

AT BAY ©

Volume 1, Issue 3

Winter/Spring 2006

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from NCSAI Inter-
group Chair*

1 *From Intergroup Chair*

*Editor's note:
Control, born of fu-
tility*

2 Hey All,

I just wanted to give everyone an update on some of the things going on with the Northern California SA Intergroup (IG). SA is growing in the Bay Area by leaps and bounds, and these are exciting times to have some role in helping it grow even faster.

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Pass the Message Committee

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As mentioned in the previous issue, At Bay, v1, issue 2, we have formed a Pass the Message Committee. The purpose of the committee is to reach out to clergy, health and helping professionals, hospitals and institutions, and the legal community. We had a very fruitful meeting on January 21. Here are just a few of the highlights from that meeting:

*Jerry L, Regional
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*New reader section:
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Churches: We agreed that contacting churches with the SA message is something people can do on an individual basis. We divided the Bay Area into sections.

*Sobriety anniversa-
ries, milestones,
birthdays*

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We put names of people who have committed to carrying the message to churches in their area. We also developed a suggested format for carrying the message to clergy.

*AT BAY Guidelines
and statement*

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Recovery Resources:

There are many organizations helping those suffering from drug and alcohol addiction. We think we can take our message to these organizations. We are in the process of contacting two local hospitals and a half-way house.

Courts and the Legal Com-

munity: Instead of sending people to jail, many courts send them to AA or NA as a condition of probation. We are looking into whether courts would be willing to send first time sex offenders to SA as a condition of probation. Also, lawyers are required to take continuing education courses. We are looking into whether we could have an SA panel for one of those courses. In addition, we hope to work with organizations that help lawyers who have addictions.

Therapy Community: Therapists need to take continuing education classes. We could give a panel discussion to one of these classes encouraging a panel discussion for undergraduate or graduate classes, in-training. We understand that this has been done in Southern California and other areas of our fellowship.

Twelve Step Community:

Anonymous stores, Alano clubs, etc.: If these places allow this sort of thing, we can put SA flyers and meeting schedules on bulletin boards. We should ask before we go and do this.

There are many local 12 step publications and publications on the internet. We should see if we could get SA information in these publications, including articles written by SA members.

As you can see, there is a lot to do. There is 12 Step for everyone to do, no matter how little (or how much) sobriety you have. If you would like to help, receive e-mail updates on the Pass the Message Committee, or just like more information, you can reach me at (415) 225-6220 or bkenny21@hotmail.com.

Speaker Meetings and Unity Day

In the past few months, we have made a few changes in the speaker meetings we have after the IG business meeting the third Saturday of every month

Continued on Page Four

Editor: Control, born of futility

I received a call from a very clever computerized telemarketer. It took me some thirty seconds to adjust to the realization I was talking to a robot in disguise, not a real person.

Someone had carefully programmed a script into the computer, with a person's name, a voice and identity. But while it had recognizable, interactive traits, it had none of the humanness. By the time I began to see this I was feeling foolish, connected via phone to this disembodied thing, a cyborg machine.

After I became flustered and hung up, and had time to reflect, I realized what I had been listening to: An algorithm, or a predictive set of responses loaded into a program so that the answers to one question could lead to another, and get me to "yes". No fear of rejection, no awkward pause in between answers, no resentment-no negative "human" tendencies whatever, just state-of-the-art sales programming.

This brought the realization: How often do I "blueprint" my interactions, anticipating every foreseen eventuality in my life? In truth, the AA 12 x 12 page 53 reveals thinking centered on obsessive control of the self and others:

"The primary fact that we that fail to recognize is our inability to form a true partnership with another human being "

The point, one might say, is that for the addict, the instinct to connect has become a misconnection with the self-ego.

I have scripted conversations with other people, because I "need" to be perfect, in fact, 'I want you to like me.'

This behavior is a distorted need for control, perhaps instinctual; a self-denial, underneath it is, a primal fear, very real—of death; I don't control life, God does.

I 'blueprint' scenarios in order to have the right information at the ready for the eventual outcome. I theorize, like a sales computer, if I make a mistake, if I don't get what I want, I'll simply revise the script, trying until I do. When that happens, when the tumblers to my universe click --- bingo.

For machine or salesman or lust addict, it is about manipulating or dominating an outcome. Unlike machines, however, I tend to get resentful and fearful when my relationship with people, places and

things fail to come off the way I want.

