

# The Outer Circle

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

PO Box 70949, Houston, TX 77270

Volume 2, Issue 3

May - June 2008



**THE ISO ENCOURAGES GROUPS TO REPRODUCE *THE OUTER CIRCLE* SO THAT COPIES WILL BE AVAILABLE TO ALL MEMBERS. *THE OUTER CIRCLE* IS MAILED FREE TO ALL WHO REQUEST IT.**

**MEMBER DONATIONS ARE GRATEFULLY ACCEPTED.**



<b>ISO News Articles</b>	
<p style="text-align: center;"><b>ISO Board News</b></p> <p>Voting in Regional Caucuses Page 2</p> <p style="text-align: center;"><b>Literature Committee News</b></p> <p>Second Edition Omissions Page 4 Green Book Feedback Page 6 Med. Book Editor Page 8 Med. Book Submission Page 9</p> <p style="text-align: center;"><b>ISO Store News</b></p> <p>Basic Text in Spanish Page 10</p> <p style="text-align: center;"><b>Outreach News</b></p> <p>Women's Outreach Page 11 Men's Outreach Page 12 GLBT Outreach Page 12 Welcome New Meetings Page 13</p>	<p style="text-align: center;"><b>ISO Regional News</b></p> <p>NE Regional Caucus Page 14</p> <p style="text-align: center;"><b>Convention News</b></p> <p>Waves of Change Page 15</p> <p style="text-align: center;"><b>ISO Financial News</b></p> <p>Fundraising Page 16 Financial Report Page 18</p> <p style="text-align: center;"><b>Letters from the Editors</b></p> <p>The ISO Office Is Not the ISO Page 20 Bees Page 21</p> <p style="text-align: center;"><b>General ISO Information</b></p> <p>Service Roles Page 38 ISO E-mail Addresses Page 39</p> <p style="text-align: center;"><b>Submission Guidelines</b></p> <p>Submitting a Article Page 40</p>
<b>Literature Articles</b>	
<p><b>Staying Sober One More Day</b> Page 22</p> <p><b>Sharing the Unspeakable: The Healing Power of Step Five</b> Page 25</p> <p><b>That Smelly Old Blanket Had to Go: Willingness is the key to Step Six</b> Page 26</p> <p><b>Letter to the Editor</b> Page 27</p> <p><b>Keep Awake!</b> Page 28</p> <p><b>Strive</b> Page 29</p> <p><b>Choices</b> Page 30</p> <p><b>Dear Grace</b> Page 31</p> <p><b>The Promises as I Understand Them</b> Page 32</p> <p><b>Seeking Volunteers to Share Their Recovery</b> Page 33</p> <p><b>Group Inventory</b> Page 34</p>	

## **VOTING IN REGIONAL CAUCUSES AT INTERNATIONAL CONVENTIONS**

**By John B.**

At the December 2007 Board face-to-face meeting, a committee was established to review the Bylaws of the ISO of SAA, a non-profit corporation established under the laws of the State of Minnesota. As the only attorney on the Board in its initial years, I accepted the responsibility, with Board oversight, for incorporating the fellowship, drafting its Bylaws and securing its tax-exempt status. The original Board of SAA ultimately adopted the Bylaws, as did the fellowship by the vote of its members at National Conventions.

The Bylaws Review Committee has asked me to explain, to the best of my recollection, why the Bylaws read the way they do. What follows is a brief excerpt from the as-yet uncompleted document I am preparing for them. In reading my comments, you should bear in mind that if there is any ambiguity as to what the Bylaws mean, the members must turn to the Board for its interpretation (Article IV, §4), not me, even though they were originally (mostly) my words.

### **ARTICLE III, Section 9**

Section 9 deals with how regions elect members and alternates to the ISO Board and the Literature Committee. It has frequently not been read carefully, and in some regions anyone attending the regional caucus has been allowed to vote, be they elected delegates or not.

In regional caucuses, voting for the Board and Literature Committee members and alternates is by elected delegates. Non-delegates are certainly free to attend and voice their opinions. So why not to vote, as well? The reason is to not let the members of the fellowship from the convention host city or the ISO's National Office have a greater voice than any other part of the region. Look at how many people from the host city must work to put together a convention. Should that mean that by virtue of the large number of SAA members attending its regional caucus it should be able to have a disproportionate effect on the election of the Board and LitCom members and alternates? Couldn't one argue just as validly that those who have come the farthest and made the greatest financial sacrifice should have a greater voice because the sizes of their sacrifices attest to the level of their devotion to the fellowship? When delegates have come all the way from Australia or South Africa, should they not feel they have

a privileged place in deliberations and voting? I could certainly understand any feelings they might have about that. Quite frankly, when SAA was incorporated, it was incorporated as “The National Service Organization of SAA” because international governance was not really in our thinking. At some point in the fellowship’s growth overseas, this issue will likely require much reconsideration.

Some members have strongly held views about what they see as this Bylaw “excluding” participation. The Bylaws enable each region to allow a great degree of freedom to unelected attendees at the conventions to express their opinions. What it doesn’t do is to give them the power to vote for Board and Literature Committee members and alternates. Perhaps the fellowship believes it should support some kind of “affirmative action,” by redefining the ways voting is done. Let the fellowship change this if it wishes, but it should do so knowing the reason why it was worded the way it is. And it should recall the past experiences (including expenses) of having Board and LitCom members who live outside of North America.

As far as the current confusion is concerned, perhaps it would be better to have the section amended to begin with “Elected International convention delegates. . .” to make it more clear to those attending regional caucuses.

In service,

John B.

April 1, 2008



## Second Edition Omissions

Notice: Omissions from the Second Edition, first printing of *Sex Addicts Anonymous*. On behalf of the Literature Committee, I'd like to express sincere regrets that a number of approved revisions were inadvertently omitted from the first printing of the Second Edition. The list of omissions is included at the end of this article; it can also be downloaded off the website and is inserted as an errata sheet in the remaining copies of the first printing.

With the help of the ISO Office and Board, we are taking the following steps to avoid making these kinds of errors in the future. The ISO has hired the services of a professional proofreader to verify that the second printing of the Second Edition reflects all of the approved revisions and corrections. We also are working with the Board and ISO office to improve our procedures at every stage of publishing and printing our books and other literature.

The Literature Committee sincerely apologizes for any inconvenience caused by these omissions.

Yours in service and recovery,

Jeffrey W.  
ISO Literature Committee Chair

The following Literature Committee approved revisions to the First Edition of *Sex Addicts Anonymous* were inadvertently omitted from the first printing of the Second Edition:

(Note: Numerical references are to page, paragraph, and line.)

### 15.2.2

What may be healthy for one member could be clearly addictive for another. SAA simply cannot predict every possible way of acting out and define them all for everyone. As a fellowship, we wouldn't want to deny that any particular behavior might be acting out for a member.

### 16.3.5 (Insert after "...acting out.")

These are the behaviors that we identify, with our sponsor's guidance, as addictive, harmful, or unacceptable for us.

### 17.1.3

We may, for instance, list pornography in our inner circle if it takes up too much of our time...

### 19.4.3

Examples may include working our recovery program, rediscovering hobbies we once enjoyed, playing sports and exercising, spending time with

friends and family, socializing and making new friends in a safe environment, volunteering our time to a cause we believe in, or engaging in any other activities which make our lives more enjoyable and meaningful.

### 19.5.3

Examples might include dating, safe and loving sex within a committed relationship, non-compulsive masturbation, taking a dance class, wearing attractive clothes, or enjoying affectionate touch.

### 22.1.5

The actions of the steps often involve the completion of specific tasks, such as writing lists, that require an honest examination of ourselves and our way of life.

### 27.2.9

In essence, our shared experience of this Power is one of loving and caring.

### 33.5.1

Examining our sexual conduct is an important aspect of our inventory.

### 34.2.1

We also inventory our resentments.

### 34.3.6 (insert after "...another person's actions.")

Some of us have also listed resentments against society or certain institutions.

### 46.2.7

The point is to make the list as complete as possible, trying not to leave anyone out.

### 49.3.1

We work this step only when we have a strong foundation built on the preceding steps.

### 52.3.4

We may each find different ways to set aside this time, and different methods for taking stock.

