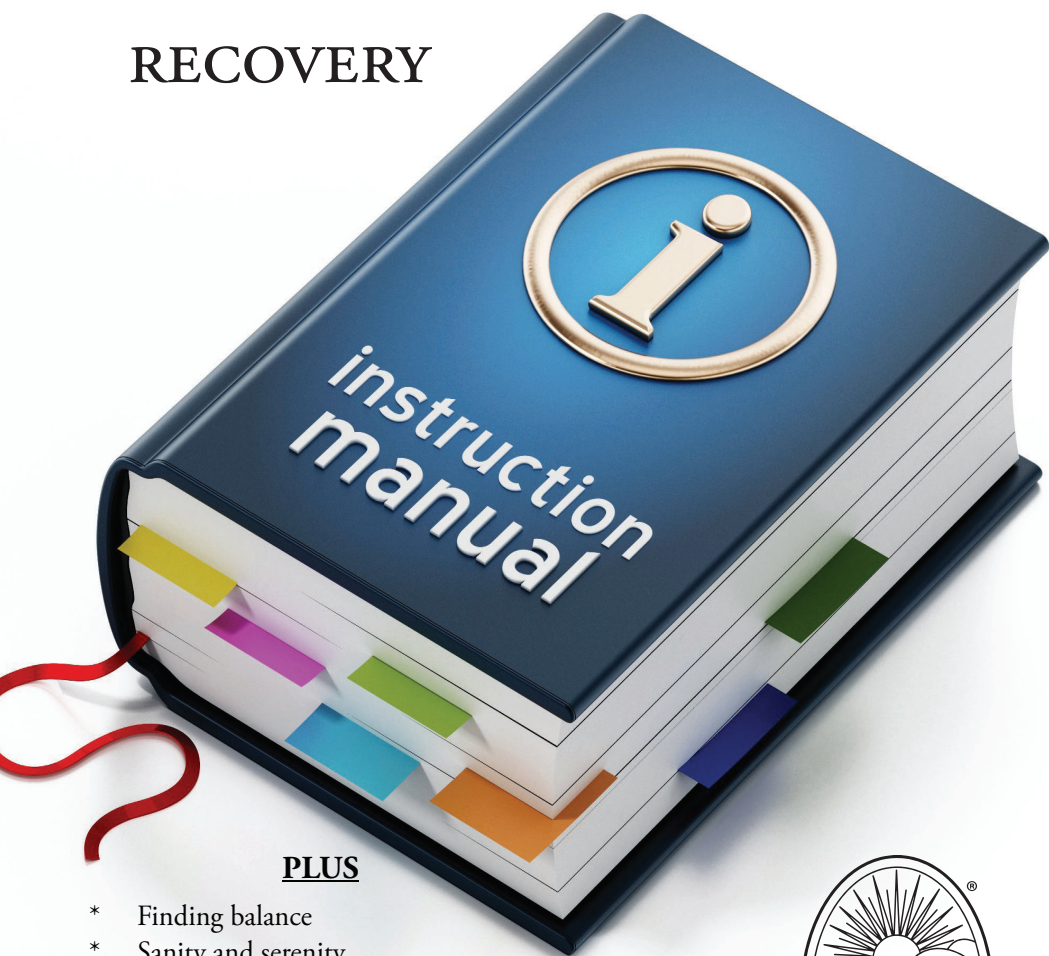


# THE OUTER CIRCLE

Carrying the message of hope to the still-suffering sex addict since 1988

## READING THE MANUAL OF RECOVERY



### PLUS

- \* Finding balance
- \* Sanity and serenity
- \* Poem: Proud of Me
- \* Tradition Ten





## International Service Organization of SAA, Inc.

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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 1988, *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 on-line version.

If you have comments or suggestions, please see contact information on page 30. 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.

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Share *The Outer Circle* with your recovery friends in SAA and encourage them to submit their experience, strength, and hope (see page 31).

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# FROM THE EDITOR

## An exercise in responsibility

BY DON S.  
THE OUTER CIRCLE  
EDITOR

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*I messaged  
everybody I  
had been in  
contact with.  
It was painful,  
embarrassing.*

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P. S. Got ES&H? Please consider sharing it with us in *The Outer Circle*. Like all forms of service in SAA, it doesn't come from "them," it comes from us.

It's impossible to calculate the gifts that come from working the Twelve Steps to the best of our ability. In July, I drove 700 miles to my hometown for a high-school reunion. While there, I reconnected with many old friends. I've been very careful from the beginning, including all four vaccinations. The second day, I did not feel well so I returned to my sister's home. Over the next three days I felt lousy but kept testing negative. Day four I drove the remaining 600 miles back home, aware that I was really in no shape to drive. On safely arriving at home, I immediately self-quarantined in the basement. My temperature was 101.8°F, and this time I got a positive on my rapid test. I notified my wife at work, then left a voicemail with my doctor. Next, I collapsed into bed.

That's when the program kicked in. Prior to recovery, I would have desperately sought a hole I could crawl into and pour the dirt in behind me. That thought crossed my mind for about one second, then my Higher Power took over in the form of Step Ten. Clear as a bell, a calm voice said, "Well, you know what you have to do now."

I then texted or messaged everybody I had been in contact with. It was painful, to say nothing of embarrassing. But when I was done, having done all I could, I no longer had to carry it around with me. I still feel bad about it, but next time I'm back there, I won't feel a need to avoid these dear friends. On the contrary, I will seek them out and hope to spend more time with them.

On reflection, contacting them was not just an outward exercise in responsibility and accountability. It was also an expression of my love for these wonderful people and for myself, all initiated by the love of my Higher Power. Wow. Thank you!

I also wish to extend special thanks to the "The-Outer-Circle" group of LitCom and to Cody at the ISO for being prompt and patient with my late start on this issue of *The Outer Circle*.

In Gratitude,  
Don S.



# FROM THE DIRECTOR

## Moving on

BY PAUL M.  
EXECUTIVE DIRECTOR,  
ISO OF SAA, INC.

---

*Thank you  
for letting me  
serve you in this  
position.*

---

Dear Friends,

With mixed emotions, I am tendering my resignation as the Executive Director of the ISO of SAA. I believe a leadership change will be best for the fellowship, and the stress of the daily grind over recent years is taking a toll on me. The Board of Trustees can retain a leader that will help the ISO as we confront new and existing challenges.

Until recently, I enjoyed leading the fellowship—as of today it has been nearly five years. We have made many advances. Among them are: Zoom meetings, Text to Donate, the new SAA Connect, and Box.com. Also, plans continue for the implementation of new Customer Relations Management software.

The Board will begin the search for a new executive director in the near future. I have committed to stay in the position through the Conference and until the next executive director is found.

Thank you for letting me serve you in this position. I hope to see some of you in the rooms in the future.

The Board of Trustees is seeking applicants for the position of ISO Executive Director. The executive director manages all ISO's day-to-day operations from the office in Houston, TX. The successful candidate will hire and review staff employees, oversee the organization's finances, organizational development, and fundraising, and work collaboratively with the Board of Trustees and ISO committees. This position requires strong leadership qualities, excellent written and verbal communication skills, and strong sobriety in SAA. Please send your current resumé and a brief summary of your ability to meet the foregoing requirements.

