

The Check IN

Volume XXX-1

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

Winter 2023

Share Your Experience Strength & Hope

The first half of Tradition Eight states, “*Sex Addicts Anonymous should remain forever non-professional* . . .” What does this mean as it applies to our recovery events? It means that we do not have trained and licensed experts to lead our recovery efforts. Instead, we rely on the experience, strength and hope of our members to guide us through the process.

The most obvious example of this is the sponsor-ponsee relationship that allows for one-on-one guidance in working a program of recovery.

Another example is found in our recovery workshops and retreats. We depend on members of the fellowship to provide insights into working a solid recovery program. Two opportunities for sharing YOUR addiction and recovery experiences will take place in the next few months.

Sponsorship Gurus Needed

The 8th annual Sponsorship Workshop will be held on Saturday, February 4. The purpose of this event is to encourage both sponsors and sponsees to share what they have learned, as a team, in the process of working the Steps.

Sponsors can reassure anyone who is questioning their readiness to take on a sponsee and offer advice as to what has worked or not worked for them.

Sponsees can inspire newcomers to take the plunge and start the process.

Workshop Presenters Sought

Recovery is a process. It takes place over time and with many **Random Acts of Recovery**. Often times, we only come to understand these acts in hindsight.

The 2023 Spring Workshop needs presenters to share the **Random Acts of Recovery** they have experienced.

Contact the chairs of either event to offer your services (see following articles).

Random Acts of Sponsorship Saturday, February 4



The eighth annual IISAA Sponsorship Workshop is scheduled for Saturday, February 4 at Second Presbyterian Church, 7700 North Meridian Street, in Indianapolis.

Event flyers are available from your Intergroup Rep or online at indiana-saa.org. You can register for the workshop by sending an email to registration@indiana-saa.org.

Presenters are being sought. If you are interested in sharing your experience, strength and hope concerning sponsorship, please include that information in your registration email.

Check the IISAA website indiana-saa.org for workshop updates, or contact **Dan O.** (812 344-1731) or **Ted D.** (317 372-2294) with questions.

28th Annual Spring Workshop Saturday, April 29



IISAA's 2023 Spring Workshop will be held on Saturday, April 29 at North United Methodist Church in Indy. As the date gets closer, a flyer will be published: or, you can check for complete workshop information,

including the program and how to register, on our website, indiana-saa.org.

The workshop will continue our program-of-work theme, **Random Acts of Recovery**. This theme lends itself to a broad range of recovery topics.

Jeff W., the workshop chair, is looking for presenters who can share their experience, strength and hope about **Random Acts of Recovery** they have given or received.

Contact Jeff at **317 341-4012** for more information or to volunteer your services.

From the Editor

Love the Greatest *Random Act of Recovery*

A basic need of every human being is to love and be loved. When I felt that I was incapable of truly loving another, or I felt that I was unlovable, I turned to sex as a substitute for true love.

Sex as a form of pseudo-love never satisfied my need to love and be loved. Sex, as a biological activity has the sole purpose of perpetuating the species. The physical feelings that accompany a sexual coupling serve to ensure that birds, bees, and yes, people will propagate and thereby ensure the continued existence of their kind.

However, human sexuality goes well beyond simple physical stimulation. It becomes the ultimate expression of affection and commitment of one person to another. It is this higher-order love that we all seek. While losing myself sexually in another may bring on a physical high, it is in losing myself emotionally or spiritually in another that satisfies my need to love and be loved. It is in these moments that I discover my true self.

Every act of loving and caring for another person expresses true love.

In recovery, when a person walks through the door of a meeting room and is accepted unconditionally--that is love.

When one addict accepts the awesome responsibility for leading another addict through the Steps--that is love.

When a discouraged addict accepts a "start over" token and is met with applause--that is love.

When one addict shares their experience, strength and hope to help other addicts find their way to recovery--that is love.

Love is the ultimate *Random Act of Recovery* that any of us can ever bestow on a fellow addict.

Peace

Mike C.

Today Is Yesterday's Tomorrow

Ron Lewis

*Today is yesterday's tomorrow,
Make the most of it if you can.
For soon it will be a memory
As the hourglass fills with sand.*

*Don't waste yet another moment
Nursing grudges from the past,
Or carry guilt from days gone by
Or walk with eyes downcast.*

*Forgive, forget, unlock the chains
That wrap around your heart.
For life's too short, days quickly pass--
Make today a brand new start.*

*Each day's a chance to right the wrongs
To make amends, it's true.
A chance to heal old wounds and hurts
And let love rule in you.*

*The time is here, the time is now,
For tomorrow may be too late.
Let love and forgiveness be your guide
And cleanse your heart of hate.*

*Today is yesterday's tomorrow,
Your chance to start anew,
A chance for you to discover
The miracle of love in you.*

A Sponsor as a Guide



The most common synonym for the word "sponsor" is the word "guide".

A guide is a person who has successfully reached a destination where another person seeks to go.


The guide knows the general direction of the journey's end, because he/she has reached it previously. But, according to the philosopher Heraclitus, "*You cannot step in the same river twice*".