### 64.4.2

We learn how to let other people know how we wish to be treated and what kinds of behavior we will and will not accept.

### 78.1.3

We need sponsors and other recovering addicts to guide us through the steps of the program.

## Feedback on *Sex Addicts Anonymous*

The ISO Literature Committee reminds members that the book *Sex Addicts Anonymous* remains open for feedback from the SAA fellowship. We are deeply grateful for the time and effort members spend in providing feedback, and all feedback we receive from members and groups is given full and careful consideration.

Please note that, while we do acknowledge initial receipt of feedback, the ISO is not able to communicate beyond that about how or whether a member's feedback will be used for current or future revisions of the book. Any suggested new writing, regardless of length or content, that is sent to the ISO as feedback on ISO approved literature, becomes property of the ISO of SAA, Inc. and is subject to editing and revision.

Please send any feedback to:

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

Mailing address:

ISO of SAA  
PO Box 70949  
Houston, TX 77270 USA



## Stories Submissions Information

The ISO Literature Committee continues to accept stories for consideration for future editions of *Sex Addicts Anonymous*.

The following are some general guidelines and information for personal story submissions (subject to modification):



## Content Guidelines for Personal Stories

Stories in our book, *Sex Addicts Anonymous*, are the most personal way to help carry the SAA message to the addict who still suffers.

While there are no strict requirements for submitting a personal story, the ISO strongly recommends that the member's story describes:

- What it was like before entering SAA,
- What happened after entering SAA and using the tools of the twelve-step program,
- What it is like now with the on-going experience of SAA recovery.

It is also recommended that the story emphasize the qualities of a member's "experience, strength, and hope" in SAA recovery. Some members also disclose their length of abstinence in SAA recovery, a choice that is left up to each member who submits a story.

The Literature Committee handbook states, "Personal stories are intended to help carry the message to the addict who still suffers. We should avoid presenting unnecessarily triggering or provocative content in *Sex Addicts Anonymous* (and other SAA literature). The stories should provide sobering details of unmanageability and offer the hope of recovery for the sex addict."

Stories may be sent to: [info@saa-recovery.org](mailto:info@saa-recovery.org) and addressed to the care of the ISO Literature Committee. The following is the ISO mailing address:

ISO of SAA  
PO Box 70949  
Houston, TX 77270 USA

Please read the following carefully before submitting a story to the ISO of SAA:

All story submissions are thoroughly considered by the ISO Literature Committee, which [is] deeply grateful to members for taking the time to submit personal stories for consideration for future editions of *Sex Addicts Anonymous*.

While every story is thoroughly considered for possible inclusion, the ISO Literature Committee does not guarantee that the story will appear in a future edition of the book. Once a member submits his or her story and signs the release form, the content of the story becomes the property of the ISO of SAA, Inc., and may be edited and / or changed as deemed appropriate by the ISO Literature Committee. Please also note that, while the ISO acknowledges the initial receipt of a story, the ISO may or may not further communicate with the individual about the story submission, regardless of whether or not the story is published in a future edition of *Sex Addicts Anonymous*.

## Meditation Book Editor Job Description

The successful candidate for editor of the SAA meditation book will have demonstrated superior skills in writing, copy-editing, and project management. Experience as a published writer/editor is strongly preferred. The editor shall be responsible for editing the submissions received from members of the fellowship to conform to the prescribed format of the meditation book and the SAA style sheet, and writing additional material as necessary to complete the project. The writing style of the editor must be fluid, easy-to-read, consistent throughout the book, and written in a compelling style that promotes the experience and hope of recovery contained in the SAA message.

Specific tasks include:

- 1) Receiving and compiling submissions from members of SAA; editing the submissions into consistent, meaningful entries.
- 2) Writing original material as needed to complete the project.
- 3) Organizing the entries to assure continuity over a wide variety of topics, and adequate coverage of the fundamental principles of the SAA program.
- 4) Working with the Literature Committee and ISO staff to coordinate design and facilitate publication of a finished and polished product.
- 5) Reporting to the Literature Committee and responding to feedback from the Literature Committee.
- 6) Communicating with the authors of the submissions.

Additionally, the editor must have access to the Internet and Microsoft Word. Regular reports of time worked and work accomplished will be required. Paid travel may be required for the person in this position.

The editor is required to have a working knowledge and background with regards to the SAA message of recovery including the Twelve Steps, Twelve Traditions, and the concepts of service and the basic tools of recovery.

Compensation will be \$95 to \$110 (based on experience) per completed and approved page.

Applications should be submitted to [meditation@saa-recovery.org](mailto:meditation@saa-recovery.org), and should include a cover letter, personal résumé, description of experience in SAA recovery, and samples of written work.

## Guidelines for Meditation Book Submissions to the Literature Committee

The Literature Committee welcomes submissions from the wider fellowship regarding the Meditation Book. Every submission needs to follow these guidelines to be considered for inclusion in the book.

The Meditation Book will consist of 366 entries, each entry representing a specific date of any calendar year, such as January 1, etc. Each entry will be one page and placed according to a specific date as decided upon by the Literature Committee. We are asking members to submit one or more complete entries for their consideration in the book.

When submitting, an entry needs to consist of the following elements:

- a) One Quotation. A quotation pulled from ISO-approved literature. Include the exact quote, the title of the literature used, and the page number. Following, in alphabetical order, are the pieces of ISO-approved literature: Abstinence, Abstinence and Boundaries in SAA, The Bubble, First Step to Recovery, From Shame to Grace, Getting Started in Sex Addicts Anonymous, Group Guide, Sex Addicts Anonymous (also known as “The Green Book”), Sex Addicts Anonymous (the introductory pamphlet), Sexual Sobriety and the Internet, A Special Welcome to the Woman Newcomer, Three Circles, Tools of Recovery.
- b) Main body. The main body of the entry will consist of text expanding on the thought or principle expressed in the quotation, offering a perspective on a particular aspect of SAA recovery. The writer may touch on any aspect of recovery including the Twelve Steps and Twelve Traditions, other common SAA tools, principles, and shared wisdom of our SAA program and the fellowship.
- c) Meditation / Affirmation. At the bottom of the page there will be a concise statement epitomizing the text of the page into a meditation, thought, or affirmation—i.e., a form customarily used by readers in a daily spiritual practice.
- d) Word total limitation. The total number of words per submission should be approximately 300 words or less, with roughly 3/4 of that total devoted to the main body and 1/4 of the total devoted to the quotation and the meditation/affirmation. These are not hard and fast word counts; rather they are approximate guidelines.

The writer will need to sign a release form that the meditation, if used, becomes the property of the ISO. By signing the release form, the submitter also grants the ISO the right to edit, alter or change the wording of the submission in any way necessary for inclusion in the text.

## **SAA Basic Text Now Available in Spanish!**

The Spanish translation of the SAA basic text, *Sexo Adictos Anónimos*, is now available through the ISO office.

The Spanish translation is currently available only in soft cover, and the price (\$14.00 US) is the same as its English counterpart.

To order, members can go to the SAA Store on the ISO website at [www.SAA-Recovery.org](http://www.SAA-Recovery.org), by mail at the following address:

ISO of SAA  
P.O. Box 70949  
Houston, TX 77270  
USA

or by phone (US and Canada) at (800) 477-8191. To call the ISO office from outside the US and Canada, members can use the alternate number 001-713-869-4902. The ISO can ship literature to anywhere in the world.

Please note that the international shipping fee is double that of the US First Class domestic rate. All checks and money orders must be in US dollars.

---

### **¡El texto básico de SAA ya disponible en español!**

La traducción al castellano del texto básico de SAA, *Sexo Adictos Anónimos*, ya es disponible de la Organización Internacional de Servicios (ISO).

Actualmente, la traducción castellana es sólo disponible en rústica, y el precio (U.\$14.00) es el mismo que el de la versión inglesa.

Para pedir el libro, los miembros pueden visitar la tienda de SAA en el website [www.SAA-Recovery.org](http://www.SAA-Recovery.org); si se quiere pedirlo por correo, se debe usar la dirección siguiente:

ISO of SAA  
P.O. Box 70949  
Houston, TX 77270  
EEUU

o se puede llamar la oficina (desde los EEUU y de Canadá) a (800) 477-8191. Para llamar la ISO desde afuera de los EEUU o de Canadá, los miembros pueden usar el número alternativo 001-713-869-4902. La ISO puede enviar literatura a cualquier parte del mundo.

