



Winter Newsletter 2022 Ohio Valley Intergroup



Editor's Corner

Time has a way of sneaking up on us and suddenly we find ourselves with most of February in the rear-view mirror and a newsletter begging for work. So, we cast the worries aside and suddenly find that the forward path is loaded with good opportunities.

To start, the cog wheels of planning for our upcoming Spring retreat are already turning. You will find basic information about the retreat below in "Save the Date!" along with a few other important items within the fellowship. Next, (here we cross our fingers), we may very well have a "live" convention coming our way in Atlanta in May. More on that below. Also, get a forward look at the pamphlet *Is Your View of the Twelve Steps Distorted?* before it is available from the SAA website. And last, in *Service as Opportunity and Obligation*, an anonymous member of SAA tells us how important service work is not only for our recovery but also a way of thinking about others.

Read on!
(The OVIG Newsletter Team)

Save the Date!

Spring is right around the corner and planning is already underway for the Ohio Valley Intergroup Spring Retreat. This retreat is planned to be live--a real face-to-face event packed with workshops, activities, and food provided by the Retreat Team. Here is some basic information:

One: Saturday May 7th is the planned date.

Two: The Planned Schedule is –

- 9:00 A.M. Registration Starts
- 9:30 A.M. to 10:30 A.M. Workshops 1A, 1B
- 10:30 15 Minute Break
- 10:45 A.M. to 11:45 A.M. Workshops 2A, 2B
- 11:45 A.M. to 1:00 Lunch
- 1:00 P.M. to 2:00 P.M. Workshops 3A, 3B
- 2:00 P.M. 15 Minute Break
- 2:15 P.M. to 3:15 P.M. Workshops 4a, 4b
- 3:15 Wrap-Up/ 4:00 Closing

Three: Food and beverages will be provided at lunch time.

Four: Most important, you have a great recovery opportunity. We Need Presenters! Please consider sharing your experience, strength, and hope with others by presenting a recovery-based workshop or activity. If interested, please send an email with details of your proposed workshop to ovig.saa@gmail.com.

Important Fellowship Items

Lifeline Partners

Lifeline Partners is the easiest way to donate money to the ISO on a regular basis. Instead of sending a check each month or “occasionally”, you simply set up a monthly payment from a debit or credit card and the payment takes care of itself. For those of you who already donate this way, THANK YOU for your generosity.

For those of you who don't, please consider this easy way to donate. For information on how to enroll, just use the Web URL below or call using the number below.

Web: <https://saa-store.org/7thTradition/llp/>

Phone: 800-477-8191

LGBT Members

Information is available for LGBT members of the fellowship, including meeting information, sponsorship information, literature and audio, convention recordings and more at the SAA website. To access this information, contact the ISO using the web, email, or phone number below.

Web: <https://saa-recovery.org/diversity/lgbt/>

Email: lgbt@saa-recovery.org

Phone: 713-869-4902

Why Be a GSR?

A Group Service Representative (GSR) is a trusted servant within the SAA fellowship who represents their group to an Area Assembly. An Area Assembly is a group of GSRs meeting about four times annually to discuss fellowship business and to provide and support an Area Delegate to the conference.

So, why be a GSR? That is an easy one to answer. Deciding to be one is a step of courage in the direction of meaningful service. As well, you will serve by communicating conference business motions to your group and returning a “yea” or “nay” vote back to the Assembly. This only requires about six hours per year of your time which works out to less than one minute per day. Interested? If so, email: area14gsr@saa-lists.org for more information.

A Look at Future Literature

Many groups and intergroups create literature for their local or Area fellowships as well as for the entire SAA fellowship. In addition to local creativity, the Authors Group, a subcommittee of the Literature Committee, has turned out several pamphlets over the last ten years that can now be purchased or viewed on the SAA website. Additionally, this subcommittee is busy on several documents that will be available in the future.

One such document is a pamphlet “Is Your View of the Twelve Steps Distorted?” This pamphlet-to-be offers a look at the way that many of us have approached Twelve Step work early in recovery when fear, hesitation, and

It's Steps of Courage in Atlanta

The 2022 SAA Convention “Steps of Courage” will be in Atlanta, and with a little luck will be the first “face-to-face” convention since Houston in 2019.

Instead of giving a lot of information here, we posted the convention website and the User name and password needed to safely access the site.

(Note: you may have to enter the password twice.) When the familiar logo like the one below pops up, use the “Register” button to register for the convention on-line, or download a brochure to use or share with your group by clicking on the “Download Brochure” button at the bottom.

Web: www.saa-convention.org/2022

Username: steps

PW: courage



resentment were our companions. Here, a humorous look at the “disease” version of the Steps is presented as we may have experienced them early in recovery. This is later followed by a spiritual version of the Steps often experienced after recovery has advanced.

Here is a sample of the “distorted” version of Step Four from the pamphlet: “After much procrastination, I scare up the courage to make a massive inventory of how immoral and despicable a person I am.”

Later in the pamphlet, a more spiritual version of Step Four is presented: “As best as we could at that moment, we gently and lovingly explored all the ways we were harming ourselves and others. We also looked for our good characteristics to strengthen.”

There are other projects also offering a great opportunity for creative work and positive conversations each month when the Authors Group convenes and talks through the formation of new fellowship literature. If interested in becoming a member of the Authors Group, contact the ISO office using the email below.

info@saa-recovery.org

Service as Opportunity and Obligation

The concept of service is fundamental to the SAA twelve-step program of recovery. It grows out of two quintessential features of the program—getting out of self and helping others.

Specifically in Step Four, we learn that selfishness—self-centeredness—is the root of our trouble and that preoccupation with our own wants and opinions stands as the major causative factor in our addiction. From Step Twelve, we learn that as the result of working the steps, we try to carry the SAA message of recovery to other addicts and to practice program principles in every aspect of our lives. As a result, service becomes a major focus of our daily program—both within the SAA fellowship and in every aspect of our lives beyond the program, as well.

As noted in *Sex Addicts Anonymous* on page 61, “What we gain in this program is a blueprint for full and successful living whatever may come” – not just abstinence from addictive behavior.

The implication of getting out of self immediately confronts us with the idea that we should be continually looking for the needs and best interests of others. Therein lies dozens of opportunities for service, which we come to appreciate not only as opportunities but also as obligations in grateful response to what our Higher Power has given us.

Service does not have to be grand and noticeable. In fact, engaging in highly visible service may be an expression of pride rather than true selfless service! But service done anonymously and without fanfare proves to be the most sensitive, the most caring, and, as a result, the most gratifying. Something as simple as a phone call to a struggling sister or brother or showing up a few minutes early to a meeting to arrange chairs, make the coffee, put out literature, or welcome newcomers can be as helpful to a group as any other act of service we could do.

Long-term maintenance of a healthy twelve-step group requires a lot of effort, ideally as a team effort by multiple individuals. Opportunities for service abound. When the many tasks are spread over many members, the result is a vibrant fellowship, a caring fellowship, and a fellowship attractive to newcomers and those who are still struggling.

Service opportunities also abound within the ISO, ranging from participation in one of the new ISO areas to joining an ISO focus committee to participating on one of the ISO Conference committees—Conference Steering Committee, Area Coordinating Committee, or Conference Nominating Committee—or serving on the ISO Board of Trustees or ISO Literature Committee.

Active service at any level supports the fellowship, as it also serves to buttress our own recovery.