Step Four shows how to be human; in humble fashion, when we step out of ourselves we see the mess, through lying, coveting, dishonesty, stealing, resenting, manipulating, lusting. It is through the prism of Step Four and each Step Ten daily inventory that I can see my imperfections.

A computer cannot take its own inventory. But I am reassured that I err because I am human, full of defects, like those I resent! Unlike machines, we fortunate to continue a path of spiritual growth can often bring our mistakes to the light, as simple as telling them to a fellow sexaholic.

Just as I had been attuned to the wrong in every thing, through the grace of self-disclosure, I begin to live imperfectly in sobriety and receive and experience compassion. Once I accept and stop fighting outcome, others and myself, I become open to the redemptive presence of the Power that is alive in us.

AT BAY

AT BAY asks you to send your writings, of individual experience, joy and struggle, strength and sobriety.

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

atbay@paradm.com

GIVING UP CONTROL, A MEMBER'S PRAYER

'O GOD, LISTEN TO MY CRY! HEAR MY PRAYER! FROM THE END OF THE EARTH I WILL CRY TO YOU FOR HELP

LEAD ME TO THE TOWERING ROCK OF SAFETY FOR YOU ARE MY SAFE REFUGE, A FORTRESS WHERE MY ENEMIES CANNOT REACH ME. LET ME LIVE FOREVER IN YOUR SANCTUARY SAFE BENEATH THE SHELTER OF YOUR WINGS!

FROM PSALM 61:1-8

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



Grasscatcher list: Roger D. sent us this link to a website, <http://www.theinterviewwithgod.com/home.html>. Beautiful photography; music and words.

San Francisco Thursday night meeting is looking for speakers for the months of March through December. Members should have at least one year of continuous sobriety. Speaker meetings are the third or fourth Thursday of the month, 7:00—8:00 pm St. Anthony's of Padua, Chavez and Folsom Streets. To inquire, contact Eric S. atbay@paradm.com

The Steps in Daytona and Nashville

By Brendan K.

Nashville (SA/S-Anon Int'l Convention January 6th through 8th) was quite an experience for me. There were 601 people from all over the country and some from Europe as well. I was looking forward to it for a year, since I went to my first SA conference in Daytona a year earlier. I have gotten a lot from these conventions; much more than I expected.

I guess it all started when I was speaking to a program member before going to the Daytona conference in January 2005. This guy had been to a lot of AA and SA conferences, and his sponsor (who had just become my sponsor) had been to even more. I asked him what my sponsor does at conventions. I expected to hear that he was a keynote speaker, or led breakout sessions, or did other high profile stuff. I figured that was the sort of thing a guy with more than a dozen years of sobriety does at an SA convention. Actually, I was surprised to learn that he did something else. He looked for newcomers, hurting and desperate for sobriety. Then he would try to work the steps with them, or at least encourage them to work the steps.

I was really shocked to learn this, so that I called my sponsor to make sure I heard things correctly. He said that I had. He said that he did so because the Twelfth Step tells him to do that. That struck me. It struck me because it involved a lot of ego deflation. I was desperate to stay sober and get some recovery, so I thought I might try to the same. I heard that if I do what people in recovery do, I'll get what they get.

I arrived at Daytona and I was a mess. I was sick with lust and didn't know what to do. Here I was at an international SA convention, and I

and didn't know what to do. Here I was at an international SA convention, and I was having a lust attack.

This wasn't the way I would have envisioned it. So by no virtue of my own, I desperately started reaching out. I started trying to connect with people in recovery the way I did in the addiction. The main thing it did was make me grateful for having the willingness to work the Steps, especially Step Four.

One thing I observed: some people do not have the willingness to work the Steps. I heard a guy (I'll call him Bob) in a meeting talk about how afraid he is of people, how much the addiction is hurting him, how desperately he needs to stop. I asked Bob after the meeting, would he be willing to start working the steps? He said he needed to take some time, because recovery is "a process."

Next, I made a bee-line for a guy (I'll call him Bill) sitting by himself. We talked and it came up that he couldn't put together more than a few days of sobriety. Bill hadn't gotten into the Steps. There was only one SA meeting in his city. I suggested he start another. But he didn't think it was necessary.

I finally found someone (I'll call him Jim) who was desperate enough to work Step One. He had just come into the Program and was haunted by the double life he had led for years – I could identify! He was very involved in lay ministry in his church, but at night he would cruise downtown and pick up prostitutes. One time he was pulled over by cops who didn't have enough evidence to charge him with anything. They were very suspicious because he kept insisting he wasn't doing anything wrong. He proved this by citing his lay involvement. He recounted his countless vain attempts to stop. He told me how he had everything to live for, but couldn't go on living the way he was living. I could identify.

