

The Check IN

Volume XXVIII-2

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

Spring 2021

Louisville Meetings Seek to Join Indiana Area

The transition from SAA being structured by regions to being organized by areas has been ongoing for years. As of the 2020 area-based ISO International Conference, the SAA membership gained a more localized voice in the business of the ISO.

In early discussions, the Indiana SAA groups considered dividing the state into three Areas. However, at our first Area Assembly in 2018, groups from throughout the state made it clear that they preferred to have all Indiana SAA groups in the same Area. And so, the Indiana Area of SAA was created.

The Indiana SAA Fellowship has a strong history of being well organized in carrying the SAA message to the addict who still suffers. Other states and parts of the country have not had the benefit of so solid a recovery tradition.

Our neighbors to the south in Kentucky have several strong pockets of SAA meetings. However, they do not have a strong statewide presence. So, rather than trying to create an Area comprised of only Kentucky based SAA groups, the Louisville SAA Intergroup has requested to join the Indiana Area of SAA.

Doing so would create some obvious issues; for example, what name would the new Area go by? The request for the Louisville groups to affiliate with the Indiana Area of SAA will be discussed at our 2021 Area Assembly on August 14.

26th Annual Spring Workshop to be Virtual



Last year at this time, we were just entering into the Covid-19 pandemic. To prevent the spread of the virus, the 25th annual IISAA Spring Workshop was held via teleconference. And, while it was not as robust a recovery experience as a face-to-face workshop, those who participated found it valuable.

This year, as we are hopefully looking at the tail end of the pandemic, the 26th annual Spring Workshop, *Connections in Recovery*, will be held on Saturday, April 17, via ZOOM.

Session One 9:00 a.m.

Session Two 10:30 a.m.

Session Three 1:00 p.m.

Session Four 2:30 p.m.

There is no charge for attending the workshop. The Zoom Meeting ID is 554 501 9127; the Passcode is 121212. Contact **Jeff W.** at **317 341-4012** for more information or to volunteer your services.

2021/2022 Theme Announced



On the Road to Recovery

Recovery is not a destination, it is a journey. Addicts use the term “*recovering*” rather than “*recovered*” as an acknowledgement of this reality. During the IISAA 2021/2022 fiscal year, our program of work will focus on the experience, strength and hope we receive while *On the Road to Recovery*. We will explore this topic at our fall retreat, our spring workshop and in articles in *The Check-IN* throughout the coming year.

From the Editor

WHAT HAPPENED TO YOU ?

Most human beings develop into happy, healthy, self-actualized individuals. And then, there are those of us who become addicts.

Why is that?

What happened to you and me that caused us to become insane? And, make no mistake about it; addiction is a form of insanity. So, what trauma did each of us suffer that led us to seek solace in a substance or behavior that later developed into a full blown, destructive addiction? And, how did we end up addicted to sex, as opposed to some substance or other behavior?

I suffered from a lack of effective parenting. Things that my father failed to teach me left me ill-equipped to deal with life on life's terms; I was sexually molested; and, my religious upbringing promoted an exaggerated sense of guilt and shame.

The lack of worth that I felt created self-hatred, low self-esteem, and made it difficult for me to see myself as a valuable person. Instead, I saw myself as unloved and unlovable.

The pain of any one of these, let alone the combination of all of them, may explain why I was predisposed to addiction.

The effects of my father's drinking soured me to alcohol, which saved me from alcoholism. I feared both recreational and prescription drugs, which kept me from becoming a drug addict. There was not enough food available in my family for me to become a food addict. And, even though I began working as a preteen, I never had enough

money for spending or gambling to develop into an addiction. So, I guess that I became a sex addict by default.

However, no substance or behavior caused me to sink into addiction.

My own sense of worthlessness and my perception that I was not loved as I needed to be, combined with my obsessive/compulsive tendencies, are what created the fertile ground in which my insecurities took root. The pain I felt compelled me to seek relief. Lacking in meaningful guidance concerning sexuality and having been molested, I gravitated to sex as my drug of choice.

