



Fall Newsletter 2025

Ohio Valley Intergroup



Editor's Corner

We're certain that most everyone will welcome the Fall season with open arms given the heat and humidity of this last Summer. Take in a breath of the newly crisp air and watch the trees as the once lonely green is greeted by copper, saffron, burgundy and chestnut. We may find ourselves desiring a hike with leaves crunching at our feet or launch our quest to find the perfect pumpkin for carving into a spooky lantern.

So now, the Ohio Valley Intergroup is presenting the reader with information about the upcoming Fall Retreat and a summary of useful information as follows:

- As always, we like to “gently” ask for those who are not donating to the ISO via Lifeline Partners to consider doing so. To make things easier, we have now added more information regarding how both personal and group donations can be accomplished.
- Next, we have more updated information about the Fall Retreat as it rapidly approaches.
- Again, we ask the reader to consider a request from the ISO to write new stories for the Green Book. Should you feel ready, please consider offering everyone your experience, strength, and hope in writing.
- In this edition, we present the second of two parts concerning SAA literature that offers a solution to potential new members to the SAA fellowship. In this edition you will read about two SAA documents “Are Your Sexual Behaviors Causing You Problems?” and “Hope and Healing for Women.”
- Looking for a new and different service opportunity? Please consider writing to prisoners.
- Last, we present the usual list of highlights for the Ohio Valley Intergroup.

Read On!
The OVIG Newsletter Team

ISO Note

Donating to Lifeline Partners – Some “How to”

We're back as usual to say that donating to the ISO via Lifeline Partners is the best way to support the SAA fellowship. Your donation is automatically and safely given from your credit card or debit card as a monthly transaction, giving the ISO funds it can count on. You can sign up to make a personal donation of as little as \$3 per month or as much as you feel motivated to give.

And yes, group donations are certainly accepted. A group treasurer can grab those “basket” donations and give a set amount each month that is determined by a group conscience. There is an easy way to do this. To make a monthly LifeLine Partners donation as a group, do the following: from a smartphone text “GHAVG” to 91999. You will receive a response with a link to donate at a secure website. Alternately, you can donate from a laptop or desktop PC at <https://igfn.us/form/F4xgSw>.

As always, becoming a Lifeline Partner is easy.

Just go to <https://saa-store.org/7thTradition> to find information so you can get started.

2025 SAA Fall Retreat

Ohio Valley Intergroup of SAA Fall Retreat



Saturday, October 25, 2025

Maple Grove United
Methodist Church

7 West Henderson Road,
Columbus, Ohio, 43214

Want to learn, have fun and enhance your recovery? Just scan the QR code below or use the site link to register for the retreat. At the site, please fill out the form and select “Retreat Registration” in the box labeled *Tell us about your payment*. Please join us!



<https://homegroup.online/ovi>

The upcoming OVIG SAA Fall Retreat will take place on October 25th, at 8:30 A.M. and go until 3:00 P.M.

The location will be Maple Grove United Methodist Church at 7 West Henderson Road in Columbus. Registration is \$10 until Oct. 24th and is \$15 on the day of the event.

The OVIG Fall Retreat schedule is listed in the table below.

Time	Session	Presenter	Description
8:30 - 9:00	Breakfast and Registration		
9:00 - 9:10	Welcome and Opening ☕	Zach R	Fellowship, refreshments, and registration
9:10- 10:00 Room Eight	Circles and Writing Meeting	N/A	Standard meeting begins at 9:30 with group check-in and readings of the day

