

The Check IN

Volume XXVI-2

“... Spiritual Progress Not Spiritual Perfection ...”

Spring 2019



Annual Picnic June 22

Why is it important for SAA members to socialize? Addiction is self-centered. The longer we have suffered from addiction and the further we have been drawn in to it, the more we have lost the ability to connect with other people on a human level. Our addiction may also have cost us many of our former relationships. It is important, then, that

we begin to build new relationships and practice how to interact with others on a non-sexual basis. Socializing also allows us to celebrate the progress that we have made. And, on top of that, the food is great and the day is fun.

IISAA will celebrate our annual picnic on June 22 at Moose Lodge 17, 7055 E. 16th Street (just east of the intersection of Shadeland Avenue and 16th Street) on the east side of Indianapolis. The area is served by several Indy-Go bus routes.

Intergroup provides hamburgers, hot dogs, brats and drinks. Each person/couple is asked to bring a covered dish to share.

The day will provide lots of opportunities to visit, compete in Bocce Ball, volleyball, Frisbee throwing and/or play cards or board games.

Enhance your recovery while enjoying a day outdoors. Join us on June 22 for Noon until 5 p.m. Serving will start at 1:00 p.m.

Meeting Updates

The Indianapolis, Wednesday, Early Risers Meeting at St. Luke's UMC has disbanded.

The RCA meeting listed at the bottom of our directory has changed its schedule to meeting *weekly*. The time and the location remain the same.

Step Workshop Correction

There was an error in the information concerning the times for the new Step workshop on Indy's west side. The correct data is:

Day: Thursday
Time: 5:30 – 6:55 p.m.
Place: Chapel Hill UMC
Room: 105
Contact: John A. 317 985-0843



Intergroup Elections Loom

Each SAA meeting group in Indiana is entitled to have *two* full representatives on the Indiana Intergroup of Sex Addicts Anonymous (IISAA),

Intergroup Representatives serve during the fiscal year which runs from July 1 through June 30. IISAA officers are elected from among the IISAA Representatives at the July meeting to serve for the remainder of the fiscal year.

It is now time for each group to begin considering who is best qualified to represent the group for the 2019-2020 fiscal year.

When each group sends two representatives to Intergroup, there are more hands and minds to carry out the work. One representative is better than none. In fact, if a group cannot get a volunteer to commit to one two-hour meeting on the second Saturday of each month, it is better to have someone present at least once each quarter than for the group to never have a say in the operation of the local SAA fellowship.

Service to the fellowship and to the addict who still suffers apart from us is a fundamental principle of our program. Membership in IISAA is a great way to do that.

volunteer
do good, feel good

From the Editor

Principled Living

This issue of *The Check-IN* brings to a close IISAA's 2018-2019 fiscal year and with it our program of work theme "*Principles of Recovery*."

As recovering addicts, who tend to be focused on the practical aspects of recovery and getting through another day sober and serene, we may not take the time to consider the principles that underlie our program; nonetheless, the Twelve Step program still works.

Those of us who have made it to Step Eleven and are trying to "*improve our conscious contact with God as we understand God*" may be beyond the nitty-gritty, detailed work required for extricating ourselves from sexual addiction. We may now be searching for long term values to guide the remainder of our life journey. That is what the principles of recovery provide.

*"Love is the
supreme, unifying
principle of life."*

Martin Luther King, Jr.

The pain of our addiction led us to make unprincipled decisions. We were self-absorbed, obsessive, compulsive people laser-focused on getting our perceived needs met. What we really sought was immediate relief from living our lives in an imperfect, pain-filled world. Lacking the necessary tools, strategies and/or emotional capacity to face our pain and to work through it, we turned to the quick fix of addictive behaviors.

As we entered recovery, the fog of addiction began to lift. Then, as we worked the Steps, a clear and unflattering picture of what we had

True beauty
is not related
to what color
your hair is,
or what color
your eyes are.

True beauty is
about who you are
as a human being,
your principles,
your moral compass.

Ellen DeGeneres

become came into sharp focus.

Realizing how far we had sunk and how much harm we had done, we became painfully aware that we were not the people that we were created to be and longed to be.

