



Winter Newsletter 2026

Ohio Valley Intergroup



Editor's Corner

Well, here we are in the snowy season. Okay, for some of us that may be a bit of an understatement. I do not know about the rest of you, but I decided this year to be a “geek” and use a tape measure to find how many inches of snow fell. I counted thirteen inches in late fall and another thirteen inches since winter solstice thanks to a recent dumping. Now, whether you like snow or despise it, you can always decide to sit in a comfortable spot with a cup of your favorite hot beverage and something to read like this newsletter or one of many recovery pamphlets or booklets published by SAA. Of course you could also curl up with a mystery thriller, science fiction, or do-it-yourself book as well.

Here is a summary of the features that you will find below:

- As always, we like to “gently” ask for those who are not donating to the ISO via Lifeline Partners to consider doing so. We continue to offer information regarding how both personal and group donations can be made.
- For the very last time, we ask readers to consider a request from the ISO to write new stories for the Green Book. Our final request (we promise!) can be found in this newsletter as the door of opportunity for writing your Green Book story has already started to close.
- In this edition, we present the third, and last, of three parts concerning outreach SAA literature offering information to new members in SAA. In this edition we present the SAA document “What to Expect at Your First SAA Meeting.”
- A friend in recovery presents how he used a helpful approach to the first three steps.
- 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 are 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 safely given from your credit 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.

Yes, group donations are accepted. A group treasurer can grab those “basket” donations and give a set amount each month as determined by a group conscience.

There is an easy way to do this.

To make a monthly Lifeline Partners donation as a group, use a smartphone text “GHAVG” to 91999. You will receive a response with a link to donate at a secure website. Or you can donate from a laptop or desktop computer 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 on how to get started. You can also call ISO at (800) 477-8191 if you don’t have access to the internet.

Green Book Story Writing: Time is running out

Some of you may read this and think, “Not again! They’ve been telling us this for a year!” Okay, we admit that is true, but the end is really near this time. The door for story acceptance is scheduled to close in February.

So, just once more, please realize that writing and submitting your story is the best way to share your experience, strength, and hope. Please take this one last chance to share your recovery, if you are comfortable doing so. Pick up the pen, grab the keyboard, talk into your AI microphone and start writing. The future of the green book depends on your willingness and work.

If 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 may 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. Just once more, please consider that.

The OVIG Newsletter Team

Outreach Literature Part III: Your First Meeting

In the last newsletter, we presented the pamphlets “Are your sexual behaviors causing you problems?” and “Hope and Healing for Women.” The first one focuses on giving someone the information they need to

determine whether they are a sex addict. The second one is for women who need to determine if they should attend SAA meetings.

In this newsletter, we now introduce a pamphlet that focuses on helping a person new to the SAA program attend their first meeting. The reader can see that, while they may be hesitant with the giant leap into their first meeting, they will soon experience acceptance from others no matter what their acting out behaviors are.

The pamphlet “What to Expect at Your First SAA Meeting” is shown below and described in the bullet list that follows:

- The pamphlet starts with an answer to the “Are your sexual behaviors causing you problems?” It has the subtitle “I think my sexual behaviors are causing me problems” followed by the question, “Now what?”
- The pamphlet emphasizes that the reader is not alone when it comes to realizing the pain of the addiction and that all of us found we would benefit from attending meetings.
- The pamphlet urges the reader to “Keep coming back” and that they will be greeted with acceptance.
- The pamphlet emphasizes that all genders, sexual orientation, ethnicity and personal beliefs are welcome.
- A structured program of recovery with tools, accountability and hope is presented.
- The pamphlet assures the reader that there are acceptance and support for them in a caring recovery community.
- A snippet from *Voices of Recovery* for August 22 also supplies some humor with the quote “expecting perverts in trench coats but finding nice, ordinary people.” Some may have experienced these feelings.
- Many of the people already attending a meeting before the reader arrives are likely to understand the reader’s challenges as they may have some or many of the same issues.
- “You can attend meetings as long as you think you may have a problem with sex addiction,” implicitly expresses Tradition Three.
- Other basic facts or instructions presented are no cost for attending, voluntary participation, anonymity, leadership, how to give an introduction, introductory readings, voluntary sharing and more.
- Recommended guidelines such as clothing, etiquette, silencing a cell phone, personal space and tips on sharing are all given to help anyone attending for the first time.

What to Expect at Your First SAA Meeting

I think my sexual behaviors are
causing me problems.

Now what?



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

To download a copy of “What to Expect at Your First SAA Meeting”, or read a copy online, click on this link: <https://saa-recovery.org/literature/pi-cpc-series-what-to-expect-at-your-first-saa-meeting/>

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

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

One last note here. There is now one more pamphlet in the PI/CPC series available from the ISO website titled "Introducing SAA to Professionals in the Legal System."

Chris J.

