

AT BAY ©

Volume 1, Issue 2

Fall/Winter 2005-2006

Inside this issue:

Announcement 1
from NCSAI Inter-
group Chair

From Intergroup Chair

Editor's note: 2
Nowhere to hide

Bay Area Unity Day, Ser- vice, and the Annual Men's Retreat

If you missed this Unity Day
be sure to attend it next year.

Intergroup, regional,
and national service
structures.

Upcoming: 2
The SA/S-Anon
Int'l Convention-

First, what's going on:
A few weeks ago, NCSAI
(Northern California) Inter-
group sponsored its **annual**
SA Unity Day in Hayward.
Paul M. and Peter T. among
those who deserve credit for
making sure this **Unity Day**
was a smashing success.

Service
Here's a passage in draft
on service from SA:

- Someone wrote the books and taught us how to recover.
- Someone organized the Step Workshop, Marathon, or International Convention.
- Someone sponsored our sponsor's- sponsor's sponsor.
- Someone..."

AT BAY FEAT- 3
URE: The Fel-
lowship of The
Spirit

Inside Story: 4
John C's Mes-
sage

Three speakers from the Sac-
ramento SA fellowship and
some great workshops made
for some heart-felt honesty
and sharing. I can say that I
walked away with a greater
willingness to continue to
work the steps, help others
work the steps, and connect
with God. Thank you every-
one who made Unity Day
such a wonderful event.

- "Someone answered the phone to give us information.
- Someone set up the chairs.
- Someone came to the meeting week after week, month after month, year after year before we got there.
- Someone led the New-comer Meeting.
- Someone talked to us after the meeting.
- Someone brought the literature box.
- Someone minded the treasury.
- Someone maintained

IG chair Announcement
Continued on Page 4

Meetings: New 5
SA Service Man-
ual draft from

Our Tribute to 5
Todd F.

NCSAI, Regional 6
and National
events calendar

Sobriety anni- 8
versaries, mile-
stones

AT BAY Guide- 8
lines and state-
ment

IN A 1986 INTERVIEW WITH LONDON MAGAZINE, AUSCHWITZ SURVIVOR AND WRITER PRIMO LEVI EXPLAINED THE EPIGRAPH TO HIS BOOK "THE PERIODIC TABLE," ' TROUBLES OVERCOME ARE GOOD TO TELL.' WHEN ASKED, "DOES THIS MAKE, (THE WRITER, WHO, DESPITE HAVING SUFFERED THE INCOMPREHENSIBLE AND OFTEN HORRENDOUS) 'A HAPPY MAN?"

Levi responded, "He can be happy. But telling a story is not the privilege of the writer. Everybody can do it, orally, verbally.' Everybody should do it." Telling our personal story in verbal or in written form unifies the recovery of two people, or tens or perhaps hundreds. *Essay*, and the *AA Grapevine* are prototypes of this kind of sharing—bearing witness with words.

Please email your own experience to atbay@paradm.com
In Gratitude, **AT BAY**

Tomorrow's too late!
Register now for the Fall NCSAI Annual Retreat
November 11-13, 2005
Ben Lomond, CA
online at
www.sabayarea.org/

Editor: Humility, the hard way

I'm recovering from a resentment hangover that's lasted over a month. In the worst of it, my anger to resentment fantasies happened on average of one to four per hour.

Until now, -- I'll spare most of the history, except it's ego and pride—resentment has had a revolving sameness; looking for pride in 'sewing circles' referred to in step meetings. Recently, I basked in the glory of success, surpassing a work goal that most consider one of life's minor achievements. With an ingrown sense of pride, and with each success, I "drank to greater dreams", growing my ego, as the AA 12 x 12 puts it.

SA/S-Anon Convention, Nashville,

The Nashville SA Intergroup is excited about hosting the SA International Convention January 6 through January 8, 2006. The Convention will be held at the Sheraton Music City conveniently located near the airport (free airport shuttle and free parking). You can register online or by mail.

Please visit the website www.carrythemessage.net

The theme for the upcoming Convention is "Carrying the Message," which comes from our Twelfth Step: "we tried to carry this message to sexaholics." SA is growing and maturing as a fellowship, and there are increasing opportunities to be of service to others.

