

# THE OUTER CIRCLE

## **Steps to Sobriety**

**Working the program moves an addict  
from shame to grace**

### **PLUS**

**Needs of the Fellowship Survey**

**Prisoner Outreach**

**Clarifying Circles**





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# *The Outer Circle* Mission

The mission of *The Outer Circle* is to provide information from the ISO and to share the experience, strength, and hope members have obtained from working the SAA program of recovery. As the first iteration put it in 1998, *The Outer Circle* newsletter “carries the message of hope to the sex addict who still suffers” — especially prisoners and others who don’t have the Internet.

Through *TOC*, SAA members contribute articles and poems that focus on working the Twelve Steps and Twelve Traditions. It also communicates ISO news, regional activities, and other items of interest.

SAA meetings are encouraged to reproduce *TOC* at no charge and display it alongside other SAA literature. To keep costs down, please print out the online version.

If you have comments or suggestions, please see contact information on p. 29. To have an article considered for publication, see our Submission Guidelines on page 31.

To ensure that future issues can be offered without cost, please consider making a tax-deductible donation now to support publication of the newsletter.

**September - October 2016**

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# FROM THE EDITOR

## Where is the SAA Message on Social Media?

BY GARY T.

**One popular social media site alone now has so many members it's now the equivalent of the largest country on earth!**

Social media is an all-pervasive communication channel for billions of people, especially the younger generation who gets most of their news and information from this source.

One popular social media site alone has so many members it's now the equivalent of the largest country on earth!

But where is the SAA message on social media?

This question is now being asked — and debated — at the ISO level. To put it mildly, there's some controversy around the question. But it's time for us to get past the debates and start providing the fellowship with answers. Social media represents a powerful way to reach still suffering sex addicts in the spirit of the Eleventh Tradition's "attraction rather than promotion." It can reach people locally, regionally, nationally and internationally.

Even though we have our traditions to guide us, SAA needs specific guidelines to help members and groups know how to navigate this media most effectively — and carefully. After all, social media in its many forms can (and has been) used to act out. In fact, it's a common theme in many meetings I attend.

So how should members and groups approach this powerful, albeit potentially slippery space? And who should develop the guidelines around it?

These are the basic questions that need to be answered if SAA is to effectively use social media in the spirit of Tradition Eleven and reach a vital audience. Have your groups tried to address this question already? If so, I ask that you share your ideas in a letter to the editor, so we can all begin this vital discussion. Please send responses to [toc@saa-recovery.org](mailto:toc@saa-recovery.org)

# FROM THE DIRECTOR

## ISO Wants Your Feedback

BY JOE H.

**It is important  
for our members  
to share their  
experience,  
strength and  
hope not only  
with members  
at meetings, but  
also with those  
outside the  
meeting rooms.**

The ISO office receives requests for help from many SAA recovery meetings. These requests can cover a wide variety of topics. As a way to understand our recovery family of meetings and their needs, we will be sending out one or more surveys in the near future. The purpose of these surveys is to help the ISO better understand the needs of SAA recovery meetings. The ISO Board will use this information to allocate resources to help support the needs of SAA recovery meetings as expressed by our members.

We recently sent out a survey to get a better understanding our literature needs. We received around 400 responses and our literature committee is currently reviewing the results. This was a GREAT response and I want to thank everyone who took the time to complete the survey. A hard copy version of the survey is on pages 21-25 of this issue.

Future surveys will be sent to our SAA member email list. This list contains around 7,000 members. The email will contain a link to the survey. All you have to do is click on the link, complete the survey, and hit submit. All surveys are submitted anonymously. If you are on the email list, please take the time to complete any surveys that we send, as we need YOUR input.

It is important for our members to share their experience, strength, and hope not only with members who show up at meetings, but also with those outside the meeting rooms. Through the surveys, our members will be able to express their views on what is working and what is not working in their recovery meetings. We will be able to share this information with our recovery meetings on a global basis and we will be able to focus ISO resources, when possible, to address what is not working.

# FROM THE BOARD

## **Ambitious Prison Outreach Effort Needs Support**

**BY BOB L.**

**We're currently trying to contact all the holding places in the United States. We hope to support the prisoner by starting new meetings within prisons.**

As a board member, it's an honor I can write to you about a small part of the work being done, everyday, by the board and so many others active in the fellowship. I feel blessed to be a small part of this.

I am also the Chair of Prisoner Outreach. It is our hope that in writing this message that the incarcerated brothers and sisters will also write back with their experience, strength, and hope in this process. This helps us all in working together.

We're currently trying to contact all the holding places in the United States. We hope to support the prisoner by starting new meetings within the prisons. But many things must work together. The inmate must have a desire to recover and be willing to be a part of the Twelve Step process. Support also is needed from the outside world. This takes people willing to go inside the walls to be trusted servants. It is put together by the use of letter writers and information from the office through printed materials being sent into the prisons. Work has to be done to reach the officials and members of the institutions to help them understand what SAA is and is not.

This entire process requires funds from other members who through LifeLine Partners donate to send printed materials to the inmate. As a board member I am keenly aware of these costs. I thank all who give each month that this work can continue. I thank the inmate who is reaching out and asking to be helped, thus helping others in this process. I thank all of you who are sober and continue to work the steps so that you can support an inmate by writing to them and helping them find the freedom of recovery.

For more information about how you can help email [outreach@saa-recovery.org](mailto:outreach@saa-recovery.org)

# LETTERS

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## Men and Women Need to Come Together in SAA

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I am gravely concerned lately, of reading the constant stories of women not being welcomed in our meetings.