Each of us has a basic need to love and be loved, not only by others but by ourselves.

Our path toward recovery led us to drop our character defects replacing them with value-rich, moral strengths. Strengths like; honesty, hope, faith, courage, integrity, willingness, humility, brotherly love, discipline perseverance, spirituality and service. These "*principles of recovery*" are the traits that have brought us out of active addiction. They are the rewards of all of our hard work; and, and they allow us to once again love ourselves and to return to living principled lives.

Peace

Mike C.

Sponsorship Workshop

The fourth annual IISAA Sponsorship Workshop was held on Saturday, February 2 at Second Presbyterian Church.

The 24 participants, including three from the Dayton, Ohio area, got reacquainted over coffee and donuts, before starting the day with a group check-in.

Chris F. presented the first session, in which he explored sponsorship from the point of the principles contained in the 12-Steps.

After a snack break, **Chris C.** provided a "big picture" view of sponsorship focusing on how sponsorship is about connection and meaning which lead to truth and a relationship with a Higher Power.

The final session of the day was by a panel composed of **Bob K., Jim J.** and **Mark R.** The discussion highlighted the need to "work" the Steps. They pointed out that there are many "educated addicts" who have *studied* the 12-Steps and know a lot about recovery programs, but who have yet to *work* a strong 12-Step program of recovery. Sponsors are an ideal resource for those who are ready to do the work.

Planning for the next Sponsorship Workshop is underway. The 2020 workshop is tentatively scheduled for Saturday, February 1. Contact **Ted D.** (317 372-2294), if you would like to help.

The **Check  N** is the newsletter of the Indiana Intergroup of Sex Addicts Anonymous (IISAA) and is published quarterly.

The **Check  N** is provided free of charge to SAA members and others upon request.

Material for inclusion in the newsletter, permission to copy all or part of the newsletter, or comments for improving this publication may be addressed to:

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The Twelve Steps and the Shadow Effect

Bill W.

As a sex addict, I have struggled all my adult life with a deep divide within me. Part of me desperately wanted to stop my self-destructive behavior. The other part was equally convinced that I should give in to my addiction and go hog wild.

The beauty of the 12 Steps is that they encourage these two parts of me to talk to each other. But more than this, the dialog between the two sides is guided by my Higher Power. You see, when I was in my addiction, I had little awareness about the consequences of my behavior. Once I got into recovery, I had trouble understanding why I had been driven to do all the crazy things I did to feed my addiction.

The famous Swiss psychiatrist, Dr. Carl Jung, wrote about how each of us has a *shadow* part of our personality. The shadow is the part of ourselves that we find unacceptable, unworthy and unlovable. The shadow part of us is everything we hide from others. We all have the “nice” part of our personality that we present to others as being who we really are. The shadow contains parts of us that we find too painful or embarrassing to accept; it is the part of my personality that drives my addiction.

I was often unaware that I even had a shadow. That is why it is so valuable to work the 12 Steps of SAA. The Steps ask me to

acknowledge and accept my shadow part. I will never get rid of my shadow. In fact, my shadow is part of what makes me who I am. By acknowledging and loving that part of myself, I can learn to work with it. The shadow will try to forbid from even looking at it. This is how I was able to keep the opposing parts of me separate. My shadow is not trying to hurt me, although it may look like it sometimes. It is crying out to for love and acceptance.

When my shadow urged me to act out, I used to attempt to ignore or suppress it. Of course, this didn't work, because sooner or later I would give into my addictive desires and act out. I would then feel deep remorse and vigorously criticize myself as unlovable. Like all of us, I needed to feel loved; so, I would self-soothe to try to feel better. Unfortunately, the way I would often choose to feel better was to act out again. Thus, the cycle repeated itself.

Step One allows us to admit that *we were powerless over our addictive sexual behavior and that our lives had become unmanageable.*

Step One was a revelation to me, because I was totally unaware of how powerless I had become over my addiction. I was also unaware of just how unmanageable my life had become.

