necessary 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.

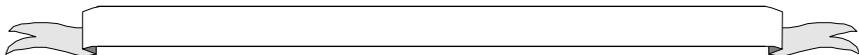
Director of Operations  
[director@saa-iso.org](mailto:director@saa-iso.org)

*[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 writing this article late the closing day of the annual SAA convention. I found it to be the same enjoyable and enlightening experience that it always is—in some ways even more so—and I share some of my experiences at the convention elsewhere in this issue of *The Outer Circle*.



*...for the March/April 2012 issue...  
I came up with the topic of  
“SAA as a ‘we’ program”*



So, my main job here is to present the topic for the March/April 2012 issue, which is already getting close to the very next convention (I probably said something similar last July/August). I came up with the topic of “SAA as a ‘we’ program.” I’ve heard it said, more in another program than in this one, “I [act out], we stay sober.” So I’m asking for your experience, strength, and hope around working the program with others. And of course, the Steps and Traditions for that issue will be Steps and Traditions 3 and 4. I hope you will plan to write something on one of these topics for the March/April issue of *The Outer Circle*. These articles will be due by January 5, 2012.

You can send your articles to [toc@saa-recovery.org](mailto:toc@saa-recovery.org), or else mail them to the office: ISO of SAA, P.O. Box 70949, Houston, TX 77270-0949 and write “The Outer Circle” on the front of the envelope so that the office knows to forward them to me.

One more thing: I am trying to complete our file of back issues of the

newsletter. I have run across several copies at home that weren't in my file of all the back issues that I keep and will eventually return to the office when I turn this job over to another member of the fellowship. The earliest issue I have is January 1990 and then it skips ahead to May 1990. Both issues contain a full-page advertisement for the third annual SAA/COSA convention which took place in Minneapolis and was called "Carrying the Message." I came into SAA in 1991 and probably didn't start getting the newsletter until a little while later than that, so it's guaranteed I won't have the very earliest issues buried somewhere at home. So if you have any old issues of the predecessor to *The Outer Circle*, called *The Plain Brown Rapper*, please let me know which ones and I'll check to see if they are issues that I don't have.

## Step Seven: My Higher Power and I Are Working Together

By María R.

Near the beginning of the section on Step Seven, the SAA Green Book says “When we become entirely ready to have these self-destructive aspects of our character removed, we then ask God to do so in Step Seven” (p. 43). This sentence sums up what the Seventh Step is about and also suggests a possible pitfall of the Step.

It begins by referring us back to Step Six with the words “when we become entirely ready.” This attitude of readiness is really what the whole Sixth Step is about. Once I have done my work of acquiring this attitude of readiness, then I am ready to move on to the work of Step Seven, which pairs my Higher Power and me.

But I wanted to make Step Seven about my own work as well. I lived my whole life thinking that I had to do everything by myself, without anybody’s help. So this naturally turned out to be a hindrance for me when working the Seventh Step. I had this short list of character defects that I—with a little help from my sponsor—had come up with. At first I shut out my Higher Power entirely when trying to work on these defects in Step Seven. “Asking God,” let alone “humbly,” was never part of my agenda.

Instead, I was dependent on my own will power, which served me fairly well with some of the easier defects, such as cleaning up my language. However, when I started removing the layers of my Seventh-Step onion, I found that my will power was serving me at best poorly.

For example, continual anger came from imposing my will power (read self-will) on situations. Because will power was so strong in my life, I eventually came to realize that it would always interfere with my being able to accept life on life’s terms. With the help of my sponsor and others, I learned instead that acceptance came from prayer. And I began to be blessed with the truth of the statement “We often find relief as soon as we pray, because our attitude toward the situation has changed through the act of asking” (p. 44).

Without my Higher Power being part of the process, I would have traveled little of the way toward realizing many of the benefits that are part and parcel of Step Seven, such as empathy for others as described in the Green Book. After all, if I really could have done it all myself, I would have only had contempt for others’ difficulties.

I'm thankful that I finally realized that I couldn't continue the process of resolving my character defects on my own. And even if I didn't originally trust the wording of Step Seven, I'm grateful that the Step spells out to me what I needed to do.

## **A Funny Thing Happened on My Way to the Eighth Step: One Woman's Journey Toward Becoming "Entirely Ready"**

by D.S.