Favor de anotar que el precio para enviar libros a direcciones internacionales es doble el del precio doméstico Primera Clase de los EEUU. Todo cheque y giro postal debe ser en dólares estadounidenses.

## **Please Join Us For The First Annual Women's Welcome Reception at the 2008 Waves of Change Convention!!**

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

Date: Thursday, at Convention  
Place: Women's Outreach Room  
Time: 7 pm – 9 pm Pacific  
Who: All SAA women members

Snacks and beverages will be provided for your refreshment! Sponsored by the Women's Outreach Committee. Hope to see you there!

## **And calling all SAA Women Members...**

Do you feel called to offer service at the 2008 Convention, but aren't sure how?

Here's an idea! Volunteer to help staff the 2008 Women's Outreach Table and/or Room. We're looking for interested women to help serve as greeters to welcome women to the Women's Outreach table in the registration area, as well as in the Women's Outreach room. Two hour shifts will be available starting at 7pm Thursday evening through Monday afternoon (not including sleeping hours).

If you're interested, email your first name, day(s)/time(s) you're available, and contact information to [women@SAA-Recovery.org](mailto:women@SAA-Recovery.org). To volunteer for the convention in other ways, contact [convention2008.volunteer@saa-recovery.org](mailto:convention2008.volunteer@saa-recovery.org). Or call the ISO at 800-477-8191 or 713-869-4902. We encourage all forms of service as a vital tool of sobriety!

## Men's Outreach is Now One Year Old!

Men's Outreach, a subcommittee of the ISO Board's General Outreach Committee, is celebrating the completion of its first full year of service! Started in April 2007, in the men in service to other recovering men has accomplished much together.

So far this service year, the trusted servant for Men's Outreach who answers the [men4saa@saa-recovery.org](mailto:men4saa@saa-recovery.org) email address has responded to a total of 752 emails. Men's Outreach email responses now constitute 20% of the total ISO office outreach email replies. At the time of this writing, the Men's Outreach Network has grown to 230 participants! In August 2007, when network statistics were first reviewed, the percentage of those on the list willing to sponsor other men was 10%. At the end of March 2008, that percentage had risen to over 23%.

The Men's Outreach Subcommittee is a great example of how a small group of dedicated and truly trusted servants can work together to carry the message to many recovering sex addicts.

## GLBT Outreach

The GLBT Outreach Subcommittee of General Outreach is tasked with creating more effective ways to carry the SAA message of recovery to sex addicts in the Gay, Lesbian, Bisexual and Transgender communities. We are currently developing outreach efforts in the following areas:

- Public information announcements in media targeting these communities,
- Long-distance contact/support list,
- Response to newcomer inquiries,
- Literature development,
- Internal SAA informational venues,
- Cooperating with the professional community, and

Coordination with others in the SAA service structure.

ALL SAA MEMBERS are invited to participate or forward suggestions on how we can best fulfill our Step 12 mission to carry the message of SAA recovery to the sex addicts who still suffer.

If you are coming to the 2008 convention and would like to participate, you are welcome to join other members of the subcommittee in their first meeting of the new service year at 1:30 p.m. on Saturday afternoon. For details, see the convention program in your convention registration packet.

## Welcome New Meetings!

The ISO is pleased to welcome new meetings in the following cities. The meetings listed in this article have come about since the first of this year.

Electronic Meetings:	Telemeeting/Women	
	Telemeeting/Men	
Australia:	Launceston,	Tasmania
Canada:	Powell River,	British Columbia
	Winnipeg,	Manitoba
Costa Rica:	San Jose,	
England:	London,	
Sweden:	Stockholm,	
Thailand:	Bangkok,	
USA:	Scottsdale,	AZ
	Tucson,	AZ
	Eureka,	CA
	Long Beach,	CA
	Los Angeles,	CA
	San Francisco,	CA
	Santa Maria,	CA
	Santa Rosa,	CA
	Woodland Hills,	CA
	Greeley,	CO
	Fairfield,	CT
	Bloomington,	IL
	Champaign,	IL
	Indianapolis,	IN
	Portland,	ME
	Ferndale,	MI
	Minneapolis,	MN
	Las Vegas,	NV
	Rochester,	NY
	Bowling Green,	OH
	Fairlawn,	OH
	Lima,	OH
	Knoxville (Louisville),	TN
	Dallas,	TX
	El Paso,	TX
	Arlington,	VA
	Falls Church,	VA

Of special note for being the first meeting in their area, are Launceston, Tasmania, Australia; Powell River, British Columbia, Canada; Fairfield, CT; and Lima, OH.

The meetings in Stockholm, Sweden, and Bangkok, Thailand, are not only the first meetings in their respective areas; they are also the first meeting in their respective countries.

## Board Approves Caucus for 2008 Northeast (NE) Regional Convention

In anticipation of the next four SAA conventions being held in cities west of the Mississippi, NE Board representative Gary C. introduced a motion in the November Board teleconference to approve the first NE regional caucus to be held in late 2008. The Bylaws provide for such caucuses with Board approval. The Board passed the motion thus allowing NE members to caucus closer to home and to elect their own Board representative, Board alternate and Prisoner Outreach Coordinator a few months prior to the 2009 SAA international convention. Those elected at the NE regional caucus will begin their service in May 2009.

**The 2008 Northeast Regional Convention is scheduled for November 7-9, 2008 in Syracuse, NY at the Christ the King Retreat Center.**

Members living or regularly attending meetings in the NE region who would like to participate can contact Gary by email at [BoardNE@saa-recovery.org](mailto:BoardNE@saa-recovery.org).

Members of other regions are encouraged to meet with one another to discuss their own cooperative planning by contacting their regional Board representatives. The central email addresses of all Board representatives are listed in each issue of *The Outer Circle*.





*21<sup>st</sup> Annual*  
SAA International Convention



**2008**

---

*Sail with us to the calmer  
waters of recovery...*

## Fundraising

### It's about Being Prepared

Three years have gone by since *Sex Addicts Anonymous* was first published. Thousands of people – members and non members alike – have read it and have benefited from it. More thousands will read and benefit in the years to come.

The ISO, too, has benefited during this time. Even as the book has served an ever growing SAA membership by providing it with a compilation of its experience, strength, and hope, it has also been a significant source of revenue that has enabled the service organization to stay apace with that growing membership and to meet expanding opportunities for outreach.

It might not have worked out so well had not the ISO been prepared to launch the book in the first place. Prior to publication of *Sex Addicts Anonymous*, one school of thought was to sell advance copies and use the proceeds to pay for the first printing. Had that approach been taken, the ISO would have put itself squarely behind the eight ball, having no cash on hand to pay for the second printing that was needed almost immediately when the first printing quickly sold out. There would have been no choice other than to go to the membership and ask it for a bail out.

The approach approved by the Board was to raise the money needed to pay for the first printing, thereby putting the ISO in a positive cash flow position and enable it to meet the cost of subsequent printings. Based on the positive experience gained from publishing *Sex Addicts Anonymous*, a similar approach is being used to publish a meditation book. There is a big difference, however.

The cost of the meditation book will far exceed the cost of its first printing. Because of the time and effort it will take to edit and even write some of the hundreds of meditations that will comprise the book, the task too big to expect a volunteer to do it. That is why the ISO is now seeking a paid editor. The estimated cost for this part of the project alone will top \$40,000. There will be other costs as well, with the largest being the first printing which will probably run in the neighborhood of \$15,000 - \$20,000.

It took ten years for *Sex Addicts Anonymous* to get from inception to print. The meditation book will not take nearly that long, and the cost of editing will begin to come due almost as soon as an editor is contracted. That means the time to start raising funds is now.

The first fundraiser will be held at the annual ISO convention, where the customary Saturday night banquet Seventh Tradition offering will be designated to help pay meditation book expenses. Members who will not be attending the convention are being asked to participate on line and through the mail. Please use the coupon below to send in your donation through the mail. There is a special announcement on the ISO website ([www.saa-recovery.org](http://www.saa-recovery.org)) for those who wish to contribute via the internet.