Steps Two and Three allowed me to see that I no longer had to rely on my own unsteady willpower. I *came to believe that my Higher Power could restore me to sanity.* By making a decision *to turn my will and my life over to the care of God,* I could step out to either engage or resist my addiction.

I have been learning to be rigorously honest with my sponsor and others in the program. My shadow urges me to keep secrets from people. That is why they say, “we are only as sick as our secrets”. By bringing my secrets into the light, their power evaporates.

I have worked all of the 12 Steps several times. I recently completed Step Four, *Made a searching and fearless moral inventory of ourselves.* This Step revealed important parts of my shadow. By listing the fears, resentments and the conduct I am ashamed of, I am forced to look at areas I normally deny or avoid. These are prime traits that I find unlovable about myself. I am continuously amazed at how powerful this work is in getting at the root cause of my addiction.

Literally, millions of people have found freedom from their addiction with the help of the Twelve Steps.

This power is revealed when I take the Fifth Step, *Admitted to God, to ourselves and to another human being the exact nature of our wrongs.*

Step Six says *we were entirely ready to have God remove all these defects of character.*

I have a list of my character traits. It includes positive assets as well as negative character defects. I find this list to be extremely helpful.

A few months ago, I had a slip in my recovery. I used my list to identify several defects that were involved in my slip. These were lust, self-indulgence, fear of abandonment and feeling separate from others. As a result of this slip, I worked with my sponsor

See, Shadow, page 8



What Are the Principles of Recovery?

Principles of Recovery is the IISAA 2018/2019 theme. Unlike the Steps and Traditions, the Twelve Principles exist in multiple forms and variations—all quite similar, but not strictly defined (*A Gentle Path through the Twelve Principles*, Carnes, 2012, p.4). The table below lists each Step and one or more terms that describe the principle revealed in that Step (AA's preferred terms are italicized). Individual perspective is reflected in the term(s) used to describe each principle. We explore the Principles in *The Check-IN* and at the retreat and spring workshop.

STEP NO.	STEP	PRINCIPLE
ONE	We admitted we were powerless over addictive sexual behavior - that our lives had become unmanageable.	Acceptance <i>Honesty</i>
TWO	Came to believe that a Power greater than ourselves could restore us to sanity.	Awareness <i>Hope</i> Surrender
THREE	Made a decision to turn our will and our lives over to the care of God as we understood God.	Commitment <i>Faith</i> Spirituality Trust
FOUR	Made a searching and fearless moral inventory of ourselves.	<i>Courage</i> Honesty Responsibility
FIVE	Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.	<i>Integrity</i> Openness Truth
SIX	Were entirely ready to have God remove all these defects of character.	Honesty <i>Willingness</i>
SEVEN	Humbly asked God to remove our shortcomings.	Courage <i>Humility</i>
EIGHT	Made a list of all persons we had harmed and became willing to make amends to them all.	<i>Brotherly Love</i> Commitment Justice Reflection
NINE	Made direct amends to such people wherever possible, except when to do so would injure them or others.	Accountability Amendment <i>Discipline</i> Responsiveness
TEN	Continued to take personal inventory and when we were wrong promptly admitted it.	Commitment Patience <i>Perseverance</i> Trust Vigilance
ELEVEN	Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.	Attunement Faith Meaning <i>Spiritual Awareness</i> <i>Spirituality</i>
TWELVE	Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.	Charity Generativity <i>Service</i>

The Principles Found in Steps Ten, Eleven and Twelve

Having completed the demolition and rebuilding phases of our recovery journey, we now turn our attention to maintenance.

Steps Ten, Eleven and Twelve arm us for the ongoing battle with addiction in our lives.

Step Ten, *Continued to take personal inventory and when we were wrong promptly admitted it*, is activated when we practice **commitment, patience, trust, perseverance** and **vigilance**.

The statement, “*Once an addict always an addict*”, speaks to the reality that there is no cure for addiction. Having completed Steps One thru Nine has no doubt given us new clarity and insights into the exact nature of our wrongs and their consequences. These Steps have also provided us with opportunities to acknowledge the harm we have caused ourselves and others and to amend our lives so as to avoid repeating those transgressions.