Address your response to [hiring@saa-recovery.org](mailto:hiring@saa-recovery.org).

# DEAR GRACE

## Picking the right gender of a sponsor

BY WOMEN'S  
OUTREACH  
COMMITTEE

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*Many SAA members have long-distance sponsors with whom they interact via letter, phone, or video calls.*

---

Dear Grace,

I tend to sexualize caring women authority figures. I'm afraid that I might make a woman sponsor my Higher Power or the object of my fantasies, but I don't feel comfortable around men at all due to past trauma. What do I do? Should I get a sponsor that is a woman or a man?

**Signed,**  
**Apprehensive About Sponsorship**

**Dear Apprehensive About Sponsorship,**

It is good that you recognize the importance of a sponsor to guide you through the Twelve Steps, and it makes sense that you have concerns about whom you could safely work with. Finding the right sponsor is not always a simple process. There can be challenges, obstacles, and many things to consider.

It is commonly recommended in SAA "that we do not enter into a sponsorship relationship with anyone we are attracted to sexually, since that might compromise the trust and safety we all need" (*Sex Addicts Anonymous*, page 13). For many of us, that meant that if we found someone attractive, or sensed that we could potentially begin feeling attracted to someone if they were sponsoring us, it was a good idea to look elsewhere for a sponsor. So, you are wise to be wary of putting yourself in a situation where you could potentially sexualize a feminine person that you view as an "authority figure." You are not alone – a number of us have struggled with the same thing. However, once we had been in SAA for a while, many of us realized that a sponsor is not meant to be an "authority," but merely another sex addict like ourselves who is volunteering to walk beside us on our recovery journey as a peer mentor.



When we were new to recovery, many of us also experienced fear of people who reminded us of those who hurt us in the past. We may have generalized that fear to include everyone of a certain gender. We learned that it is okay to set boundaries for ourselves regarding our interactions with others. When our first recovery spaces, whether in-person or long-distance, felt as safe as possible, it helped us relax a bit and start to absorb the wisdom and care of the group members.

Some members have experienced great growth and restoration through working with a sponsor of a gender different than their own, especially if their sponsor has years of sobriety and good boundaries. Just as many of us have found ourselves doing things we never imagined we would be doing when we were active in our addiction, in recovery, many of us have also found ourselves doing positive things we never dreamed we could do! This may have included

*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](mailto:grace@saa-women.org)) receives.*

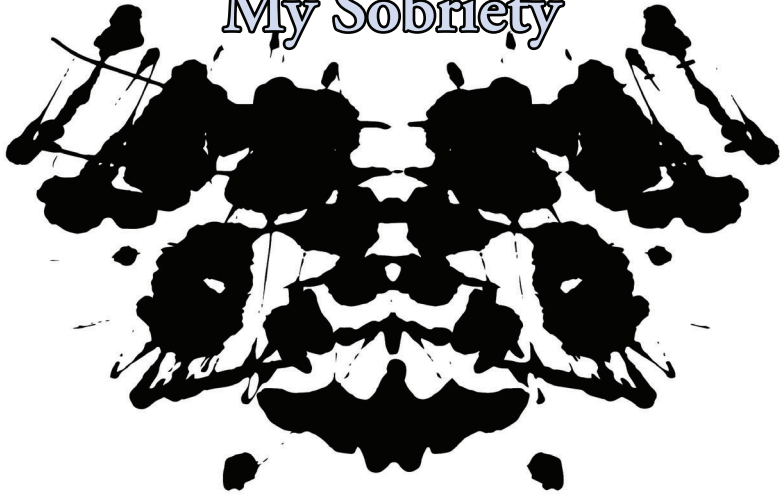
*\*Names have been changed to protect anonymity.*

experiencing the healing of our past wounding associated with a particular gender. For some of us, this happened slowly, and for others, it was a more rapid change. Each individual has different needs and different experiences.

There are other options besides the traditional in-person, one-to-one, sponsor-sponsee relationship. Many SAA members have long-distance sponsors with whom they interact via letter, phone, or video calls. This arrangement may feel safer for some members. Others might form a sponsorship group of three or four, perhaps with members of a step study group, and meet weekly to support each other in their step work. When members work steps together, it is sometimes called co-sponsorship. With some creativity and guidance from your Higher Power and others in the fellowship, you can find the solution that is best for you.

**In service,  
Grace**

# For the Sake of My Sanity and My Sobriety



BY JACK

My name is Jack and I am a sex addict who happens to have a host of other physical and mental illnesses. Just over six years ago, I decided that I have suffered enough from my sexual addiction and mental breakdowns, and decided that I will dedicate my life to my sobriety and sanity. Everyone knows that it is hard enough to get sober for a “normal” person like somebody who does not suffer from any psychiatric illness, but for someone like me, I had to protect my sanity as well as work diligently for my sobriety.

When I hit bottom last time I acted out, I was “sick and tired of being sick and tired” as the saying goes. I had no self-esteem whatsoever. How could I have any self-esteem if I could not stop acting out, ending up with sexually transmitted diseases, feeling shame and guilt for failing myself once again? I could not bear it if I acted out one more time. I was afraid that life had no meaning whatsoever and that I would die never seeing the end of my sorrows. It was terrifying to see how my life so rapidly deteriorated with my addiction and mental illness. I needed to clean up my act, or I would inevitably die of my own addiction.

My sobriety and sanity go hand in hand. If there is any issue with mental illness, it could also affect my sobriety and vice-versa. As a person with schizophrenia, I suffer from constant paranoia and hearing voices in my head. As part of my spiritual awakening, I had to learn that my peace of mind depends on how I take care of myself. I do this by making sure that I get good sleep—not too little, not too much. I eat three proper meals a day, get enough exercise, and do some work.



I also journal as part of my recovery. All day long I seek the guidance of my Higher Power. And have developed a habit of quieting down around bedtime and to get a good night's sleep, so that I am better able to face another day with a positive outlook and gratitude for another chance to live, breathe, enjoy life, love, and be loved.

Medicine has proven to be a critical component in my life. I cannot emphasize the importance of taking my medications as prescribed because they keep me on an even keel. Thanks to my medications, I no longer suffer from clinical depression or crippling anxiety. And, as for my schizophrenia, medicine helps to quiet the voices in my head and to keep the paranoia at bay. One thing I have learned is to not believe or listen to whatever the voices are telling me. I have learned to feel safe in the care of my Higher Power. It's also important that I stay connected and be honest with my psychiatrist and family doctor. I am amazed at the progress I have made since my last psychiatric hospitalization seven years ago.