It should be obvious what happened next. Some email, some harsh and directed at an action I presumed needed to be taken. I could not understand why others were critical of the action, and, to no avail. People may have had good reason, but of course, I don't see that. *In fact I had set some benchmarks for the organization — Were-n't they willing to give me that? Yes, or rather, No.*

Reality intruded in a face-to-face-meeting. Now that I've been given a comparatively minor role, one without influence, it's left me to ponder what caused that to happen. In dancing around the trap of fear, I'd anchored my self-

We have seen how our experience can benefit others, no matter how far down the scale we have gone.

We have learned that nothing will so much insure immunity from lust and acting out as intensive work with other sexaholics. The International Convention offers a unique opportunity for us to meet SA's from across the nation and other parts of the world to share our experiences and learn from one another.

The Convention's program will include speakers from different parts of the country, all of whom have more than **15 years of sobriety** in the Program. Our speakers will include **Judson (Seattle), Margo (Boston), Mike C. (Chicago), Art (Atlanta),**

worth and insatiable ego to people and their perception of me. (read feelings of unworthiness mixed with anger.)

Lies! Hypocrisy! Somewhere, I see an SA bumper sticker: 'It's the organization, stupid.' Not getting what I want makes me want more. It's all for a rush, the waterfall rush of ego. Here's what resentment looks like to me:

Twisting in a gauntlet of emotion; unspent rage, hewing to anger and thinking up vengeful (verbal) ways of getting even. But my Higher Power is less interested in results at work, than in seeing to His plan for me. Fortunately, I haven't expressed any of this anger and bile toward those responsible. Continued on Page 7

Catherine (Seattle), and Mitch (Milwaukee).

For those who show up early on Friday, January 6, we will offer a tour of Nashville, the Music City. On Saturday evening some of our SA and S-Anon members in the music industry will provide entertainment.

We look forward to seeing you at the Convention in January '06. It will be a rewarding experience for all of us.

FOR MORE INFORMATION AND TO REGISTER FOR THE CONVENTION, GO ONLINE:

WWW.CARRYTHEMESSAGE.NET

Do you have something to share with fellow SA members?

The next issue of AT BAY WANTS your written submissions of individual experience, strength and hope.

For submission guidelines, please see the back of this issue, or for information, email

atbay@paradm.com

FRIENDSHIP IS BORN AT THE MOMENT WHEN ONE PERSON SAYS TO ANOTHER, 'WHAT?! YOU TOO! THOUGHT I WAS THE ONLY ONE.'

CLIVE STAPLES LEWIS

IF I DON'T HAVE FRIENDS, THEN, I AIN'T GOT NOTHIN.'

BILLIE HOLIDAY

The Fellowship of the Spirit

Egotist that I am, rather than just an opportunity to exert my self, I pray that this reveals the truth about me. I am a sick lust drunk who will stop at nothing to get just the smallest crumble of lust.

I have heard a lot lately in meetings about an attitude of gratitude. I have learned, because you told me, that I have to be grateful, whether or not I feel grateful or think I should be. My feelings and my thinking are lousy indicators of reality. It is clear to me that left to my own devices, following my own feelings, I will act out. There is no limit to what I will do, given the time and the opportunity. It is that simple.

My thinking tells me that I have a right to lust, to resent anyone and everyone for real or imagined wrongs, and to be scared.

My thinking minimizes my wrongs. I heard someone at a meeting say that he was “nibbling around the edges of lust.” My mind will tell me I am nibbling around the edges when I am knee deep in it. So I need not trust my thinking.

Page 62 of the Big Book of Alcoholics Anonymous tells me that my troubles are of my own making and my troubles are caused by self-will. This is the jumping off point for me. To lust is to die. God restoring me to sanity won't do me much good when other people are the cause of my problems. If the Big Book is wrong, then my brothers, my parents, my co-workers, my boss, all have to change for me to get better. And if they have to change, recovery, and the rest of the steps are not going to help me. It has to be this simple: Fellowship equals recovery.

This is the jumping off point for me. If the Big Book is wrong, then I do not have a solution and I will lust again.

If the Big Book is wrong, then God restoring me to sanity won't do me much good, because other people are the real cause of my problems. And if they have to change, recovery is not an inside job, and the rest of the steps are not going to help me.

For me, to lust is to die. It has to be simple for me. But me and page 62 of the Big Book won't keep me sober. I need you. I need to be surrounded by recovery. A fellowship of people who are rigorously honest -- people who show, with devastating clarity, how sick I am and how much I need God. A fellowship of people who laugh (with me) when I tell them what I am thinking. A fellowship of people who work with their sponsors regularly, work the steps, and sponsor others..

