



# Summer Newsletter 2024 Ohio Valley Intergroup



## Editor's Corner

We want to start by saying that if you think things look a little different in the newsletter, that is because they are. After more than seven years of presenting a quarterly newsletter, we felt it was time to update things a bit. As some of you have seen the jingle “New look, same great product,” we decided to go with something like, “new look, but with the same integrity, healing, and serenity that will always be a part of our intergroup.” We shall continue our focus on stories of fellowship literature, intergroup or fellowship events, and personal writings of those in the OVIG fellowship and beyond.

Now, here is a quick summary of this quarter's items:

- To start, it's “hats off” to those who give monthly donations to the ISO via Lifeline Partners. Better yet, it could be “hats on” considering an ongoing offer to those who donate.
- Next, it's calling all historians! Look at one of the very first pieces of literature from SAA in the 1980s.
- Speaking of history, the ISO and Authors Group are currently involved in the creation of an SAA History Book. This project targeting future literature is described below.
- Last, but certainly not least, let's give “Hats off!” to the Columbus Convention Committee for a job well done.

Read On!  
The OVIG Newsletter Team

## ISO Note:

### Donate to Lifeline Partners and get a Hat!



That's right. When you sign on to become a lifeline partner or if you are already a Lifeline Partner but haven't gotten a hat yet, simply email [info@saa-recovery.org](mailto:info@saa-recovery.org) and mention that you would like to get a hat for being a lifeline partner. If you are not yet a member of Lifeline Partners, please think about it. LP is the best and most consistent way to donate to the ISO since you will be giving a monthly donation that fits your budget rather than offering sporadic help. Also, this helps the ISO better track where their finances are every month. Simply go to <https://saa-store.org/7thTradition> to find information on how to become a Lifeline Partner.

## SAA Literature #1

Nowadays, there are thirty-six or so pamphlets and booklets based on recovery, service, information for professionals, and information for groups or intergroups. There is also our fellowship text, the Green Book, and our own book of meditations *Voices of Recovery*. That's a LOT of literature and yet, thanks to the Authors Group, the PI/CPC (Public Information / Cooperation with Professional Community) Committee, and various other committees, more literature will be added to that stack as our fellowship continues to mature.

So, what literature would have been distributed just a few years after the beginning of our fellowship? A few images below will give a good idea. The pamphlet scans shown below date back to 1985 and are part of one of the very first if not the very first piece of literature available in SAA. Note that the fellowship was centered in Minneapolis at that time and known as "Twin Cities" S.A.A. So, have a look!

(Pamphlet scans are on the next two pages.)

# SEX ADDICTS ANONYMOUS

## WHO WE ARE

Sex Addicts Anonymous is a fellowship of men and women who share their experience, strength and hope with one another that they may solve their common problem and help others to recover from their sexual addictions. The only requirement for membership is a desire to stop compulsive sexual behavior.

There are no dues or fees for S.A.A. membership. We are self-supporting through our own contributions.

Sex Addicts Anonymous is not allied with any organization. We do not wish to engage in any controversy. We neither endorse nor oppose any causes.

Our primary purpose in S.A.A. is to achieve and maintain sexual health and to help other sex addicts to gain their freedom from compulsive sexual behavior

**TWIN CITIES S.A.A.**

**P.O. BOX 3038**

**MPLS, MN 55403**

339-0217

Above is the front of the pamphlet. Note that the explanations of “Who We Are” represent an early basis for what would become our version of the Twelve Traditions and a basic meeting introduction.

(More text of the pamphlet follows on the next page.)

## RECOVERY

We reach out through personal contact whenever asked and offer a means of recovery through the S.A.A. program. If you wish to join us, here is what we ask:

- WE ASK that you have a desire to stop compulsive sexual behavior.
- WE ASK that you respect the confidentiality and anonymity of other group members at all times.

Although our personal stories differ, we have embraced a program of recovery which has these aspects in common:

- Whether our behavior was acted out alone or in relationships, we found ourselves powerless over our sexual addiction despite repeated attempts to change or control our actions.
- We came to believe that a power greater than ourselves could restore us to sanity.
- We asked that higher power to accept control over our lives and to remove our defects of character.
- We fully and honestly committed ourselves to a program of spiritual recovery.

(We gratefully acknowledge Alcoholics Anonymous for their literature which we have adapted for S.A.A.)

## The '20 Questions' of S.A.A.

The following are some questions to ask yourself to determine if you may be sexually addicted and to evaluate your need for the S.A.A. program.