Going forward, we must **commit** ourselves to **vigilance** in addressing our addictive impulses, lest they once again get the best of us. Just as our addiction is patient, so must we **patiently** continue to work our program of recovery, **trusting** that the work we have done so far will not be in vain, as long as we **persevere** in our efforts to hold our addiction at bay.

Where will we find the strength and endurance to continually reassess our lives and our recovery efforts? Certainly not within our own unsteady will power. Rather, we must reach out to whatever “power greater than

ourselves” has been revealed in our Step work, remembering that the Twelve Steps are a spiritual program of recovery.

Step Eleven, *Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out*, calls us to **attunement, faith, meaning, spiritual awareness** and **spirituality**.

It has been proffered that “*prayer*” is talking to God and that “*meditation*” is listening for His response.

Early on in working the Steps, we, “*Came to believe that a Power greater than ourselves could restore us to sanity*” (Step Two); and we, “*Made a decision to turn our will and our lives over to the care of God as we understood God*” (Step Three).

By the time we arrive at Step Eleven, we should have a much clearer **spiritual awareness** of “the God of our understanding.” Whatever that concept is, it is now time for us to **attune** our will with that of our Higher Power. Hopefully, our lives have greater **meaning** based upon the **trust** that we have developed in letting go of our misguided attempts to control our own lives and the realization that true **spirituality** requires us to trust that the Higher Power we have chosen will lead us to a better, more fulfilling life. We are directed to continually seek the will of our Higher Power and to carry that will out in our lives.

And so, we have finally reached the culmination of the Twelve Step process. Our journey, however, is not complete. *Having had a spiritual awakening as the*

result of these Steps, we (are challenged to try) to carry this message to other sex addicts and to practice these principles in our lives. To do so will require **charity, generativity** and **service** on our part.

At the lowest point in our lives, other addicts freely shared with us the experience, strength and hope that they discovered on their own journey through the Twelve Steps. Their willingness to give away what they had received was more than adherence to the call of Step Twelve; it was rooted in their own experience of **charity** as provided to them by their Higher Power and the kindred spirits they met on the road to recovery.

Generosity is more than the giving of one’s excess; it is freely offering one’s *self* to encourage others. It may require the disclosure of one’s personal story as well as the sacrificing of one’s time and energy in order to **serve** the needs of another person or the broader SAA fellowship.

Step Twelve calls upon each recovering person to openly and gratefully share the gifts that they have received with their fellow pilgrims who are on a quest for an addiction-free life. It also challenges each of us to continue the process of recovery.

Arriving at Step Twelve is not the end of our journey. It is a call to enter more deeply into recovery by repeating the process of working the Steps. We may do that by cycling back to Step One and repeating the entire process; or, we may selectively rework an individual Step or apply the entire process to some newly revealed character defect or problem in our life.

Editor's Note:

The phrase, don't "*shine me on*" can be found in two songs by that name performed by Frankie and The Del Stars (2011) and Robot Raven (2015). It is used in various parts of the country to mean:

- Don't brush me off
- Don't patronize me
- Don't be insincere
- Don't mislead me
- Don't disrespect me

Shine Me On?

Alex S.

What do you believe? What do you think? Important questions to be sure; and yet, I want to get through that phase, past the surface veneer, I don't want to just "shine you on," or have you "shine me on." I want to get on to what you *know*. What you know in your heart.

Alright, as a semi-retired contractor, I know the old cliché: *Never discuss religion or politics with your customers*. I am also aware that things are so volatile nowadays you can't even discuss issues within your own family.

At least, in our meetings, we can share "the way we used to be, what happened, and what we are like now."

Your willingness to share gives me the courage to share something I probably don't like very much about myself, not only "the way I used to be"; but, the way that I still am, too often. You help me expose it to the light of discovery, and thus, diminish its power, diminish its hold over me.

Only God knows when we shall witness such revelations on a larger scale, in our religious,

political, and entertainment institutions. That one day we **shall** witness such dialog, I have no doubt. What is a trickle now will become a **flood**!