By the grace of God and the wisdom of the Twelve Steps, I have been free of alcohol for 42 years. Twenty-one years ago, I decided it was time to deal with my “primary addiction,” compulsive sexual behavior.

After three years, I took a “sabbatical” to do some “field research!” Having admitted that I was licked, I returned and now have eighteen years of SAA sobriety.

In our meetings, we stress that the SAA program deals with sexual addiction, not sexual orientation or sexual gender. We are all human beings struggling with the disease of sex addiction.

The Green Book emphasizes that: “Membership is open to ALL who have a desire to stop addictive sexual behavior. There is no other requirement.” (p. 1) We accept that males and females are welcome to recover in the rooms of SAA.

For those who have issues with women in our meetings, I refer once again to the Green Book: “If we don’t feel comfortable at a particular meeting, we can try another.” (p. 11)

In Calgary, we have four mixed meetings per week, three “men only” meetings a week, and one “women only” meeting each week. While being triggered may be an issue for some, the “Three Second Rule” is a God send! My sole purpose in attending meetings, is to strengthen MY recovery, and carry the message to the sex addict who still suffers.

It is my hope that recovery maturity will help me to be compassionate concerning the struggles of my fellow addicts, and accepting of All who still suffer.

**A I N.**

# ISO NEWS

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## Board Approves New ISO Employee; New Convention Locations

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The ISO Board of Trustees took several actions in May through July including approval of a new full-time ISO employee and upcoming convention locations. Here's a look at all of the board's actions:

### May

- » Approved motion to change the Seventh Tradition committee to a Standing Committee of the Board, which would be chaired by a board member and report directly to the Board of Trustees.
- » Approved motion that all Board members sign up to be LifeLine Partner Champions.
- » Approved motion to add one full-time employee to the ISO of SAA, Inc.
- » Approved the locations for the 2018 and 2019 Conventions.

### June

- » Approve motion to reactive the LGBT Outreach Subcommittee of the General Outreach Committee.
- » Approved motion that the ISO office have an audit of the finances every four years and a financial review all other years.

### July

- » Permission to print SAA logo on banner for use at Recovery Day event (Sept. 12, 2016) attended by Calgary Alberta Intergroup's Outreach Committee.

## Donation Shortfall Causes Budget Deficit in July

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In the month of July our budget showed a deficit of \$853.09.

Our gross sales revenue for the SAA Green Book was below our estimate by \$1,947.08 in July and is below our estimate by \$2,311.93 for the year. For January through July, we are at 96.3 percent of our estimated SAA Green Book sales.

Our pamphlet and booklet sales were below our estimate by \$906.37 for July but have exceeded our estimate by \$1,106.00 for the year. For January through July, we are at 102.3 percent of our estimated pamphlet and booklet sales.

# ISO NEWS

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Our bronze medallion sales were below our estimate by \$870 in July and are below our estimate by \$973.09 for the year. For January through July, we are at 94.7 percent of our estimated bronze medallion sales.

Our total sales for July were below our estimate by \$3,956.70 and are below our estimate by \$3,907.71 for the year. For January through July, we are at 97.3 percent of our estimated sales.

Individual donations were below our estimate by \$1,156.99 for July and are below our estimate by \$3,477.52 for the year. For January through July, we are at 98 percent of our estimated individual donations.

Group donations exceeded our estimate by \$499.33 in July but are below our estimate by \$13,127.5 for the year. For January through July, we are at 83.8 percent of our estimated group donations.

Our product inventory is valued at \$49,561.65.

Our expenses exceeded our estimate by \$2,037.12 in July but are below our estimate by \$10,595.00 for the year. We are at 97.7 percent of our estimated expenses.

During our first seven months of operations our budget shows a net deficit of \$2,160.85.

Our operational reserve is fully funded.

If you have any questions, please let me know.

In Your Service,

Joe H.

Executive Director

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## **New Area Coordinating Committee Creates Mission Statement**

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Greetings from the ISO Area Coordinating Committee (ACC). Our committee was created by the 2016 Conference to implement the Area Formation Process agreed to at that same Conference.

We have adopted the following mission statement:

# ISO NEWS

*The mission of the ISO Area Coordinating Committee is to assist SAA member groups in forming ISO Areas and to facilitate the Area formation process as approved by the ISO Conference.*

As you can see, we exist to work with you, the Fellowship, to begin the task of collecting and assembling our many registered meetings into areas which can provide a reliable source of trusted service to our International Service Organization in the years to come. Soon our Conference will be composed of SAA members selected by these areas to act on our behalf in conducting business that affects our collective outreach efforts, our literature, and our relationships with related institutions and the public at large.

Our committee is currently composed of six voting members, two selected by the Conference Steering Committee from its own membership, three at-large members, and one member from the ISO Staff selected by the Executive Director. The current voting member roster is Brian S. (Secretary), Eric M. (Chair), Joe H., Tim T., Tom N., and Tom W. Others are granted non-voting membership by Group Conscience of the voting members of the ACC. At the time of this writing, one non-voting member has been added: Paul M.

You, the members of SAA and our registered groups, are a critical part of the fulfillment of our mission. We will soon need your help in determining how to define the new area structures. In the coming months, you will see more information about how that process works and how to work with us to assure a solid future for the ISO Conference and the Fellowship it serves.

We look forward to a productive service year working in the Spirit of Unity with all of you.

## **Nomination Committee Begins Accepting Resumes**

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As part of the 2016 Convention, the conference delegates elected or confirmed six members to the new Nominating Committee (NomCom). The Committee is related to the move toward area delegate representation rather than group delegate representation.