9:10 - 10:00 B Fellowship Hall	Stages of Change and Steps 1, 2, and 3	Joe C	Learn how Steps 1, 2, and 3 have influenced and reflect stages of change
10:10 - 11:00 A Room Eight	Circles and Writing Meeting (Continued)	N/A	Journaling and Sharing on Emotional Intelligence
10:10 - 11:00 B Fellowship Hall	The Three Circles	Traci R	
11:10 - 12:00 A Room Eight	Step 11 Spirituality Box	James E	Discuss Step 11 while creating your very own personal spirituality box
11:10 - 12:00 B Fellowship Hall	Revisiting Admittance: Steps 1, 5, and 10	Stephen M	Admittance is a central theme of recovery. Explore how these steps highlight aspects of this concept as it evolves during the recovery process.
12:10 - 1:00 Fellowship Hall	Lunch 🍗🎃 & Service Spotlight	Mark R	Writing to Prisoners
1:00 - 1:50 Fellowship Hall	Guest Speaker	Lizz O. (Virtual)	Welcome Lizz O from Rochester, New York!
2:00 - 2:50 A Room Eight	The Twelve Steps Forwards and Backwards	Aaron C.	Move through the 12 steps: build momentum, deepen understanding, and strengthen lasting recovery.
2:00 - 2:50 B Fellowship Hall	The Details of Step 10	Mel F	What is Step 10? How is it used? What does it mean? How is it structured?
2:50 - 3:00 Fellowship Hall	Closing and Prayer 🍁	Zach R	Keep Coming Back!

Write Your Own Story for the Green Book

We feel that writing your story for the Green Book is such a good idea that we are sending yet another reminder that SAA is looking for new stories to include in the Fourth Edition of the Green Book.

Please consider this noble task. There will always be someone reading the new edition of the Green Book who will empathize with your story.

If you have experience, strength, and hope, or feel you have something to share about your recovery that you are comfortable sharing with others in a publication, we urge you to help others with your pen or keyboard. Should you choose to do so, please review the following specifications from the ISO.

- As always, anonymity is very important. Your name, meeting location or any personal descriptions will not appear in the story.
- The length should be between 1000 to 3000 words with 2000 to 2500 as typical.
- A majority of the story (usually the last 2/3) should have a positive spin such as how your meetings, sponsor, service work or others have helped you. The story should tell of your experience, strength, and hope growing during your journey.
- The new story should reflect the changing technology over the last twenty years (i.e. internet pornography, questionable dating apps on smartphones, or how accountability software has helped).
- Your story will help the newcomer struggling with *today's* issues.
- To submit your story, go to the following site: <https://saa-recovery.org/gbstories>

Someday you'll see your story in a future edition of the Green Book. It's your chance to carry the message to the sex addict who still suffers. Please consider that.

The OVIG Newsletter Team

Outreach Literature Part II: for Those in Need

In the last newsletter, we presented the pamphlet "Introducing SAA to the Professional Community" which focuses on professional counselors. It is expected that counselors and psychologists will have copies of that document for distribution to clients who have sought help with addictive sexual behaviors.

In this newsletter, we now introduce two pamphlets geared toward those suffering from negative effects of sexual behavior but have not decided as to whether they are addicted to sex and may not know about our fellowship. These two pamphlets "Are your sexual behaviors causing you problems?" and "Hope and healing for women" are now described. These two outreach pamphlets would be given to those in need by a counselor, church pastor or some other professional.

They are briefly described below.

The pamphlet "Are your sexual behaviors causing you problems?" is shown below and is described in the bullet list that follows:

- This pamphlet starts with asking the reader questions about their behaviors.
- It gives a brief history of SAA and answers the question as to whether sex addiction is real and gives examples of addictive sexual behavior.
- Next, the pamphlet lists potential consequences of sex addiction, some of which the reader may have experienced.
- The pamphlet informs the reader that SAA can help and invites them to attend a meeting.
- The pamphlet also assures the reader that there is acceptance and support for them in a caring recovery community.
- Also, there are five recovery stories from individuals with experience in the SAA program.
- The stories are followed by boldface questions such as "Do I have to sign up for meetings in advance?" or "Do I have to believe in God?" An answer accompanies each question.
- Next, there is a brief paragraph about how SAA works followed by twelve questions for the reader to honestly consider.

Are your sexual behaviors causing you problems?

- Do you keep secrets about or hide your behaviors?
- Have your behaviors damaged important relationships?
- Has your avoidance of sex or intimacy damaged important relationships?
- Do you try to stop certain behaviors only to repeat them over and over again?
- Does your sexual behavior lack loving connection with self or others?

