

AT BAY ©

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This is my last Intergroup (IG) report for *AT BAY*. Steve D. has been elected as Chairman of the Northern California SA Inter-Group. Please show Steve the same love and support that you've given me. I want to reiterate how grateful I am to be of some service to this publication. *AT BAY* is a sign of the times: Growth and vitality of SA in the Bay Area and across the country.

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New Meetings: In the last few months, several new meetings have started. **There is now a Sunday 6:30pm San Francisco meeting, a Sunday 8:00am Union City meeting, a Friday noon San Francisco meeting, and an 8:00am Saturday Alameda meeting. That's eight San Francisco meetings!**

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I encourage everyone to start meetings. Far from harming existing meetings, new meetings make it possible for more people in more places to attend and to take on service commitments. They also attract newcomers, and helping newcomers is the most important thing we can do, as "*WORKING WITH OTHERS*" in the Big Book tells us.

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Unity Day: Sponsored by IG on September 16, 2006 at Kaiser Permanente in Hayward.

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See our website www.sabayarea.org for directions. Unity Day will start at 8:00am and end at 5:00pm. It is an opportunity to spend time with other SA's and share our experience, strength, and hope with each other. There will be a 1 ½ hour

lunch break to allow time for fellowship. Local SA groups will sponsor timeslots and activities during Unity Day.

The Monday morning Oakland group, the Wednesday night Oakland group, and the Friday night Oakland group have already committed to sponsoring an hour each. If your group is interested in sponsoring a timeslot, please get the word to someone on IG.

Northern California SA Men's Retreat: I want to let everyone know that the Sixth Annual Men's Retreat will be on November 10-12 at *BEN LOMOND* near Santa Cruz. It is a great opportunity to work the Steps, help someone else work the Steps, and spend time with other SA's in recovery. I have been to the Southern California Men's Retreat and the Northern California Men's Retreat, and they have been life changing experiences for me. There will be SA members from across the Bay Area, Southern California, Sacramento, and beyond. Don't miss it!

Pass the Message Committee: The work goes on... *JERRY L.* from IG has created a outreach packet and many people are taking the message to clergy, therapists, and others.

There is more going on than I can tell you here. Again, I am very grateful to have had the opportunity to be of service on IG.

Yours,
Brendan K.,
Immediate past IG Chair

Editor: Fear, Hope, and 12 steps

Here's how one person familiar with SA inmate recovery tells it: "these are tough times for sex offenders." While the current outside climate is one of fear and intolerance, exhibited by sometime vigilantes, many sexaholics on the inside are shown indifference. But, despite many hurdles, there are reasons for hope.

In this issue, Ed N., SA and inmate, continues to share part two of his recovery. Ed's example is unfortunately rare: How an SA incarcerated, through perseverance, and faith, despite being denied parole over a 26 year period, facing life sentence and physically ill, is finding reprieve.

Like Ed, there are other inmates; these people want another kind of life instead of resorting to the same destructive pattern of addiction from behind bars. As one informed person sums it up, "these guys have all the time of the world." But, she adds, "most people can't take the time and are too busy to write to them or sponsor them by mail."

As it happens, she is correct. But to see what could happen, I took along Ed's latest letter to **AT BAY** to a recent "Happy Trudgers" Tuesday meeting. After taking a group conscience, I read it aloud.

For the very first time these SA inmate's words were

heard by local SA's working the program.

Afterwards, there was a long silence. Then, a couple of members commented following the meeting.

Perhaps, they might have been thinking: 'that could have been me.' Whatever they thought of the letter, I have no reason to doubt the power of the experience.

What frustrates many in SA is that most prisons don't get 'it'. Keith S., who heads the sponsorship-by-mail program for the SACFC (Correctional Facilities Committee), writes in this issue, how inmates are denied permission to start meetings. Some prison officials fear inmates might 'get a hit off' meetings, and act out with pornography.

There are also funding-related issues. Penal systems apply for government money for remedial programs, and SA, as a 'spiritual program' is at odds with the old idea that all inmates need is a little self-discipline.