This is what “A Vision for You” (White Book, page 210) calls the Fellowship of the Spirit. The Fellowship of the Spirit is created whenever two or more Sexaholics get together for the purpose of recovery. I hung out with plenty of Sexaholics before I got into the program. We were not in recovery, had no interest in recovery, and we certainly were not getting together for that purpose. Just hanging out with Sexaholics will not get me sober. The truth is, I can be sitting in a meeting of Sexaholics Anonymous and still be dying from the disease. I can be surrounded by people dying of the disease. I can speak at a meeting and still share only my illness. This is the truth for me.

In order for this program of recovery to work for me, I need a spiritual awakening. For me, for the lack of a spiritual awakening I will die. I don't know how this began to make sense. All I know is that the knowledge that has been imparted to me in SA has changed everything. This knowledge is not power. In fact, it has taken away any power I have had. You told me that half measures avail me nothing. There was a time when they availed me something, and I am grateful for anything I may have been spared as a result of half-measures before the program. But today, I can either do or not do God's will. If there are any newcomers reading, let me do you a favor. When I came to my first few meetings, I saw people who were clearly “happy, joyous, and free.” I didn't know what made them that way and it didn't occur to me to ask. Luckily, they told me:

1. Go to as many SA meetings a week as you can (no fewer than two);
2. Get a sponsor
3. Call your sponsor
4. Work the steps
5. Surrender everything.
6. Rely on God, don't defy God.
7. Accept that your problems are of your own making

If you aren't willing to pray, pray for that willingness to pray. Be rigorously honest. We are only as sick as our secrets. These are the things I have tried to do. I know something has changed in my life. It is a miracle that a desperate sexaholic like me can be sober for any length in time. Try working the entire program of Sexaholics Anonymous, including the parts you don't like. Please try surrendering self-will in everything. I have to believe that God wants us all to be “happy, joyous, and free.” As someone else puts it, “**how free do you want to be?**”

Brendan K.

*The contributor recently celebrated two years of continuous sobriety **AT BAY***

SA drafts new service manual

marathons, and

conventions.

We attend Intergroup and regional meetings. We sit on planning meetings, offer helpful ideas, and help execute the decisions of the group.

There is something every member can do to help the group succeed in its primary purpose. We hope that you will find something in this manual of interest to you. We welcome your participation in the fellowship.

Editor's note: For a draft copy of the manual contact

IG Announcement
Continued from Page One

Hits close to home, doesn't it?
Men's Retreat

A reminder that the annual Northern California Men's Retreat will be held in Ben Lomond, about one hour or so by car south of San Francisco., from Nov. 11th through the 13th.

See our website for registration www.sabayarea.org/html

I must disclose that I wasn't looking to spend the entire weekend there.

But then I went to the So. Cal men's retreat at Big Bear recently because people I know in recovery go to SA retreats. The best part about this one was the Step Workshops. I sat in on a Step One workshop and heard some incredible shares. I realize on a deeper level just how powerless I am.

When I surrender myself to this program and "do the deal", as someone says, I get a good result. Why not try the NCSAI Northern Cal. Men's Retreat? What's the 'worst' that can happen?

In the last issue I mentioned that there are Intergroup positions. still open. There are lots of ways for you can become of service to your fellow SA's.

Contact me at (415) 225-6220 and I'll get you the information. That's enough, for now. Best,
Brendan K., IG Chair

Holiday meetings: The Walnut Creek 6:30 am and the Richmond 12 pm meetings will both be open on Thanksgiving, Thursday, November 24!
AT BAY

By Jerry L.

This is part of the new fellowship service Manual in progress SA is looking for feedback on this draft copy. Here is a segment:

How Can Each SA Carry the Message?

"Without sobriety we have nothing. The primary purpose of every S.A. group is to carry the message to the "still suffering." We must carry our message in order to secure our continued sobriety and recovery, and we can only carry what we have to others ("A Vision for You"). Early in

SA it was emphasized, "the media do not communicate life. 'Life attracts life' (*Discovering the Principles*).

We can practice the Twelfth Step from the first day of sobriety. We get involved. We attend meetings on time. We set up for meetings.

We clean up after meetings. We welcome newcomers. We provide phone numbers. We join a group. We

participate in fellowship. We attend workshops,

Inside Story — John C's Message

This section describes the work of the SA Correctional Facility Committee, and those who contribute to SA by staying sober, doing 12 step work in prisons or other facilities.

