



Summer Newsletter 2022 Ohio Valley Intergroup



Editor's Corner

The first thing we think about in summer is hot days, a dip in the pool, an air-conditioned room, or perhaps a picnic or cookout. With that in mind, an OVIG Summer Cookout described below, took place recently in Westerville. Hopefully, this activity will become a regular event.

Next up, an important announcement is presented about recent financial needs of the ISO along with an important request to think about.

After this is the usual brief list of important fellowship items.

Next, a good friend in our fellowship, Alan K., talks about how bee keeping helps his outer circle grow. After this, you can read about the long journey of the pamphlet *Hope of Recovery* as it moved from an idea to a published recovery piece while enduring many title changes.

Lastly, let's delve into a new feature and review many of the accomplishments of the OVIG for the last few months in "OVIG Highlights."

Read on!
(The OVIG Newsletter Team)

OVIG Summer Cookout

The OVIG Summer Cookout took place at the St. Paul Lutheran Shelter house at 4686 East Walnut St. in Westerville on Sunday August 14th. Although the original date of August 7th was rained out, the phrase "never give up" applies to this activity as it was quickly rescheduled. This event was free and was open to all members of the SAA fellowship.

An Important Message from the ISO:

The International Service Organization of SAA (ISO) is currently sailing in some rough "financial waters." This is mostly due to decreases in income opportunities and increases in expenses. The list below shows The reasons for the financial challenges:

- Group and individual donations are down by 7.8%.
- The 2022 Convention lost \$20,000.00 due to low attendance and lower donations.
- Sales of literature and chips has been down by 9.3%.

This can lead to programs being cut such as Public Information/Cooperation with Professional projects, printing of literature, printing copies of The Outer Circle, cancelling the hybrid portion of the 2022 Conference, and eliminating literature distribution to prisoners.

What can we do to help? Please consider sending a one-time donation or becoming a **Lifeline Partner** if you haven't done so already. For more information and to donate, click on the following links to start:

Lifeline Donations: https://igfn.us/form/_7WkBA General Donations: <http://igfn.us/form/GDovAg>

Important Fellowship Items

Special Needs

Are you looking for information or for specific meetings such as Offender meetings, LGBT, Women's meetings, or on-line meetings? The ISO website is a good place to start. Just use the URL below.

<https://saa-recovery.org/>

When the site appears, click on one of the rectangular buttons at the top or select one of the menu headings in the black runner below the buttons.

Working Bees in the Outer Circle

Being happily busy is a result of activities that feed into my feeling of well-being. In turn, when I am seeking an outlet for the questions of “who can I be, rather than thinking of myself as an acting-out sex addict?”, and “what can I do/plan/think-about that is healthy instead of dwelling with my addict's illusions?” This is the realm to which I go. Hey, what can be busier than a hive of bees? Or even more than a dozen hives? This might seem to be approaching insanity of a different sort!

Keeping bees properly (so they survive more than one year) means engaging with your “livestock” year-round now. With imported diseases and parasites, wonky weather, landscapes becoming devoid of flowers, you've got trouble. Besides, if you ask five beekeepers for advice, expect at least seven answers.

The benefits? The creatures are fascinating; they require me to be present outdoors and aware of the nature that is around me, including the variety of pollen colors they bring to the comb. I also get some products like local honey and beeswax. Plus, the extra space in my house, garage, and barn now

has “bee stuff” in it. Planning is involved as well as responsibility for timeliness and regular monitoring of the wellness and growth of every hive. Even (especially) in winter!

I begin to care about a box of tens of thousands of insects—how they coordinate, communicate using a waggle dance discovered by the scientist Karl Von Frisch, and show emergent properties of group behavior such as swarming. There is a draw for me to be present, be thinking of the bee's health and survival, and plan for the next right thing to do. This keeps me away from those middle circles of self-pity, boredom, and self-indulgence.

And a great aid to recovery is the opportunity that I have been given to be doing this together with another person. I am both fortunate and grateful that my wife is my equal partner in all parts of this “business.” Working closely together, helping each other, resolving differences of opinion, savoring the products, seeing thriving bees, and learning experiences every day are beneficial outcomes of this outer circle. And for me the engagement with her always generates great appreciation for her abilities, gratitude for her being with me, and draws me to cherish her ever more.

Alan K.



Hope of Recovery – Success Comes with Time

Remember the quote in the spring newsletter regarding literature, “Literature doesn't just pop out of rocks?” While this quote seemed appropriate for describing the long trail followed by the *Getting a Sponsor* pamphlet it may even better describe the path from idea to publication followed by the *Hope of Recovery* pamphlet.

This recovery-based document started as an idea in October 2012 and after many re-writes, a boat load of title changes, and content revisions, it finally received Literature Committee approval and was published as *Hope of Recovery* in 2019. At this point, the pamphlet has been submitted for approval at the October 2022 SAA

business Conference. That's a 10-year path for a tri-fold pamphlet. Why so long? Let's delve into the fascinating story of what happens when a document is created by many different minds and read by many different eyes. The timeline below breaks this lengthy effort into digestible pieces.