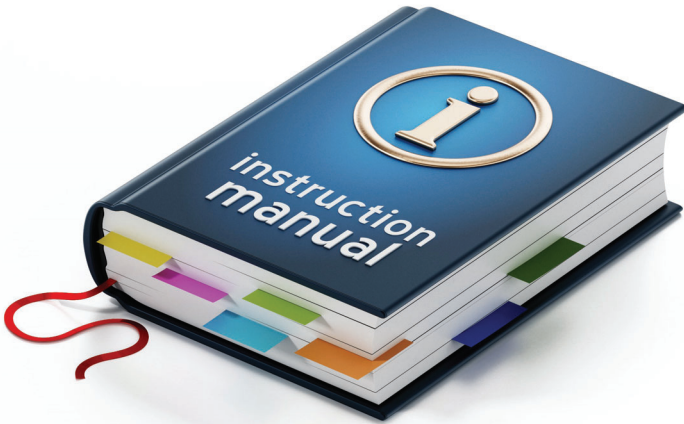
The best medicine for a person with paranoid schizophrenia is to know and believe that most people in the world are good, decent, tolerant, law-abiding, and respectful human beings. This helps me believe that I am okay, safe, and valuable, as I am also a human being. I am also a person of color. During these troubling days of racial unrest and injustice in our society, despite it all, thanks to my recovery, I am now living a positive, hopeful, and peaceful life. I know that I am equally important to the health and well-being of our

society. The alternative is to listen to the self-destructive voices in my head telling me that the world is not safe and that there are far more bad people than good in this hostile world. In these uncertain times, I focus on my relationships with myself, family, and friends in and out of SAA, and especially, my relationship with my Higher Power. These relationships need to be encouraged, strengthened, and regularly maintained. The Tenth Step has been an integral tool of this.

I am grateful for the spiritual solution of SAA. I am fortunate enough to know a Higher Power who loves me and cares for me unconditionally. I am grateful for my sponsors and friends in the program and for all their support and unconditional love. I am also grateful for my sex addiction. Because of my addiction, I found a new way of living – a way of living a quiet, sober, and sane life. My prayer and meditation practice combine to make me a better human being, one with self-esteem and a meaningful life. I can also testify to the fact that spiritual awakening happens when I least expect it.

In summary, as a matter of life or death, I feel very blessed knowing that God, in his infinite power, came to my rescue, and saved me from self-destructive behaviors and paranoia. I am a different person today and much happier than when I first came to SAA lost, broken, hopeless, and almost helpless. Therefore, I have good reasons to celebrate my sobriety and my sanity today. For goodness' sake, it's time to make up for lost time, and allow myself to enjoy life, one day at a time! ☺

# Read the manual



## Follow the instructions

BY JIM L.

Many human experiences unrelated to recovery can yield hints that are useful when applied to working the twelve-step program successfully. Recently, in switching to a different provider, I faced the task of setting up a new connection to my internet, television, and telephone services. After a couple of frustrating failures on my part, I called tech support, and the following conversation took place:

Tech support: “Did you receive the manual along with the equipment?”

Me: “Yes.”

Tech support: “Did you read it?”

Me: “Well, I sorta scanned it.”

Tech support: “Did you follow the instruction exactly?”

Me: “I tried to.”

Tech support: “Let’s go back to the beginning and walk through the setup steps—one at a time. I’ll help you with each step along the way. Perhaps we can identify any points you missed.”

The sequence that ensued proved that precisely following the carefully written instructions led to a successful outcome. My internet, VOIP telephone connection, and television worked perfectly.

Does this scenario sound a bit familiar to those of us in recovery?

We have an instruction manual. In fact, we have two manuals—the AA Big Book (pages 58-102) and the SAA Green Book (pages 1-100). In the former, we have a clear account of how the founders of Alcoholics Anonymous achieved freedom from their

alcohol addiction. In the latter, we have beautifully articulated how the principles and lessons of the twelve-step program relate to and are applied to sex addiction.

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**I can honestly say that I have never seen failure in a person who has tackled the twelve-step program with intentionality, who is able to be honest, willing, and committed, and who has taken the suggested actions.**

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We can scan or even carefully read the manuals, but if we do not take the suggested actions, the results are less than promised. But with the help of a sponsor (tech support), we follow the instructions, and the spiritual transformation begins to unfold.

As a life-long student of process, during the twenty-plus years I have been a member of this fellowship, I have read many articles that claimed the twelve-step program does not work. They generally fall into one of two categories—highly-educated professionals who claim there is no scientific proof of efficacy and addicts who say that they tried it, and it didn't work.

In the case of the former, they seem to forget that twelve-step fellowships are, by design, anonymous. Membership lists are not maintained; rolls of attendees at meetings are not kept; outcomes are not recorded. We would all agree that without such “hard” data, it is impossible to scientifically measure success and identify reasons for failure. So, the objection falls empty.

In the case of personal testimonies of failure, careful reading of their own stories clearly reveals clues as to the cause of their failure. Often, a clue is that they never got a sponsor or never actually worked the steps. Occasionally, it is that they attended a few meetings and “could tell” that it wouldn't work for them. Sometimes, it is coming with the unrealistic expectation that coming to meetings and being with other recovering addicts would be sufficient. In all cases, one thing is clear—they did not carefully read the manual, nor did they precisely follow the instructions.

I can honestly say that I have never seen failure in a person who has tackled the twelve-step program with intentionality, who is able to be honest, willing, and committed, and who has taken the suggested actions. As in the conversation related above, just reading the manual or, in our case, just attending meetings is not sufficient to achieve recovery. We must take the actions suggested.

From my perspective, failure can rarely, if ever, be blamed on the twelve-step program. It is always a failure on the part of the addict.

On the other hand, I have met several individuals who attended a few meetings,

disappeared, but continued in apparent recovery. In every such case that I have seen, it is highly likely that the person was not an addict and was able to control their errant behavior in some other way. The evidence suggests that they were not powerless over the particular behavior that brought them to our fellowship initially.

For us as real addicts, however, we need to read the manuals and take with deliberate intention the suggested actions—no shortcuts, no easier softer ways. The rewards of recovery will almost always follow.

Kind of sounds like, “It works, if you work it!” doesn’t it?.....©

“Proud of me”

By C.F.

How can you be proud of me after everything I’ve done?  
From the moment you set eyes on me, I was your number one.  
How can you be proud of me before my life began,  
Before I took my first step or before I even ran.  
How can you be proud of me, and all I have achieved,  
All of it was nothing, how was I so naïve?  
How can you be proud of me when all I do is fail,  
Living life with no real progress, success to no avail.  
How can you be proud of me when I just let you down,  
When I lost all faith and hope and I began to drown.  
How can you be proud of me when I can’t get it right,  
Losing track of what’s important all day and all the night.  
How can you be proud when I turn to wicked haunts,  
While all the time appearing fine and look so nonchalant,  
How can you be proud of me when I just turn to booze,  
I sink beneath the guilt and shame and everything I lose.  
But one day you’ll be proud of me and I will show you why  
I’ll rise above and get some help and then I’ll really try.  
‘Cause I now know what’s important, I see it now so clear,  
This love I have is strong for you and you I love so dear.  
My boy is five and growing up and soon he’ll come to learn,  
His dad screwed up and made mistakes but now it is his turn,  
To hide no fear and show some strength, there’s time still left to change  
My priorities of what’s important, I must now rearrange.  
So I ask you now, are you proud of me, after all I have been through,  
Don’t answer yet, until I’m done, there’s work still yet to do...