The major advantage to my understanding the WHY of my addiction is to relieve me of the false belief that I am somehow defective. It reassures me that my illness is the result of a number of factors over which I had little or no control. It also helps me to understand that, while I am not responsible for becoming an addict, it is my responsibility to seek and work for recovery.

After nearly 30 years in SAA, I am living my life free of active addiction and enjoying the serenity that the program promises.

Peace

Mike C.

There are only two options: Make progress or make excuses.

Covid as an Excuse

A reluctant addict can find any excuse not work his/her recovery program.

The Covid-19 pandemic has given many of us a prime excuse to let our recovery program slide.

The problem with making excuses is that they impede progress.

Fortunately, most SAA meeting groups now offer options for participating in recovery. Some groups meet only in a virtual only setting, such as on Zoom.

Other groups meet only face-to-face.

And, more and more, groups are returning to in-person meetings with a virtual option—a hybrid format.

In the coming months, as shown in this newsletter, every sex addict has a chance to attend local meetings, workshops, a picnic or the 33rd Annual International SAA convention either in person or online. Recovery is too important for excuses! Remember to:

Put your recovery first to make it last.

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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Will New Criminal Justice Campus Offer Opportunity for Outreach?

The city of Indianapolis is currently constructing a new Criminal Justice Campus which will bring together a new diagnostic center, new court building, a new Sheriff's Office and a new jail. It was recently announced that a new juvenile detention facility will also be built on the campus.

What, if anything, does this mean for SAA?

For a number of years, SAA took a weekly meeting into the Marion County jail, under the auspices of a group called Offender Aid and Restoration (OAR). The meeting was successful due in large part to

the efforts of Collette Webb, OAR's director. Ms. Webb screened inmates to be sure that they were serious about turning their lives around and not just looking for a way to get out of their cells for an hour each week. The group met in a conference room just off of Ms. Webb's office.

Unfortunately, Ms. Webb took ill and subsequently died. Her replacement attempted to continue the program, but changing priorities by the jail commander and an influx of Spanish speaking inmates resulted in the meeting stalling out.

One positive from the jail experience is that one of the inmates, who was later sent to the Plainfield Correctional Facility, asked for and received permission to start an SAA meeting there. Unfortunately, the meeting was short lived, due to reluctance on the part of the prison administration.

In addition to offering new and better designed facilities, the new Criminal Justice Campus reflects a more enlightened philosophy toward corrections. One example is the new Assessment Intervention Center. Every inmate entering

See *Justice*, page 5

Recovery Wit & Wisdom



Tom T., a member of the local fellowship, collects quotes, phrases and slogans about recovery from addiction. He recently sent *The Check-IN* a copy of his list of 105 aphorisms. As editor of *The Check-IN*, I also collect such maxims to use as fillers or to summarize articles. I shared with Tom some 30 items that I had acquired that were not included in his list.

In an effort to share the wisdom contained in many of the items collected, *The Check-IN* has initiated a new feature column. Going forward, each issue will include 12 items from our combined lists. If any of you have recovery quotes, phrases or slogans that you would like to contribute to this list, please send them to *The Check-IN* using the email address found at the bottom of page 2.

- 💡 Addiction comes in three phases: impulsive, compulsive, and repulsive.
- 💡 Adversity will introduce a man to himself. Chuck Pagano
- 💡 Courage is the mastery of fear, not the absence of fear.
- 💡 EGO = Edging God Out.
- 💡 Every saint has a past and every sinner a future.
- 💡 God took my mess and made a message.
- 💡 There are no mistakes, only lessons.
- 💡 Three legs of the recovery stool: Higher Power, Fellowship and the 12 Steps.
- 💡 WAIT – **Why Am I Talking?**
- 💡 WASTE – **Why Am I Still Talking?**
- 💡 When we know better, we do better.
- 💡 You find happiness in the journey not the destination.

Justice, from page 4



the criminal justice system will be evaluated before being sent to the jail.

A large number of offenders are persons struggling with alcohol addiction, drug addiction or homelessness. They need restorative justice—rehab or social services—more than they need jail time. Those who are diagnosed as candidates for rehabilitation will be diverted to such programs and away from jail. The homeless will be referred to social agencies.