The Nominating Committee is a six-member group, which will be responsible for finding and vetting at-large members of the Board, LitCom, and Conference Steering Committee (CSC).

The NomCom consist of:

- » Three NomCom members elected by the Conference from an open slate of candidates nominated by Conference delegates
- » One current Board member elected or appointed by the Board
- » One current LitCom member elected or appointed by the LitCom
- » One current CSC member elected or appointed by the CSC

NomCom members serve three-year staggered terms, with one member to be elected each year. NomCom members from Board, LitCom, and CSC serve one-year terms.

The NomCom seeks candidates with the special experience or expertise needed to fulfill the specific missions of the Board, LitCom, and CSC.

The NomCom encourages and works towards vibrant diversity on the Board, LitCom, and CSC, reflecting the diversity of our fellowship and recognizing the importance of that diversity.

## **SUBMIT YOUR SERVICE RESUME TODAY AND BECOME A PART OF INTERNATIONAL SERVICE**

**ISO WEBSITE:**



**SAA-ISO.ORG**

**ISO OFFICE:**



**713-869-4902**

**DEADLINE FOR SUBMISSION AND CONSIDERATION:  
JANUARY 2017**

# DEAR GRACE

## **Sexual Orientation Doesn't Matter in SAA**

**BY WOMEN'S  
OUTREACH  
SUBCOMMITTEE**

**You have a  
place here if you  
have a desire to  
stop addictive  
sexual behavior.  
This is no other  
requirement.**

**Dear Grace,**

I was in a meeting where they read their inner circles. Several women had “sexual activity with other women” in their inner circle. I know the literature says all sexual orientations are welcome, but is that really true? Why do people have this in their inner circle? I just want to know if I have a place here.

**Confused**

**Dear Confused:**

Yes, it's really true. All sexual orientations are welcome in SAA. You have a place here if you have a desire to stop addictive sexual behavior. There is no other requirement, including no requirement regarding sexual orientation.

In SAA, we define our own abstinence with the help of our sponsor and our Higher Power. Addictive behavior for one member is not necessarily addictive for another. For example, a heterosexual woman in a committed relationship may consider sexual activity with another woman addictive, destructive to her relationship and life, and, therefore, an inner circle behavior. A homosexual woman in a committed relationship might have the same behavior with her partner in her outer circle. SAA does not dictate to any individual what is or is not addictive. With the guidance of our Higher Power, each individual is free to choose what sexual behaviors are healthy and bring us in line with our Higher Power's will, as well as which behaviors are destructive and/or addictive.

In the Three Circles pamphlet, we read, “Each addict has his or her own specific set of compulsions and “triggers” from which it is necessary to abstain.



There are sexual behaviors which are acceptable or even experienced with a sense of gratitude and enjoyment. “Therefore our program acknowledges each individual’s dignity to choose his or her own concept of healthy sexuality.” The “Defining Abstinence” section of our Green Book (page 15) states that “...the fellowship does not dictate to its members what is and isn’t addictive sexual behavior. Instead we have found that it is necessary for each member to define his or her own abstinence with the help of a sponsor.” Sometimes when we start out in SAA, we fear that our situation is unique and that we don’t belong because we cannot relate to behaviors with which others struggle. Comparing sexual behaviors with others ends up taking the focus off the truth that all addictive behavior is painful and not fulfilling. Finally, we read in Tools of Recovery, Identify - Don’t Compare, “Yes, it is true that our stories are not all

the same, but if we are open, we find we can always relate to parts of someone’s experience. At the very least, we share in a common bond of powerlessness and unmanageability. By being willing to identify instead of compare, we not only break the bonds of our own isolation, but we help others. Together, we can support each other in our efforts to stay sober and to live in the solution.”

### **Blessings,**

### **Grace**

*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 (grace@saa-women.org) receives. \*Names have been changed to protect anonymity.\**

# DEAR WILL

## **Circles, Sponsor Crucial for Recovery**

**BY WILL**

**Will only had an inner circle and an outer circle. His outer circle was 'stay out of the inner circle.' With the help of his sponsor, he learned the value of the middle circle.**

### **Dear Will:**

This is my second time in SAA. I'm taking it more seriously this time and am working very hard to overcome my sex addiction, and I'm consistently failing. I find myself taking a desire chip at practically every meeting I attend. I see others around me having success with the program, but I can't seem to get to first base. Do you have any suggestions?

### **Trying**

#### **Dear Trying:**

Will knows it is frustrating to fail consistently because he has been there and done that. He hopes you are focusing your energy at meetings on what the folks around you are saying and what you can learn from them.

Have you set up your three circles? Will would suggest that you either set up or modify your circles with the help of your sponsor. You do have one, correct?

Will remembers when he was new to the program. He set up a very strict program for himself because he figured that was the only way he was going to get "recovery." He counted the slightest action in the direction of a slip as no different, and certainly no better, than the worst low-bottom thing he had ever done in his days before SAA.

While it was true that Will had completely accepted Step One, he was going about Step Two all wrong, and he especially wasn't consulting his sponsor about his brilliant route to recovery. Even in recovery, his "insanity manifested in many ways" (Green Book, p. 25), or this way, anyway.



Finally, someone in the program explained to him about the circles. Before talking with his new friend, Will only had an inner circle and an outer circle — of course, he didn't call them that — and he focused most of his energy and attention on his inner circle. His outer circle was “stay out of the inner circle.” With the help of his sponsor, he learned the value of the middle circle.