# Finding balance



BY SCOTT P.

As a new college-graduate entering the adult workforce back in 1997, I remember the biggest challenge I had was finding balance in my life. As a new teacher, this involved prep-time, time to assess homework, time for planning, time for coaching, time for graduate classes, time to spend with my significant other, friends, and family. It took a while, but eventually I found the “sweet spot.” More recently I’ve had two beginnings where I was required to grow, change, adapt, and find balance. The first beginning was my entrance into SAA back in 2020. As I reflect on my first eighteen months, I have to ask myself: did I ever find balance between my life and the program?

Tradition Three in our SAA Green Book states, “The only requirement for SAA membership is a desire to stop addictive sexual behavior.” This means that no one can judge whether or not a person belongs in SAA. That responsibility falls on us. We must also be the one, then, to decide over time if our program involvement is in balance with the rest of our lives. I have several friends who do massive amounts of program work, who attend a slew of weekly meetings, who devote themselves to extended levels of service. Their recovery and sobriety are at a high level. Other friends of mine keep it simple. They work the steps and attend a handful of meetings. Many of them have also found sobriety and recovery. So how does a person know what level of work and involvement is right for them? For me, I like to make two inventories of myself.

The first one is a look from the outside. To me, a look from the outside is data driven. If a friend were to ask me what I do for my recovery on a weekly basis, I could explain my activities like this:

- I attended just under two dozen meetings a week.



- I gave service as a moderator in six meetings.
- I acted as newcomer representative for four meetings.
- I made five–ten texts and three–five calls a day to program friends.
- I called my sponsor daily and did step-work weekly.
- I read SAA materials daily.
- I did my Tenth Step reflection nightly.

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**I've learned that recovery can take place anywhere, no matter the challenges or restrictions. I must find a fire of recovery that lasts, that meets my needs today in a constantly changing world.**

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After the data is out there, I then take an inside look at myself and try to answer several personal questions only I could answer. Some examples would be:

- Am I doing as much as I can for my recovery? Explain.
- Is my recovery work disrupting any other parts of my life? If so, how?
- Is my recovery work enhancing any other parts of my life? If so, how?
- Am I giving service to others in program? Explain.
- Is my current recovery program sustainable? Why or why not?

These inside questions provide a good view of where I am at with my own level of balance as long as I answer them honestly. They also provide insight as to where I might need to trim down my program work, or where I might need to add more.

By October 2021, I had been living a relatively balanced life. I was working an aggressive but patient recovery practice with plenty of service commitments. My life had enough flexibility to allow these commitments and still be in balance. These days, though, I cannot sustain those levels of participation. Why? Because of the second of the two beginnings I mentioned earlier—my incarceration.

Just like my first steps into SAA, I have had to find a way to participate in our program that works for me within a prison setting. My old recovery life had many pieces that I cannot currently access or practice. But during this time of change, I have tools, resources, and experiences I did not have when I first started in SAA. I also have a strong belief in a Higher Power, and I actively connect with it throughout my day, weaving both program and my faith together.

As I sit here with four years and three months left on my sentence, I still periodically answer those outside and inside questions to see if I am in balance. When friends ask me what my recovery looks like today, I can tell them:

- I read SAA materials each morning, and read other twelve-step related books weekly.
- I read and annotate articles sent by my sponsor.
- I work on steps multiple times a week.
- I call program friends five or more times each week.
- I write emails or letters to program friends when time allows—weekly, monthly, etc.
- I call my sponsor once a week to go over readings and/or step work.
- I attend one in-person Twelve-Step meeting a week.
- I do my Tenth-Step reflection each night.

The last time I did my own “inside-question” reflection I learned that I did have the ability to increase my program commitment in one area—service. Following the lead of my sponsor, I decided to create and submit this article as a way to help others analyze their own program involvement and maybe find balance.

I’ve learned that recovery can take place anywhere, no matter the challenges or restrictions. I think of recovery as a campfire. I don’t want my recovery to be a raging bonfire. Before I know it, all my firewood will be burned up, and my eyebrows and arm-hair might be singed off. I also don’t want the fire to be smoldering embers that will dissolve and fade in the night when I need them most. I must find a fire of recovery that lasts, that meets my needs today in a constantly changing world. A place where I can sit with others sharing intimacy, experience, and support. By regularly reflecting on my recovery practice, I can make needed adjustments and find sustainable balance. ©

# LIVING IN SOBRIETY

## What long-term sobriety really looks like

BY MARY JOY S.

*This article has been reprinted from the November - December 2015 issue of The Outer Circle.*

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*Nearly eighteen years of sobriety have reduced denial, restored relationships, and renewed spirituality. But it's still contingent on a daily reprieve.*

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When I was newly sober, my illusions of what seventeen years of sobriety would look like are very different than what is real for me today.

I was desperate when I got to this program. My life was the culmination of “self will run riot” and it was filled with pain. That pain and desperation made me willing to get a sponsor and listen to the suggestions that were given to me. Those suggestions were:

- 1) Go to a lot of meetings.
- 2) Work through the Twelve Steps of SAA.
- 3) Call my sponsor and meet with him on a regular basis.
- 4) Tell the truth since I cannot save my face and my behind at the same time.
- 5) Be willing to work with others and look for ways to be of service.

The romantic notions I held about what long-term sobriety would look like were that I would be more saint like; be triggered infrequently; and be happy, joyous, and free most of the time. On April 1, 2016, with the grace of my Higher Power, I will celebrate eighteen years of sobriety from my inner-circle behaviors.

But my character defects are still alive and well, and I am reminded on a regular basis that I am still a sex addict. So what is different today than seventeen plus years ago and why is it worth it to stick around and do the work of recovery? Let me list the whys.

1) “The truth shall set you free.” Having gone through rounds of working the Twelve Steps including Fourth Steps and ongoing Tenth Steps, my character defects are no longer a surprise to me. I know when I am being self-centered, mean, dishonest, insecure, fearful, controlling, manipu-

lative, perfectionist, and hurtful. There is no longer denial about these traits in my personality. When they show up (and they do on a regular basis), I have a well-used blueprint on what to do. I make amends and correct my behavior. I share it with one or more of my recovery support people, I release it to my Higher Power through prayer and meditation and then I let it go. Today, my spiritual muscles around this process are well-honed, and the process works.