SA is not atop a list of options, it does not help prisons to get funds. Rather than foster SA-based recovery, those prisons that counsel SA's

encourage masturbation instead to relieve urges to ensure at-large prison populations are kept docile and in check.

In the few months since corresponding with inmates, I've been amazed by the spiritual payoff from reading their letters to groups. As a result, a number of SA's from the Northern California/San Francisco fellowship have devoted part of a new meeting for the purpose of writing



Announcing Noon Meeting 'Friday 12 at 12'

What/Where/When:

St. John of God
5th Avenue at Irving Street
San Francisco
Noon to 1 p.m. Upstairs in 'Living Room' above office through main courtyard entrance.

This is a weekly SA meeting; once a month, share with SA's in prison or facing time. Focus on step writing, with approved fellowship material and the suggested SACFC sponsor-by-mail format.

(A second 7th tradition will be collected at these meetings on behalf of the CFC).

For information, contact atbay@paradm.com, Dan F. or Eric S.

AT BAY asks for your individual experience, joy and struggle, strength and sobriety.

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

atbay@paradm.com



FROM 12STEP.RADIO.COM:

"I HAVE ARRIVED AFTER A MEETING BEGAN BUT, THE ONLY MEETING THAT I WAS REALLY LATE FOR WAS THE FIRST ONE I ATTENDED - BY AT LEAST THIRTY YEARS."

THE CHAPTER HEADING IN THE BIG BOOK IS NOT 'INTO THINKING,' NOR 'INTO FEELING,' IT'S CALLED, **INTO ACTION.**
ANONYMOUS

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

CLIVE STAPLES LEWIS

WE'RE ALL ALONE IN THIS TOGETHER.

LILLIE TOMLIN

The 'Road of Happy Destiny'

By Evan J.

I came to SA in March 2005 via another S-program with a suitcase of resentment that fueled a relapse after living 20 months free from pornography and masturbation.

Of all the 12-step programs I have been active in (seven to be exact), SA, in my opinion, is the closest to God of them all. By the time this is in print, I hope to have six months of SA sobriety. I've heard so many times in 12-step programs that addicts or alcoholics cannot think their way into the correct action. They have to act their way into the correct thinking. For me, this means taking the actions I need in order to stay sober on a daily basis. Writing is, and has been, a part of my recovery for nearly 6 years. I start every day with it. I've heard people say that a spiritual practice must be practiced on a daily basis and that handwriting is sacred. I like to create prayers for my daily needs, because not only do I need a God of my understanding, but a God who understands me and my special needs as an addict. Every day I am challenged with objectification of women in public places. So I have created a prayer that I write in my journal book along with several others:

God, I ask of You to please help me do for myself what I cannot do with my own unaided will, and that is to relieve me of the bondage of my compulsion to look at women in public places today. And I shall call upon You in moments of temptation and take up Your shield and pray for these women I see. Thy will be done not mine.

After I finish my journaling, I turn to page 158 of the White Book. In the portion entitled *Overcoming Lust and Temptation*, I read paragraphs 1, 2, 10, 15 and 17. In these sections I have found all good tools for the problem of objectification. And then I turn to page 69, where it says about lust, "We come to see it's all right to be tempted and feel absolutely powerless over it."

As long as I have the power of prayer to overcome, this really helps me to accept temptation on a daily basis. This is one of the ways I'm taking the action to change my thinking. It seems to be working. I would like to thank all the members of the San Francisco SA fellowship. It has given me a second chance at a first-class life.

The Geographic Fix

By Dan F.

When I gave my First Step away to my sponsor, he identified something I hadn't connected to my addictive pattern. Several times in my life, I tried to stop masturbating and using pornography in conjunction with a move from one place to another, only to return to acting out, worse than before. My sponsor called this a pattern an attempted "geographic fix." I've moved around a lot, so I had plenty of opportunities to try to shake sexaholism this way, only to find my addict had a firm grip on the back of the moving truck.