Many in the fellowship have expressed their desire to have a daily meditation book. Now is the time to help make it happen.



**This gift is to help pay for our fellowship's meditation book.**

Amount of gift \_\_\_\_\_

Name of individual or group \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Province \_\_\_\_\_ Postal Code \_\_\_\_\_ Country \_\_\_\_\_

Credit Card # \_\_\_\_\_ Visa Mastercard Discover Amex

Signature \_\_\_\_\_

All gifts to the ISO are tax deductible under Section 501(c)(3) of the IRS Code

## ISO Income/Expense Summary

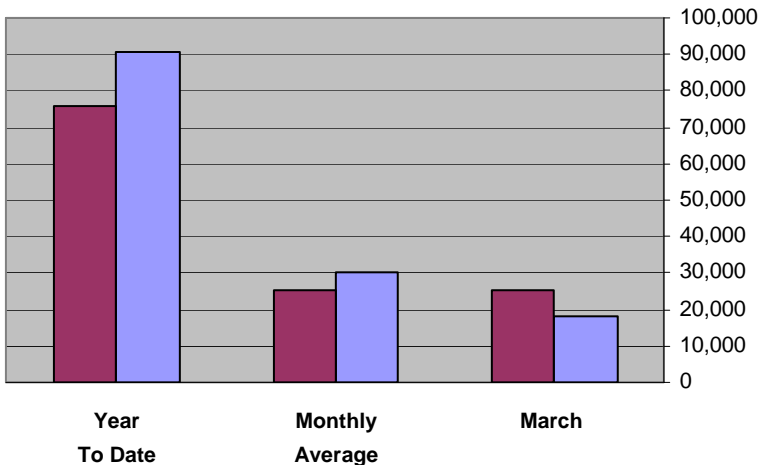
### As of November 30, 2007

	March	Monthly Average	Year To Date
<b>NET OPERATING INCOME</b>			
<b>Net Sales</b>	7,933	8,258	24,775
<b>Donations</b>	10,175	19,298	57,892
General Donations	5,110	14,050	42,149
LifeLine Partners	4,673	4,469	13,406
Designated Donations	392	779	2,337
<b>Miscellaneous Income</b>	11	2,679	8,038
<b>TOTAL NET OPERATING INCOME</b>	18,119	30,235	90,705
<b>OPERATING EXPENSES</b>			
<b>Wages/Benefits/Taxes</b>	15,822	15,743	47,228
Program Related	10,472	9,761	29,284
Administration	1,789	2,137	6,411
Benefits	2,152	2,428	7,282
Payroll Taxes	1,409	1,417	4,251
<b>Insurance</b>	317	371	1,112
<b>Depreciation</b>	175	175	525
<b>Postage</b>	63	52	156
<b>Phone</b>	226	217	651
<b>Website Related</b>	43	37	111
<b>Occupancy</b>	1,378	1,617	4,850
<b>Office Expenses</b>	390	629	1,888
<b>Professional Fees</b>	1,431	1,431	4,292
Financial	1,207	1,035	3,104
<i>The Outer Circle</i>	2,191	1,346	4,038
<b>Board &amp; Committees</b>	1,890	2,612	7,840
Translations/Major Literature Projects	0	0	0
<b>TOTAL OPERATING EXPENSES</b>	25,133	25,265	75,795
<b>TOTAL NET OPERATING SURPLUS</b>	-7,014	4,970	14,910

Thanks to an income-rich January, buoyed by Giving Thanks events in Bakersfield and Houston, and a strong February, highlighted by the annual earnings distribution from the Outreach Endowment Fund, the ISO was in better than usual shape to absorb the Spartan times leading up to the convention in May. And Spartan it was in March, when operating expenses outstripped income by \$7,014.

Almost all of the net surplus that had been accumulated during the first quarter had to be used to pay for the deposit required to start the next printing of Sex Addicts Anonymous, thereby converting cash on hand to an inventory asset. This squeezed cash flow to a cash dribble which, in turn, necessitated tapping the Operational Reserve in mid April just to cover daily expenses.

That March donations were even lower than the Spring norm is understandable. Times are getting tough. Many people are having to rethink their spending and are exercising caution as they approach the uncertain months ahead. Now is not the time to ask these members to dig deeper. Rather, the information is passed along for the benefit of those who might be the exception to the rule, for the benefit of those whose finances have not been materially affected by rising prices. Perhaps these members will be able to compensate for the cutbacks some of their brothers and sisters in recovery are having to make.



## The ISO Office Is Not the ISO

By Carol Ann R.

One of the things that makes the convention so wonderful is that it is possible to actually see all the various ISO service groups gathered together physically to do the work they do all year long electronically. For the other 360 or so days a year, these same groups are dispersed somewhat less visibly throughout the world. They actively work all year, but cannot be “seen” as easily because they necessarily work by teleconference and email. During that time, the Office is the only ISO working group that gathers together physically to act as a point of contact for the members of the ISO service structure, the SAA fellowship and beyond.

Sometimes in service correspondence I see the ISO Office referred to simply as “the ISO.” Most of the time I understand the expression is probably just a form of shorthand, but sometimes I wonder if the distinction might not be important to make out loud.

***Is the ISO Office the same as “the ISO”?*** No -- not by a long shot.

For starters, the Office is just an office. We occupy a 2,006 square foot space in a rather unremarkable office park on the north side of downtown Houston. The “we” of the ISO Office is a group of staff members. There are six of us now, and although we are quite a diverse set of folks, in my mind, we truly are unified in the sense of Tradition One. We each have radically divergent family histories, recovery boundaries, and spiritual beliefs. Some of us play softball or cheer nephews at Little League on the weekends; others garden or host recovery movie night. (At least one of us tells really bad puns.) Some of us wear Hawaiian shirts on Fridays, but we are all mutually respectful and tolerant of one another -- and we always start our day together with the Serenity Prayer.

To get to know us better as human beings, you are invited to call us. The number is 800-477-8191. You can call for no reason, or to tell us something that is very important to you. If you mention that it's your birthday, or that you are having a root canal or expecting your first grandbaby, we'll send you a genuinely warm note. We care what happens to you because you are us.

We just happen to work here.



## Bees

By Mike L., Literature Editor, *The Outer Circle*

Early yesterday evening, my visitor left to go to the store. A couple of minutes later—way too soon—he was back asking me if I could come outside and take a look at something. This doesn't sound good, I thought. The next-door neighbor had pointed out to him that some bees had taken up residence inside the outer wall of the house, entering through the space for the cables from the air conditioning compressor.

My initial reaction was sadness that I was going to have to kill these little creatures, who are essentially harmless and who do a lot of good, because I didn't think I was going to be able to talk them into moving on. I briefly considered waiting until the winter to handle the matter. Only thing is, spring is just starting and where I live it could be another ten months before winter comes back, by which time I would have had several of my own beehives. Hoping against hope, we went to the store and bought a couple of home remedies which ultimately did not work. About this time I was beginning to see dollar signs in front of me. The one good thing about the whole incident was that the bees were extremely docile and did not react to our invading their living area; of course, this was the part that made me sadder still about having to eradicate them.

My exterminator had not returned my call by the morning, so I did a little internet research on the subject. One thing I learned is that sealing off the area from the outside was not a good idea, as the ones inside the cavity would have come through the drywall into the house, which would at least have provided amusement for the cats. Nevertheless there appeared to be solutions.

This whole thing reminded me of the addiction and of recovery. I thought that things were going well for me and yet others could see that things were not going as well as I thought they were. Once I discovered the problem, I took comfort in the fact that possibly things were not as bad as they seemed and that maybe I could postpone dealing with them until later. After letting go of that idea, I became sad that I was going to have to take drastic measures. At first I tried to get by with an "easier, softer way" which did not work. I finally stopped feeling sorry for myself about the whole thing and took some actions, and then found that "there is a solution."

I hope that you enjoy this issue of *The Outer Circle*. We have some particularly strong articles this month, including articles on Steps Five and Six. I'm hoping that we'll start being able to print articles on the steps in every issue. We are also beginning our new column of Letters to the Editor. I hope that you will consider writing to us and letting us know what you think of the pieces we run in this publication. It is your publication, after all. If you feel moved by any of my suggestions here, you can send your articles to me at [toc@saa-recovery.org](mailto:toc@saa-recovery.org) or to the ISO office at P.O. Box 70949, Houston, TX 77270-0949.