Meanwhile, in reading the SAA literature, I have found that many former addicts have felt that a partnership, a business, a church membership, a prestigious leadership position--whatever the Next Big Step--would solve their core addiction. Alas, again and again, we found ourselves acting out and suffering the resulting shame.

Several months ago, my acting out became so extreme that my wife had to leave me and I had to leave my spiritual community. Once again, I had to at least try to look at my core issues.

My wife still loved me, and I her. She even found me an affordable room in a nearby town. Alas, I could not find any paying work in the area. Everyone kept "*shining me on*." Returning to my on-again-off-again job with a construction company was no longer suitable either. My bosses had observed my behavior becoming increasingly manic, even as I tried ever harder to hide my addiction.

Suddenly, a job opened up in a city where I had worked before. But I had never lived there full-time. I had always returned home to the country on weekends and days off. I had not lived full-time in a city in almost 50 years. Talk about a deer in the headlights!

By the grace of God, the job also led to an opportunity to live in a beautiful room overlooking a river, in a park-like section of town. A woman lived downstairs and we had to share the bathroom and kitchen, which was an uncomfortable situation for me.

But, she had taken in "strays" before, people who needed a hand up. I have tried always to be grateful as, honestly, I was one step from the mission, one step from living on the street.

Then, my contractor/friend/partner went on a binge. "OK", I said to self, "he's done this before, he'll return". But, he did not. All these months later though, he still lives nearby and has made promises, even entertained the thought of coming to a meeting with me. I see him very rarely; and, it may be that God is protecting me, because he and his friends can trigger my inner addict.

Then, my landlady broke her leg, and asked me to house-sit for her while she went first to the hospital and then into rehab. This lady, who had already been living in recovery from cancer, suffered from anger and depression. Now, another straw was added to the camel's hump.

I went to visit her almost every day. Slowly, we became friends. Deeper than the "shine-ons," we recognized a mutuality of needs. I could fix up her house, little by little. She could give me a roof over my head. I didn't have to find a street corner and hold a cardboard sign.

Yet, my loneliness still deepened. I dined out, often just to share a friendly, gentle word with a host/ hostess or waiter. Never mind my profligacy with money, yet another aspect to my addiction complex.

Suddenly, my wife wanted to see me again. Perhaps there was hope for our marriage after all. One day, early on, I had texted her in desperation: "My best

See, *Shine Me On*, page 7

Shine Me On, from page 6
friend, my dearest friend, how can I live without you.” At that time she had come to see me and we took a walk in a park on a beautiful day. She tried to make me cognizant of my behaviors and the damage I had caused, emotionally and financially—but, I shined her on.

The next time, when **she** reached out to me, we met, and I was a bit more honest. When I hesitated, though, she said, "Oh, I don't even want to know." A fuller disclosure and amends still await.

When she phoned a few evenings later, after she had returned to our hometown, I was busy acting out. I shined her on again, even as she was suffering a panic attack.

In desperation, the next night I attended my first SAA meeting.

I still shine people on, at times. And they shine me on. But, so very much better is how we shine our lights into each other's darkness; shining **in** and shining **out** both together, not having to shine **on**.

I have now attended a meeting almost every day for nearly five months.

My Story

Philip S.

My name is Philip, and I'm an inmate at FCI Elkton in Ohio. I am serving a 20-year sentence for the production, distribution and possession of child pornography. I **am** guilty of my crime!

As of the 29th of December, 2018, I had 623 days clean time. No pornography, no images, no sex, and no masturbation. That is the longest amount of clean time I have had in roughly 18,452 days

or the 50 years of my life. That is a lifetime of sexual secrets and sin.

In that 50 years, I have caused a tremendous amount of damage. As a result of my selfishness, marriages were destroyed; relationships were ruined and lives were lost.

How do you repay a lifetime of hurt and sin? "One day at a time!" If you are reading this and you are harboring a hidden sexual secret, go to one of the brothers in the group and confess your hurt. **Don't wait till the police or the FBI get ahold of you!** You will get caught! Believe Me! And, when you do get caught, you will wear your conviction/sentence as a badge of dishonor for the rest of your life. For the rest of your life!