In working the First Step, I've come to understand more about how my addict ran a "bait and switch" on me by promising a fresh start in a new town. I repeatedly fell for it, buying the false premise that life circumstances were the cause of my acting out, and that a change of venue could solve the problem. It was only until I surrendered to the spiritual nature of my disease and stopped blaming external factors that I could begin to walk down the road of recovery.

The first attempted "geographic fix" was when I went to college. Masturbation and pornographic magazines had been my sole sexual outlet since I was 11 years old, until I began dating my first girlfriend shortly before the start my freshman year. I made a big show (to myself) of burning my magazine stash just before I left and we got engaged. I arrived at college with no porn and a resolution to put masturbation behind me and to stay loyal to my fiancée.

I was also determined to rise to the moral and ethical standards of the institution. After all, this place was about learning, growth, and character. Two months later, living on my own, the drama of a teenage long-distance relationship, the

lusting after numerous attractive, intelligent young women took its toll. Too scared to cheat in reality, I found the Internet, where I engaged in explicit on-line conversations with women.

I began to stay up all hours of the night chatting and masturbating, feeling panicked and guilty when the sun came up, with class or a deadline only hours away.

The pattern repeated when I went from college to graduate school. At that point I had a new fiancée, living in a new city. I resolved that graduate school would be a masturbation-free zone. After all, I thought I had found the right partner and the right career, so why did I need porn? (The former turned out to be correct, the latter was not). I soon discovered the new school had a faster Internet that allowed me to download pornographic images, and I was off to the races.

My next attempt to swear off pornography was a research trip to a Middle Eastern country where sex was not discussed openly, pornography was not easily available; I had no Internet. I thought this would be a perfect opportunity to stay dry. The isolation and challenge of surviving in a different culture overcame my white knuckles, and soon I began using non-pornographic media to act out. I also played the dangerous game of trying to make eye contact with women on the streets or through their veils, in a society where the hint of sexual impropriety could invite physical retribution against me, and the women. Back in the States, I swore off again, knowing the risks I had taken overseas. I held out for about three months. Soon after, my wife found my porn stash and I disclosed my secrets to her. The pain and shame were intense. I vowed to my wife that I would stop using pornography, and that I would stay clean while on an academic exchange at another university. Continued on Page Nine

Inside Story — Living On The Inside, Part

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

'Living Sober On The Inside' Reprinted with permission, copyright 1996 © Essay, Member Stories. Part one appeared in the previous issue. This is an updated version .

*Living Sober On The Inside,
Seeking The Light, Part two*

By Ed N.

In July 1995, the then Correctional Committee Chairperson and two other members of SA came from Ohio to visit me. I had been transferred as I was taking school courses in prison. Once I got there I was told I would not be allowed to start another SA meeting. That hurt! But the Chairperson asked me if I would be willing to write other inmates. I almost said No--as I am such a very poor letter writer.

But my Higher Power kicked me into high gear and told me to go to work. Well, believe it or not the 12 steps by mail took over my whole life, and I was able to keep sober for the next nine years. It has been the most rewarding part of my program. When the Big Book tells us that the more you give away the program, the more you will receive, it is telling the Truth. And I became much stronger with each letter written. For one thing, it allowed me to be useful and to feel very good to help someone else in recovery.

This lasted for nine years, and then the prison authorities stepped in and stopped inmates from writing other inmates. Except for relatives. Well, once again,

I felt lost. And I wondered what my next move would be. However, my Higher Power once more went into overdrive and put it in the hearts and minds of the parole board members to grant me parole. Only my Higher Power could grant such a miracle.

Remember, I had been turned down 14 times. If I had been a parole board member, I would not give me the chance of parole. So now, I'm sure that my Higher Power has plans in store for me. If I had not come to prison in 1980 I would be dead. I would've certainly caught AIDS the way I was living. I was snatched from the gates of Hell and made sober. Now I carry this sexaholic's message of hope and recovery.