This new acceptance of the role of incarceration as being about rehabilitation and not just social retribution may create an opening for 12 Step programs to offer a lifeline to those who have run afoul of the law.

AA and NA have a strong presence in many jails and prisons. Perhaps we are being given an opportunity to carry the SAA message into those facilities as well.

Hopefully, the new facilities will provide safe and effective space for 12 Step meetings to be held.

Early addiction intervention, whether for alcohol, drugs or addictive sexual behaviors holds the promise of greater hope for first-time offenders.

Anyone interested in this form of prison outreach is asked to contact Intergroup.

12 Step Connections

(Adapted from a September 9, 1917 blog found at northpointrecovery.com)

Mutual support groups for addiction have been around for the better part of a century. Millions of people all around the world have benefited from the support and connection offered by these 12-Step meetings.

What these meetings all have in common is a commitment to recovery through connection and abstinence.

12-Step Meetings Are Readily Available

More than anything, 12-step meetings keep us connected and sober simply by being available. There are over 50 SAA meetings in Indiana alone.

These meetings are free and community-based. Twelve Step support meetings connect you with others in your community with a similar story of addiction. These groups help you get to know other addicts that you may not otherwise know are there.

12 Step Meetings Open the Door to Honesty

Honesty is the best policy in any situation, but especially on the road to recovery. It can be difficult to open up to friends and family members. Anonymous meetings allow you to be honest with your progress, your setbacks, your triggers, and your struggles. In a mutual support group there is no worry of judgment or repercussion from being honest about these struggles, since everybody there has been through the same thing.

12-step meetings keep us sober by keeping us connected; and, they keep us connected by keeping us honest.

Mutual Support Groups Keep Us Accountable

On the other side of the honesty coin is accountability. This is where sponsorship and meetings come into play. A sponsor is someone who you can rely on throughout your recovery. When you are facing a trigger, you can call them and tell them exactly how you are feeling. They will help you walk through it.

The expectation with 12-step meetings is that you will have to face the group each week (or even several times each week) to talk about your struggles.

Creating accountability is maybe the most important thing you can do for yourself. 12-step groups and sponsors keep us connected by keeping us accountable.

The Twelve Steps Keep Us Sober Step by Step

While group support and community are fantastic elements of Twelve-Step programs, at the core of the program are the Steps themselves. The Twelve Steps take us from admitting that we are powerless over our addiction and bring us all the way to the point of being our true selves – living congruent with our values. Attending mutual support meetings keeps us accountable for working the 12 Steps, and therefore keeps us sober.

12-Step Support Groups Offer Long-Term Connection

Addiction stays with us for life. To stay sober as a recovered addict, it is important to remain connected, committed, and accountable. Mutual support groups offer continued connection – and a better hope of continued sobriety.

The 33rd Annual International SAA Convention



Recovery from addiction is a search for serenity which requires **vision** as described in the January 23 meditation from *Voices of Recovery*.

“We found ourselves isolated and alone. We felt spiritually empty.”

Sex Addicts Anonymous, page 4

I did not play baseball that year because I could not see the ball until it hit me.

Dejected and unwanted in fifth grade, I isolated from classmates, withdrew, and was mocked by the jocks.

Finally, I had the chance to see an eye doctor. The exam resulted in the diagnosis of legal blindness. But, it was correctable with special glasses. I was able to see!

The first day back to school with my new glasses, I realized the teacher was writing on the blackboard and I could read it from the back of the room!

I played baseball and caught a high hit to left field. I was able to throw the ball to third base to make two outs.

No longer unwanted, no longer isolated, and no longer mocked, my life had changed.

In my addiction I was legally blind to the realities of my life—the pain I was feeling and the hurt I was causing. Damaged lives were all I knew. I felt unwanted and withdrawn from the people I love the most. I felt no hope in my scant awareness that something is horribly wrong with me.

Working the program of SAA, another form of blindness is healed. I am now able to participate with others, recognize my and others' emotions, and I know how to make amends and maintain relationships. I am able to live life with a new freedom.