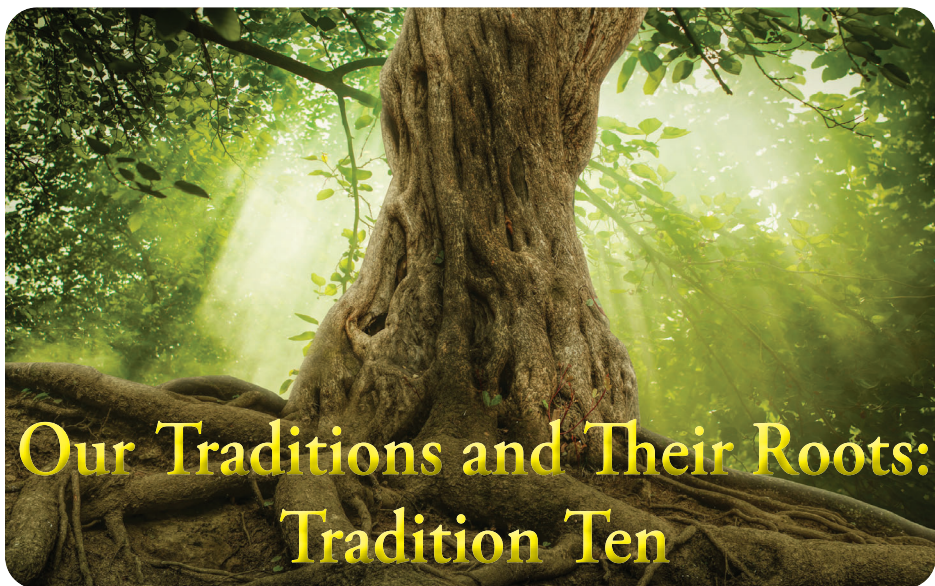
2) My relationships are restored. I hold myself accountable for my thoughts, feelings, behaviors, and actions. This frees me from such default traits, such as victim-thinking. How liberating to know that being willing to see and experience the truth about myself can cause such a shift and a surrender that allows my Higher Power to create miracles for me with all the people I love and value so much. It's ironic that it's not perfection that people want from me but vulnerability and the humility to ask for forgiveness when I mess up.

3) The miracle of moving from shame to grace continues to be my experience. Much of my teen and adult life was spent in secrecy and shame, hidden away from the sunlight of the Spirit. Today, there are absolutely no secrets. I have people I love and trust to share everything with. This makes it very hard to isolate since so many supportive connections have been made. When I

want to isolate (and I still do), by reaching out to one of my recovery buddies I am reminded that no matter what I have thought, said, or done, I am still a precious person worthy of healing, love, and good experiences.

4) The experience of surrender is now a strong spiritual muscle for me. It gets stronger with every Third and Seventh Step I complete. This is a frequent part of my recovery. When I am in self-will, manipulation, and control (which I still am on a frequent basis), I get the opportunity to once again surrender it to my Higher Power. I try to start every day on my knees as a physical practice of letting go and letting God. It is not a religious practice and it is not done for that purpose. It is an exercise that reminds me how powerful and destructive my addict is and how desperately important it is for me to continue to give it up to my Higher Power. In surrender, I am safe. In surrender, I let my Higher Power do for me what I am absolutely incapable of doing for myself. That is what I am reminded of when I get on my knees each morning.

*Sharing your story in The Outer Circle is like sharing to the largest meeting in the world. 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).*



## Our Traditions and Their Roots: Tradition Ten

“SAA has no opinion on outside issues; hence the SAA name ought never be drawn into public controversy.”

*Editor’s Note: This is the eleventh in the series that looks to the Green Book’s exposition of each Tradition, along with the history of the problem each Tradition sought to address from AA source material. Authors have varied across the series.*

BY ANONYMOUS

As a good reminder of how the traditions work together, Tradition Ten reflects the importance of our singleness of purpose as laid out in Tradition Five. It harkens back to Tradition One, which highlights the importance of unity of the fellowship—locally and globally. In addition, it adds clarification to Tradition Six, which highlights the hazards of developing relationships with outside entities.

Stated in remarkably clear, straightforward, and succinct language, Tradition Ten reminds us that any digression from the SAA message of recovery into outside issues has the potential of involving our group or our whole fellowship in controversy, distracting us from our primary purpose and risking adverse publicity. On a very practical level, we have plenty of work to do in maintaining our personal recovery and in helping others in their recovery. Any distraction from that primary focus runs the risk of diluting our recovery efforts and damaging the integrity and unity of our fellowship.



Naturally, within the fellowship of SAA we find a broad range of opinions about political, social, and religious issues. Many of those opinions are passionately held, and we may feel a strong desire to vigorously defend our positions. They are important issues, and our opinions are important when expressed in the appropriate venue. However, if we bring those opinions into our meetings or try to express them as representing the position of SAA, we disrupt the unity of the SAA fellowship, and we invariably dilute our primary purpose. Tradition Ten bluntly reminds us to keep outside issues outside and to spend our recovery energies focused on the SAA message of recovery.

Some public issues are particularly enticing. For example, the societal attitudes about sex addiction and the seemingly irrational and often contradictory laws concerning sex-related offenses cry out for thoughtful debate and rational compassionate discussion. But these are issues that could easily distract us from our primary purpose and could embroil us in controversy both within the fellowship and in the eyes of the public.

Another example is the frequent assumption that sex addiction is synonymous with pedophilia. Certainly, we would all like to clarify in the minds of the public the nature of our addiction and reduce the stigma related to it. But to venture into such

discussions on behalf of SAA would likely be more damaging than helpful and, again, would distract us from our primary purpose.

Yet another example stems from the current attention being given to diversity. Our literature is very clear on the subject. We welcome anyone who has a desire to stop addictive sexual behavior, and we support efforts to reach out to underserved minorities; however, to engage in public conversations about diversity and to represent our opinion as that of SAA does not serve us well and, again, introduces the risk of public controversy.

In the final analysis, in order to preserve our singleness of purpose and to avoid the distraction and damaging effects inevitable with public controversy, we simply avoid bringing outside issues into our local meetings or into discussions within the International Service Organization (ISO).

At all levels within this fellowship, we are about one thing with two manifestations: i) recovery from sex addiction through the Twelve Steps and the program of SAA, and ii) being available to anyone who has the desire to stop their addictive sexual behavior. Tradition Ten is a clear statement of that vision and our commitment to it.

*Next issue: Tradition Eleven. ©*

# DEAR WILL

## A need for men-only meetings

BY WILL

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*Setting conversational and physical boundaries and keeping conversations limited to the Twelve Steps and our program of recovery are just some of the tools other men have reported as being helpful.*

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*If you have a question for Will, please send an email to [Men4SAA@saa-recovery.org](mailto:Men4SAA@saa-recovery.org).*

### Dear Will:

I am newer to SAA and am grateful to have found recovery. The meetings have been a big help but are also a point of contention. The in-person meetings in my area are “mixed,” meaning men and women may attend. Frequently, the meetings contain only men, but we do have a few women who sometimes attend. I wish there were men-only meetings in my area as I sometimes find myself triggered when women are at the meetings I attend. Also, my wife has expressed that she is uncomfortable with me attending meetings with women sex addicts. I am feeling like I am caught between a rock and a hard place. Do you have any suggestions?

### Caught

#### Dear Caught:

Thanks for reaching out for help. You seem to identify three separate points worth exploring:

1) you would like to attend men-only meetings, even though there are none in your area; 2) you find yourself triggered, at times, when attending meetings with women; 3) your wife is uncomfortable when you attend SAA meetings with women. I will seek to speak to each of these issues.

If you wish to attend men-only SAA meetings, and there are none in your area, you have an opportunity to start a men-only meeting. Perhaps there are other men in your area who would support such a meeting. You may find support by discussing this with your sponsor, making announcements at your meeting, or bringing up the issue at your local intergroup meeting. The ISO of SAA may be able to provide you with some materials and information on how to get started.