Once Will came up with a middle circle, this was like a playtoy to him, and he had this tendency to sort of “hang out” there. Still, he was starting to see some victories, that is to say, nights where he managed to stay in the middle circle and not gravitate toward the inner circle, because he wanted to keep seeing those victories. Even better, he was starting to put real activities into his

outer circle and not just his basic “don't act out.”

Creating the three circles (with the help of a sponsor) was crucial to Will's getting recovery. It was still baby steps and “one day at a time” for a while and, over time, days of sobriety were the result.

Anyway, Trying, Will hopes that this helps. He hopes you will discuss this situation with your sponsor, and, if you don't have one, that you will remedy that situation as soon as possible.

## **Will**

*If you have a question for Will,  
please send an email to [men4saa@  
saa-recovery.org](mailto:men4saa@saa-recovery.org).*

# LIVING IN SOBRIETY

## Going to Any Lengths for Sobriety

BY ROBBIE H.

**Through working the steps and the program of SAA with a sponsor, I have learned that my spiritual life needs to be nourished on a regular and frequent basis.**

I was 39 when I found my way into the rooms of SAA at the urging of my then partner. I was grateful to know that there might be relief from all my suffering and shocked to think that my suffering had a name: sex addiction. I had been oblivious to the fact that despite some very clear evidence (STDs, ruined relationships, demolished careers, financial ruin, estrangement from my family), I was indeed a sex addict. My disease had taken its toll on every aspect of my life, and I was willing to try a meeting, if not for me, for him and for our relationship.

I was fortunate enough to find a very welcoming fellowship when I entered SAA. That saying “Let us love you until you can love yourself” rang true. The group helped me to feel not alone, to feel understood, and to feel cared about. These meetings really provided a lot of relief from the pain of my addiction.

Unfortunately, that relief was such a respite from my disease that I started out only working a program of relief — not recovery. I somewhat committed to the program, found sponsors who would co-sign my half-hearted attempts at the circles, went to SAA meetings that focused on everything but the steps, and I remained somewhere between active addiction and recovery.

I gave myself credit for just going to meetings. I did not support others in phone calls and did not seek that same support for myself. I was a tourist and remained so for about a year and a half before I was ready to fully concede to my inner-most self that recovery requires more than attendance. Like many, my recovery would require not just a surrender, but profound surrender. I would need to be willing to do whatever it takes to get sexually abstinent and to stay abstinent...

Today, my inner circle consists of casual sex, anonymous sex, porn, adult businesses, flirting outside of a dating context, sexualized conversations, seeking images and materials with sexual intent, and masturbation. My sobriety date is May 1, 2009. I had stopped acting out prior to that date, but only on my terms. May 1 is my sobriety date because that is when I got a new sponsor, set a new definition for my sobriety and began working the SAA program. It is the single-most important date of my life: the date I finally surrendered, accepted all the help the steps have to offer and began my journey of recovery.

For me, sobriety has more to do with what I am doing — living my life according to the spiritual principles of the program — than just not acting out. Sobriety is the gift of living my life in the outer circle, of seeking to maintain a spiritual connection with my Higher Power, of learning to seek my Higher Power's will, not mine. Through working the steps and the program of SAA with a sponsor, I have learned that my spiritual life needs to be nourished on a regular and frequent basis.

What that means for me is a minimum of four SAA meetings per week, 15 minutes of step work each day, regular contact with my sponsor, a minimum of four outreach calls per day, a relationship with God through prayer and meditation, and acts of gratitude through service in the fellowship — a program my friends and I

call, "Drinking the Kool-Aid."

I have been sober more than seven years now. The program I work today is much broader than the program I worked initially. It has to be. Today, my recovery affects every aspect of my life, much like my addiction did all those years.

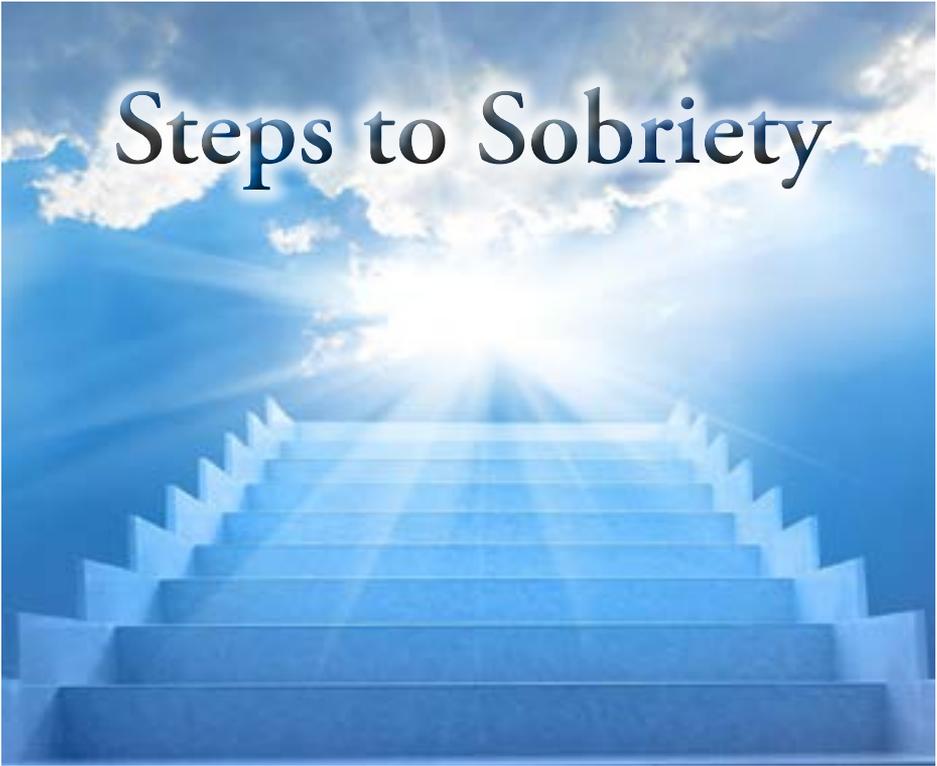
I am not only sexually sober, but I also work to remain emotionally and spiritually sober. I have sponsored 75-plus men and women through the steps and currently sponsor 17. My step work continues to take me on regular study of the steps, the traditions and the spiritual principles of SAA.