By the time you receive this issue of *The Outer Circle*, the convention will be just a week or two away. I hope you are planning to come, and that I have a chance to meet you.

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

## Staying Sober One More Day

by Bill M.

Hi, I'm Bill; I'm a sex addict. Every once in a while I will have an experience that inspires me in my recovery, an experience that I feel compelled to write about and to share with my fellowship. Today was one of those days.

Today is a strange day in a strange week. The week seems off because of the July fourth holiday that this year fell right in the middle of the week, yesterday, a Wednesday. It didn't feel like a Wednesday, but it didn't feel like the weekend either. We had beautiful weather here in town and I spent the day as always with my family at an annual picnic held at the house of the parents of one of my sons-in-law. Unfortunately not everyone in our immediate family could attend, as some of them, including my twenty-four-year-old son Dan, had other obligations. It was a relaxing and wonderful day nevertheless, and in a way an island of serenity in the middle of the work week.

Today dawned nicely with the same blue sky and bright sun that marked the fourth. I went to work and immediately noticed how little traffic there was on the road. Most people I suspect took the whole week off to celebrate our nation's birthday. I would have liked to do that, but have only been in this new job a few weeks and haven't earned enough vacation yet to take the time off. Besides, part of me is eager to learn everything I can about my new organization and the job I'm being asked to do, and part of me is absolutely terrified that I will not be able to live up to the expectations of my new career opportunity; afraid, like a lot of other sex addicts, that if the people around me truly find out who I really am they will fire me faster than you can say "Yankee Doodle Dandy."

I'm a Vice President now, a title I've waited over thirty years to attain in an organization that is well respected for the work it does in the community helping serve the needs of the poorest of the poor. I was hired after a nearly yearlong national search for the right person to fill the position I now hold. They think I'm capable of doing great things here; why can't I have the same level of confidence? Why do I start the morning with dread, fear, anxiety, and self-doubt and finish the day saying "that wasn't so bad; I know I can do this job"? I'm currently doing Step Six and one of my greatest defects of character is insecurity born of the fear of not being good enough and being



overly sensitive to the opinions of others.

And so, despite being in a short work week, on a day following an enjoyable holiday outing with some of my family, those gremlins were returning as I entered my office and turned on my computer. The phone rang and it was someone's assistant on the other end of the line informing me that the person I was scheduled to have lunch with was still out of town and had to reschedule the appointment. I immediately erased the appointment from my electronic calendar, finding a completely empty day calendar staring back at me, including a ninety-minute lunch period previously scheduled as a working meeting. My new job is ideal for a number of reasons, not the least of which is the easy commute. My office is downtown and the organization I'm working for is involved in work similar to one I had worked for during most of my career, only a few blocks away. That's the good news: it's downtown; but it's also the bad news: it's downtown. Much of my acting-out behavior over the past twenty or so years has taken place downtown. While I haven't been in one of "those bookstores" or in one of "those strip joints" in almost four years, they are within a short driving distance from my new office, and today my addict was reminding me of this fact. In one of my ears I was hearing a familiar voice: "Wow, look at your calendar. You now have a long lunch hour you didn't think you had. Why not try it? You haven't been there in four years. It won't be a problem. You can handle it. Besides, who needs to know? It will be our little secret. You don't have to masturbate; just watch the movie to take your mind off your problems. Or how about a strip show over lunch. That wasn't even on your list of bottom-line behaviors. What's the harm in that?"

Fortunately, as this voice was resonating in one ear, another voice from a quieter place of stillness was beginning to stir as well. It's a voice I wasn't as familiar with up until a few years ago. It was my Higher Power's voice and it simply said, "Your son Dan . . ." My son Dan works downtown at an athletic club; he sells memberships, and works hard for the small commissions he makes. He knows it won't be his career of choice but for now he's satisfied to get the experience on his resume in hopes of one day landing a sales or community relations job with one of our major sports teams in town. It's his dream job, just like the one I'm in now. Yesterday at the family picnic one of my relatives by marriage was telling me that he knew someone in the organization of one of those teams who was in sales, and who would be willing to give my son an information interview if he wanted one. He encouraged me to have Dan call him to talk about his connection so that he could set up the interview if Dan wanted to pursue the opportunity.

And so, even as I was still fantasizing about the strip show or video I might watch over lunch, I picked up the phone and dialed my son Dan. I asked him what he was doing for lunch and he said he was free, so I suggested I come to his club for a workout over the noon hour and then

we could go to lunch nearby. He seemed excited and so was I. I went to the club and worked out for about forty-five minutes, and then my son and I walked a few blocks to a nice sports bar for a quick lunch. As we were walking to the bar I couldn't help but notice that this place was literally a couple of blocks away from two "old haunts" I almost visited instead, a pornographic bookstore and a strip club. I felt much better walking with my son into the restaurant bar he had chosen for the two of us.

We sat at the bar and read the sports section together, watched the game on television, and ate a good meal. The lemonade I drank and the grilled cheese sandwich I ate never tasted so good, I thought to myself. And we talked. We talked about a lot of things but eventually landed on his current job and career search. I mentioned the connection I thought I had for him and he was very excited. He said he would place the call to our mutual friend and pursue the lead, along with others he is pursuing right now.

When I walked him back to his office he hugged me as we parted. He hugged me and I hugged him back, with a love that only a father can have for his son.

A love that only a father can have for his son; that's what I was feeling in the restaurant. The barstool next to us looked empty but I knew differently. I knew that my Higher Power was sitting on the barstool next to me, just as sure as my son was sitting next to me on the other side, listening to our conversation and being pleased.

As I drove back to work after what turned out to be a two-hour lunch break I was filled with a sense of gratitude and pride for what I had just done. There was no comparing the joy and satisfaction I was feeling with what would have been the absolute shame and humiliation I would have felt had I kept the original lunch time appointments I was contemplating a few hours earlier. I had a decision to make and, thanks to the help of my Higher Power on this day, I decided not to act out. Instead I stayed sober. That is, I acted in my outer circle of behaviors, I took care of myself, I gave myself in love to another instead of acting out in my middle circle or, worse yet, my inner circle of behaviors over which I have no control.

As I was pulling into my office I thought to myself, "I guess that commercial is true. Lunch, twenty-five dollars. Parking, five dollars. A chance to bond with my son and stay sober one more day, priceless."

## Sharing the Unspeakable: The Healing Power of Step Five

by Anonymous Woman, One Year, Ten Months of Sobriety

I put on a pot of coffee, opened my Fourth Step inventory, and carefully placed it on the kitchen table. I opened the SAA Green Book and reread the Fifth Step. I prayed to my Higher Power for help. When ready, I called my sponsor.

For the next four hours—one bathroom break withstanding—I “admitted the exact nature of my wrongs” to another human being. Doing so, I opened myself to God’s healing love and forgiveness. I had spoken the unspeakable and my sponsor had not hung up. Afterward, I felt relieved. I felt whole. I felt loved.

For me, Step Five revealed the undeniable face of my sex addiction. I saw how it started when I was just four years old. I saw how it pre-dated my alcohol addiction and how I used alcohol as a teenager to deal with the shame of acting out. I saw how sex addiction permeated my family and how I learned to be an addict. And I saw how my addiction ravaged my life and the lives of others.

Over and over again on the pages before me, I saw how I repeated the same actions, always looking for different results. There was no denying the patterns of my addiction and there was no denying the character defects that fed my addiction: self-pity, self-loathing, compulsiveness, fear and grandiosity, to name just a few. I came away from my Fifth Step with a list of twenty-four character defects—these are thought patters and behaviors that made my life difficult. While difficult to acknowledge, it was important to see them and to own them.

When done, my sponsor immediately moved me on to Step Six. I was ready to become willing to have God remove these defects.



## **That Smelly Old Blanket Had to Go: Willingness is the key to Step Six**

by Anonymous Woman, One Year, Ten Months of Sobriety

In this step, I became willing to have not one, not five, but all twenty-four character defects removed. I thought this would be easy, especially after seeing the wreckage of my life in Step Five. But it was not.