A funny thing happened on my way to the Eighth Step. I wound up becoming a card-carrying member of not one, not two, but three other Twelve-Step fellowships. Who could have known?

When I joined SAA more than five years ago, I imagined that I would get through the steps in about one year. After all, I had already been through the Steps in AA twice in two years; surely it wouldn't take much longer than that in SAA. I had it all planned. I'd be dating in a year and happy, joyous and free. Wrong. God had a different plan for me.

God's plan was for me to get sober in my other programs and work slowly toward my Eighth Step in SAA. To say my recovery didn't happen the way I thought it would is an understatement.

I was devastated and overwhelmed by my newly uncovered addictions to food, running up debt, and to others as a co-addict. The phrase "more will be revealed" became an ominous reality.

After five years, heck, after three years, I asked myself, "Shouldn't I be done with the Steps by now?" I was jealous of my SAA sisters with less time who had completed the Twelve Steps and who now were dating and sponsoring.

Enough already. I was angry and frustrated with God. No matter. Turns out God's plan was the best thing for me.

I had much healing to do and my higher power knew that I needed to deal with my eating disorder and my money and relationship issues before I could tackle my Eighth Step and the amends work in the Ninth Step. I needed those years to become "entirely ready." To become entirely ready meant delving into painful childhood issues.

To do this, I took several solitary weekend retreats. I wrote letters to family members and expressed my rage. I had to feel the pain of childhood abuse and neglect, and work through the feelings, rather than stuff them with food, or by running up debt or pleasing others. I learned to take care of myself. If I hadn't done this work, I'm sure I would have relapsed in SAA. Intuitively, I knew that I was living God's will, even though I didn't agree with the pace.

Would I ever get done with the Twelve Steps in SAA? Yes, exactly five years, two months and seven days after I started working them.

Today, I feel the freedom that I have craved. I haven't started dating, but I'm looking forward to it. I'm very excited to sponsor and be sharing my experience, strength and hope. I'm looking forward to the next phase of my recovery journey. More will continue to be revealed.

## Tradition Seven

by John D.

*“In the program we learn instead to be accountable for ourselves and our recovery.”—Sex Addicts Anonymous, p. 87*

I remember one time attending a meeting of another Twelve-Step program on one of the Traditions. It was one of the best meetings I have ever attended. I am sad that we as a fellowship don't spend as much time studying the Traditions as we do the Steps, because there are such wonderful gifts to be had from them. Besides discussing how the groups and the fellowship as a whole recover, they contain many gifts for me as a recovering addict.

Tradition Seven speaks of being “self-supporting.” While the term obviously relates to money, there are many other ways in which I am “accountable for . . . [my] recovery.”

I remind myself that I have a part in every bad experience and attitude I experience. In these situations I ask myself “what is my part?” Then I ask God for guidance. I read program and other literature and get others' feedback. If I owe an amends, I make it.

The word “accountable” has a negative connotation; I'm making good on something that has gone awry in my life. Yet, being accountable for my recovery has many positive aspects. The SAA program explicitly acknowledges those aspects by having an Outer Circle as part of the Three Circles. Each time I do an activity in my Outer Circle, I'm being accountable to myself.

How does “declining outside contributions” relate to me specifically? After all, I do ask for the help of others when I need it. Today I don't unreasonably rely on others for those parts of my program that I can do on my own. Before recovery I did plenty of relying on others just to get me out of scrapes; now it feels like old behavior to continue to rely unreasonably on others. I have so many tools that the program has given me over the years, and I turn to them. That's where the “instead” of the above quote comes in.

This is a great Tradition. It is an inspiration to me to be responsible for myself.

## Tradition Eight

by Bruce F.

Perhaps one of the most confusing concepts in the Traditions is Tradition Eight's reference to "employ[ing] special workers," obviously referring to the hot-button issue of money. I'm a bit confused by this whole concept as well, and so I decided to do a little research in the literature of several Twelve-Step programs, including our own, to see if I could reach a little better clarity on the subject. Most of the material I read acknowledged a certain level of confusion around this issue, so I was encouraged to learn that others have struggled with it as well.