One of my favorite sections of the Green Book is "The Steps Are The Spiritual Solution," and they have been for me. Like the book says, they have led not only to a life of abstinence from (my) addictive sexual behavior but to a fulfilling life of service.

I came to SAA to relieve my pain, stayed in SAA and worked the program to get sober, and remain to this day to grow in my recovery and help others to do the same. And for this priceless gift of recovery, so astonishingly simple, so freely available, I am humbly grateful.

*If you have five or more years of sobriety and would like to celebrate by writing a Living in Sobriety column, please contact [toc@saa-recovery.org](mailto:toc@saa-recovery.org).*

# Steps to Sobriety



## Working the program moved this addict from shame to grace

BY REBECCA R.

**B**efore I came to SAA, I had acted out since the age of 9 by masturbation, fantasy and escapism, serial affairs, voyeurism, and infidelity, all of which culminated in a web of lies, chaos, shame, and deceit.

I didn't think I could ever stop acting out. At age 38, I hit rock bottom and was finally ready to start working a program. I went to my first SAA meeting, found a sponsor, and drew up my three circles. As the months went by, I refrained from any inner circle behavior, and I picked up my one-month sobriety chip and then my two-month sobriety chip.

I was still in a tremendous amount of pain from the years of acting out, but I quickly learned and held onto two things:

- 1) If I didn't act out, my life would get better.
- 2) Working the steps would help me.

I did my formal First Step presentation and, soon after, I did a full disclosure to my husband. I picked up my three-month sobriety chip, my four-month sobriety chip, and then my five-month sobriety chip. I carried my Green Book everywhere I went. I installed positive recovery oriented apps on my phone and deleted all other apps.

At work, when I felt lonely, overwhelmed, or stressed, I pulled out recovery literature. I put up more pictures of my family in my office and put post-it notes around my computer with inspirational messages.

Some days, it didn't feel like it wasn't working. But I told myself that I could not act out because, if I did, my life would get worse, not better. I started to pray and meditate. I went to meetings every week, I shared at meetings and I checked in with my sponsor regularly.

I picked up my six-month sobriety chip. In an effort to protect myself from unhealthy temptations, I discontinued my social media accounts. I started sponsoring women in the program. I took the locks off my smart

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**I didn't think I could ever stop acting out. Some days, it felt like it wasn't working. But I told myself that I could not act out, because if I did, my life would get worse, not better.**

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phones and put my phones across the room, rather than next to me, while I slept. I blocked all male friends and former acting-out partners from being able to contact me privately via text or email. I started seeing a new therapist who is certified in sex addiction.

I worked my Fourth Step, my Fifth Step, and my Sixth Step. I realized that, when acting out, I was manipulative, controlling, and abusive. I also realized that, when acting out, I disregarded my morals and values; I was reckless and vindictive and I suffered from terrible self-esteem.

I shared with my sponsor secrets that had been burning a hole in my heart for years — secrets I thought I would have to live with for the rest of my life as a constant reminder of my lack of value. Afterwards, I cried and felt that those secrets no longer had a place in my life.

I worked my Eighth and Ninth Steps.

I made direct amends to my mother-in-law, to my father-in-law, and to my sister-in-law. I intend on making additional direct amends when I am ready. In the interim, I try to embrace living amends everyday through service and generosity.

I picked up my nine-month sobriety chip. I worked my Tenth, Eleventh and Twelfth Steps. I do an inventory every day of my emotions, harms, and self-care. I try to quiet my mind and pray on a daily basis. I work every day with sponsees. I share my story as much as possible to help others in the program. I try to support my husband as he recovers slowly from the damage of my addiction.

Today I am proud to celebrate twelve months of sobriety. I struggle everyday with feelings of regret and shame. I still have temptations that cause me shame. I have setbacks. I am still under stress and I still feel very alone in my marriage. I miss the friendships I damaged and lost due to my acting out.

But I am getting stronger every day. Now, when I am stressed or lonely, I make good decisions: I call my sponsor, go to a meeting, write in my journal, exercise, or call a safe friend. When I feel pain or shame, I say the Serenity Prayer and focus on what is in my control. I try to experience the happy moments as much as the hard moments.

I am more present with my children, and I am a better mother and wife. I

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**Now when I am stressed or lonely, I make good decisions: I call my sponsor, go to a meeting, write in my journal, exercise, or call a safe friend. When I feel pain or shame, I say the serenity prayer.**

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am not the person I used to be. When I get propositioned by a man, I tell him outright that I am not interested and I ask him not to contact me again. I am still off social media. I read books and watch movies. I feel sharper and more clear-headed. I cook, bake, and garden. I am not on my phone that much. I don't delete messages to cover up any acting out.

Today, I know that while I deserve love, affection, and compassion, there is an appropriate way to seek these things and an inappropriate way. I don't seek them inappropriately. I know that stress is my biggest trigger and I have worked actively to reduce stress in my life. I am learning self-compassion and insight. Each day that goes by, my conscience gets clearer.