You mentioned that you are sometimes triggered when women attend the SAA meetings. I am curious. Do you find yourself triggered by all women at

SAA meetings, or just certain women? What is it about them, their behavior, or their shares that you find triggering? Have you discussed this with your sponsor and brothers in the program who have had success surrendering when triggered?

Being triggered does not have to be seen as something to avoid, rather something to deal with and get support around. As you may encounter women at work, in public, at church and everywhere else, it might be best to learn how to interact with them in an appropriate manner, as avoiding women altogether may not always be possible. I know other men have found support by developing three-circles specifically around their interactions with women at meetings. Setting boundaries around one-on-one conversations, maintaining personal physical boundaries, and keeping conversations limited to the Twelve Steps and our program of recovery are just some of the tools other men have reported as being helpful.

Speaking for myself, if I am triggered by someone, it's because I am objectifying that person and not regarding them as a fellow human being.

As far as your wife being uncomfortable with you attending SAA meetings where women are permitted to attend, this may take some time. I have heard that some wives have a lack of understanding of just what happens at our meetings and how they are safe spaces. Does

your wife get to witness your practicing this program at home when you make phone calls and do your step work? Could you ask your wife to attend an open SAA meeting, retreat, or the SAA Convention to help her witness first-hand your willingness to honor boundaries where other women are concerned? This would allow her to have a better understanding of how meetings are conducted—that you can attend meetings without necessarily interacting inappropriately with other people at those meetings. Perhaps you and your wife could discuss mutually agreeable boundaries around your interactions with women at meetings.

I checked in with a fellow in the program about his experience with this type of a situation. He is a gay man who has no option but to attend SAA meetings with other men. His partner had similar misgivings as your wife. He did not have the option of developing a meeting where no men could attend, because he couldn't attend either! He told me this was fortunate because instead of running away from this problem he was forced to learn how to develop healthy, appropriate boundaries regarding his interactions, invite his partner into his recovery, and rely on the tools of the program, his sponsor, and his brothers and sisters in recovery to learn how to work our program of recovery regardless of who was at the meetings he attended. I hope this feedback helps. **Will**

# DEAR ISAAC

## Connecting with your Higher Power

INTIMACY AND  
SEXUAL AVOIDANCE  
AWARENESS  
COMMITTEE

---

*There is no time  
limit on cultivating  
a connection with a  
Higher Power.*

---

Send your questions to  
the Intimacy and Sexual  
Avoidance Awareness  
Committee (ISAAC) at  
[avoidance@saa-recovery.org](mailto:avoidance@saa-recovery.org).

Dear ISAAC,

I hear people in meetings talking about having a relationship with their Higher Power. I can tell it helps them stay sober, so I want that, too. But I don't know how to cultivate that sort of connection with a Power greater than myself. Any tips?

Signed,

**Disconnected from my Higher Power**

**Dear Disconnected,**

You are not alone! Connecting with, or even “belief in a Higher Power can be difficult for many of us in SAA” (*Sex Addicts Anonymous*, page 26). However, wondering how to cultivate connection with a Higher Power is a step in the right direction. By asking for help from other recovering sex addicts, you have reached out to a power beyond yourself!

Part of recovery from sex addiction for many of us was acknowledging that we deeply desire caring relationships, not loveless transactions. Like any other relationships, we must spend time cultivating a connection with God or a Higher Power, and we do that through conscious contact. (See *Sex Addicts Anonymous*, page 55)

For many of us, that first point of contact was when we became aware of a force of love and grace that was bringing sanity to members of SAA, and we got curious. Hearing people in the meetings share about the hopelessness of their addiction, how they recovered, and how they are now maintaining their sobriety, provided examples of the existence of a Power greater than ourselves.

Some of us felt lost when we first heard all of this “God talk.” However, as most of us continued our

journey in recovery, we began to see connecting with a Higher Power or God as the gateway to freedom. We got curious and started investigating the ideas or suggestions we heard in the rooms. For some members, the higher power is in the program principles. The more we practice love, honesty, willingness, and openness in our lives, the less we look to our own self-will to try to control and manage people, places, and things. Those of us whose higher power is the group look for meetings and people who share a message of recovery that brings hope.

Some of us came into SAA with an established religion or cultural upbringing. However, in some cases, those beliefs were harmful or unsafe due to past experiences or trauma. One member believed that the God of their then-current understanding could not possibly want to cultivate a relationship with them due to their acting-out behavior. Another member realized that their Higher Power was more like an old man sitting on some distant throne holding a ledger listing our indiscretions. Often this belief that we needed to clean up our acts and be “good little children” was not serving our recovery. Many felt that their version of a Higher Power was not big enough or loving enough to embrace every aspect of themselves.

Learning to connect with a Higher Power can be very painful and confusing, but in Step Two, we “came to believe” (*Sex Addicts Anonymous*, page 25). We learned to trust the Steps. Intimacy with our Higher Power is a process, and we were gentle with ourselves and others, trusting that it would happen for us as we worked the program.

There is no time limit on cultivating a connection with a Higher Power, nor does SAA define for its members what their Higher Power needs to be. Thankfully, working the Twelve Steps was the means by which most of us uncovered and discarded old thoughts and behaviors that were keeping us from sanity. The healing of mental, emotional, and spiritual wounds became the proof for some that a Higher Power was at work in their lives. Many have experienced a powerful presence in the rooms that we begin to identify as a Power greater than ourselves.

Quite a few of us began building a relationship with the God of our understanding by connecting with other people through outreach calls, sharing honestly with a sponsor and feeling their care, and increasing the vibrancy of a life filled with outer-circle behaviors. For some of us, this simple willingness to look outside of ourselves was all we needed to begin to cultivate this connection. We may have experienced a Higher Power in a compassionate touch, sharing our Fifth Step with a sponsor, or hearing “I love you” from a trusted friend.

© *Continued on page 24...*



© ...continued from page 23.

For others of us, connection with God/Higher Power has come in the form of honestly writing out thoughts and feelings in a letter to our Higher Power, listening to soothing music, going for a walk, interacting with animals, or connecting with the earth through gardening. Others have experienced a Higher Power in expressions of love, honesty, willingness, and openness. For some, quiet moments of solitude, possibly accompanied by meditation, reading religious texts, yoga, prayer, or other spiritual practice might have helped cultivate closeness and connection with God. One member's conscious contact comes through dance, singing, painting, and moments of overwhelming joy.

In my recovery, I have learned two things about finding and accessing that power:

1. If I get a sponsor and work the Twelve Steps to the best of my ability, it will happen, but
2. I don't get to predict or dictate when or in what form it will manifest, thank God!

As one old-timer says, "Don't ask for anything specific; you'll probably be selling yourself short!"

May you find connection with the Higher Power of your understanding as you journey onward in recovery.