This SA may have saved my life that day. After working with Jim I was able to reach out to others. I was able to reach a new level of surrender. I realized for the first time that self-will was the root of my problems. I learned I had to give myself entirely to this Program. I learned this by talking to other people who are just like me.

A slogan I hear a lot is "don't stop before the miracle happens." When I first got to this Program, and a long time afterwards, I had this idea that somehow I was going to get recovery by osmosis. I was going to hang around people with sobriety by going to meetings, and I was going to get sobriety that way. Basically, I was going to mooch my way into sobriety. I am fortunate not to be able to work that kind of program. Some people seem to try and do that. But I need all 12 Steps of SA. Others I know need, and do, get deep into the literature. They need to have contact with SA members on a daily basis. Unless and until I do all of this, the miracle will never happen. I stop doing, the miracle will stop happening. If the miracle stops happening, I lust. And for me, to lust is to die.

My own virtue did not bring me to this place. It is not the result of the return of my "one-time good character". God and you have made it absolutely clear to me that left to my own devices I am capable of anything, no matter how low or awful. When I hear your stories and my mind tells me I haven't done some of the things others have done, I try to always add a "Y.E.T.". I have learned the meaning of Y.E.T.: You're Eligible Too.

I talked to my sponsor before going to Nashville, and he told me that I needed to go to the convention to help other people, not just for my own enjoyment. In the year since Daytona, I had forgotten about that.

Three experiences at the Nashville conference really struck me. First, I was talking with a guy who couldn't stay sober throughout Friday night and Saturday. After dinner one night he came up to me and told me that

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Update—Continued from First page

at Kaiser Permanente in Hayward. We have also made efforts to change the way Unity Day is planned.

In the past, IG assigned particular groups to host the speaker meetings. Turnout was erratic. We decided to have groups volunteer to host meetings. The response has been encouraging. At the speaker meeting in January (hosted by Wednesday Oakland), there were 21 people. As I write this, all but one slot is filled for the speaker meeting.

Unity Day is an event that usually occurs semi-annually. Typically, we have a number of speakers and break-out session devoted to a particular step or topic. In the past, IG organized Unity Day. We decided that IG should certainly help set up Unity Day, but it should be pioneered by local groups. No group or collection of groups has yet

expressed a willingness to organize the next Unity Day. On behalf of IG, I would like to encourage your group to step forward and organize. As the saying goes, going to any length to ensure our sobriety far outweigh the 'costs.'

Involvement and Contributions to IG

Finally, I wanted to let you know that contributions to IG have dropped off over the last year. Thankfully, a number of groups have stepped up their contributions recently. That being said, you may want to keep in mind that IG purchases literature, is the Bay Area's conduit to the greater SA fellowship, and does many other important things. Please keep this in mind when you do your quarterly appeal. Your contributions are greatly appreciated. That's all from me.

Best,
Brendan K., IG Chair

Wrap up — Nashville 2006

By Steve A.

Attending an SA/S-Anon convention is always a powerful experience for me. Nashville's was the largest ever (over 600 people!). It was an opportunity to meet people from all over the world and hang with old friends from previous convention. I especially like listening to people share about their programs and fellowships. Can you believe that there are areas in the country with no meetings at all? It makes me grateful for our San Francisco Bay Area fellowship!

Two experiences really stand out: The first evening I ran into a friend from college who had joined the Nashville fellowship recently. I was very surprised and he was pretty shocked also. I realized that I was not the only person in my circle of

friends at church that dealt with this issue. This was very healing because I have a lot of shame from my college years and seeing my friend helped me put that time in perspective. I was trying my best in college but I had no solution.

On the last evening of the convention, I had the bizarre coincidence of running into another person from my past. I was reunited with a 4th grade classmate and would have never recognized him but he was wearing a sweatshirt with my hometown's name. He mentioned that 4th grade was tough because he was new to the school and apparently the kids did not accept him. He said 4th grade was the year he disconnected and started feeling "different". Back then, I was struggling also with a lot of fear and anxiety. Both of these coincidences were really what I call "God-incidences". I felt God put us in each other's path at the conference to help us realize that we are never alone. I have always been in the company of were people who would become future members of this fellowship. I need to stay sober to be there for them when they come in the doors as well as for 'new' friends.

I encourage people to take advantage of the SA/S-Anon St. Louis Convention coming up this summer or the Regional Conference in Orange, CA in the fall. It's a great way to share the message!