Today, I hope.



## Assessment of Fellowship Literature Needs

The Literature Committee wants your help! With this survey we hope to:

- Identify additional literature that the SAA Fellowship might like to have published by the ISO
- Ask for your help with that process and
- Better understand the needs of our Fellowship

All surveys are submitted and handled anonymously.

Thank you for participating in our survey. Your feedback is important to us.

To complete the survey online go to <https://www.surveymonkey.com/r/9WN8MVV>



## Assessment of Fellowship Literature Needs

**Thank you for participating in our survey. Your feedback is important.**

**The Literature Committee wants your help to identify additional literature that the SAA Fellowship might like to have published by the ISO and to ask if you would like to help with that process.**

1. Which of the current SAA publications do you find most helpful?

(Please select the five most helpful for you.)

- Sex Addicts Anonymous (SAA Green Book, all formats)
- SAA - A Pathway to Recovery (pamphlet)
- First Step to Recovery (pamphlet)
- The Bubble (pamphlet)
- Three Circles (pamphlet)
- Abstinence (pamphlet)
- Getting a Sponsor (pamphlet)
- A Special Welcome to the Woman Newcomer (pamphlet)
- Safe and Sexually Sober Meetings (pamphlet)
- Sexual Sobriety and the Internet (pamphlet)
- Recovery from Compulsive Sexual Avoidance (pamphlet)
- Writing to Prisoners (pamphlet)
- Voices of Recovery (booklet)
- Abstinence and Boundaries (booklet)
- Getting Started In Sex Addicts Anonymous (booklet)
- Tools of Recovery (booklet)
- Sex Addicts Anonymous and the Lesbian / Gay / Bisexual / Transgender Sex Addict
- Group Guide (booklet)
- Intergroup Guide (booklet)
- The Outer Circle - Bi-Monthly Newsletter of the ISO

Other (please specify)



## Assessment of Fellowship Literature Needs

2. What three topics or subjects would you like to see added to our literature?

(Please list in order of their importance to you.)

First

Second

Third

3. Did you know that any member or group in the fellowship can write and submit literature to the ISO Literature Committee?

Yes

No

4. Do you have an interest in writing or submitting a draft for Literature Committee consideration?

Yes

No

Maybe

5. If you are interested in writing or submitting, what topic/subject would you like to write about?

Subject 1:

Subject 2:

Subject 3:

The ISO Literature Committee invites members of the fellowship to submit original writings about the SAA program of recovery (such as pamphlets or booklets) for consideration and possible publication by the ISO.

The guidelines for submission of literature, as well as a pre-review questionnaire and release form, are available here:

- [SAA-Recovery.org/doc/Info\\_for\\_submissions\\_to\\_LitCom.pdf](http://SAA-Recovery.org/doc/Info_for_submissions_to_LitCom.pdf)

For further information about how to submit literature, email us at:

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



## Demographic Information [Optional]

The purpose of these questions is to better understand the needs of the fellowship.  
All surveys are submitted and handled anonymously. We collect no more information than is asked in this survey.

6. How long have you been in recovery? [Optional]

- 0 - 11 months (less than one year)
- 1 - 4 years
- 5 - 9 years
- 10 - 19 years
- 20 years or more

7. How long is your current sobriety? [Optional]

- 0 - 11 months (less than one year)
- 1 - 4 years
- 5 - 9 years
- 10 - 20 years
- 20 years or more



## Assessment of Fellowship Literature Needs

8. How old are you? [Optional]

- 18 - 29
- 30 - 39
- 40 - 49
- 50 - 59
- 60 or Over

9. What gender do you identify as? [Optional]

- Female
- Male

Thank you for your participation.

# ISO ANNOUNCEMENTS

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## IASA Outreach Submits new Guide to Literature Committee

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The Intimacy and Sexual Avoidance Outreach Committee is pleased to announce that the *Intimacy and Sexual Avoidance First Step Guide* has been submitted to the Literature Committee of SAA. In addition, we'd like to make available our contact email for anyone interested in finding out more about intimacy and sexual avoidance recovery. The contact email is [avoidance@saa-recovery.org](mailto:avoidance@saa-recovery.org). To see when the IASA meets, go to p. 30.

## SAA Pamphlets Now Available to Read Online

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The ISO is pleased to announce the availability of SAA pamphlets on the SAA website ([saa-recovery.org](http://saa-recovery.org)). The pamphlets may be found by following the “SAA Literature” sub-tab from the home page. Also included 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 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.

## Submissions Sought for SAA Meditation Book

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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 contain the following:

- » A short quotation taken from SAA publications that are Literature Committee approved or Conference approved (see list below). The quote must include the source and page number, using the following style: Sex Addicts Anonymous, page 20. Quotes from other sources will not be considered.
- » The main body is an expansion of the topic or principle, ideally including perspective on a particular aspect of SAA recovery through your experience, your strength,

# ISO ANNOUNCEMENTS

your hope, and your voice. Please note that we have found that using “I” rather than “we” in the body of the meditation makes for a stronger message. This is the critical component of your submission. We can add a quote or an affirmation, but only you can provide your ES&H.



- » At the bottom of the page, a concise statement to summarize the main idea of the meditation or to offer a poignant challenge or affirmation.

Each entry should be 200-350 words including the quotation and the closing affirmation (1.5 - 3 sides, handwritten). Submissions must include your name and contact information to be cross-referenced with your release form.