~

Through the lens of the
Twelve Steps,
a new universe is opened for me.

~

Those who are seeking a new vision of recovery and insights into the process could benefit from attending the 2021 International SAA Convention, May 29 & 30.

The 2021 ISO Convention is being sponsored by the Columbus, Ohio SAA groups and can be enjoyed from the comfort of your home, your campfire, or even your boat! For the first time ever, the convention will be held virtually on Zoom. You can attend on any device that runs the Zoom application.

The registration fee is a blanket \$25 for the entire weekend! You can attend every event, or just go "à la carte" and pick and choose the workshops or speakers that appeal to you.

We hope to make this a truly international convention by broadcasting throughout the day

and also rebroadcasting many events early in the morning and late at night for members of the fellowship across the globe.

Experience the speakers, workshops, focus groups and special events of an ISO convention at your convenience. Participate in the talent show, game night, the candlelight memorial meeting and breakout Twelve-Step meetings with members from across the international fellowship!

Please register by *May 1st*. Convention fliers are available from your Intergroup Reps or you can find detailed convention information by phone:

Call: 713-869-4902
or email:

info@saa-recovery.org

How to Connect with Your Best Self

- ♥ Always be kind to yourself.
- ♥ Always take care of yourself.
- ♥ Always speak well of yourself.
- ♥ Always count your blessings.
- ♥ Always treat yourself well.
- ♥ Always respect yourself.
- ♥ Always appreciate yourself.
- ♥ Always value yourself.
- ♥ Always be there for yourself.
- ♥ Always be happy with yourself.
- ♥ Always think good thoughts.
- ♥ Always better yourself.
- ♥ Always be patient with yourself.
- ♥ Always push yourself.
- ♥ Always be yourself.

Service Opportunities

“Service to others is the rent you pay for your room here on earth”

Muhammad Ali

Intergroup Reps

It is time for meeting groups to begin seeking *two* volunteers to serve as their representatives to the Indiana Intergroup of SAA for the 2021-2022 service year.

Intergroup needs committed members who can meet on the second Saturday of each month (physically or virtually) and who will devote time to SAA events and projects during their one-year term.

It would be ideal for each group to have a full complement of two active representatives and to have them present at all Intergroup meetings; however, do not let the addictive, all-or-nothing thought process stop your group from electing at least one representative. Progress toward full and consistent representation is better than doing nothing while waiting on perfection.

Group Reps should be elected by June 30 to take office in July.

Group Service Reps

And, while groups are in the process of selecting members to represent their interests, this would be a good time to elect a *Group Service Representative* to speak for the group at the annual Indiana Area of SAA Assembly which is slated for August 14, 2021.

Prison Outreach Committee

The ISO Prisoner Outreach Committee (POC) has many exciting opportunities for service. We believe there may be members in your area who would

be interested in joining us as we take the message of SAA recovery to those currently in prison.

Service opportunities include, but are not limited to, the following:

1. Serving as an Area representative to the Prisoner Outreach Committee
2. Letter writing and serving as a sponsor to prisoners
3. Assisting in the formation of SAA meetings inside prisons within your Area
4. Providing input and assistance for committee documents and pamphlets
5. Communicating these service opportunities throughout your Area

The POC has significantly expanded our outreach efforts over the past few years, and we would be grateful if you or a designated Area contact might consider joining and promoting our prisoner outreach activities. We would also appreciate your communicating our opportunities for service to prisoners throughout your Area.

More information about the prisoner writing program can be found on the service website: saa-recovery.org/diversity/prisoners

The POC meets on the first Wednesday of each month. If you would like to be added to our mailing list for notifications and information about prisoner outreach, please send your request to prisoneroutreach@saa-lists.org

Chuck S.
Prisoner Outreach Chair
Cell: 678-640-7832

GLBT Subcommittee

The ISO GLBT subcommittee is currently being chaired by Ted D. of Indiana.

The committee is looking for fellowship members who identify as GLBT to sponsor other GLBT members.