Sincerely, Steve A.

Newcomer to SA?
Join us at 11:30 am on Tuesdays, thirty minutes prior to the regular meeting, St. John of God, 340 Irving St. at 5th Ave. near UCSF, San Francisco. Share, tell a friend, get a ride, take MUNI. Way-less stressful, & you'll get sober, faster! SA Informational meetings are open to the general public.

Inside Story—Living On The Inside, part 1

This section is devoted to recovery work of the SA Correctional Facility Committee, and those in prison, staying sober, and doing SA 12 step work.

'Living Sober On The Inside' Reprinted with permission, copyright 1996 © Essay, Member Stories. Part 2 will appear in the upcoming issue. Part 1 is as follows.

What It Was Like

This is my story. It is not very pretty and I made some really bad choices in my life. Understand that I do not blame all the things in my early life for the things I did later. I used to use the fact that my own father turned me out when I was twelve and he had sex with me off and on for years. This led me to grow up believing in

When I started out my sexual partners were about the same age as myself. As I grew older my sex partners grew younger. I was never been able to maintain any kind of a lasting relationship during all those years.

At 17, I went to prison after I was hitchhiking and met a person that was an escaped convict.

We broke into a few places and got caught. Later I did a lot of other foolish and dumb things and was in and out of prison for years.

At age 36 I became a waiter, and it was like a fish falling off into the water. I trained in New Orleans and then earned a very decent living until my late thirties. Since then the only trouble I had with the law was of a sexual nature—having sex with fourteen and fifteen year old boys. To show the craziness of my addiction I will first tell part of where I used to be.

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Living On The Inside — Continued from the preceding page

In the late 70's I was living in San Antonio, Texas and working at a dinner house for 5 hours a day. I was earning over \$100 a day in tips and had 8 street kids from between the ages of 14-16 living with me. I was still going to malls and public rest rooms looking for more kids to have sex with. I could never get enough, no matter what I did.

I am in prison for having sex with a male minor, his brother and cousin. The courts offered me an 8-year plea bargain, which I refused. They told me if I didn't take that they would try me as a habitual and give me life. I was crazy enough not to take it and they gave me the life sentence. I should be mad at myself for being so stupid!! NO—I am not because if I had taken the 8 years I would have returned to the free world, and to the exact same behavior. I had served the 8 years before I had even woken up to the fact that I had a personal problem. I completed my 8 years in 1983 and I didn't start to work on my problems until 1984.

This happened when our group got started back in 1984 after I went to Father Ryan, the Catholic Chaplain here on Ellis 1. He agreed with me that we needed an S.A. group. I wrote Roy K. at Simi Valley explaining we didn't have any funds or state money and he sent us the manuals free, plus the outline for holding the meetings. Then Father Ryan got us the okay from our warden to meet as long as Father Ryan was willing to sit in on our meetings. Since Father Ryan has left Ellis 1, we have gone through about six different prison sponsors in the last 10 years. [*Editor, quoting John C. — member is referring to a prison administrative official, not an S.A. sponsor. An S.A. sponsor is another recovering sexaholic who helps you work the 12-steps of SA.*]

Sometimes we went a month or two without meetings but we saw each other where we lived or worked and shared with those we could. We do the best we can. We are still not funded, nor does the state run our meetings. When our prison sponsor transfers or quits the system, then we go and try to get another sponsor as soon as we can. We all feel that these meetings are very important, because for a lot of us, it is the only place we can be completely honest. You have to understand that sex offenders as a whole are the most looked down upon people in prison, not only by other prisoners but also by a lot of the officials. This can cause problems when trying to get an S.A. group started.

When Father Ryan decided to hold meetings, he first asked that we be willing to meet on our own time and not take time off from work. He wanted people willing to spend their time to get well. Second, he asked that the

since he left). He felt that we didn't want people that were only trying to impress the parole board. Our meetings follow a schedule. The first week of the month we do a Step—Step 1 in January, Step 2 in February, etc. The second and third weeks we hear someone's story. The fourth week is usually a tape. If there is a fifth week we plan ahead and get people lined up to share and work part of the program. We start with some form of devotion and end with the Serenity Prayer.

So far we have had contact from the outside with Jerry W. and Gordon (both from Texas). Both of these gentlemen were kind enough to come here and visit and give their story to us. Most of us are doing long terms and all are interested in learning more on how to stay sober!! I have to work the steps each morning and remind myself where I used to be, where I am, and where I want to go. This gets me ready for each day and starts me off on the right foot. I can look back and remember when I didn't have time for anyone that I was not trying to get into my bed. I had no real friends. Now I do have real friends and people that really do care for me. I also have some self-respect. I know I don't have all the answers and I never will. I don't worry about what I cannot change. I leave that up to my Higher Power.