If you feel uncomfortable sharing everything, share what you can; then, pray to the Lord about the rest. Follow the Steps: Step 1: *We admitted that we were powerless over our "sexual sin/addiction" that our lives had become unmanageable . . . etc.* Try putting your heart into recovery and confession as much as you put it into the hiding, stealing, abuse and lying you did while acting out. You'll be surprised how much you can accomplish.

I never thought that I would get away from sexual sin/addiction. I prayed to the Lord every day to stop it. My anger was becoming evident to others and I was even having thoughts of driving my car into oncoming traffic or placing my 9mm in my mouth. Thank the Lord that He answered my prayer and had me arrested. You may ask, "*How can being arrested be an answer to a prayer?*" For the first time in 50 years I have **peace**--a peace that surpasses all

understanding. And, I had to come to prison to find it. No more hiding, stealing, cheating or lying to others. I am safer in here than those in the world. Walls don't keep me imprisoned. Sexual sin kept me in prison.

Please don't end up in here. As a gift from the "The Lord", I am sending this warning today. Put your whole life into "Recovery"! Don't wait for tomorrow. We don't have tomorrow as a guarantee.

A Powerful New Recovery Tool

When the new SAA daily meditation book, *Voices of Recovery*, became available at the end of 2018, I ordered copies for myself and each of my sponsees. Based upon my experience in using the previously published, weekly booklet of the same name, I was confident that the new publication would prove to be a valuable resource to add to my recovery toolkit for use on a daily basis.

Having begun each day for the past three months reading the meditation of the day and contemplating its message, I can report that this tool has exceeded my expectations. There is a wealth of practical experience, strength and hope expressed through the voices of members of our fellowship who have the lived experience of battling sexual addiction.

There has not been a day when I have not related to and been inspired by the wisdom presented in that day's submission from a fellow sex addict. My home group begins each meeting with a reading from the book.

See, *Voices of Recovery*, Page 10

Shadow, from page 3

and added several new behaviors to my Inner Circle. By tightening up my bottom line, I am more sober than I have ever been in my life.

I continue to use my list of character defects any time I have an emotional upset that troubles me. I can look at my list to see which character defects are involved. This allows me to see how I've gotten off track without judging myself. This is the essence of Step Seven, *Humbly asked Him to remove our shortcomings*.

Step Eight is, *Made a list of all persons we had harmed and became willing to make amends to them all*. This is also prime shadow territory. This is one of the most powerful Steps. How do I know? Because it is the one that people most often avoid. Who wants to look at all the harm we have done with our self-centered behavior. The degree to which I want to resist this Step equals the degree of freedom I will gain from my addiction, once I complete it. Ironically, it is these hidden aspects that need the most attention and self-love.

When we locked away the parts of ourselves that we didn't like, we unknowingly sealed away a part of ourselves. The reason for doing Step work is to become whole and stop hiding from ourselves. Once we do this, we can stop hiding from the rest of the world.

I cannot make long term progress toward sobriety until I embrace the shadow part of me that is driving it. Only when I compassionately embrace that part of me can I love and accept my shadow.

Because my shadow is largely unconscious, it always perplexed me as to why I wanted to act out all the time. My shadow urged me to act out to help me feel safe and powerful. The irony is, once this automatic response became an addiction, I became powerless over it.

Because I was abused in different ways by both of my parents, my shadow was in a constant search to help me feel safe.

When I was young, my dad abused me by giving me frequent spankings. He continued to criticize me verbally as I got older. My addiction is an attempt to resolve my inner conflicts by helping me feel safe from my father's wrath.

My mom was expecting a girl when I was born. When I was about nine years old, she asked me to cross-dress with her several times. Part of my pattern of acting out was a compulsive desire to cross-dress. This was my shadow attempting to help me feel the closeness with my mom that I missed while I was growing up. The feelings of being safe or loved by my mom only lasted as long as I acted out. After I was done, I was filled with remorse and confusion over why I was feeling so compulsive.

Each time I acted out I was recreating the abuse that I received as a child. I was continually hurting myself in an attempt to quiet my shadow. Being more aware of my shadow, I can choose more appropriate ways to love myself. Today, I have over five years of not cross-dressing.