Sources for Opening Quotation:

*Sex Addicts Anonymous (SAA Green Book); Sex Addicts Anonymous (Pamphlet); Abstinence; The Bubble; Three Circles; Getting a Sponsor; Writing to Prisoners; Sexual Sobriety and the Internet; Safe and Sexually Sober Meetings; Getting Started in Sex Addicts Anonymous; A Special Welcome to the Woman Newcomer; Recovery from Compulsive Sexual Avoidance; Group Guide; Intergroup Guide; Tools of Recovery; First Step to Recovery; Abstinence and Boundaries in SAA; SAA and the Lesbian/Gay/Bisexual/Transgender Sex Addict*

**Release Form:** The ISO must have a signed release before a submission can be considered. 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.

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 or have sent 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: Meditation Book, ISO, PO Box 70949, Houston, TX 77270.

# ISO ANNOUNCEMENTS

## SAA Group Inventory Form

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Take time to reflect on your group's strengths and weaknesses in each of the following areas. Briefly mention one or more concrete examples in answer to each question.

**1. Staying rooted in the Twelve Steps**

- » Are the steps being discussed in the group?
- » Does the group give adequate time for First Step presentations?
- » Are we emphasizing practicing the steps?

**2. Knowledge of, adherence to, and fidelity to the Twelve Traditions.**

- » Are principles being kept above personalities in our group?
- » Are we providing adequate financial support for our group and fellowship?
- » Are we always mindful of anonymity?

**3. Newcomers**

- » Are twelfth-step calls being answered in a timely fashion?
- » Is attention being given to the needs of the newcomer?
- » Are we taking temporary sponsorship seriously?

**4. Primary purpose: Each group has but one primary purpose—to carry its message to the sex addict who still suffers (Tradition Five).**

- » How is outreach being addressed by our group?
- » Are we using attraction rather than promotion?

**5. Tools of the program: How are these tools being used by the group?**

- » Sponsorship
- » Literature
- » Service
- » Phone list
- » Medallions
- » Other

**6. Meetings (write in suggestions for improvement)**

- » Topic or step presentations
- » Membership attendance
- » Format

**7. Other areas where we are doing well or need improvement**

- » Group's sexual sobriety
- » Fellowship outside meetings
- » Other

# CONTACT THE ISO

Want to connect with the International Service Organization website, staff, board of trustees, trusted servants, or special workers? Here's the contact info you need:

## Office

ISO Office Mailing Address:  
PO Box 70949, Houston, TX 77270

Phone: 713-869-4902 -or- 800-477-8191  
Fax: 713-692-0105

Office e-mail: [info@saa-recovery.org](mailto:info@saa-recovery.org)  
The Outer Circle e-mail: [toc@saa-recovery.org](mailto:toc@saa-recovery.org)  
Website: [www.saa-recovery.org](http://www.saa-recovery.org)

## The Outer Circle

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## Office Staff

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Prisoner Outreach: Jonathan C.: [outreach@saa-recovery.org](mailto:outreach@saa-recovery.org)  
Administrative Assistant: Harvey A. [harveya@saa-iso.org](mailto:harveya@saa-iso.org)

The ISO of SAA Board of Trustees also has an e-mail box, which may be used to register comments, positive or negative, from the fellowship about the ISO staff: [oochair@saa-recovery.org](mailto:oochair@saa-recovery.org).

## Board of Trustees and Literature Committee

### Great Lakes

Board: Stephen N.; Alternate: Vacant  
[BoardGL@saa-recovery.org](mailto:BoardGL@saa-recovery.org)  
LitCom: Vacant; Alternate: Vacant  
[LitComGL@saa-litcom.org](mailto:LitComGL@saa-litcom.org)

### Intermountain

Board: Bob H.; Alternate: Allan B.  
[BoardIM@saa-recovery.org](mailto:BoardIM@saa-recovery.org)  
LitCom: Raymond W.; Alternate: Robbie  
[LitComIM@saa-litcom.org](mailto:LitComIM@saa-litcom.org)

### North Central

Board: Bob L.; Alternate: Dawn S.  
[BoardNC@saa-recovery.org](mailto:BoardNC@saa-recovery.org)  
LitCom: John W.; Alternate: Alice P.  
[LitComNC@saa-litcom.org](mailto:LitComNC@saa-litcom.org)

### Northeast

Board: Tim A.; Alternate: Carl D. (Vice- Secretary)  
[BoardNE@saa-recovery.org](mailto:BoardNE@saa-recovery.org)  
LitCom: Don R.; Alternate: Mike B.  
[LitComNE@saa-litcom.org](mailto:LitComNE@saa-litcom.org)

### North Pacific

Board: Cliff G.; Alternate: Bob L.  
[BoardNP@saa-recovery.org](mailto:BoardNP@saa-recovery.org)

LitCom: Les J.; Alternate: Ben B.  
[LitComNP@saa-litcom.org](mailto:LitComNP@saa-litcom.org)

### South Central

Board: Paul M. (Chair); Alternate: Mike L.  
[BoardSC@saa-recovery.org](mailto:BoardSC@saa-recovery.org)  
LitCom: Tracy R.; Alternate: Doug S.  
[LitComSC@saa-litcom.org](mailto:LitComSC@saa-litcom.org)

### Southeast

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[BoardSE@saa-recovery.org](mailto:BoardSE@saa-recovery.org)  
LitCom: Garret I.; Alternate: Byard B.  
[LitComSE@saa-litcom.org](mailto:LitComSE@saa-litcom.org)

### Southern Pacific

Board: Antonio B.; Alternate: Wayne B.  
[BoardSP@saa-recovery.org](mailto:BoardSP@saa-recovery.org)  
LitCom: Carole D.; Alternate: Mark W.  
[LitComSP@saa-litcom.org](mailto:LitComSP@saa-litcom.org)

### At Large

Board: Cecilia B. Lisa S.; Herman J.  
[BoardAL@saa-recovery.org](mailto:BoardAL@saa-recovery.org)  
LitCom: David M.; Steven P.; Wayne K. Gary T.  
(*The Outer Circle* editor)  
[LitComAL@saa-litcom.org](mailto:LitComAL@saa-litcom.org)

# CALENDAR

Here are tentative ISO outreach and committee meeting times for the next several months. Meetings times change often. All times are Central Standard Time.