I still do a lot of one-on-one step work. My Higher Power keeps putting people in my life who are looking to find the path of recovery. I know what it took to get me honest and how many underlying ways I needed to change. SA is a very simple path, but that doesn't mean it is an easy path. It helps me to remember and look back and see how bad my life was when I was in control. I know my Higher Power can run my life much better than me. I also understand that I will never be cured. But I can learn to be free of my lust and live a productive life. I start each and every day, asking my Higher Power to come into my life and walk beside me all day long. Once I began to believe in this it becomes very hard to do wrong with God at my side. Asking God to help me be a better person today than I was yesterday helped me grow stronger each day and grow in the SA program. Remember, and this is my opinion, the 12-step program has never let anyone down. Only those who stop doing the steps are the ones who fail. But if you truly give yourself to your Higher Power you will find peace of mind.

Today, I'm living proof that this program works. I'm able to live free of stress and live a life that I know will allow me to be useful and productive. That alone is worth staying sober.

The editor notes at the time this account takes place, as the author describes, he had been working the program for many years.

Ed N. began a life sentence 26 years ago and is scheduled for parole, possibly in July or October of this year. If you would like the address to correspond with him or to the CFC, please contact Keith S, see his article in this issue. Or, e-mail atbay@paradm.com. **Please include Inside Story and the issue number in the subject line.**

AT BAY

NCSAI: Updated Website



Hi, I'm Michael P. and I am the Website and Meeting Directory Chair for the Northern California SA Intergroup (NCSAI).

We have changed our server and our site has a new look. You can contact us from the website, including info for all intergroups in the southwest region (including Arizona and Utah). Our events page has helpful information to locate local, regional and International events and is updated frequently (information shared with **AT BAY**).

You can download the latest meeting directory from the meetings page.

A special new feature:

For At Bay readers, you will be able to print past and future copies (vols. 1, 2, 3, etc.) from the Literature page in pdf form.

If you have not been to the website,, please visit www.sabayarea.org.

Any comments or suggestions can be sent to webmaster@sabayarea.org.

In Service

Michael P.

NCSAI Website and Meeting Directory Chair



MEETING CHANGES:

NEW MEETINGS: ALAMEDA, 8:00 AM, UNION CITY, SUNDAY, 8:00 AM, SAN FRANCISCO SUNDAY 6:30 PM. ALANO CLUB, (UPPER) MARKET ST.

SAN FRANCISCO: FRIDAY, ST. JOHN OF GOD, 5TH AVENUE AND IRVING STREET 12 NOON TO 1:00 PM. THIS IS A REGULAR SA MEETING SECOND WEEK OF MONTH: 12 STEP WRITING TO SA INMATES.

SA Goes To Prison

By Keith S.

Most of us in SA don't come to SA until we have hurt and/or lost enough. When sexual behavior lands one in prison, the person or has certainly lost more than he ever expected and is often ready for the SA program of recovery.

But most prison systems have no use for SA.

They believe recovery is a matter of developing self-discipline and self-control. Those of us in SA know that just the opposite is true. It is by acknowledging that we can't control our sexual behavior that we come to realize only by totally surrendering or powerlessness to God that we can become sober and stored to rebuild our lives.

Some prison officials believe that SA meetings are merely opportunities for inmates to share and learn ways of acting out and opportunities to share pornography. It can be very difficult to get an SA meeting started in prison. **To date, I know of only 20 prisons in 10 states that have SA meetings. I have names of 15 prisoners in 12 states who want to start SA meetings in their prison.**

Under the auspices of the SA Correctional Facilities Committee, SA provides a Sponsor-by-Mail correspondence service. Sponsors help inmates go through the 12 steps using worksheets for each step.

Sponsors are provided with a first letter for inmates, describing the service, that explains the program and delineates the relationship between sponsor and inmate. Upon receiving a completed worksheet from the prisoner, a sponsor may comment, share his experience, and strength. The sponsor then sends the inmate a worksheet for the next step. We currently know of or are sponsoring 430 inmates in 33 states. A small number of SA groups have taken on sponsoring inmates as a group endeavor. Continued on Page Seven

AT BAY INCLUDES LOCAL, REGIONAL AND NATIONAL EVENTS OF INTEREST, THOSE OPEN TO THE GENERAL PUBLIC ARE INDICATED BY (OPEN)

REGION

Events Schedule 7/06-9/06

- JULY 22, NCSAI INTERGROUP, LOCAL GRP HOSTS-SPEAKER (S) TBA. 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

- AUG. 19, NCSAI INTERGROUP, LOCAL GRP, HOSTS 7:00-8:00 PM CONF. ROOM C3, SPEAKER(S) PRECEDED BY BUSINESS MEETING 6:00 - 7:00 PM. KAISER HOSPITAL 27400 HESPERIAN BLVD., HAYWARD

Important DATE!