The shadow contains gifts that can make me whole. There is

probably no way to get rid of my shadow. The only way to integrate my shadow is with awareness and compassion.

The Promises of the 12 Steps are made manifest when I complete the Ninth Step, when I have *made direct amends to such people wherever possible, except when to do so would injure them or others*.

I did a Ninth Step recently with my adult son because, a few times in the past, I had used his computer to act out. Once I made amends to him, I felt much better. He took my apology well and I have not touched his computer since then. When I knew I would have to repeat my amends to him, if I again misused his computer, my attitude totally shifted from, *"Let's see what I can get away with"*, to, *"there is no way I want to break my promise to my son"*.

When I do a Ninth Step, I am telling on myself; and, it shifts the entire dynamic.

The remaining three Steps 10, 11, and 12 are maintenance Steps that keep me from slipping back into my old behaviors.

Step Ten is, *continued to take inventory and when we were wrong, promptly admitted it*. This Step keeps my shadow in check.

I have a bottom line of no unsupervised web use, because I know that the compulsion to act out on the web may return at any time. Now, if I need to look something up on the web I ask my wife to help me. This has been a huge breakthrough for me. Before I made this change, I never dreamed that I could put the cork in the bottle by getting off the Internet. In the past, when people

See, *Shadow*, page 9

Shadow, from page 8

at a meeting would share how they were able to use the Internet responsibly, I would think, “that’s great for them, but I could never do that.” Now, with my computer use boundaries, I know I will always be safe.

The Eleventh Step has helped me to improve my conscious contact with God. For the first time in my life I am praying for myself and praying for others.

The Twelfth Step is, *having had a spiritual awakening as the result of these Steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.* I am currently helping to run a Step Study group. I am also active in volunteering with several other groups. I find that this has definitely helped me to stay sober. I get way more out of volunteering than what I put into it.

As I mentioned, I cannot get rid of my shadow; but, I can use the 12 Steps to work with my shadow to gain peace and serenity.

Open Meeting Continues to Need Experienced Members

What if you were invited to a party and when you showed up the hosts were not there?

That is what it is like when people attend the only Open SAA meeting in Indy and there are few, if any, experienced program members present.

The primary purpose of every SAA group is *to carry its message to the sex addict who still suffers.*

Relative newcomers are not yet familiar enough with the SAA message of recovery to share it

with first time attendees. And, that is where the need comes in for experienced members of the program to share their experience, strength and hope as it relates to addiction and recovery.

Can *you* make the time on a Thursday evening to attend the Open Meeting on an occasional or a regular basis?

Here are the meeting details:

Thursday

Indianapolis

SAA Open Meeting

Weekly 6:30 p.m. ? ♀ ♂

Central Christian Church

701 N. Delaware St. 46204

Park in lot across from church

Enter Door 1; upstairs to the Parlor

More Info: Jim F. (317) 525-0968

Is Your Meeting Listing Up-to-Date on the ISO Website?

The ISO of SAA no longer requires meeting groups to register each year. Once a group has registered with the ISO, its information remains the same, unless and until the ISO is notified of any changes.

The down side of this policy is that many groups do not update their listings with the ISO. Then, when someone who is looking for an SAA meeting goes to the ISO website, they get incorrect information.

Given how hard it is to make that initial effort to find an SAA meeting, if the information a person receives is incorrect, the person may not try again.

Please check your group’s meeting information at saa-recovery.org and correct it as necessary.

The Fate of the Retreat

Reena W.

Each year, in October, people gather at Camp Pyoca for the annual IISAA Fall Retreat.

Many of you have enjoyed the weekend escape to Brownstown, Indiana to participate in recovery and fellowship. Meetings, breakout sessions and nature are just a few things that attract people year after year. Each attendee has the option to do everything on the schedule or just sit back and relax. The retreat is what you make of it.

Time spent at Camp Pyoca can be beneficial to the mind, body and spirit. We come to the camp to learn about recovery and ourselves. We challenge our way of thinking and open our minds to new ideas.