You are not alone –
[Sex Addicts Anonymous can help](#)



Hope and Healing for Women

Information about women and sex addiction

This pamphlet is for the woman who wonders if her sexual behaviors have crossed a line and are no longer healthy for her.



If so, [Sex Addicts Anonymous \(SAA\) can help](#).



Literature Committee Approved
March 2021
P2/CPC Series
©2021 International Service Organization of SAA, Inc.

Literature Committee Approved
August 2021
P2/CPC Series
©2021 International Service Organization of SAA, Inc.

Next, here is a high-level rundown of the pamphlet “Hope and Healing for Women” shown above. The bullet list that follows describes this pamphlet:

- The title page explains that its purpose is to assist women who wonder if their sexual behaviors are no longer healthy for them.
- A synopsis for the pamphlet states “Members of SAA share our experience, strength, and hope with each other so that we may find freedom from addictive sexual behavior and help others recover from sexual addiction.”
- The question “Is it possible for a woman to be a sex addict?” is answered.
- The idea that we cannot control our sexual fantasies or behaviors is shared as something common to everyone in SAA.
- There are five stories from women who share how they were powerless over their sexual behaviors.
- The pamphlet explains why some women hesitate to seek out help for their behaviors related to the double standard where men are viewed differently from women regarding “hypersexuality.”
- An important idea is presented that women should determine the effect of their sexual behaviors and realize the good news that they do not have to stay in the same dark place forever.
- That is followed by three additional stories from women explaining their experience when starting their journey in SAA and how their life has improved.
- The pamphlet ends by describing the acceptance and support received as well as how the use of recovery tools and working with others makes a positive difference.
- There is also information regarding literature and resources for women available in the pamphlet.

To download a copy of “Are your sexual behaviors causing you problems?” or read a copy online, use the link below:

<https://saa-recovery.org/literature/sexual-behaviors-causing-problems-2/>

To download a copy of “Hope and Healing for Women,” or read a copy online, use the link below:

<https://saa-recovery.org/literature/pi-cpc-series-hope-healing-women/>

If you do not have access to the internet, you can contact the ISO of SAA at the phone number or address given below and request a free copy of the documents described above.

ISO of SAA
PO Box 70949
Houston TX 77270
Phone: (713) 869-4902
Toll Free: (800) 477-8191

In the Winter 2026 newsletter we will present the last of four PI/CPC pamphlets which focus on introducing the addict to their first SAA meeting and what to expect.

Chris J.

OVIG Highlights

The Ohio Valley Intergroup (OVIG) is a cohesive assembly of single SAA groups in both Ohio and West Virginia. Our intergroup was 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 as well as future ideas or activities inside or outside the OVIG.

- The 2025 Fall SAA Retreat is just around the corner on October 25th.
- The intergroup continues to maintain a supply of literature for outreach purposes or for special needs.
- A Venmo account will continue to be available for making electronic donations to the intergroup. The current account is [@GearboxGuy](https://www.venmo.com/@GearboxGuy)
- Should your group not have a Group Service Representative (GSR) for Area-14, please consider asking someone with sobriety and time in the program to consider this position. This work takes no more than an hour or two per month and certainly helps maintain sobriety.
- Should you need information on just what a GSR does, contact this year's Delegate, Chris J. at crispyj4@gmail.com and he would be happy to supply you with information.
- The 2026 SAA Convention will be in Rochester, New York. More information will be available in future newsletters.
- A scholarship will be available for those needing assistance to attend the convention next year.
- It was announced that the Noble Correctional Institution in Caldwell, Ohio has about 800 inmates incarcerated for sexual reasons. Recent meetings at Noble Correctional have had about 15 inmates attending.
- Funds collection continues for professional outreach purposes.
- The site Homegroup.online for assisting group treasurers is now in use.
- An idea was presented to offer scholarships to people who want to attend the yearly Indiana retreat at PYOCA.