- SEPT. 16-NCSAI UNITY DAY, KAISER PERMANENTE, HAYWARD 8:00 AM - 5:00 PM INFO:

Important DATE!

WWW.SABAYAREA.ORG

UPCOMING

- 6TH ANNUAL NCSAI-MEN'S RETREAT NOV. 10-12, BEN LOMOND, CA INFO-
- WWW.SABAYAREA.ORG CLICK ON EVENTS

Important DATE! LITERATURE PEOPLE: TO LIST YOUR UPCOMING SA AND S-ANON GROUP EVENT:

1. REMEMBER TO SEND DETAILS TO THE AT BAY CALENDAR PAGE.
2. EMAIL ATBAY@PARADM.COM

PLEASE SEND THREE TO FOUR WEEKS IN ADVANCE.

August 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		

September 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)

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.

July 2006

GDA Meeting in St. Louis

The SA delegates will be meeting July 6 and 7 in St. Louis. Any SA member may attend. This is the elected body that represents the group conscience of the fellowship and as such makes decisions for the fellowship. The input of SA members is always welcome.

Our agenda this summer includes several motions by the South-West Region [California, Utah, Arizona, Hawaii, an Nevada]:

1. That the Trustees limit spending to remain within the yearly budget.
2. That the writing and/or editing of literature does not involve travel of literature committee and sub-committee members.
3. That SA has only one International Conference per year and promotes Regional Conferences during other times of the year. Regional Conferences will be encouraged to pass a basket for contributions to SAICO.
4. The Site Selection Committee will share information with Intergroups to facilitate the Regional Conferences

5. The Mid-Atlantic Region wants that a policy or meeting statement for sharing at meetings that involve a crime punishable by law. This is the result of some problems there and in other regions, including one incident where someone shared a crime and one of the members present was a police officer.

A number of literature projects are finishing and need the final approval of the delegates before publication [this is a check to insure that SA does not publish anything that goes against our sobriety definition or is not promoting recovery]. The current literature submissions are

1. Same Sex Issues Pamphlet
2. Steps 4 and 5 as literature in process
3. Member Stories [32 new stories]

We are also considering starting some new literature projects:

1. A pamphlet on internet addiction
2. A pamphlet on Sa and the non-believer

We are also reviewing the Service Manual which contains the “nuts and bolts” of the operation of the SA fellowship.

If you have any views on these issues or other issues that you would like the delegates to consider, please contact me:

Jerry L.
Email: JWL44SJ64SL97@earthlink.net



Letters To AT BAY

Format: furnish a description, generally under twenty five words.

AT BAY reserves the right to decide what letters to publish. Send comments to: atbay@paradm.com

A few lines to say thank you for the copies of At Bay. I really do appreciate all you do. Keep up the good work.
Ed N.

SA GOES TO PRISON CONTINUED FROM PAGE FIVE

to grow. Unfortunately, we have too few SA members who are willing to sponsor prisoners at this time. If any SA members wish to become a part of this rewarding ministry, write to:

**KEITH S.
POB 99667
TROY, MI 48099**

AT BAY

‘UNFORTUNATELY, WE HAVE TOO FEW SA MEMBERS WHO ARE WILLING TO SPONSOR PRISONERS AT THIS TIME.’

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
ADAPTATION © 1982, 1984, 1989, 2001 SA LITERATURE. REPRINTED WITH PERMISSION OF SA LITERATURE

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: Brendan H, One Year, May 24, 2006!