I learned that I wore my defects like an old, worn out blanket. It may be smelly, torn, and discolored, but it was also familiar and deceptively comforting. In Step Five, I learned that my defects were born out of survival and to give them up meant I had to be ready to grow up and learn new behaviors. Despite my fear, I had to learn to trust God. I had to get sick and tired of being sick and tired.

For me, self-loathing was my favorite character defect. It permeated my being. The more sober I got, the more I felt this seething inside me. It's no way to live and yet it seemed so true, so natural. I saw how I really hated myself.



In Step Five, I saw how self-loathing gave me permission to isolate and beat myself up. It ensured that I wouldn't succeed and that I lived a very small and limited life. While consumed by self-loathing, I didn't have to take responsibility for my life and I could blame others for my lack of success. I may have felt bad, but I got to blame others for it. This was the perk I got from this behavior.

In Step Six, I learned that all my defects have a plus side. To become willing meant giving it all up—even the supposed good side of a defect. Not only do I have to love myself, but I also have to take responsibility for my own happiness. I cannot blame you. In fact, I have to love you too.

While this seemed great in theory, I still found myself reluctant to

give it up. I resisted. No matter how damaging self-loathing was in my life, it remained familiar. What would I do without it? When the going got tough, I could wrap myself up in that stinky old blanket and momentarily escape.

But after doing this for a while, I realized that I couldn't stay in self-loathing long. It's too painful. In my addiction, I acted out to numb the pain. In sobriety I had to learn to do something else. I now had a choice to be willing to have God work in my life or stay in self-loathing and risk relapse.

That smelly old blanket had to go.



## Letter to the Editor

Really, just a short note to respond to John R's "Feeling Management" in the January/February issue. Twice he uses "cure" in referring to addiction. I'm sure we are all aware that addictions have no cure. They have management as his article title implies. We manage our addictions by understanding what it is and what sets it off. We do this through various means such as education, therapy, medication, and twelve-step programs (or a combination of all three) so we don't forget where we came from but don't want to go back to.

In recovery,  
Ed G.

## Keep Awake!

by Santi L.

Does God have to remind me to stay awake, or after all these years have I finally figured out that I can not experience life while I sleep?

We can all identify times in our day when we know that we are close to God. We can also identify other times when we “slip” into a mindset of doing only what we want to do. And it is during these times that we would benefit from remembering the admonition above.

God tells us to stay awake so that we can begin to identify when each of these different ways of thinking is moving in us. By careful examination of our thoughts, attitudes, and actions (Tenth Step) we can begin to discover how we move from being fully awake and in touch with God to a spiritual slumber that dulls our hearts to his presence. It is always good to ask, “What occasions or situations prompt me to listen for God’s voice, look for his presence, and follow his leadings?” And it’s just as important to ask, “What occasions or situations prompt me to live as something less than a beloved child of God?”

As a way of practicing our Tenth Step, perhaps we could look today at our relationships with the people around us. How do I treat those closest to me? Do I look out for what is best for others, or do I allow seeds of bitterness, injustice, or selfishness to take root and darken these relationships into resentments in the making? Do I try to serve them, or am I overly concerned with the way I feel I should be treated? And most importantly, as I discover my character defects rearing their ugly heads and unnecessarily hurting others, do I ask for forgiveness and resolve to change my ways (Step Nine)?

God knows all our imperfections, our character defects, and, as the Twelve and Twelve describes them, our deformities. He wants to help us identify the things that draw us closer to him as well as the influences and temptations that pull us away from him. He knows the more alert to his presence (awake) we are, the more fully we will experience the new life he has given us through the process of working the steps. Let us continue to pray for his help in keeping our eyes open and his help in reaching out to us when we are going astray and falling sleep. After all, we can not fully live life if we are not awake!

## Strive

by Chris H.

I revel in your mystery; you look through eyes stricken by so much pain.  
Yet you look, and beyond it all you find hope,  
And you strive to bury your past in it.

Because in you, my child . . .  
My love is a much stronger wind . . .  
"STRIVE!"

And for all that, if you were to ask of me,  
I'd give you your way.  
I'd set you adrift in "Hope's Bay," and watch the waves empower you to stay.  
Because, my child . . . you are so brave.

Because in you, my child . . .  
My love is a much stronger wind . . .  
"STRIVE!"

The world, while it struggles to find its way,  
Is cast astray.  
Lost from my touch, I cannot replace life with lust.  
But in you, my love is a much stronger wind,  
As it moves mountains . . . in rapture you stand.  
Come to me, child, and I'll grant you that for which you strive.  
Call to me, child, and I'll summon the sun to shed you some light.  
. . . Come to me, through the risks in your life.

Because in you, my child . . .  
My love is a much stronger wind . . .  
"STRIVE!"

You see, we are souls of a kind,  
You carry your torture as I carried mine.  
And through the vastness of time we walk the line,  
Toe to toe with that which we fight from inside.  
And if you ask of me, child, I will grant YOU whatever is mine.  
You fall to your knees in blessed design.  
Your tears are so pure they stain the soul of mankind.  
I cry with you, child, and as my tears begin to fall, their sorrow learns to swim.  
But in you child . . .

Because in you, my child . . .  
My love is a much stronger wind . . .  
"STRIVE!"

# Choices

by Raheem

Today, I am here to learn from my mistakes (choices) and deal with the consequences of my behaviors.

As a sex addict, I'm sick and I have a deviant mind. When I truly want something, I feel that I'm the best in doing whatever makes me feel happy.

Sometimes, I sit and think. It's not ever going to get any better because in my past I've been doing so much more harm than good. My life is a real mess and I'm trying to do my best. I do things that I want to do, but I don't want to do them any longer. It's a struggle at times. I ask myself why I have to go through this dichotomy in my life.

At times I feel hopeless, scared, lonely, ashamed, not wanted by anyone. I can't imagine why I was born; it must have been a mistake on my parents' part. One part of me wants to make it in life and the other part wants the attention of others, such as my family and friends. I need a balance in my life.

Some of the time I think I'm making right choices; then I act on wrong choices. I'm powerless to follow through with my right choices. And I feel like I'm being pulled in all directions in my life. There are times when it is not so easy because some hurts and lies are deeply embedded in my mind and I guard them.

I can remember when someone told me that I need to stop running and ducking from the problems, and wake up and smell the coffee. "Deal with your problems, Raheem, and start accepting your responsibilities."

I know life isn't easy; it's how I make it. So I'm moving beyond such things as controlled behavior, strong determination, and self-effort, and moving into just getting better, and into genuine life-changing attitudes.

I will make it; there's no turning back to the lifestyle I have been living in darkness. In my life I have found light and peace from above. I live step by step and "one day at a time." I'm here to face my fears and deal with the consequences of my behaviors.



## Dear Grace

Submitted by SAA Women's Outreach

Statement of Purpose for Dear Grace:

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

\*Names have been changed to protect anonymity\*

Dear Grace:

What was it like going to your first face to face meeting and being the only woman there?

Signed,  
Scared to Go.

Dear Scared to Go:

When I went to my first SAA meeting I was greeted at the door by sober men who shook my hand and told me they were glad I was there. One of the greeters asked if it was my first meeting and took me over to the literature table and made sure I collected all the literature before the meeting started. He told me I did not have to hug anyone and that the meeting was focused on recovery, not acting out. He offered me a safe seat by myself, since most of the chairs in the room were actually couches shared by two or more people. Then he introduced me to other people in the room and explained that I did not have to speak if I didn't feel comfortable. I have been going to this meeting and others for many years now. The men in the rooms are my sober brothers and I would not be sober without them. It is normal to be scared to go to your first meeting. If I did not walk through my fear I would not be sober today. Try a meeting and write back to me again!

Grace

Disclaimer: we cannot guarantee that every woman has had or will have this experience going to her first meeting but we do hope that will be the case in the future--SAA Women's Outreach Committee

## The Promises as I Understand Them

by Scott B.