Since 2012, I have been fortunate enough to attend this amazing event. Each year, I leave Pyoca feeling my recovery has been rebooted and renewed. I can personally say that the retreat is a highlight of my year. When I arrive, I look forward to seeing old friends and making new ones.

The 25th IISAA retreat is this October, but the future of the event is not secure. Mike C. has chaired the retreat for 23 of the past 24 years, but has stated he will be stepping down after this year.

This retreat is important to me and I want to see it flourish for years to come. I hope others feel the same way I do. In order to ensure the success of the retreat, planning needs to start now.

See *Retreat*, page 10

January Intergroup Meeting Cancelled

The January, 2019 meeting of Intergroup was first rescheduled and then cancelled.

Intergroup regularly meets on the second Saturday of each month from 4 until 6 p.m.

When the Indianapolis Colts won their first playoff game, they were scheduled to play the Kansas City Chiefs in the second round on Saturday, January 12, (the second Saturday of the month) at 4:35 p.m.

After several people indicated that they really wanted to view the game, it was determined to move the meeting from the 4-6 p.m. slot to a 1-3 p.m. timeframe.

Then, Mother Nature intervened. A major snow storm (7-10 inches) was forecast for the Indianapolis area and the police asked people to stay off of the roads.

Rather than putting Intergroup members at risk, the decision was made to cancel the meeting.

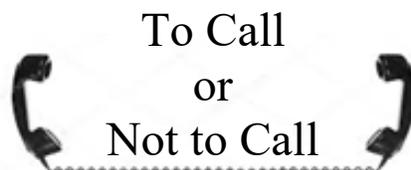
Packets containing copies of the winter edition of *The Check-IN* and IISAA fellowship Directory, which were due to be distributed at the meeting, were mailed to each SAA group for which we have a valid mailing address. If your group did not receive a packet, please contact Colin T., the IISAA Corresponding Secretary, (317 509-1011) and provide him with current contact information for your meeting.

Voices of Recovery, from page 7

Voices of Recovery can be ordered through the ISO of SAA bookstore (saa-recovery.org). The book retails for \$12.00 plus \$8.00 shipping and handling. S&H is less on multiple copies.

You might want to consider polling your home group to see if there are others who would like to place a group order.

I have heard from most of my sponsees that they, too, have found the expanded version of this publication to be a powerful new resource for recovery.



Chris C. has put together a new flyer entitled *Suggestions for Making Phone Calls to Newcomers*. This document encourages meeting groups to make follow-up calls to newcomers, rather than leaving the burden of calling with the newcomer. Several groups have found success in retaining newcomers using this approach.

Retreat, from page 9

Mike makes the job of retreat chair look easy, but there is a tremendous amount of planning that goes into the weekend.

Intergroup needs volunteers who are interested in making a difference and helping this event continue.

The major roles/functions that need to be filled include:

- Theme Selection & Execution
- Menu Planning & Meal Prep
- Program Scheduling
- Publicity & Retreat Materials
- Retreat Director
- Registration & Cabin Assignments
- Budget & Planning
- Camp Clean up

If you feel called to volunteer please let your meeting's Intergroup representative know.

Seeds of Greatness

by Denis Whitley

Submitted by Tom L.

Addictive Robot?

I have a little Robot
That goes around with me:
I tell him what I'm thinking,

I tell him what I see.

I tell my little Robot

All my hopes and fears;

He listens and remembers

All my joys and tears.

At first my little Robot

Followed my command;

But after years of training

He's gotten out of hand.

He doesn't care what's right or wrong

Or what is false or true;

No matter what I try — now;

He tells **me** what to do!

THOUGHT

*Man controls the input to his mind,
but the mind controls the man.*

2019 Calendar

April

13 IISAA Spring Workshop
Principles of Recovery

13 IISAA Meeting, 4:30 p.m.
(at North UMC)

May

11 IISAA Meeting, 4 p.m.

24-27 SAA Convention, Houston

June

8 IISAA Meeting, 4 p.m.

22 Picnic, Noon – 5:00 p.m.

30 **Check IN** Deadline

July

13 IISAA Meeting, 4 p.m.