This adage affirms that no two situations are exactly the same. It means that the same actions that you or someone else have taken are not guaranteed to lead to the same results when repeated.

This is why a sponsor can only lead a sponsee in the direction of recovery. As a unique individual, the sponsee has his or her own lived experiences. A good guide realizes that, while the destination is the same, the route to it must be unique to the person traveling toward it. Even with guidance, it is still up to each sponsee to find his or her own route to recovery.



**Sponsors are like soap.
They don't work,
unless you use them.**

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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Is Your Meeting Info Up-to-date?

As each of us knows, it takes incredible courage to make the decision to attend one's first SAA meeting.

How disappointing is it then when a newcomer shows up for their first meeting and it is not there? 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. In that case, SAA has failed to "carry its message to the sex addict who still suffers". That failure could have fatal consequences for the newcomer.

IISAA and the ISO of SAA do our best to keep the meeting information in our printed and online directories up-to-day.

For our outreach efforts to be successful, each meeting must be diligent in informing IISAA and the ISO of SAA about any changes to its meeting details.

Please verify the current information for your group by checking the IISAA website at indiana-saa.org and the ISO website at saa-recovery.org. If there are changes that need to be made, you, or your Intergroup Reps, should notify **both** IISAA and the ISO immediately.

Meeting Updates

The Sunday Morning Men's Meeting in Broad Ripple has returned to meeting in person.

Sunday

Indianapolis

Sunday Morning Men's Meeting
Broad Ripple Counseling
6208 N. College Ave.
Indianapolis 46220

Enter through basement door on north side of building.

More Info:

Jose F. (317) 701-3502
Dan P. (978) 409-5786
broadripplemenssaa@gmail.com

Life Is Too Short

Life is too short not to take time to do the things that will hold the most meaning for you.

Life is too short to let even one day be frenzied or frazzled or frittered away.

So let yourself float like a leaf on a stream, relax with your memories and let yourself dream.

Throw out your list that's impossibly long, and dance a few steps to a favorite song...

Turn off the news and go find someone real

who'll listen and talk and affirm what you feel.

Life is too short and flies by if you let it, so choose what you want every day—

and then go and get it.



23 Random Acts of Recovery for the New Year

- 👍 Be kind to yourself [and others]
- 👍 Call another addict
- 👍 Correspond with an incarcerated sex addict
- 👍 Develop a new *Outer Circle* activity
- 👍 Drop by the **Open Meeting**
- 👍 Encourage a struggling addict
- 👍 Express gratitude daily
- 👍 Keep coming back
- 👍 Reach out to a "fallen away" member of your home group
- 👍 Read from **Voices of Recovery**
- 👍 Recall your rock bottom
- 👍 Reconnect with your 'inner child'
- 👍 Revel in your successes
- 👍 Rework one of the Steps
- 👍 Say a prayer for a random addict
- 👍 Share your story
- 👍 Smile at a stranger
- 👍 Sponsor a newcomer
- 👍 Stay positive
- 👍 Surrender one character defect
- 👍 Take on a service role
- 👍 Thank your sponsor
- 👍 Write an article for **The Check-IN**



2022 ISO of SAA Conference Report

The 2022 ISO of SAA annual conference was held online the weekend of October 7 and, 8. Only 39 of the 80+ Areas had a delegate attend the conference. The Indiana Area of SAA was represented by *Jeff W.* There were eight motions to be considered and voted on by the conference delegates. The following chart shows how the Indiana Area Assembly voted on each motion and how the conference voted. Our Area votes matched those of the conference on all motions. The wording of each motion and its outcome is listed below the chart, for easy reference.

<u>Indiana Area Vote</u>		<u>Conference Vote</u>
YES	Motion 2022-D001	Passed Unanimously
YES	Motion 2022-D002	Passed Unanimously
YES	Motion 2022-D003	Passed Unanimously
YES	Motion 2022-D004	Passed – 93% - 7%
YES	Motion 2022-D005	Passed – 92% - 8%
YES	Motion 2022-D006	Passed – 85% - 15%
YES	Motion 2022-D007	Passed – 68% - 32%*
YES	Motion 2022-D008	Passed – 52% - 48%*

*On second vote

Motion 2022-D001: Move that language in the SAA Green Book be updated on page 75 to correct an error and on page 76 to be consistent with the new area-based structure of the ISO.

Motion 2022-D002: Move that the SAA book of daily meditations, *Voices of Recovery*, be approved by the ISO Conference.

Motion 2022-D003: Move that the following previously Conference approved and subsequently revised pamphlets be re-approved by the ISO Conference:

The Bubble, Abstinence, Three Circles, Sexual Sobriety and the Internet, Writing to Prisoners.

Motion 2022-D004: Move that the following (new or revised) pamphlets be approved by the ISO Conference:

A Pathway to Recovery (title change), Getting Started in SAA, First Step to Recovery, Hope of Recovery, Recommitting to Recovery, Getting a Sponsor, Intimacy Avoidance—Another Aspect of Sex Addiction

Motion 2022-D005: Move, that the ISO Conference adopt Attachment A, the proposed, “Identifying Leaders for International Service: Guidelines for All Positions Elected by the ISO Conference.”