## ISAAC

*Writing and sponsoring prisoners by correspondence continues to be the mainstay of the ISO prisoner outreach program. In addition, the Prisoner Outreach Committee has encouraged members of the fellowship to consider the possibility of starting SAA meetings in a nearby prison. As a result of the pandemic, a new possibility has emerged—namely, meeting by video-conference.*

*While face-to-face remains the preferred meeting modality in most situations, recent experience in Arizona suggests that meeting by video-conference can open new opportunities to carry the SAA message of recovery into prisons. If interested in learning more—whether you are in the free world or in prison—contact the ISO office by telephone (713-869-4902), email ([info@saa-recovery.org](mailto:info@saa-recovery.org)), or postal mail (PO Box 70949, Houston, TX 77270).*

# FROM THE BOARD

## Major changes

BY BOB L.

BOARD MEMBER

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*We value your  
input. Email the  
board at [board@  
saa-recovery.org](mailto:board@saa-recovery.org)*

As this edition of *The Outer Circle* goes to press, the fellowship is only a few weeks away from the annual meeting of the Conference. The Conference's meeting is the most important meeting of the year for members, groups, and areas to exercise their roles as the effective voice of the fellowship. The meeting takes place on October 7 and 8. Motions being considered include the approval of lots of literature, establishing service-guidelines for membership on the Conference Steering Committee (CSC), as well as the election of trusted servants to positions on the Board, the Literature Committee (LitCom), CSC, the Nominating Committee (NomCom), and the Area Coordinating Committee (ACC). It is vital to the health of the fellowship that your group and area elect delegates to participate in the meeting and vote your area's conscience.

Unfortunately, the Board has been compelled to cancel the hybrid structure of the meeting, and instead will hold another virtual meeting. This decision was necessitated by the current state of ISO finances. Both contributions and sales of literature have fallen off dramatically this year, especially in the spring. Expenses are up. The dire nature of the situation became clear in early July. Since then, a special work group of the Finance and Operations Committee of the Board has been meeting weekly to monitor finances and make changes in expenses to help narrow the increasing deficit we are experiencing. I'm sorry to say that the situation the ISO is confronting is quite serious. Presently, the lowest cost option for the Conference is yet another all-virtual meeting. Speaking personally, I am disappointed with that outcome, because my past experiences at conference-meetings as well as

# FROM THE BOARD

conventions, is that there is no substitute for the interaction that takes place when we meet in person. A virtual experience is effective for business, but on a personal level it leaves me cold.

My hope is that by this time next year we will be financially sound enough to afford an in-person meeting, if not a hybrid one. To restore stability to our finances, we are implementing extensive cost reductions, and praying for an increase in contributions and sales. The cost reductions will become obvious over time. We are eliminating the print edition of *The Outer Circle*. For the foreseeable future, the digital version will be the only publication medium. We are also stopping all outreach to the professional community, which is quite sad, because these communities are our primary way of reaching the addict who still suffers. These reductions may well last into next year, and conceivably beyond. In addition, we will be looking at all the services ISO provides to you, our members, and outreach committees, to see what can be eliminated if circumstances warrant more drastic cutbacks, which may well be required.

Where we go from here depends upon you, our members. We realize that the uncertain economic times, inflation, and other issues weigh heavily on members, some more than others. The same is true for the ISO, sadly. We will do what we can and must to keep SAA serving you as well as we can.

Another development the Board is addressing is the recent resignation of our Executive Director, Paul M. Paul has been a vital element of SAA's success over the past four years. Those who have worked with him know of his kindness, relaxed manner, and ready availability, commitment to ISO, and always putting the needs of the fellowship first. Paul will stay with us at least through the Conference, and beyond as necessary, while the Board launches a search for a new director. We are extremely grateful to Paul for his service. He will be missed. The new director will face many challenges, including shoring up the ISO's finances, which are not sustainable at the current level of contributions. If you are interested in applying for the Executive Director position, please send an email to [hiring@saa-recovery.org](mailto: hiring@saa-recovery.org).

We thank all of you who have recently donated to the ISO. We can't provide the services you want and need, and reach the addict who still suffers, without your support.

# ISO NEWS

## Discussion of the Twelve Concepts in SAA Service

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The Twelve Concepts Subcommittee of the CSC (Conference Steering Committee) invites you to join us for a discussion about the proposed Twelve Concepts for SAA Service. We have met by video conference beginning February 19. Each session will last approximately ninety minutes, and the multiple sessions will provide opportunities for members of the fellowship to offer feedback on the concepts.

At the 2021 meeting of the ISO Conference, the delegates approved a method of adopting or changing our core spiritual documents. A draft version of the proposed concepts is now in a minimum of one year of review by the fellowship at large. The concepts, which have been under development since 2018, are available for review and study during the next year, before a motion to approve these concepts is presented at the 2022 meeting of the Conference.

The discussion sessions will consist of a high-level overview of the proposed concepts, discussing how the concepts apply to all levels of service within SAA and why they are important for all members of the fellowship. Techniques that groups may use to discuss the concepts will also be covered, and time will be available for open discussion concerning our experience, strength, and hope around the concepts and the spiritual principles they express.

The remaining discussions will be held on September 14. Members of the Concepts Subcommittee are also willing to meet with a group, an intergroup, or an area assembly if a more detailed presentation is desired.

For more information about the discussion sessions, email [info@saa-recovery.org](mailto:info@saa-recovery.org).

## List your SAA Event on the SAA Website

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Is your group, intergroup, or area planning an SAA retreat, workshop, or other event? You can have it listed (and view other listings) on the SAA outreach site at <https://saa-recovery.org/news-events/>. A link to the form to submit your event is just above the “Events” section. After submitting, please allow up to five days (excluding weekends) for your submission to be reviewed and approved.

## Get involved in International Service!

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Would you like to give back to our fellowship? International service is a great way to get more involved in the SAA fellowship, deepen your recovery, and help reach suffering sex addicts worldwide.

# ISO NEWS

The Conference Nominating Committee (NomCom) presents a slate of nominees at the annual Conference meeting in October to fill open positions on the Board of Trustees, Literature Committee, Conference Steering Committee, Conference Area Coordinating Committee, and Conference Nominating Committee. If you are interested in serving on any of these committees and you meet the guidelines for international service, we encourage you to fill out a service résumé!

For more information about the positions and for a copy of the Guidelines for International Service, please visit the service website [saa-iso.org](http://saa-iso.org) and click on the International Service tab. Contact the ISO office via phone, (713) 869-4902, or email, [info@saa-recovery.org](mailto:info@saa-recovery.org), for the username and password to access these documents.

Have you filled out a service résumé in the past? We encourage you to fill out a new resume each year before June 30th, 2022. All applicants will be entered into a raffle to win free convention registration to the 2023 convention.

Completed service résumés should be emailed to [info@saa-recovery.org](mailto:info@saa-recovery.org) or mailed to Nominating Committee, ISO, PO Box 70949, Houston, TX 77270.

## Represent Your Intergroup or Group in the Intergroup Communications Committee (ICC) and Help Your Local Meetings

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In the spirit of the First Tradition, the ICC “exists for the purpose of facilitating communication amongst intergroups, encouraging groups to carry the SAA message to the sex addict still suffering—our one primary purpose—sharing best practices, helping new intergroups to become established, and recommending changes to the SAA *Intergroup Guide* and SAA *Group Guide*.”