Future articles may be 150 to 300 words. Send text or attach- ment re: **Inside Story'** c/o atbay@paradm.com

Hi, my name is John, I am a sexaholic I am honored & privileged to serve as chair- man of the correctional com- mittee. The things I have to say here are my personal opinion and in no way reflect on the position of this fellow. I share with you my own strengths, hopes & experi- ences. I woke up this morning thanking God. Then I prayed this simple prayer: "God grant that I may love thee always and follow thy will. Do with me according to thy will." Then I did my daily readings.

It wasn't always that way. Today I'm enjoying over nine years of sexual sobriety. But, again, it wasn't always that way....For me, this is how life used to be:

"Oh God, please get me out of this one and I promise I'll never do it again." Oh God, if only I had \$50,000, I could pay off my debts, make a down payment on a second car for my wife, and buy new clothes for our children. Then everything would be OK." Today I call this stink- ing thinking. Today I know these prayers are called "jail house prayers." How do I know? Well, my name wasn't always John.

'I used to be called 5923.'

Like many of us, I was abused as a child. I can go back to 1944. I was six years old at the time. A great aunt was abusing me. It was the month of May and my first commun- ion. I knew then what I knew now—that "No" means "No." But my "No's" were ignored. Between that time and 1954, a Boy Scout leader and a Catholic priest abused me. These experiences became my **EXCUSE** to act out sexually in a reckless, dangerous, and criminal manner. Today be- cause of this fellowship and the many sober men & women of our fellowship I remain sober.

Continued on Page Seven

Special Tribute to Todd F. 1962—

Todd F., longtime member of the Monday night Dover, New Jersey meeting, died sober on October 25 at age 43 after a two-year battle with cancer. He had several sponsees in the group and was greatly respected for his spiritual wisdom.

Todd passed on to his sponsees in the Dover meeting, and through them to many others, a considerable store of knowledge of the power of God to heal wounds from childhood abuse, family dysfunction and insobber living which remain after sobriety. Without that healing, many describe those wounds as unrelentingly painful despite years of SA step work -- "life without an anesthetic".

But Todd taught many of us that God's tremendous direct power is easily great enough to heal destructive memories in real time, expel hateful ideas (of ourselves and others and bad behavior which "our addict" continues to plant after sobriety and which we would otherwise blame solely on ourselves), and to run to God for safety, rather than to our own failed resources, when experiencing old rage and panic reactions in new situations that remind us of past ones. God will do these things instantly if we tap into the power of His promises.

The Dover Monday SA meeting is regarded as one of the very best in New Jersey. Todd, in many ways, was our spiritual leader. When meetings strayed toward social gatherings, Todd gently reminded us of our primary purpose. He had a great heart for struggling newcomers. We would miss him bitterly today, except that God used him so effectively to carry the message of His healing power in sobriety, that it continues to spread, inside and outside the Group.

Todd knew when to give reassurance rather than advice -- just a sentence sometimes. For example, taking someone aside after the meeting to tell them they had 'true sobriety.'

In those brief moments, it was like he and you were standing in the light of God. Many of us are sure we got more from these encounters with Todd than he did from us.

(The Dover Group is considering naming a scholarship in memory of Todd F.)

God is great!

NOTE: AT BAY REGIONAL CALENDAR INCLUDES EVENTS OPEN TO THOSE DESIRING THEIR OWN SOBRIETY OR TO SA MEMBERS ONLY, AND ARE NOT GENERAL PUBLIC MEETINGS UNLESS INDICATED

REGIONAL

Events Schedule

- Nov. 11-13 NCSAI / NCSANON ANNUAL MEN'S RETREAT, MT. CROSS LUTHERAN CAMP, BEN LOMOND, CA

REGISTRATION:
WWW.SABAYAREA.ORG/
EVENTS.HTML

- DEC. 10 FREMONT WED. HOSTS STEP STUDY WKSHP, KAISER HOSP. 27400 HESPERIAN BLVD, HAYWARD, CA
- DEC. 17 6:00 PM TO 8:00 PM SF TH NIGHT HOSTS INTERGROUP, BUSINESS MEETING, CONF. ROOM C3, FOLLOWED BY SPEAKER AT 7:00. KAISER HOSPITAL 27400 HESPERIAN BLVD.