Ted has noted that he receives 10-20 requests per month from GLBT members in need of GLBT sponsors. In response to the question, “Why do GLBT people need GLBT sponsors?” Ted says that sponsorship requests mostly come from meetings where those that are sponsoring have too many sponsees and cannot take on any more. Specialized folks such as GLBT, women, people of color have compound issues that drive their sex addiction. That is the reason many feel safer with someone that has walked the same or similar journey.”

The GLBT list of available sponsors currently includes 41 people. However, this committee serves the entire international fellowship; so, more sponsors are needed.

If you would like to volunteer, contact Ted at (317 372-2294).

Life’s most persistent and urgent question is, “What are you doing for others?”

Martin Luther King, Jr.



Food Fun & Fellowship

Summer Picnic, June 19

Our longest running special event, the summer picnic, will be held this year on Saturday, June 19, at the Moose Lodge 17 picnic shelter located just east of Shadeland Avenue on East 16th Street in Indianapolis.

Jeff H., the Picnic chair, has announced an expanded menu for this year's event. For most of its history, Intergroup has provided hotdogs and hamburgers, while attendees have filled out the menu with pitch-in dishes. Several years ago, Jeff added brats, French Fries and onion rings. For 2021, Jeff will expand the menu to include pulled pork and brisket.

Participants are still requested to bring a dish to share that will feed at least six people. IISAA will provide soft drinks, bottled water and tableware.

The Moose Lodge site offers a huge covered shelter with modern restrooms and a small kitchenette which will allow us to hold the event come rain or shine.

The picnic area is fenced and provides a lot of open space for Bocce Ball, horseshoes, Frisbee tossing and other activities.

In addition to having plenty of paved parking, the Moose Lodge is also on several *Indy Go* bus lines.

Admission to the picnic is free. All S-Group members and their adult guests (18 years of age or older) are welcome. We have

exclusive use of the fenced picnic shelter for the day. No children will be present.

The day will include great food, games and visits with local, state and out-of-state members of the "S" fellowships.

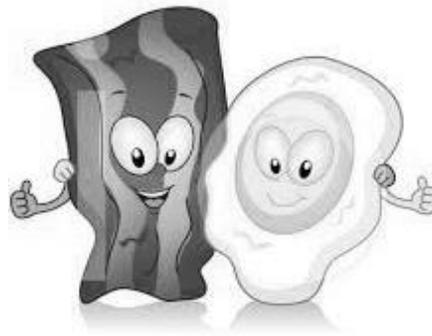
Watch for the official picnic flier at your meeting(s).

A Second Try at a New Special Event

IISAA currently offers a special event in each of the even-numbered months, except August:

February	Sponsorship Workshop
April	Spring Workshop
June	Summer Picnic
August	Open
October	Fall Retreat
December	Holiday party

Last year, Intergroup set a goal to initiate a new recovery event for the month of August. Dubbed **Bacon, Eggs and Recovery**, the planned gathering will offer a light breakfast and a recovery presentation.



This event, by its very nature, needs to be face-to-face. Covid-19 precluded our introducing the new event in 2020; but, as the pandemic subsides, we intend to try to initiate the event this year.

It is hoped that the get-together will offer an opportunity for members who attend different meeting groups the chance to meet one another; and, will allow for a speaker to share his/her recovery experience, strength and hope to a wider audience.

The inaugural Bacon Eggs & Recovery will be held on Saturday, August 21.

The event will only last 2-3 hours so that SAA members can attend without taking up an entire Saturday.

Watch for more detailed information as the event gets closer.



*We know that
without food
we would die.*

*Without fellowship,
life is not worth living.*

Laurie Colwin

2021 Calendar

April

10 IISAA Meeting, 4 p.m.

17 Spring Workshop,
No Shame in My Game

May

8 IISAA Meeting, 4 p.m.

29-30 33rd SAA International
Convention, via Zoom,
from Columbus, Ohio

June

12 IISAA Meeting, 4 p.m.

19 Picnic

30 **Check N** Deadline

July

10 IISAA Meeting, 4 p.m.