After it was suggested to me to write an article for The Outer Circle, I pondered and considered what to write. I finally wrote something that I feel can and will benefit those out there looking for something to be said in a certain manner. I have just finished Steps Two and Three. Toward the end, I was asked to comment on my reflections and reactions on the promises given throughout the Twelve Steps, as stated in the AA Big Book. Here are my thoughts:

Upon reflection on what I already know to be true of the promises, I can testify to the validity of their existence and the truthfulness that they have shown me. From my current perspective, it seems almost unfathomable to me that all the promises will come to pass. I remain faithful, however, that with my full-fledged diligence and faith in my Higher Power, I will witness these other promises coming to pass as well.

Now for my own version of the promises:

When I came to look for help from SAA, I knew that I needed help. I just had no idea where to start looking.

With the aid of my sponsor, my SAA book, and another recovery book, I have made some considerable progress in my recovery. I also have found that I have a considerably long way to go before I am ready to handle this myself. There I go again; I cannot handle this by myself. I need the aid, guide, and direction of my Higher Power so that I can succeed in life.

I know that when times are tough, I'll need someone to speak to; that is where my sponsor comes into play. When my sponsor is unavailable, I know that there are others in recovery with me, albeit at different stages, but there will be someone there to confer with. If no human being, then my Higher Power. Through prayer and meditation and through studying the teachings of my own religion, I can stay connected to my Higher Power.

I know that as long as I want to change, I can find help through my rough spots. It's when my addict gets the best of me—even for a moment—that I can relapse. The addict in me can never ever again get the best of me. If however it does, then I must immediately pick up the pieces and start over again because there was obviously something important I missed along the way.

## Seeking Volunteers to Share Their Recovery

by Tim E.

This morning I went out to my usual Saturday meeting—we have a relatively large fellowship in my area, and usually get close to a hundred members at this meeting every week. It was a really great meeting for me, and I got to go out to a coffee shop where a lot of us have breakfast after the meeting, so I was able to hang out with some people who are important to me. I had the chance to laugh a lot and also to talk about my current work on Step Five, and to make plans for rooming with a friend at the conference this May. I came home feeling lots of gratitude and a sense of peace, fostered by my connections with other SAA members.

A little later in the afternoon I participated in a regular teleconference for the Prisoner Outreach Committee, and toward the end of the call I heard one of the members state that he had a bunch of letters from prisoners that have written to the ISO office seeking correspondence with program members, but that because there have not been enough members volunteering to correspond with prisoners in his region, these prisoners have been put on a waiting list. A few of us on the call asked this man to forward some of the letters to us, with the intention of either answering them ourselves or finding someone locally to take this on. I think it is painful for most or all of us on this committee to think of prisoners like these who are asking for help but who are not able to get a response, perhaps especially painful in light of how bountiful our own program resources are.

I would like to invite those of you reading this newsletter to get involved: do you have something to offer sex addicts who are incarcerated, usually with little or no other resources for sexual recovery? If you have been able to maintain sexual sobriety and have a working knowledge of the Twelve Steps, we'd love to hear from you. This is a commitment that is important but requires little time to carry out, perhaps ten or fifteen minutes to write a letter approximately once a month. Those of us doing this work have found great reward in doing it, both for our personal recovery and for our Twelve-Step work. It is common to get letters back from prisoners who state how grateful they are for the contact. Imagine what the break in isolation might be like for you in a situation like this.

The committee has very clear guidelines for doing this service that will ensure maintaining anonymity, and any of us would be happy to coach you if you need support or have questions. There has always been a heavy need for member correspondents in the South Central region, but we welcome volunteers from any region. Please consider joining in to carry the SAA message to addicts who are seeking it. You can contact us by email at [info@saa-recovery.org](mailto:info@saa-recovery.org) or by calling the office at 800/477-8191.

## Group Inventory

by Bruce B., Saturday Morning Hampton, VA meeting

It all started when I, as the intergroup rep for our meeting, got an e-mail from another local group letting us know that they had made changes to their opening and closing based on the new Group Guide. I printed out the changed readings, read over them quickly and then looked up the new Group Guide online.

When I read over it, I noticed that it included an outline for a group inventory. That struck a bell, as three of us from the group had already determined that our meeting could be significantly improved by making a few changes. I had told them at the time that I'd been through several group inventories in another twelve-step program, but had never done one in SAA. So, at the next meeting it was decided that along with discussing the two new readings, we'd go through a group inventory.

We scheduled it for two weeks out and I spent some time both in and out of the meeting sharing my understanding of how a group inventory worked with special emphasis on some of the relevant concepts (from the Twelve Concepts of Service). I was particularly interested in insuring that:

- minorities were truly heard: Concept Five
- decisions were made based on substantial unanimity (rather than a simple majority): Concept Five and Concept Twelve
- everyone's opinions were desired, regardless of time in the program or sobriety (participation is the key to harmony): Concept Four and Tradition Two

The first week I wasn't sure how things would go. I knew that if we did it correctly, it would take many weeks, but I was unsure if the rest of the group would want to dedicate so much meeting time to what might be considered "business." I think we were all very pleasantly surprised at how committed we were, as a group, to improving the meeting and to being respectful of each other. And, as often happens when a group conscience is taken, our Higher Power turned up in force and the meeting was not only productive, but everyone participated, and the discussion was moving and meaningful.

The next surprise was that it happened again and again. Meeting after meeting we dedicated all but the last twenty minutes of our ninety-minute meeting to working through the inventory, and time after time the discussion was just what was required. We made the decision early on that the ones who turned up at the meeting were the right people to make whatever decisions needed to be undertaken in the inventory. Even newcomers were able to give us great insights into how they could be better served. Each meeting was focused on the solution, and we found the inventory lent itself well to weekly discussion. In the end we spent ten weeks in a row going through the inventory, and it was never boring. We learned a lot about each other, and have an excellent meeting as a result. We highly recommend the process.

The following shows what we did. I encourage you to take a look and see if there is anything you might want to suggest to your own meeting. Following are the concrete steps we adopted each week as the results of discussions:

## Week One

At the first meeting of each month, the reading and topic will be the step corresponding to that month.

At the second meeting of each month, the reading will be on the tradition corresponding to that month (the topic will be open).

The trusted servant will offer books to newcomers on a “pay as you are able” basis.

## Week Two

We will encourage new members to acquire temporary sponsors (stars on the phone list.)

We will direct intergroup phone volunteers to pass anyone who wants to attend Saturday’s meeting to the designated Twelve-Step contact person for Saturday. He will use a list of volunteers to help insure a healthy Twelve-Step process as outlined in the group guide.

We will make available at the meeting copies of letters from intergroup to therapists and clergy (used for outreach).

## Week Three

On the first Saturday of the month, we will ask all those who have a sponsor to raise his or her hand to encourage an environment where sponsorship is the rule rather than the exception.

We will encourage chairs to use SAA brochures for reading or in support of topics raised.

## Week Four

In order to re-energize social time after the meeting, we will ask, during the closing, for a show of hands of any members interested in getting lunch after the meeting.

In order to ensure that the meeting has sufficient “light,” the chair will ask each person to include at least one thing that he/she is grateful for during check-in/topic discussion.

In order to ensure that members don’t go too far off track, we will add a line to the readings empowering the chair to interrupt a wayward speaker and direct the sharing back to the topic or to the next speaker.

When a topic is brought up, the person suggesting it will be the first one to share on it. This will help the meeting to focus on the topic.

## Week Five

We will keep reading from our meditation book.

We will do the new opening (received from the Friday night meeting).

We will keep "How it Works" including the Twelve Steps.

Once each month we will read "Abstinence."

If a newcomer is present, we will read "Introduction to the Newcomer," "What is SAA," and "Abstinence."

## Week Six

Since the SAA Basic Text is our main piece of literature, we will use it for readings on steps and traditions for the first and second Saturdays of the month. For the remaining Saturdays, any piece of SAA conference-approved literature may be used in support of the topic. There will always be some reading from our literature before topic discussion begins. Each person is welcome to read one paragraph, but no one is to read more (so that all will have the opportunity to read).

After the first person shares on a topic (and checks in if desired), the sharing will continue around the circle clockwise. Each person may share or pass. If a newcomer is present, each member is asked to share at least his or her name and bottom lines (inner circle). Checking in is also welcome at this time. No member will share twice until each person in the circle has shared or passed. Ten minutes will be left at the end of the meeting for burning desires if not everyone in the circle has had the chance to share. If there is time after burning desires, we will continue around the circle.