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, WRITTEN BY MEMBERS OF THE SA FELLOWSHIP, is not affiliated with Essay ® or other 12 step publications, but may use material by permission.

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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 NCSA/ICO, BUT FROM TIME TO TIME, MAY MAKE ITS OWN NEEDS KNOWN TO THE FELLOWSHIP. 8. INFORMATION CONTAINED IN AT BAY REPRESENTS THE INDIVIDUALS' SOLE OPINION AND DOES NOT REFLECT THOSE OF NCSAI OR THE SA FELLOWSHIP AS A WHOLE.

*Dan F, 'The Geographic Fix:**continued from page three*

the following year. We lived apart for nine months, and the addictive pattern inevitably played out, rationalized by the separation. This time I discovered darker types of porn, and entertained the idea of getting into an affair with classmates and co-workers, since I was hundreds of miles away and saw plenty of opportunities. Thankfully, fear kept me from crossing this line, but I devoured pornography with adultery themes, fueling more fantasies.

Moving back to the East Coast to begin a professional degree meant a fresh start. I erased the disks that held my electronic porn collection, only to fill them up again during the stress of my first year, enduring a painful confrontation when my wife found my stash yet again. I promised her I wouldn't do it again, vowing that another trip to the Middle East, where I wouldn't be able to get porn as easily, would cure me this time. I didn't count on the fact I would have Internet access, and was back acting out, again. Back in the States, I used school computers to access pornography, and kicked it up a notch by acting out at the school library.

After two further disclosures of my porn use to my wife, I hit bottom. Gut-wrenching fights, risky behavior at work, therapists, and finally an eviction notice were enough to lead me to SA.

I found and got into recovery. Over time, the marriage began to heal. I connected with a Higher Power and remain sober.

Awareness has brought me freedom, but that doesn't mean that I'm free of the lure of the geographic fix. In 2004, my wife and I decided to move to the Bay Area. I took a California professional licensure exam before we moved, and was crushed and panicked when I failed. I told my sponsor out East that I had assessed the situation and decided I had to take time off work to focus on studying for the exam, and would also need to cut back my meetings and program calls. After all, three years sober, I hadn't looked at pornography since getting into SA, had worked the steps, and was in pretty

good shape, right? (Perhaps, I told myself, I was even cured.)

I buried myself in the library but struggled with images of women studying as I crammed. After the test I traveled back and forth to the East Coast, using frequent travel as an excuse to cut back on meetings on the East Coast, and convinced I didn't have time for meetings during my short visits to California.

Fortunately, my sponsor back East called me to the carpet on my routine, and asked me how many meetings I had gone to in California. I was embarrassed to admit I had gone to none ... even more so when I learned of three meetings a few blocks from our house! I had been avoiding them because I was clinging to the secret hope that I wouldn't need them *anymore*. On my next trip back, I went to my first Bay Area meetings; now I attend them regularly.

I realize my addict was trying to convince me yet again that moving would be a 'new' chapter in my life.

This time, my addict told me this move would be different because I had made progress in recovery, and could leave behind my acting out, and SA. I was going to 'graduate'; a 'present' from my Higher Power. Thankfully, this time I didn't fall prey to the old "bait-and-switch."

I realize my addiction is not driven by my external circumstances. Changing house, city, state, or country where I live doesn't make me different. The same holds true for changes in relationships, jobs, and family circumstances. Wherever I go, my addict goes. And thankfully, as with my addiction, SA and recovery are on the U-Haul, too.

"MY ADDICT WAS TRYING TO CONVINCME YET AGAIN THAT MOVING WOULD BE A 'NEW' CHAPTER IN MY LIFE. THIS TIME, MY ADDICT TOLD ME THIS MOVE WOULD BE DIFFERENT BECAUSE I HAD MADE PROGRESS IN RECOVERY, AND COULD LEAVE BEHIND MY ACTING OUT, AND SA. I WAS GOING TO 'GRADUATE'; A 'PRESENT' FROM MY HIGHER POWER. THANKFULLY, THIS TIME I DIDN'T FALL PREY TO THE OLD "BAIT-AND-SWITCH."