One of the first things I noticed, however, was quite clear cut. It was on page 168 of the AA *Twelve Steps and Twelve Traditions*. It talks about the policy of some AA clubs to pay their janitors and cooks; I'm familiar with clubs like that, including one club that pays a stipend for someone, usually someone fairly new to sobriety, to live on the premises and keep the club open from early morning until late night. The conclusion of the 12+12 is that "The job was not to *do* Twelfth Step work; it was to make Twelfth Step work possible." While, in the example I gave above, these relatively new members of AA serving as custodians may not be qualified to do or even feel comfortable doing some other kinds of Twelfth Step work, I have certainly witnessed examples of people being helped during those mid-afternoon hours when there are no meetings at the club, simply by virtue of its still being open.

We do not have these kinds of clubs in SAA for the most part; however, another example might fit here. We do pay the expenses of some members in service positions to attend, for instance, annual meetings. We are not paying these individuals to attend the meetings; we are, rather, by covering their expenses, making it possible for them to attend the meetings and do the business work that contributes to our Twelfth-Step work.

There are full- and part-time workers in the business offices of various Twelve-Step fellowships, including our own. While they may spend part of their time talking to callers, a lot of the time they are performing more mundane tasks, such as mailing out literature or meeting schedules. In some cases, I learned, these fellowships initially tried to fill these jobs with unpaid workers and lost these workers after a few months, due at least in part to burnout. Thus the fellowships often determined it necessary to have paid employees just to cover the necessary amount of work over a continuing period of time.

Then there are those who really are "special workers," in the sense that they do have specialized skills; translators, for example. One thing that

was discussed during the business meetings and some of the general meetings at the recent convention was the cost we are about to incur in translating our growing quantities of literature into the major languages of the world. These projected translations are very important for the continued growth of our fellowship. Indeed, in the foreword to the fourth edition of *Alcoholics Anonymous*, it states (p. xxiii): "In country after country where the A.A. seed was planted, it has taken root, slowly at first, then growing by leaps and bounds when literature has become available." Accordingly, it is clear that having these translations available is going to be an important step toward making Twelfth-Step work possible in a number of countries where it currently is not.

I think a lot of the translators our fellowship will eventually hire for these specialized skills, unlike many of the club custodians and office workers referred to above, will not be members of our fellowship, and that thus we will be hiring them strictly for their specialized skills. This is not to say that volunteers could not do some of our translation work, and in some cases we may well be able to find volunteers able and willing to do so, at least on a limited basis. I think this fact may be a large part of the continuing confusion around Step Eight; in some situations people are doing volunteer work, whereas in other cases the same kind of work is compensated.

I think we eventually have to look back to the distinction at the beginning of this article between doing Twelfth Step work and making Twelfth Step work possible. One of the most beautiful and true statements in the Green Book occurs near the beginning of the discussion of Tradition Eight. It is: "With other sex addicts like ourselves, we experience a level of honesty and understanding that we are rarely able to reach with those who are not sex addicts" (p. 89). This statement is in contrast with those situations where we may well pay members (or non-members) of the fellowship for doing such routine jobs as mailing out literature, or more specialized work such as preparing translations. However, it is these kinds of jobs that make possible this kind of connection between members of our SAA fellowship.

## **Bedrock: The Reality of Hitting Rock Bottom** by Brenda F.

Hi. My name is Brenda and I am a recovering sex addict. I came to this program with one simple purpose, to overcome my addiction and learn a better way to live a clean and sober life. While I was in my addiction I was employed as a sex worker, doing whatever I needed to do to survive. The word “bedrock” was used by many in my profession; it refers to lying in beds to meet my needs.

I didn't think I had a problem by having men come to me. I either wanted them to, or felt lonely, or wanted to use them; I already felt so used by them anyway. I hit bottom and my self-esteem hit bottom with me, despite my efforts to hold my head up high.

A friend told me that I would benefit by going to an SAA group and listening to what the people there said because they could help me. I wrote to the chaplain in my prison and she said there were no SAA meetings in my unit, just meetings of a different Twelve-Step program. So, as I was already going to a few of these meetings, I found a volunteer who told me more about Sex Addicts Anonymous. I wrote and received my own Green Book. I have been sober since May 25, 2007.

I especially work on Steps One through Four. I call these my four key steps which really keep me in my recovery. I have also had one article published in *The Outer Circle*.