It took me about three years to become completely sober. The program started to make a difference right away but I had a lot of bad baggage that I had to drop out of my life. I also had to take on a different set of rules for my life. I had to realize just how far I had let myself sink into my addiction. Here on Ellis 1, we stress that it is very important that no one talk about items that come up during our meetings. We have been very lucky over all these years. God has looked out for us and we have not had anyone drop out of our group running their mouths about other people. This alone shows me that our Higher Power has worked for us.

Most of the members of the group know that to win over lust, they have to work [the program] every day. We get to meet only two hours a week so we stress the fact that we need to be able to work on our personal problems each day. The group and members are there for support, but each person needs to seek his own answers and bring them back to the group. In most cases, we found our members by sharing on a one on one basis. Later, some of us told our personal counselors that we had a program going and that if they found someone wanting to change they could ask for an interview with our prison sponsor. The sponsor would then bring the name before the group, and we would vote on the person. So far we have been able to maintain an ongoing group, and we have never turned anyone down. We feel that to anyone that is looking for help, we are required to hold out a helping hand. So far this has worked very well for the past 10 years.

Note: This contributor is serving in a two year program and will be eligible for parole upon completion. At the time the article was written, he had been serving a life sentence. In the upcoming issue, Part 2, Seeking the Light AT BAY

NOTE: *At Bay* INCLUDES LOCAL SA MEETINGS, REGIONAL AND NATIONAL EVENTS OF INTEREST, SOME OPEN TO THE GENERAL PUBLIC AS INDICATED (OPEN)

REGIONAL

**Events Schedule
11/05–1/06**

- FEB 18, NCSAI INTERGROUP, WALNUT CREEK 'SATURDAY NIGHT LIVE' HOSTS—SPEAKER TOM M. 7:00–8:00 PM. OPEN MEETING 6:00-7:00 PM. KAISER PERMANENTE HOSPITAL, CONFERENCE ROOM 'C', 27400 HESPERIAN BLVD., HAYWARD, CA DIRECTIONS WWW.SABAYAREA.ORG
- FEB. 18, PASS THE MESSAGE COMMITTEE, 5:30 PM KAISER HOSPITAL, CONF. RM 'C'
- FEB. 24–25, UTAH INTERGROUP HOSTS AN SA RETREAT WEEKEND IN SALT LAKE CITY. CONTACT GREG P. [801] 254-8766 FOR A BROCHURE CONTACT JERRY L., P.O. Box 128, LOS GATOS, CA 95031-0128
- MAR. 18, NCSAI INTERGROUP, FRIDAY OAKLAND 'SERENITY' GRP, HOSTS 7:00–8:00 PM CONF. ROOM C3, MAIA L. AND DAVE M. SPEAKERS PRECEDED BY BUSINESS MEETING 6:00 – 7:00 PM. KAISER HOSPITAL 27400 HESPERIAN BLVD., HAYWARD
- MAR 25, SOUTHWEST REGIONAL MEETING, SAN JOSE, LOCATION, TBA TIME: 1:00 –6:00 PM
- APR. 8, STEP WORKSHOP, WED. NIGHT OAKLAND HOSTS 4:00 PM PARK BLVD. PRESBY. CHURCH 4101 PARK BLVD. OAKLAND
- APR, 15 NCSAI INTERGROUP HOST TBA 7:00–8:00 PM, PRECEDED BY BUS. MEETING AT 6:00 PM, KAISER HOSPITAL, CONF. RM 'C' HAYWARD

March 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	

April 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						

FELLOWSHIP CONTACT!!
NORTHERN CALIFORNIA SA INTERGROUP (NCSAI)

- FOR UPCOMING SA AND S-ANON EVENTS:
1. **REMEMBER TO SEND DETAILS TO THE *At Bay* CALENDAR PAGE.**
 2. **EMAIL ATBAY@PARADM.COM THREE WEEKS IN ADVANCE.**

PO Box 5081
SANTA CLARA, CA
95056-5081
P (510) 273-9878 , INQUIRE, LEAVE MESSAGE
EMAIL: INFO@SABAYAREA.ORG
WEB: WWW.SABAYAREA.ORG

Regional Delegate Roundup

By Jerry L.