- \_\_\_ 1. Do you frequently feel compelled to have sex again and again within a short period of time?
- \_\_\_ 2. Do you find it difficult to relate to other people because of thoughts or fantasies about being sexual with them?
- \_\_\_ 3. Has your sexual behavior caused you either to seek help or made you feel scared or "different" - somehow alienated from other people?
- \_\_\_ 4. Have you ever tried to stop doing what you believed was wrong in your sexual behavior?
- \_\_\_ 5. Do you sense that your sexual appetite or sexual images - either real or fantasized - are controlling you?
- \_\_\_ 6. Are you concerned about how much time you spend either in a sexual fantasy world or in setting up and acting out sexually?
- \_\_\_ 7. Do you use sex to escape from worries or troubles or to "relax"? Do you use sex to hide from other issues in your life?
- \_\_\_ 8. Does your pursuit of sex interfere with your normal sexual relationship with your spouse or lover?
- \_\_\_ 9. Have you ever tried to limit or control your sexual behavior? Have you made promises to yourself or others and then broken those promises?
- \_\_\_ 10. Do you find it almost impossible to have sex without resorting to certain kinds of fantasies or memories of "unique" experiences?
- \_\_\_ 11. Have you found yourself compelled by your sexual desires to the point where your regular sexual partner has rebelled?
- \_\_\_ 12. Has your need for sex driven you to associate with persons or to spend time in places you would not normally choose?
- \_\_\_ 13. Have you ever felt you'd be better off if you didn't need to give in to your sexual compulsions?
- \_\_\_ 14. Do you frequently want to get away from a sex partner after having sex? Do you frequently feel remorse, shame or guilt after a sexual encounter?
- \_\_\_ 15. Has your job or school work suffered because of your sexual activities? Do you take time off to engage in sex?
- \_\_\_ 16. Have you been arrested or nearly arrested because of your sexual activities? Have your sexual activities jeopardized your life goals?
- \_\_\_ 17. Do your sexual activities include the risk of contracting disease or being maimed or killed by a violent sexual partner?
- \_\_\_ 18. Has compulsive masturbation become a substitute for the kind of sexual relationship you want with your spouse or lover?
- \_\_\_ 19. Has your effectiveness, productivity, concentration or creativity decreased as your sexual activity has become more compulsive?
- \_\_\_ 20. Has your sexual behavior ever made you feel hopeless or suicidal?

So, here is the meat of the pamphlet. The "Recovery" side is an early mix of Steps and Traditions while the right side asks the reader to answer twenty questions to determine whether they are a sex addict. For those of you who have read the modern "Pathway" pamphlet, aren't you glad that the followship sharpened the focus of that inquisition to just twelve questions?

In short, our literature has come a long, long way since this pamphlet was first printed. Also, one final remark here. Since four pages for a single story was a bit long, the last two "folds" of the pamphlet are not shown in this newsletter. However, if your curiosity is getting the best of you, simply send an email to our newsletter editor, Chris J. at the address below to ask him for that copy. He will gladly send you the additional scan.

[crispyj4@gmail.com](mailto:crispyj4@gmail.com)

The OVIG Newsletter Team

# SAA History Book

For those of you who have read the first personal story in the Green Book, “He Did Not Want to be Alone,” you are aware of the challenges of one of the founding members of SAA, Pat C. His story details his move from the madness of sex addiction to that of starting a new fellowship with help of a few friends. Meeting #1 for SAA was in a boathouse near a lake in Minnesota in the early summer of 1977.

After that, our fellowship continued to grow from a few groups in Minneapolis Minnesota to a worldwide organization of recovery groups. You could say that a lot has happened in the last forty-seven years to support that growth.

So why not capture the events, changes, milestones, and other things that made SAA what it is today?

This is exactly the purpose of the History Book project.

Some ideas outlined for coverage are fellowship growth and geographic expansion, changes in fellowship business, history of fellowship literature, changes in group representation, and more.

Another idea that has been discussed is the possibility of having a draft copy or a Literature Committee approved version of an SAA History Book ready by May of 2027, which will be the 50<sup>th</sup> anniversary of the fellowship formation. Now, not to toss any ice water on this idea, but for anyone who has had a part in the creation, editing, and publishing of the Green Book or *Voices of Recovery* knows that large documents can take many years to draft, edit, and work toward Literature Committee approval.