December 2005						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NATIONAL

- JAN. 6-8 2006 SA / SANON INT'L CONFERENCE, SHERATON MUSIC CITY, NASHVILLE, TN

SEE PAGE THREE THIS ISSUE
GO TO REGISTER ONLINE

WWW.CARRYTHEMESSAGE.NET

OR, CONTACT BRAD M.
OFFICE TELEPHONE:
P 615-255-9813
EMAIL:
SA@CARRYTHEMESSAGE.NET

- JAN. 20, 2006 6:00 PM TO 8:00 PM INTERGROUP KAISER HOSP., HAYWARD, CA HOST GRP TBA

January 2006						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



ATTRACT PARTICIPANTS FOR UPCOMING SA AND SANON EVENTS: REMEMBER TO SEND DETAILS TO THE AT BAY CALENDAR PAGE.

PLEASE EMAIL ATBAY@PARADM.COM TWO TO THREE WEEKS IN ADVANCE.

FELLOWSHIP INFORMATION:
NORTHERN CALIFORNIA SA INTERGROUP (NCSAI)
ADDRESS:
PO Box 5081
SANTA CLARA, CA
95056-5081
PHONE:
(510) 273-9878
EMAIL: INFO@SABAYAREA.ORG

Continued from Page Two

I can fool some people, but there are those who smell self-obsession and my fear a mile away. That I became a resent-a-holic is no surprise. What is amazing is I didn't consider how distorted thinking can influence the actions of others.

Empathy, or inventory?

I reviewed the reaction of my superior. Is he or she any more the tyrant to his or her spouse than my wife is to me or me, her?

In other words, they probably are loving people who love their family, as I do mine. Didn't I feel this way about them when I first started work? Had they really morphed into ruthless, manipulative, and driven, to marginalize me as I imagined, or had I projected my desire to dominate onto them? Perhaps they possessed a few bad traits. Perhaps this was my lust in another guise. I was side-blinded, left loathing and vulnerable. Wouldn't God understand my self-righteous resentment?

Or, would God, working His greater good through this person, punish, or love them? Could I do the same? Next, I reconsidered how I saw some of the others (the more others are to blame, the more resentment is justified) as the problem; using influence to kill my enthusiasm so they could remove me from their club.

Wasn't this about me?

Had my fear of being denied the inner circle dominated me?

Weren't these people incredibly insecure and neurotic?

Or, don't I possess the same traits? *Familiarity breeds contempt*, the saying goes. Over and again, in the court of my mind, I played it out, the same verdict.

Avoiding the Lust to anger trap

I am given to archetypal thinking, people are black or white, victim and victor. Obviously, they lack proper respect for me. *'Look at yourself. You don't belong,'* reso-

nates like a bell for someone who insists on doing things his way, and then can't help but wonder why people react when I go and try to change the status quo.

Stoked to the gills with anger, I can't think straight. Somewhere in late adolescence, I didn't grow into an adult, I became so focused in fear, Lust to fill the empty hole in me, and selfishness, so, today it is very difficult to be a grownup working with grownups. I refined my delusion by creating conditions where my ego and false self could flourish. Some of these people at work may be ego-centric, or may be sicker than others. But the fact I make these people the problem, as one member mentions in this issue, in my mind, proves I am sicker than the lot of them put together.

A wise friend, Michael P., sums it up, using an AA analogy: **'I'd 'been walking into a bar and ordering a soda.' Trying to prove I could run within the rules and ignore the very toxic pitfalls. And this illusion of independence seemed to work. Then, any resentment addict eventually becomes downside risk to the organization.** When it's all about me, what can I expect?

Acting out resentment towards another feels like entering a room, pointing a gun at them, pulling the trigger and blowing my brains all over the walls.

The Lesson

It begins with a feeling in the gut that something is wrong and spreads to the heart and mind as anger and resentment. I need to be attentive to my gut feelings. When I am unsure of the depth of my motives, I now do a 10th step spot inventory.

On the eve of the Day of Atonement, another lengthy self-examination, I experienced **incomprehensible demoralization**. *There appeared to be nowhere to run or hide, as the beaten man knows, I knew resentment had won. No answer for the progressive madness of the mental obsession. Self reliance defeated by lust. Checkmate.*

It is clear that I have lusted through resentment, all my life. I am not organizationally suited when I put my-

self first. 'If we are to live we have to be free of anger.'* (AA Big Book page 66) *Lust to anger and to sex have cost me my 'healthy' ambition I took for granted.

My Higher Power designed me for service, to live quieter, and simpler.

Each time I lust to anger brings me closer to truth. Anger and resentment will kill me. I have to be free of them. And that is why my limited—gratification thinking is dangerous, and why everyday I turn to my Higher Power through the 12 steps of Sexaholics Anonymous.