Service Manual

The fellowship needs reactions and suggestions on the draft service manual, which will be the detailed way the fellowship operates. Send your ideas to: saico@sa.org or jwl44sj64sl97@earthlink.net

Sample: **“My group prefers the title “facilitator” for the meeting leader.** He doesn’t “run” the meeting but assures that the meeting is set up and appoints a meeting leader for that meeting.”

Or **“The need to be clearer.”**

Regional news

The Utah intergroup is hosting a retreat weekend in Salt Lake City February 24 & 25.

Contact Greg P. [801] 254-8766 or for a brochure contact Jerry L., P.O. Box 128, Los Gatos, CA 95031-0128

The next SA/S-Anon International Convention will be in St. Louis, MO, from July 7 to 9.

The International Convention in Nashville was a big success. There were over 600 participants.

The session speakers, breakouts, panels, etc. were wonderful. I was impressed by the number of double-digit sober members including the two talks on Sunday by two members with over twenty years.

One participant described attending this event as having a year’s worth of meetings in two days. (Editor: see articles on ppg Three and Four this issue)

SAICO [our central office] is currently short of money. Contributions are always welcome. I would call your attention to the recommended quarterly appeal for the central office [November, February, May, August]. The Northern Cal intergroup (NCSAI) is also experiencing a shortfall of money. Groups are encouraged to send their surplus

money (over expenses and prudent reserve) to the local intergroup (address see* previous page).

I am editing a meditation book for the fellowship and now have over 300 submissions. We need 366 [one a day]. I can edit the submissions, but I need your shares on our program: Things that have helped, slogans that helps, actions that you take, etc. Send submissions to Kay at saico@sa.org

The Southwest regional meeting will be held in San Jose on Saturday, March 25. We will gather at 1pm and will end the meeting at 6pm [at the latest]. Place TBA.

If you are an intergroup rep, delegate, or alternate, please let me know if you need financial help to attend this meeting. Please **let your intergroup and others in your area know about this meeting.**

Anyone needing overnight accommodations, should also let me know. I will try to get local members here to "put you up for the night."

Regional Meeting Agenda

Agenda:

1. Report on current GDA agenda items.
2. SW Regional outreach: plans and reports.
3. SW Regional treasurer's report
4. Please send any additional items to me.

In sobriety,
Jerry L., SW Regional Delegate

‘I WOULD RATHER BE MISERABLE AND RIGHT THAN HAPPY AND WRONG....
...I HAVE ALWAYS BEEN GREAT AT TAKING OTHER PEOPLE’S INVENTORIES.

TODAY, I HAVE TO TAKE MY OWN.’



Letters To AT BAY

Format: furnish a description, less than twenty five words.

AT BAY reserves

the right to decide what letters to publish. Send letters to: atbay@paradm.com

To The Editor, (Re: first edition, Summer/Fall 2005):

*Well Done. Worthwhile publication .
Anonymous in New Jersey*

Steps—Continued from Page Three

the waiter at the table had been ignoring him and how mad that made him. I suggested that we sit down and do an inventory on it like it shows in the Big Book. He said he didn’t see what good that would do. He just had a ‘little’ resentment. I talked to him the next day. He had acted out Saturday night over that “little resentment”. It was a chilling reminder that resentments are the number one killer of addicts. It made me grateful I did the 5th Step and am willing to do a 10th Step inventory every day.

Second, I went to a marathon meeting with another member from the Bay Area on Saturday night. A guy from Texas talked about how resentful he was at his wife, who was getting all sorts of bad ideas from S-Anon meetings. His wife just didn’t get it. He didn’t know what he could do. I talked to him afterwards. He had been sober in SA for more than a year, but didn’t really have a sponsor. He thought Step Four in the Big Book was a little over the top. What part could he actually have in his wife’s unreasonable demands? I realized that I think just like him. I would rather be miserable and right than happy and wrong. I would rather lie and say I am without sin than tell the truth and be forgiven. It made me grateful someone took the time to show me how to do Step Four and focus on my part in all my resentments. I have always been great at taking other people’s inventories. Today, I have to take my own. Let go, Let God. **AT BAY**

The Twelve Traditions of Sexaholics Anonymous
ADAPTATION © 1982, 1984, 1989, 2001 SA LITERATURE. REPRINTED WITH PERMISSION OF SA LITERATURE

- 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 Each 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
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1. We admitted we were powerless over lust—that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood 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.

Milestones: Happy Birthday, Roy K. January? 2006

At Bay statement:

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

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