## First Sunday of the month

Nominations Conference Committee: 11:00 a.m.

Audio Review (odd months): 2:30 p.m.

Intergroup Communications: 3:00 p.m.

LGBT Outreach: 1:00 p.m.

CSC: Policy & Procedure: 2:00 p.m.

Prisoner Outreach: 8:00 p.m.

## First Saturday of the month

Author's Group: 4:00 p.m.

## Second Saturday of the month

Intimacy and Sexual Avoidance: 8 a.m.

Women's Outreach: 5:00 p.m.

## Second Sunday of the month

Literature Committee: 4:00 p.m.

General Outreach: 6:30 p.m.

## Third Tuesday of the month

CSC: Conference Committee Structure: 5:00 p.m.

## Third Wednesday of the month

Area Conference Committee: 7:00 p.m.

## Third Thursday of the month

Seventh Tradition: 6:00 p.m.

## Third Saturday of the month

CSC: Twelve Concepts Work Group: 12:00 p.m.

## Third Sunday of the month

CSC: Charter & Bylaws: 2:00 p.m.

Information Systems and Online Presence  
Committee: 2:00 p.m.

SE Region: 6:00 p.m.

## Fourth Sunday of the month

Conference Steering Committee: 2:00 p.m.

Meditation Writing Workshop: 5:00 p.m.

To attend a committee meeting, you must be a member or be invited. If you're interested in joining a committee, email [info@saa-recovery.org](mailto:info@saa-recovery.org) or call the ISO office.

Here's a listing of upcoming SAA events from around the fellowship.

## September - October

San Antonio Intergroup will hold a retreat on **September 30 - October 2**, in the beautiful Texas Hill Country. The theme for this year is working the Steps. [troytouchstone2010@gmail.com](mailto:troytouchstone2010@gmail.com) for more info.

The Birmingham Area Intergroup's Fall Retreat is **October 14-16** at a camp and conference center about 40 miles north of Birmingham. Information: [info@saa-bham.org](mailto:info@saa-bham.org) or 205-933-0520

If you'd like your event to be listed in the Calendar section, please send it to [toc@saa-recovery.org](mailto:toc@saa-recovery.org). To ensure your listing gets published in time, please send it at least two months in advance of the event.

# SUBMISSION GUIDELINES

## Get Your Story Published in *The Outer Circle*

*The Outer Circle* newsletter relies on submissions from the Fellowship. It's a great way to carry the message to other sex addicts!

Articles may be submitted by email to [toc@saa-recovery.org](mailto:toc@saa-recovery.org) or by mail to the ISO office. If possible, please submit articles via email in Microsoft Word format. All articles must be accompanied by the **RELEASE FORM** at the bottom of this page.

### Deadlines for Submission

Jan/Feb:	Nov 5
Mar/Apr:	Jan 5
May/June:	Mar 5
July/Aug:	May 5
Sept/Oct:	July 5
Nov/Dec:	Sept 5

## Here are some general writing guidelines:

Personal stories can be anywhere from 500-1,000 words. The main guideline is to share your experience, strength, and hope in the principle of Step Twelve. It may be helpful to think of your submission as a written form of a share you'd give in a meeting — something that's working for you or that you're struggling with.

Also, please consider writing a 500- to 1,000-word article based on a workshop or talk you've given around the Steps and Traditions. Again, the key is sharing your experience, strength, and hope with other sex addicts. Please don't worry about grammar and spelling. We'll clean that up for you.

### General Release Form

In consideration of being reviewed for possible publication, I hereby transfer and release to the ISO of SAA, Inc (assignee) all legal rights to the publication of my submission(s) or any edited version thereof in any official ISO publication, including Sex Addicts Anonymous, The Outer Circle, the SAA meditation book, the SAA websites, or any other SAA program material, such as pamphlets, booklets and audio recordings.

With this submission, I transfer to the assignee without limitation the legal title and all literary rights, including copyright and/or trademark and the full right and license to reproduce, copy, edit for content, modify, distribute, and create derivatives from the submitted work. I understand that every effort will be made to safeguard my personal anonymity in the publication and distribution of this material. I also understand that I may or may not receive further communication regarding my submission prior to its publication.

I hereby further attest that I possess full legal capacity to exercise this authorization, and I hereby Release the assignee from any claim whatsoever by me or my successors.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Printed name: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

Printed name: \_\_\_\_\_

# SAA TWELVE STEPS

- 1.** We admitted we were powerless over addictive sexual behavior - that our lives had become unmanageable.
- 2.** Came to believe that a Power greater than ourselves could restore us to sanity.
- 3.** Made a decision to turn our will and our lives over to the care of God as we understood God.
- 4.** Made a searching and fearless moral inventory of ourselves.
- 5.** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- 6.** Were entirely ready to have God remove all these defects of character.
- 7.** Humbly asked God to remove our shortcomings.
- 8.** Made a list of all persons we had harmed and became willing to make amends to them all.
- 9.** Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10.** Continued to take personal inventory and when we were wrong promptly admitted it.
- 11.** Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
- 12.** Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.