Working the program in prison can be difficult. But I continue working on sobriety, including reading SAA literature and working my Steps.

My greetings go to all others in prison. I want to share with them that there is a power greater than I who understands what I've been through in my addiction. I want them to know that there is hope and that I don't have to go back to doing the same things I did before. There is recovery! I have found it by reading about the basics of the program and the Twelve Steps in the SAA Green Book. The book is gold to a recovering and isolated addict like myself.

I call the SAA Green Book my “four-leaf clover.” I study it and all my other SAA literature and I get back the “luck”—that is to say the blessing—of being a changed person.

## 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\**

Dear Grace,

I have been hearing a lot about a recent women's retreat held in March. What is the difference between this and the annual convention? Is the convention also a retreat? Is the retreat a convention of sorts?

Curious About Attending

Dear Curious,

Once a year the International Service Organization (ISO) of SAA holds a convention, which serves as both a gathering for members of the fellowship and as a fundraiser. For two days before each convention, a business conference is held. ISO-registered member groups throughout the world have the opportunity to send delegates to vote on ISO business. The Conference is also an opportunity to volunteer to participate in various Board committees that perform services for SAA as a whole, as well as to convene with members of your regional area in a meeting called a regional caucus. Regional caucuses are where Board of Trustees and Literature Committee members and alternates are selected.

Immediately after the Conference, the ISO convention begins, with workshops, speakers, meetings, panel discussions, talent shows, entertainment, guided meditation, banquets, etc. You also will have an opportunity to meet members of the Board and ISO office and other members with years of recovery.

Retreats are held throughout the year and may be hosted by groups, intergroups, regions, or committees. Retreats generally focus on spirituality, meditation, fellowship and Twelve-Step meetings. Check the SAA website for announcements about retreats held throughout the year.

The event you asked about was the first annual SAA Women's Retreat, organized by members of the Women's Outreach Subcommittee and women members from throughout the fellowship. It was well attended, and plans for another retreat next year are just beginning.

Lifelong friends have been made at both retreats and the ISO convention. If you would like to volunteer for service at any of these events, contact the organizer listed on the website, or contact the ISO office.

In Service,  
Grace

*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

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## From Step Seven to Step Eight

by Jim L.

Moving from Step Seven to Step Eight in the SAA program was an important transition in my recovery. As advanced in an earlier article (*The Outer Circle*, vol. 5, issue 2, p. 18), Step Three was for me the beginning of surrender to the will of God, which was completed—albeit imperfectly—in Step Seven. Completing the “Big Four”—Steps Four through Seven—I was ready to turn from an inward gaze to an outward gaze.

Up to this point in the program, I had been intensely focused on me. I had to admit my powerlessness and unmanageability (Step One). I had to believe that a power higher than I could restore me to sanity (Step Two). I had to decide to turn my will over to the care of God, as I understood God. (Step Three).

I had to make a searching and fearless inventory of me (Step Four). I had to admit to God, to me, and to another trusted friend the nature of my wrongs (Step Five). I had to get ready to walk away from many defects of character (Step Six). And finally I had to ask God to remove my shortcomings (Step Seven). The focus had been on me! me! me!

In *Alcoholics Anonymous* (p. 62), the seminal work on the Twelve Step program, we read that selfishness—self-centeredness – is “the root of our troubles.” I totally believe that statement. But, before I could turn outward and move forward in my recovery, I had to admit my problem and clean my house.

Often newcomers will comment on how selfish they feel, as they begin to work the Twelve Steps. That observation is accurate and was very true for me. But, without initial brutal honesty and painfully deep self-examination, I would not have been in position to surrender, and I would not have been

ready to progress in my recovery.

Step Eight began the transition from surrender to service—the transformation from self-focus to focus on others. I had to be willing to make a list of all I had harmed (Step Eight), and from there I made amends (Step Nine). Then I developed a habit of daily inventory, so I could correct wrongs done on a daily basis (Step Ten). Much to my surprise, I found that I could pray sincerely and without reservation for God's will in my life (Step Eleven). What a radical change!