So, could this happen in three years for a full-size book? Most likely not. So, now enters the next idea.

Why not produce a temporary and down-scaled version that is about the size of *Tools of Recovery*? This size document is viewed as more-so “doable” to have a draft or LC approved copy ready for the 2027 convention. This idea was used during the development of *Voices of Recovery*. While that full-size book is basically 366+ pages with a meditation for every day of the year, two smaller 52-meditation books were compiled and sold by the ISO to “whet” the appetite of the fellowship while the full-size project was being completed.

Now, even the smaller project is going to take a lot of work, so if you are thinking that there is a request in all this, you would be right. As the History Book Committee is still considering a smaller project, look for future newsletters to begin asking for specific types of help such as transcribing recordings to a Word document, reviewing old documents to dig up pertinent facts, writing, editing, and more.

This is something to think about as we all move forward in our recovery and consider choices for service work.

## Keep Coming Back: Recovery, Fun, Success



Unless you are new to the fellowship, you may recall how the Columbus Convention Committee came together in 2017 to first construct a proposal for bringing the annual SAA Convention to Columbus Ohio. You may also recall how, at the May 2017 Convention in Orlando Florida, the proposal was presented and subsequently won,

giving Ohio the very first opportunity to host a convention in 2020. That started many OVIG members on the trail to plan and execute one of the best SAA conventions ever.

Fate, however, was the hunter and COVID-19 occurred, ruining the plans for the annual fellowship event. Now, for a little metaphorical fun. Let us say that the boomerang was thrown at that time and then returned in May of 2021. This time the idea was to go high-tech and execute an entire convention remotely on Zoom. While the running of that event via distant audio and video was technically impressive, it just wasn't the same as attending an event face-to-face.

This time, we throw the boomerang yet again with such force that it doesn't return for three years! (Ok, that was a little exaggeration. We did have Atlanta and NYC in '22 and '23.)

So, the boomerang returned to us once again in 2024 and this time we make a marvelous catch. Just how marvelous? We had...

- The Hyatt Regency turned out to be a great facility for hosting the convention. There was plenty of space for all workshops, the guest rooms seemed comfortable, and there was a nearby food court in the hotel complex. Oh, and not to mention Jet's pizza in the hospitality suite!
- One room was dedicated mostly to table games and had a constantly running slide show featuring people in the fellowship engaging in their favorite "outer circle" activities. It was a great place to go if you just wanted to "chill" or have fun playing card or board games.
- As always, the speakers at the opening event and the banquet told good stories of experience, strength, and hope.
- After some financial disappointments with former conventions, the ISO reported that the Columbus Convention was a little in the "black" which represented a notable improvement.
- There was a good number of attendees on-site from outside the U.S. as well as many attending Zoom sessions.
- Many of the returning members of the Columbus Convention Committee may have T-shirts from three different years that represent Columbus: 2020 & 2021 (with the eye chart) and 2024 (with the boomerang). Three different T-shirts? That's simply T-riffic!

Let's all give one more "Hats off!" to both the Columbus Convention Committee and the ISO office for working to make this event such a success. And now, we can begin to shift our attention to "going batty" in Austin Texas in 2025.

The OVIG Newsletter Team

## OVIG Highlights

The Ohio Valley Intergroup (OVIG) is a cohesive assembly of single SAA groups in both Ohio and West Virginia. We were formed to share resources, cultivate service talent, and offer activities that single groups may not have the wherewithal to provide.

With that in mind, the bullet list below shows things accomplished over the last few months.

- As mentioned earlier in this newsletter, the 2024 SAA Convention in Columbus was a wonderful success, and it could not have been accomplished without the tireless service from many group representatives of the Ohio Valley Intergroup. Thanks to all of those who lent their time and talents to ensure the success of that event.

- The BINGO and Pizza event in Columbus was held the evening of July 20<sup>th</sup>.
- The intergroup continues to maintain a supply of literature and display organizers for outreach purposes.
- A Venmo account will continue to be available for making electronic donations to the intergroup. The current account is @GearboxGuy
- The Ohio Valley Intergroup continues to aid the Area 14 Assembly in recruiting and registering new Group Service Representatives (GSRs). If you know someone who may make a good GSR, ask them if they would consider it since it is a terrific way to maintain sobriety through service!
- Speaking of GSRs, if you are one, please note that the 2024 business motions as well as registration forms and other useful documents are now available at the SAA Service website.
- Funds continue to be collected and used for professional outreach purposes.