From Shame to Guilt

My journey through the first three steps by Joe C

When I was working on my lead with my sponsor, we went through a few iterations before I realized what I was attempting to do was come to terms with the cost and consequences of my addiction and, most importantly, my recovery. The truth of my addiction finally came to light after my wife caught me acting out again after swearing that I would stop. After that event, I attended my first SAA meeting.

It has been 10 years since that day and what I came to realize is that I was in deep shame, I even felt suicidal after the realization that I had risked everything in pursuit of this addiction. It was not like a drug, but a process of creating a fantasy world where I could act out. After getting busted by my wife, the shame was overwhelming and I started therapy using the Gentle Path method with my therapist. At around the same time I read *Power vs Force* by David Hawkins which is related to 12 step intervention in that we all must deal with the consequences of our actions and need to engage in the healing process as well.

I was at the lowest point on the Map of Consciousness scale shown below. I was in Shame rated at 20 on the scale. To go any lower would be death. I was as low as I could go. My only hope was to at least rise to the level of Guilt rated at 30. As the scale depicts, I was at the emotional level of humiliation, and the process would take me to blame as I tried to find out who to blame for my problem when obviously it was me. Maybe I was not a bad person, but I just did bad things.

As one looks at the MOC scale, this was the first step. The second step would be going through the process of Apathy, Grief and Fear, related to despair, regret and anxiety. Step 3 involved going through Desire, Anger and Pride, related to craving, hate and scorn. In essence, Hawkins' perspective suggests that the first three steps are not about fighting the addiction with force (willpower) but is instead surrendering to a higher power (power) to heal the underlying consciousness.

Editor's Note: *Reviews of Power vs Force by David Hawkins on the internet are mostly positive. In fact, some reviews are downright enlightening. Some people claim that while they found the task of grasping Hawkins' work challenging, they later experienced benefits after they finished the book.*
Just think. This book could be another reading material pursued when you are in that comfortable spot with your favorite cup of hot beverage.

Map of Consciousness

Developed By David R. Hawkins

	Name of Level	Energetic Log	Predominant Emotional State	View of Life	God-view	Process
Spiritual Paradigm	Enlightenment	700-1000	Ineffable	Is	Self	Pure Consciousness
	Peace	600	Bliss	Perfect	All-Being	Illumination
	Joy	540	Serenity	Complete	One	Transfiguration
	Love	500	Reverence	Benign	Loving	Revelation
Reason & Integrity	Reason	400	Understanding	Meaningful	Wise	Abstraction
	Acceptance	350	Forgiveness	Harmonious	Merciful	Transcendence
	Willingness	310	Optimism	Hopeful	Inspiring	Intention
	Neutrality	250	Trust	Satisfactory	Enabling	Release
Survival Paradigm	Courage	200	Affirmation	Feasible	Permitting	Empowerment
	Pride	175	Scorn	Demanding	Indifferent	Inflation
	Anger	150	Hate	Antagonistic	Vengeful	Aggression
	Desire	125	Craving	Disappointing	Denying	Enslavement
Survival Paradigm	Fear	100	Anxiety	Frightening	Punitive	Withdrawal
	Grief	75	Regret	Tragic	Disdainful	Despondency
	Apathy	50	Despair	Hopeless	Condemning	Abdication
	Guilt	30	Blame	Evil	Vindictive	Destruction
	Shame	20	Humiliation	Miserable	Despising	Elimination

OVIG Highlights

The Ohio Valley Intergroup (OVIG) is a cohesive assembly of single SAA groups in 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, here are things accomplished, as well as future ideas or activities inside or outside the OVIG.

- The intergroup continues to maintain a supply of literature for outreach purposes or for special needs.
- A quick link for donating or making payments to the Ohio Valley Intergroup is below. This QR code takes you to the OVIG page of the HomeGroup.Online site. Scan the code with a standard QR scanner and when you see “Ohio Valley Intergroup of SAA” at the top of the payment page, fill in the requested information and click “Next.”
- Should your group not have a Group Service Representative (GSR) for Area-14, please consider asking someone in your group to accept this position. This work takes no more than an hour every three months and an additional hour or two when the annual conference draws near. GSR service, as with other forms of service, certainly helps maintain sobriety.

- Should you need information on just what a GSR does or what happens at the annual ISO Conference, contact the 2026 Delegate, Chris J. at crispyj4@gmail.com and he will try to answer your questions.
- The 2026 SAA Convention and Conference will be in Rochester, New York. More information will be available in the next newsletter.
- A scholarship will be available for those needing assistance to attend the convention coming up in May.
- 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.
- Scholarships are often available to people who want to attend the yearly Indiana retreat at PYOCA but may not have the financial means to do so. When September draws close, check on availability of funds.

(Image to scan with a QR reader for going to the OVIG page of HomeGroup.Online)



Have a happy and healthy winter!

The OVIG Newsletter Team