In *Sex Addicts Anonymous* (p. 46), we are reminded that with Step Eight we are able to reclaim “both our integrity and our compassion.” I was able to shift my gaze from me to others and to see their needs and their hurts more clearly and more compassionately. I could see that God was, indeed, doing for me what I could not do for myself (*Alcoholics Anonymous*, p.84). Spiritual transformation was really beginning to take place in my life. Only then was I in a position to reach out to others. Much to my surprise, I discovered a genuine desire to be of service to other sex addicts in my home group and to serve at the regional and international levels of the ISO.

Working Step Seven and moving on to Step Eight was the turning point in the focus of my recovery program. I could, from that moment forward, concern myself more readily with the cares and needs of others and with the bigger picture—outside of myself. Although frequently imperfect in my effort, I was in a much better position to be of service to others.

## Ways That You Can Serve Others

by Mountain Shadows SAA Group

*[Editor's Note: The following is a pamphlet that the Mountain Shadows SAA Group drafted and has never quite completed. I thought it was an excellent piece to present in The Outer Circle because it talks about many opportunities for service that some may never have considered doing, or perhaps never even thought of as being in the realm of "service."]*

Individual and group recovery are accomplished through working the Steps and bonding with and serving one another while reaching out to those suffering. Service has a unifying effect on the group. Ours is more than a program of beliefs and meeting rituals. SAA is a program of action.

A. Service every member can provide, even those attending only a few times:

- Attend this, your home meeting, faithfully. Your presence impacts the recovery of others as well as your own. Even when you don't feel like it, show up anyway.
- Volunteer to read aloud How It Works, the Promises, Traditions, Steps, etc. at meetings.
- Line-up chairs before and put them away afterwards.
- Put out the literature and the audio tape library thoughtfully before meetings. Afterwards put it away.
- Attend business meetings (the group conscience).
- Take part in the "meeting-after-the-meeting" at a nearby restaurant. We've come to realize that bonding among members happens more easily there than during the structured meetings. Your presence affects others.
- Personally bring a newcomer to his/her first meeting.
- Introduce yourself and welcome newcomers before, during, or after meetings.
- Offer your phone number to newcomers and offer to listen and answer questions about the program.
- Give extra money to reach out to others: the International Service Organization (ISO) phone response, website, prison literature, our delegate travel fund, etc.
- Special Support. Be sensitive to those who might otherwise feel they don't fit in: minorities, those from other countries, sexual abuse victims, transsexuals, prostitutes, the disabled, probationers, parolees, doctors, clergy, members of law enforcement, special religious groups, those who are HIV-positive, etc. Perhaps volunteer one-to-one how you too fit that category.
- Pray, meditate. Give anonymous, spiritual support to others struggling to be abstinent. Listen during introductions for his or her first name to add to your prayer list.

B. Service after attending for a while:

- Chair the Meeting. Arrive early and help the meeting to start on time and end on time.
- Offer to be a temporary sponsor to a newcomer, answering basic questions and staying in touch until he/she lines-up a long term sponsor to work the Steps.
- Serve as the phone list coordinator, asking for changes and duplicating the list for the literature table.
- Serve six months or a year as literature librarian, ordering, attaching, and managing lending cards, phoning delinquents, reminding the group of needed funds.
- Serve as duplicator of our meeting-approved literature, regularly producing, folding and placing the copies on the literature table. Our treasury reimburses the cost.
- Be a reader/editor of local literature drafts.
- Serve as audio tape librarian, attaching lending cards, calling delinquencies, bringing new titles before the business meeting.
- Serve as mail correspondent receiving the meeting's mail at your home address, placing *The Outer Circle* on the literature table, reading announcements during meetings, and asking members to respond to inquirers.
- Serve as the meeting format editor, printing out changes whenever group conscience decides.
- Serve as the speaker's meeting coordinator.
- If asked, share your story at a speaker's meeting.
- Serve as celebration chairperson, ordering medallions, and seeing that celebration exercises take place regularly.
- Assist in website maintenance for our SAA Intergroup website.
- Help to create and maintain a website page for our home group.
- Become a fellowship-wide committee member. Some of the committees are: Inter-Fellowship, Prisoner Outreach, Public Relations, Finance, Charter, and Office Oversight. Contact the ISO office in Houston: [info@saa-recovery.org](mailto:info@saa-recovery.org).
- Serve as public information coordinator, seeing that our meeting information is correct on the intergroup and international websites and kept up-to-date.
- Serve as treasurer for six months or a year. Maintain the cash accounts, making monthly reports. Make the payments for rent and literature. Send our donations quarterly to our intergroup and international service office (ISO).