Learn how other intergroups and groups engage in outreach to still-suffering addicts, including special populations like prisoners, women, LGBT, and BIPOC addicts; learn how intergroups and groups conduct retreats and practice the Seventh Tradition; and share your experience, strength, and hope in service to others.

If you would like to take part in this collaborative effort and learn from others about how to improve your intergroup and group activities, email your request to [info@saa-recovery.org](mailto:info@saa-recovery.org).

## Financial Summary

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Our total SAA Green Book sales were below our estimate of \$8,300 by \$2,849 in July. Our HCI sales (June’s numbers, a month behind) were \$2,659 lower than budgeted. Findaway audio sales were \$71 above our budget of \$300. For the year we are 78.23% of our estimated sales.

Our book *Voices of Recovery* sales for July were \$649 lower than our budget of \$2,400 for July.

# ISO NEWS

The ISO sales were \$275 below budget while the HCI sales were \$374 lower than budget. For the year we are an average of 74.73% of our estimated sales.

Our pamphlet and booklet sales were above our estimate of \$2,200 by \$443 in July. For the year we are at 141.12% of our estimated sales.

Our plastic chips sales were above our estimate of \$1,200 by \$103 in July. For the year we are at 98.68% of our estimated sales.

Our bronze medallion sales were below our estimate of \$2,100 by \$112 in July. For the year we are at 92.26% of our estimated sales.

Our total sales for July were below our estimate of \$16,355 by \$3,099 in July. This is mainly from the lower HCI sales and *Voices of Recovery*. For the year we are at 79.76% of our estimated sales.

Individual donations were below our estimate of \$41,000 by \$1,380 in July. For the year we are at 87.94% of our estimated individual donations. The general donations were above our budget by \$1,165 and the LifeLine Partners amount was \$2,849 below budget of \$29,000. Our goal is \$50,000 per month.

Group donations were above our estimate of \$9,600 by \$5,162 in July. For the year we are at 115.87% of our estimated group donations. General group donations were \$4,869 above our budget of \$6,800 and group LifeLine Partners are \$293 above our budget of \$2,800.

Our total donations were \$3,783 above the budgeted amount of \$50,600. For the year we are at 93.15% of our estimated donations.

Our product inventory is valued at \$69,714.

Our operational reserve is fully funded at \$175,691. Our estimated three-month reserve is \$175,691.

Our total expenses were \$2,467 lower than our budget of \$71,842.

Our Net Income was \$4,208 below our budget of -\$8,985.

For July of total income was \$70,842, our cost of goods was \$6,244, resulting in a gross profit of \$64,598. Our total expenses were \$69,375 resulting in a net income of -\$4,777 which was \$4,208 higher than budget.

If you have any questions, please let me know.

In Your Service,

Paul M.



Executive Director



# CONTACT THE ISO

## Office

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PO Box 70949, Houston, TX 77270

Phone: 713-869-4902  
Fax: 713-692-0105

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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

Editor: Don S.

## Office Staff

Executive Director: Paul M.: [director@saa-iso.net](mailto:director@saa-iso.net)  
Associate Director: Tracy R.  
Publications Manager: Cody S.  
Public Information, Cooperation with the Professional Community, and 7th Tradition Manager: Phillip B.  
Information Technician and Prison Outreach Manager: Jonathan C.  
Information Technician: DJ B.  
Finance Assistant: Judy K  
Administrative Assistant: Jerry B.  
Administrative Assistant: Evan E.  
Administrative Assistant: Harvey A.

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

## Board of Trustees and Literature Committee

### Board

Bill I; Bob L (Chair); Carl D; David H;  
Eddie N; Karen S; Les J; Melissa W; Richard S;  
Wayne K

Board: [board@saa-recovery.org](mailto:board@saa-recovery.org)  
CSC: [csc@saa-recovery.org](mailto:csc@saa-recovery.org)  
LitCom: [litcom@saa-recovery.org](mailto:litcom@saa-recovery.org)

### Literature Committee

Cara A; David C; Don S (TOC Editor); Deb W;  
Don R; Doug S; Jackie J; Jim L (Chair);  
Jim P; Maud D (Secretary); Mike K; Rachel R,  
Stephen P

## Calendar

The most up-to-date committee schedule and information about joining any ISO Committee can be found at [www.saa-iso.org](http://www.saa-iso.org).

## Prisoner Letter Writing Program

Writing and sponsoring prisoners by correspondence continues to be the mainstay of the ISO prisoner outreach program. In addition, the Prisoner Outreach Committee has encouraged members of the fellowship to consider the possibility of starting SAA meetings in a nearby prison. As a result of the pandemic, a new possibility has emerged—namely, meeting by video-conference.

While face-to-face remains the preferred meeting modality in most situations, recent experience in Arizona suggests that meeting by video-conference can open new opportunities to carry the SAA message of recovery into prisons. If interested in learning more—whether you are in the free world or in prison—contact the ISO office by telephone (713-869-4902), email ([info@saa-recovery.org](mailto:info@saa-recovery.org)), or postal mail (PO Box 70949, Houston, TX 77270).

## PI/CPC (Public Information/Cooperation with the Professional Community)

The Twelfth Step says that, “we tried to carry this message to other sex addicts and to practice these principles in our lives.” At the ISO level, this is done in part through the work of the Public Information/Cooperation with the Professional Community (PI/CPC) committee. If you would like to work the Twelfth Step at the ISO level, contact [PhillipB@saa-iso.net](mailto:PhillipB@saa-iso.net) or call the ISO at 713-869-4902.

## LifeLine Partners

LifeLine donations provide steady income that allows the ISO to operate and help groups carry the SAA message. Become a LifeLine partner today by calling 713-869-4902 or by going to [saa-recovery.org](http://saa-recovery.org) and clicking “Contribute.”

# SUBMISSION GUIDELINES

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

The *Outer Circle* newsletter relies on submissions from the SAA fellowship. It's a great way to carry the message to other sex addicts in the spirit of Step Twelve — and be of service! Articles may be submitted to [toc@saa-recovery.org](mailto:toc@saa-recovery.org) or to the ISO office. Please submit articles via email in Microsoft Word format with the **RELEASE FORM** at the bottom of this page.

### Deadlines for Submission and Topics

|           |                               |        |
|-----------|-------------------------------|--------|
| Jan/Feb:  | “First Three Steps”           | Nov 5  |
| Mar/Apr:  | “Taking Action”               | Jan 5  |
| May/June: | “Changes, Hope”               | Mar 5  |
| July/Aug: | “Celebration and Exploration” | May 5  |
| Sept/Oct: | “Letting Go, Giving Back”     | July 5 |
| Nov/Dec:  | “Prayer and Meditation”       | Sept 5 |

Here are some general writing guidelines:

**Living in Sobriety:** For those with five-plus years of sobriety. 750-900 words on how you got sober and what you're doing to stay sober.

**Stories of Service:** 300-500 words on why you do service and how it helps your recovery.

**Feature articles:** 650-1,200 words on any of the topics listed above. 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 in recovery as it relates to the steps or traditions.

### 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.