October 2012: an Authors Group member comes up with an idea for a document with the proposed title, "For the Wives." After a few revisions, it was noted that husbands of female sex addicts, or same-sex couples may also use the document. With this consideration, the working title changed to "For the Spouses."

August 2013: The first writer receives a suggested outline of revised ideas from the group for improving the document. Among them are targeting the piece to spouses of newcomers to the program and an offer of hope but no "guarantee" that recovery will go well. Some discussions also took place at this time regarding whether the document would be about sharing the SAA program with a spouse or about disclosing addictive behaviors. At that time, there was more pull toward a disclosure-based document.

April 2014: The newer working title "Disclosure – Ideas and insights for sharing with loved ones" was being used. The first section was titled "Starting with our Behaviors." Following more changes and edits, the document was "shelved" a few months later to allow other documents to receive attention.

October 2015: Another member of the Authors Group took over the work after the working title had changed to "To the Significant Other." At this time, a few group members felt that some content could be helpful for members of Recovering Couples Anonymous (RCA) or COSA. One group member felt that the work might "walk a line" between SAA approved content and verbiage that would be considered "outside" literature. This would be a reoccurring theme as the document moved forward.

April 2016: The document continued to receive more work as it reached a fourth revision.

June 2016: A working title of "For the Partner" was now being used. At this time, correspondence was received from ISO regarding the document as possible outside literature. The idea of the pamphlet being closer to a COSA piece led to more discussions about changes to move it from that direction. Work on version 6 included keeping the focus more on the partner.

July 2017: The working title shifted back to "To the Significant Other." Some members of the fellowship providing review may likely have wondered if we could make up our minds with the title. At this time, an idea discussed was to present what working the SAA program was like to someone who "witnesses" another who is working it. It was also felt that the focus would be toward a more general audience. By this time, the pamphlet was at version 17 and was getting closer to being submitted to Literature Committee. That revision had six sections in the following order: "The Fallout", "An Addiction", "How it Works", "Challenges", "Relapse", and "Hope for the Future."

August 2018: Literature Committee is now working on the document and recommends changing the title from "To the Significant Other" to "Hope of Recovery." The idea comes from the last section of the pamphlet entitled "Hope for the Future" and gives the document a more positive cover. The document also receives more editing.

October 2018: Literature Committee finishes work on the "Hope of Recovery" pamphlet and submits it for publishing. The six sections in the pamphlet were then: "The Fallout", "An Addiction", "The Way Back" (replaced "How it Works"), "Challenges", "Relapse", and "Hope for the Future." While the document is still useful in helping a significant other better understand recovery, it is now written from the view of the SAA fellowship and for the SAA fellowship.

2019: "Hope of Recovery" is published and is available for purchase and can be read directly from the SAA website.

October 2022: A current business motion, 2022-D004 lists the “Hope of Recovery” pamphlet among seven documents that are being submitted to the Conference for a vote to approve.

I would say that all the time and effort spent working on this document was well worth it. A read through Hope of Recovery can instill feelings of confidence for a new member of the fellowship, a spouse, significant other, or friend.

One last note here. Ideas for information about disclosure of inner circle behaviors was mentioned earlier in this article. While that specific content was removed by 2015, that idea has since reemerged in a new document, “Compassionate Communication with Our Partners” which is currently being worked on by the Authors Group.

Chris J.

OVIG Highlights

The Ohio Valley Intergroup (OVIG) remains a cohesive unit of single SAA groups in both Ohio and West Virginia. As with most intergroups, the OVIG was formed to share resources, provide service talent, and offer activities that single groups may not have the wherewithal to provide.

As such, there are a good number of notable accomplishments the OVIG has under its belt for the last few months. Below is a list of these accomplishments so everyone can know just how busy we have been.

- The Venmo account for OVIG continues to be a convenient way to make donations to the intergroup.
- Funds are regularly collected from groups for professional outreach purposes.
- The OVIG is working on using Robert’s Rules of Order during business meetings.
- In May we had our first face-to-face retreat and workshop in three years with “Refresh, Restore, Refocus Your Recovery.” This was a success with 30 or more in attendance, eight activities to choose from, a generous lunch, and lots of good fellowship opportunities.
- In May, some OVIG members attended the annual SAA Convention in Atlanta which was also “face-to-face” for the first time in three years.
- An August cookout at the St. Paul Lutheran shelter house, offered food, fun, and fellowship at no cost to the attendees.
- The intergroup purchased and is now using a better microphone, allowing for improved Zoom audio fidelity during monthly business meetings.
- When possible, the intergroup assists the Area 14 Assembly in recruiting and registering new Group Service Representatives (GSRs).
- The intergroup continues to keep a supply of literature and display organizers for outreach purposes.

It’s easy to see from the above bullet list the many ways that OVIG serves the groups, the fellowship, and the still-suffering sex addict.

(The OVIG Newsletter Team)