C. Those with more experience in Step work, abstinence and spiritual growth:

- Sponsor someone, providing guidance in sobriety and Step work. If you don't personally have a sponsor, get one or initiate a co-sponsoring relationship.

- Volunteer in the long-distance sponsor program to newcomers in far away places. For further information, write: info@saa-recovery.org.
- Serve as the designated phone response person for our meeting, returning calls from inquirers referred by the intergroup phone line; perhaps arranging for a “twelfth-step” face-to-face meeting before their first meeting.
- Serve as the group service representative to intergroup, seeing that you or someone else attends each monthly meeting. Participate in activities such as telephone response, phone book listings, meeting list production, outreach events, conference planning, recreational gatherings.
- Participate in the production or writing and editing of new literature titles for our meeting or our intergroup.
- Sponsor a prisoner who is committed to recovery for sex addiction. Correspond and see that he/she receives our literature. Keep our meeting informed of the progress of any in-jail-member and sponsor him/her in our meeting when released.
- Visit sex addicts in local jails. Participate in inside-the-walls twelve-step meetings.
- Visit sex addicts at local in-patient treatment facilities. Tell of twelve-step meetings, sponsors, literature. Ask about your providing transportation to our meeting.
- Serve as our delegate to the annual delegate meeting after appointment by our group.
- After three years attending SAA and having experienced two years of abstinence, volunteer to serve on the SAA-ISO board of trustees.
- Old timers: “Give back” what you received. You began this program many years ago, so please attend this home meeting at regular intervals to provide encouragement, strength and hope to newcomers. Attend your anniversary celebration night and let us joyfully give you a medallion. We need to hear your story of what it is like to “live in the solution.”

## A Servant in SAA

by Spencer M.

SAA has given me my life back by connecting me to my Higher Power through the Steps and the tools of the program. So, I ask myself, do I need to give back to the program? Do I want to give back to the program? And is this service precisely what will help keep me sober?

I entered the program as a prostitute in Southwest Florida. There were people who cared enough to take the time with me to let me know I was important, that I deserved recovery. There were people who answered my phone calls and cared enough to listen to the mundane details of my daily life. And I've had sponsors who were willing to listen to me every day, and selflessly invest so much time and effort into me. As I reflect on these gifts, I realize I not only need to, but want to, give back.

After meetings, sometimes I see newcomers get up and look nervously around, as other oldtimers are talking amongst themselves. I have also been surprised that many times no one reached out to them. I remember that feeling. Today I make an effort to reach out to those people. I have been surprised what an impact it can make. We never know what little things we say might mean the world to someone else. But if they forget our words, they probably won't forget the way we made them feel by reaching out—cared about and important.

Sharing at a meeting is service; so is offering to do a reading, or offering to lead a telemeeting. I now sponsor two men and find it to be so rewarding. A lot of times, the sponsor-sponsee relationship is "all about" the sponsee. And I wouldn't have it any other way. This is what my sponsors have given me. And the rewards I get from sponsoring have enriched my life greatly. I'm not in this alone anymore. If I lose my sobriety, there are others who will suffer.

For me, the greatest act of SAA service has been the phone call that I make or the text or e-mail that I send, just to let someone know that I care. This act is service. And the service it provides is one of letting the person know he or she is valuable and worthy of the good life recovery can give them. I reach out regularly to my recovery friends and to newcomers to see how their recovery is going and to tell them that I care, and I have been amazed in seeing what has happened to my recovery as a result.

Service is the bedrock of recovery and sobriety. And yes, it has helped to keep me sober. And out of my love for SAA and the service I have given to it, I have been surprised at the number of people who care about me.

## Reflections on Recovery, Part Two

by Karl W.

*[Editor's Note: this article is the second in a series of brief reflections on recovery submitted by Karl W. to The Outer Circle.]*

### Patience and Acceptance

I want more sobriety. I want to be a big shot. I want to be liked. I want it now. I want more money. I want things to go my way.