AT BAY

Inside Story Continued From Page Four

They gave me the gift of choice. I have power. The power of choice, given to me by a loving higher power & this fellowship.

I encourage you to get involved in service. Writing to inmates is one way. You may think "I was never in prison. What do I say?" Carry the message of your program, that's all. We all speak the same language. Those who have been in prison may well relate better to another who was in their same position. Yet you can plant the seeds of sobriety. Get involved. If nothing else it will keep you sober.

I pray God never allows me to forget these words: "This is the beginning of a new day. God has given me this day to use, as I will. I can waste it or use it for good. What I do today is important because I am exchanging a day of my life for it. When tomorrow comes, this day will be gone forever, leaving in its place something I have traded for it. I want it to be gain, not loss; good not evil; success not failure—in order that I shall not regret the price I paid for it." Be well and God bless!

Happy 24, In Sobriety, John C.

Editor's note: You can write or email John C. c/o atbay@paradm.com

The Twelve Traditions of Sexaholics Anonymous
Reprinted by permission SAICO

1. Our common welfare should come first; personal recovery depends upon SA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop lusting and become sexually sober.
4. Each group should be autonomous except in matters affecting other groups or Sexaholics Anonymous as a whole.
5. Each group has but one primary purpose—to carry its message to the sexaholic who still suffers.
6. An SA group ought never endorse, finance, or lend the SA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every SA group ought to be fully self-supporting, declining outside contributions.
8. Sexaholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. SA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Sexaholics Anonymous has no opinion on outside issues; hence the SA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and television.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

The Twelve Steps of Sexaholics Anonymous
Reprinted by permission of SAICO.

1. We admitted we were powerless over lust—that our lives had become unmanageable.
2. Came to believe that a Higher Power 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 Him.
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 Him 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 we had harmed, 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 Him, praying only for knowledge of His 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 sexaholics and to practice these principles in all our affairs.

Sobriety Milestones
Brendan K. October 29, 2005,
2 year anniversary
Dan F.O. November 1, 2005,
4 year anniversary

At Bay statement:

- **AT BAY adheres to the © 12 Traditions of Alcoholics Anonymous as adapted by SA.**

Send general queries and submissions to:
atbay@paradm.com Please allow (1) to (2) weeks for a reply. All articles should include name, address and telephone number for verification. Email is encouraged for use in editing and communication. Microsoft Word documents are preferred. AT BAY does not accept editorials on SA or Fellowship matters. AT BAY is freely distributed at Bay Area SA meetings and the NCSAI IG meeting at this time. AT BAY is not affiliated with Essay ® or other publications.

AT BAY EDITORIAL GUIDELINES, SEPTEMBER 2005 ADAPTED FROM

ESSAY © COPYRIGHT SAICO 2002 (USED BY PERMISSION)

1. *ARTICLES FROM SA MEMBERS AND SA GROUPS OR INTERGROUPS ARE INVITED, ALTHOUGH NO PAYMENT IS MADE, AND MATERIAL IS NOT RETURNED. 2. THE AT BAY EDITORIAL STAFF GATHERS LETTERS, EMAIL, AND OTHER MATERIALS OF POTENTIAL USE IN THE NEWSLETTER. 3. SUBMISSIONS, SELECTED BY THE EDITOR, ARE SUBJECT TO CORRECTION OF SPELLING AND GRAMMAR AND MAY BE CONDENSED TO ACCOMMODATE SPACE LIMITATIONS. SELECTIONS MAY BE EDITED FOR STYLE AND CLARITY. 4. THE PRINCIPLES OF SA'S TWELVE TRADITIONS GUIDE EDITORIAL PHILOSOPHY. 5. AT BAY ARTICLES ARE NOT INTENDED TO SERVE AS STATEMENTS OF SA POLICY, NOR DOES PUBLICATION IMPLY ENDORSEMENT BY EITHER SA OR BY AT BAY. 6. S.A.'S SOBRIETY DEFINITION IS NOT DEBATABLE, SINCE IT DISTINGUISHES S.A. FROM OTHER SEX ADDICTION FELLOWSHIPS. AT BAY IS NOT AN EDITORIAL FORUM ON S.A. POLICY, OR NON-S.A. SOBRIETY. 7. AT BAY IS NOT A FUND-RAISING MECHANISM FOR ITSELF OR FOR NCSAICO, BUT FROM TIME TO TIME, MAY MAKE ITS OWN NEEDS KNOWN TO THE FELLOWSHIP.*