If a person wants to share his/her first step with the meeting, it is strongly suggested that the person schedule it for a future meeting and go over it with his/her sponsor or at least a temporary sponsor before presenting it to the group. In the rare instance where someone has not done one or both of the above, the group will agree to hear it with the clear understanding that if it begins to trigger members or focuses on bragging about conquests rather than powerlessness and unmanageability, a group conscience will be called and the first step presentation will most likely be refused until it has been appropriately modified.

Crosstalk will be better defined in the readings. Words to the effect of, "No direct comments or questions to another member (no conversations). All comments are directed to the group as a whole. No advice is given during the meeting, even if it is requested. Sharing one's own experience, strength and hope around an issue that another person mentioned, provided that it follows the above guidelines, is not con-

sidered cross talk.

## Week Seven

We amended the closing to keep the old closing and add one edited paragraph from the new group guide's closing.

## Week Eight

After significant discussion, we left the Promises untouched.

We modified How We Live and added it to our readings following How it Works.

## Week Nine

After significant discussion, we left the "Lord's Prayer" in place with the following to be read immediately before it: "Would all who care to, join me in the 'Lord's Prayer' or prayer to the God of your own understanding in silence."

## Week Ten

We accepted changes to limit redundancy between the Opening and the Ground Rules.

We decided to keep the time and location of our meeting available on the web as well as in the SAA Meeting Directory, still encouraging newcomers to call the response line first, if able. A member agreed to be the e-mail contact for the meeting.

We determined a desire to pursue more social functions outside the meeting. A member agreed to take the lead on this idea.

We discussed service and agreed to have at least three formal positions:

1. Trusted Servant (meeting organization and key).
2. Secretary/Treasurer (written materials/history, money and literature).
3. Intergroup/Twelve Step (participate in intergroup and coordinate twelfth-stepping of newcomers).

The actual chairmanship of the meeting will rotate each week with a member volunteering each meeting to chair the following week.

Concluded the group inventory.

**ISO Office Location**

3890-D North Freeway  
Houston, TX 77022

**ISO Office Mailing Address**

PO Box 70949  
Houston, TX 77270

Phone: (713) 869-4902

Toll Free: (800) 477-8191

Website: <http://www.saa-recovery.org>

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)

**Office Staff**

Director of Fellowship Services — Carol Ann R.  
Business Services Administrator — Joe H.  
Outreach Specialist — Klaus P.  
Information Technician — Jonathan C.  
Administrative Assistant — Tim D.  
Business Services Assistant — Chris F.

**The Outer Circle Staff**

Literature Editor — Mike L.  
ISO News Editor — Carol Ann R.  
Design & Layout — Jonathan C.

---

<b><u>Region</u></b>	<b><u>Board Members</u></b>	<b><u>Board Alternate</u></b>	<b><u>Literature Committee</u></b>	<b><u>Lit. Com. Alternate</u></b>
----------------------	---------------------------------	-----------------------------------	--	---------------------------------------

Great Lakes	Ken S.	Ted M.	Morris B.	Justin C.
Intermountain	Eric M.	George D.	David R.	James L.
North Central	Gina I.	Wharton S.	Thea D.	Jeff B.
Northeast	Gary C.	Mike D.	Chris J.	Michael J.
North Pacific	Tim E. <b>Chair</b>	Mary Joy S.	Jeff W. <b>Chair</b>	Lawrence S.
South Central	Don K. <b>Treasurer</b>	_____	Randy E.	_____
Southeast	Mark S.	_____	Jim L. <b>2nd Chair</b>	John R.
Southern Pacific	Ed B. <b>Secretary</b>	DeJon M.	Larry C.	_____
At Large			Shira K.	
Newsletter Editor			Mike L. <b>Secretary</b>	



## E-mail Addresses

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

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

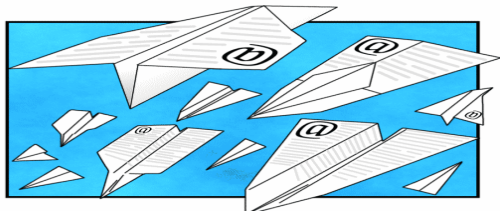
Great Lakes Board Member and Alternate: [BoardGL@SAA-Recovery.org](mailto:BoardGL@SAA-Recovery.org)  
Intermountain Board Member and Alternate: [BoardIM@SAA-Recovery.org](mailto:BoardIM@SAA-Recovery.org)  
North Central Board Member and Alternate: [BoardNC@SAA-Recovery.org](mailto:BoardNC@SAA-Recovery.org)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

Great Lakes LitCom Member and Alternate: [LitComGL@SAA-Litcom.org](mailto:LitComGL@SAA-Litcom.org)  
Intermountain LitCom Member and Alternate: [LitComIM@SAA-Litcom.org](mailto:LitComIM@SAA-Litcom.org)  
North Central LitCom Member and Alternate: [LitComNC@SAA-Litcom.org](mailto:LitComNC@SAA-Litcom.org)  
Northeast LitCom Member and Alternate: [LitComNE@SAA-Litcom.org](mailto:LitComNE@SAA-Litcom.org)  
North Pacific LitCom Member and Alternate: [LitComNP@SAA-Litcom.org](mailto:LitComNP@SAA-Litcom.org)  
South Central LitCom Member and Alternate: [LitComSC@SAA-Litcom.org](mailto:LitComSC@SAA-Litcom.org)  
Southeast LitCom Member and Alternate: [LitComSE@SAA-Litcom.org](mailto:LitComSE@SAA-Litcom.org)  
Southern Pacific LitCom Member and Alternate: [LitComSP@SAA-Litcom.org](mailto:LitComSP@SAA-Litcom.org)  
At Large LitCom Member: [LitComAL@SAA-Litcom.org](mailto:LitComAL@SAA-Litcom.org)  
*The Outer Circle* Editor: [toc@saa-recovery.org](mailto:toc@saa-recovery.org)

Director of Fellowship Services: [dfs@saa-recovery.org](mailto:dfs@saa-recovery.org)  
Business Services Administrator: [business@saa-recovery.org](mailto:business@saa-recovery.org)  
Administrative Assistant: [info@saa-recovery.org](mailto:info@saa-recovery.org)  
Outreach Specialist: [outreach@SAA-Recovery.org](mailto:outreach@SAA-Recovery.org)  
Information Technician: [webmaster@saa-recovery.org](mailto:webmaster@saa-recovery.org)

The ISO of SAA Board of Trustees has established an e-mail box which may be used to register complaints from the fellowship about the ISO staff.

[OOCchair@SAA-Recovery.org](mailto:OOCchair@SAA-Recovery.org)



## How to Submit an Article to *The Outer Circle*

**First:** Write from your experience, strength, and hope. Others may need to hear exactly what you have to say.

**Second:** Send your article by e-mail to: [toc@saa-recovery.org](mailto:toc@saa-recovery.org)

or mail to: ISO  
P. O. Box 70949  
Houston, TX 77270

**Third:** Send the **Article Release Form** below. Download an extra from the SAA website if needed or feel free to make copies.

“Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other sex addicts...” Step Twelve

### Submission deadlines:

Jan/Feb:	Nov 12 <sup>th</sup>	Jul/Aug:	May 12 <sup>th</sup>
Mar/Apr:	Jan 7 <sup>th</sup>	Sept/Oct:	Jul 7 <sup>th</sup>
May/Jun:	Mar 10 <sup>th</sup>	Nov/Dec:	Sept 8 <sup>th</sup>

**Release Form:** I hereby give this newsletter, its successors, assignees, and those acting on its authority permission to copyright and/or publish any articles, poems, other written material, or art work pertaining to my personal story of recovery from addiction and my personal experience with or opinions about the SAA fellowship or program. I understand that additions may be made to my written material and that it may be changed or edited. I further understand that every effort will be made to assure my anonymity. I possess full legal capacity to exercise this authorization and hereby release the ISO newsletter from any claim by myself or my successors.

**SIGNED:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**WITNESS:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**Mail to: ISO, P.O. Box 70949, Houston, TX 77270**