All of these "I" thoughts with me in the center of the universe. Acceptance leads me to serenity, allows me to be peaceful, and not be lustful or greedy. This is the way to serenity. Impatience is a selfish act. Wanting things to be different. That is an illusion.

What is the cost of doing things my way or imposing my will on people and situations? What is the cost of not looking out for me, of giving into fear or creating a test I cannot pass? I pray to connect with my source and may patience and acceptance fill my heart.

I care about my suffering and other people's suffering. Today I take care of myself and I won't believe in the lies of the past in which other people attempted to define me bad or good. I trust in my higher power to show me the way.

Thank you very much. Amen.

### Gentleness

I have been more gentle with myself and have been focusing on the good stuff and taking care of myself. A part of me has been so used to turmoil and strife that it has felt normal.

But now, I am in a good place, a new time. It feels really good and I am feeling more wholesome around my life. I don't need to hide any more.

I have been watching the moon in the sky as it goes around the earth. The light from the sun hits the moon and then I see this bright spot in the sky. I am grateful for another day. Gentleness is all around me; there is no need to be harsh. Thank you very much. Amen.

### Fear Pausing

Fears bubble up. So many fears. Yesterday on the beach, then fears in-

side my head. Warning signs. Brain spinning with people and situations. I heard a brother in recovery say he didn't want to live in fear any more. I calm myself. Today I am not acting out. I don't have to live in fear. I trust in my higher power to help out. To live in fear is to set myself up for failure. To create a test I cannot pass.

I can pause and relax to think about Christian words or Buddhist teachings. I can pause, and realize that I am entitled to be here. I can be calm. Pausing gives me a chance to break through the negative thinking and behavior. Part of my addictive behavior was to keep doing things over and over again.

I pause and celebrate writing, and relaxing. I let things and people be who they are supposed to be.

## Reach for the Heavens—and Reaching Out to Old Friends—in 2011

by Mike L.

Reach for the Heavens in 2011, this year's SAA convention, was the fourth to take place in Houston, the others having been in 1989, 1997, and 2001. So we have managed once more to tie with Minneapolis whose fellowship hosted conventions in 1988, 1990, 1996 and 2007. This was a great one for me, one of the best in a while.

A couple of things that I thought would be drawbacks in my enjoyment of the convention turned out to be real pluses. First of all, I ultimately chose not to take a large part in the planning of this convention. Second, I decided to commute back and forth to the hotel, despite the fact that I lived thirty-five miles from it. As it turned out, these two things added together guaranteed that this was one of the best conventions for me since the very first one I attended in Ann Arbor in 1995.

Wednesday and Thursday, the first two days, were mostly taken up with Literature Committee meetings. However, Wednesday night was the traditional Board of Trustees/Literature Committee dinner which gave all of us a chance to catch up with each other again and to spend time with the new folks who had been elected last year. This was my first real opportunity of the convention to do much socializing. One of the guys sitting near me has been a presence at every one of the fifteen conventions I have attended in the last seventeen years. We've always had nice chats, and for some reason our conversations were on a deeper, more personal level this time, beginning with some of our talks during the LitCom breaks and continuing through the Monday morning brunch.

Friday morning was the beginning of the delegate meetings. We did break at midday for the delegate lunch, which was quite nice, the food being a cut above the average. I had a chance to visit with a former member of the Literature Committee. (I've lived in Texas so long that I forget what this phenomenon is called in other parts of the country—maybe "spending time with?"—but in the South it is called "visiting with.") We had a very pleasant talk. I think it was the first time we had had an opportunity to spend much time talking since his years on LitCom. It was at this point that I started wondering if this might not be a recurring theme for me in this convention, that I would have some chances to renew old acquaintances from the past. This turned out to be exactly the case, and some of these opportunities were quite unexpected.

While heading into the opening ceremony Friday night I heard somebody

call my name; it was a friend of mine from my men's group. I haven't seen a lot of him lately and when I have, it has been in most unexpected places. For example, a couple of years ago I was having breakfast at a restaurant in Austin that I like and I noticed that somebody was standing at my table. I looked up and it was him; I hadn't seen him in two or three years as he had been working overseas. His son was attending the University and he was in Austin for a visit; they had chosen the same restaurant I did for breakfast. My friend, by the way, is not in SAA but knows that I am, so he was not surprised to see me ambling across the parking lot. He had actually made a special visit to the hotel to hear a friend of his who was speaking at the COSA opening ceremony. So we got to spend a couple of minutes catching up with each other.

Then, before the Saturday night banquet I ran across somebody in the parking lot whom I had met in 2007 at an SAA retreat in Arkansas. We had a chance to renew acquaintances and also sat together at dinner. And since he lives much closer to me than he did when he was in Arkansas, I suspect we will be seeing more of each other in the future.

While I was at the banquet Saturday night I turned on my cell phone which I had turned off in the morning and forgotten about. There was a message from one of the ISO office employees that somebody had been looking for me that morning, along with a phone number. When I called the number back, it turned out to be someone who was a member of the Houston fellowship in the early years that I was going to meetings here and had since moved to Austin. I'm sure it has been at least ten years since I saw him last. I left him a message letting him know where I was sitting, and we finally found each other. Seeing him again was likely the high point of my weekend. After the banquet, we went to the men's meeting together and then spent an hour or so visiting in the hospitality suite. Almost our final words that night were that I would get in touch during the next of my semi-frequent visits to Austin and we would attend a meeting together; Austin was the place where my addiction kicked into high gear in the 1970s so it will be great to come full circle there by going to some SAA meetings.

Sunday I got to have a nice long chat over chai tea with another man I know from Arkansas who invited me to that same 2007 retreat and provided me with some wonderful hospitality while I was there. We've seen each other at conventions since then and have only had a brief chance to say hi, so it was great to share how our respective recoveries were coming along in the recent years.

I've mostly talked about the old, even very old, friendships I renewed at the convention. This is giving short shrift to the new friendships I made over this all-too-short weekend. There was the man from another state who came with three of us locals to dinner at a very nice Italian restaurant, one

of the many nice restaurants in the immediate area of the hotel. There were also the four fine men who attended the men's outreach workshop on Saturday: I met one in Albuquerque last year; I knew a second fairly well from his work in the ISO office; the third was new to me and is very enthusiastic about men's outreach. Finally, there was the fourth one whom I met through emails and in teleconferences over the last couple of years; he felt like already knew me from having heard recordings of convention workshops I gave in the distant past; a not-so-subtle reminder that it's high time I start doing that again. And finally, I had a chance to spend some time chatting with the chair of next year's convention; his enthusiasm was so contagious that I offered to be a local champion for that convention, which mostly involves passing on news about the convention to our groups.

And last and certainly not least, I was called out of the delegate meetings to serve as an onsite sponsor for another delegate, and this turned out to be another high point of the weekend. It was one of those times when I was really reminded, not only of what it was like, but how I was helped far beyond whatever help I was able to give him. So thank you to both the man looking for help and the man who referred me to him; you both know who you are.

I said at the beginning of this article that only taking a small part in the convention planning committee and not staying at the hotel turned out to be huge gifts for me. The reason is that I actually had the time to sit back and enjoy the convention in a different way than I do when I am serving on the committee, and I couldn't slip up to my room for a brief nap during "down" times; in other words, I got to be there for the good times that the convention had to offer, and there were many.

In any event, I'm looking forward to the fifth Houston convention. I'm planning, God willing, to offer a bid in the future. So, Minneapolis, you're on notice that we'll be back.

## 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](mailto:BoardGL@saa-recovery.org)  
Intermountain Board Member and Alternate: [BoardIM@saa-recovery.org](mailto:BoardIM@saa-recovery.org)  
North Central Board Member and Alternate: [BoardNC@saa-recovery.org](mailto:BoardNC@saa-recovery.org)  
Northeast Board Member and Alternate: [BoardNE@saa-recovery.org](mailto:BoardNE@saa-recovery.org)  
North Pacific Board Member and Alternate: [BoardNP@saa-recovery.org](mailto:BoardNP@saa-recovery.org)  
South Central Board Member and Alternate: [BoardSC@saa-recovery.org](mailto:BoardSC@saa-recovery.org)  
Southeast Board Member and Alternate: [BoardSE@saa-recovery.org](mailto:BoardSE@saa-recovery.org)  
Southern Pacific Board Member and Alternate: [BoardSP@saa-recovery.org](mailto:BoardSP@saa-recovery.org)  
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