Motion 2022-D006: Move that the Attachment A: “Identifying Leaders for International Service Work - ISO Conference Delegates” be adopted by the Conference as recommendations for area assemblies.

Motion 2022-D007: That the Bylaws of the ISO of SAA, Article V, Section 9, be amended to read as follows: "SAA literature shall be designated as Conference approved upon submission by the ISO Literature Committee and affirmative vote of two-thirds of the delegates voting at a meeting of the ISO Conference. Conference approval is the highest standard and ultimate goal for all SAA recovery literature. Any substantive revision of the content of Conference-approved literature must receive Conference re-approval prior to printing. Only the Literature Committee can submit literature to the Conference for approval."

Motion 2022-D008: Be it resolved that in order to assure that the voice of the fellowship at large is adequately represented within the ISO, area assemblies are encouraged to send area delegates to the annual ISO Conference to ensure the right of participation of all ISO delegates. In this manner, the goal that delegates elected by Area assemblies make up at least two-thirds of the delegates voting at any meeting of the Conference should be accomplished.

Indiana Area 16

Compounding the confusion about Areas vs. Intergroups in Indiana is the fact that both serve all 44 SAA groups that meet in the state. Hopefully the following article from the GSR Newsletter will help to clarify how each service group fits into the structure of SAA.

Area vs. Intergroups

Areas and Intergroups differ in two fundamental ways—origin and purpose.

Intergroups are formed by, and answer directly to, their constituent local groups for the purpose of providing or coordinating specific services that individual groups might find difficult to provide on their own. Examples might include a common post office box, a website, a telephone line, or other local outreach activities. Often, an intergroup may sponsor a retreat or other outreach activities for the benefit of its constituent local groups.

Areas, on the other hand, are defined in the bylaws of the ISO of SAA, Inc. and, as such, are an integral part of the ISO.

Composed of **Group Service Representatives** from the groups in a specified geographical area, Area Assemblies serve as a primary and vital communication link between local groups and the ISO.

In turn, delegates elected by Areas make up the ISO conference, which provides spiritual guidance and brings to the ISO the collective group conscience of the fellowship.

Although the participants in a local intergroup and an area may be some of the same trusted servants, it is important to remember the differences between the two and to keep their functions separate.



Retreat Reflections

If you missed the 2022 IISAA Fall Retreat, you missed out on an excellent recovery opportunity.

A group of 76 people participated in the retreat, in person or via Zoom. That number reflects the lingering impact of the Covid-19 pandemic. It may take a few more years to return to our pre-Covid attendance. Nonetheless, our collective Higher Powers brought together the perfect collection of sex addicts to experience a weekend of near-perfect weather and a number of thoughtful and inspiring presentations focused on addiction and recovery.

Random Acts of Recovery were evident throughout the weekend as sponsors and sponsees met for the first time face to face; as longtime out-of-state attendees renewed their ties to the Indiana Fellowship; as fellow addicts shared their experience, strength and hope; and, as everyone took time to escape the everyday stresses of life and to breathe in the fresh air of Camp Pyoca while enjoying a healing environment that only nature can provide.

A review of the 2022 retreat is already underway and plans are being formulated for our next gathering at Camp Pyoca.

The 29th annual IISAA Fall Retreat will take place the weekend of **October 20, 21 and 22, 2023**. Place the dates on your calendar now and give yourself the gift of a life-changing recovery experience.

Step-Study Workshops

11 @ 7:30

A new weekly *meditation-focused* meeting is forming on the north side of Indianapolis on Wednesdays @ 7:30 pm starting January 11, 2023 (This will be a closed meeting. No meeting on March 1).

11 @ 7:30

Church at the Crossing
9111 Haverstick Rd.
Indianapolis, IN 46240
(Enter through Door 4 to Room 136)

Come and join us as we actively work Step 11 together and try to “*improve our conscious contact*” with our respective higher powers. There will be a rotating format involving guided meditations, writings, readings, and topic discussions.

Meeting contacts:

Spencer A. (225) 341-0980
John T. (317) 966-9266

Westside Step Study

A new Step Step-Study workshop is forming on the west side of Indy.

This Thursday Night 12-Step Workshop will be held at the *Chapel Hill United Methodist Church*, located at 963 N. Girls’ School Road, Indianapolis, IN 46214.

The workshop will meet in the basement classroom on Thursday evenings from 5:30-7:00 p.m.

The Green Book, *Sex Addicts Anonymous*, will be the basis for working through the Steps. New members will be welcome to join the workshop until the group completes Step One.

A flyer will be available soon.

Meeting contacts:

Kevin E. (317) 373-5579
Jim P. (317) 937-7882.

Random Acts of Recovery Using a Telephone

Check on a Newcomer

Whenever a newcomer shows up at a meeting, try to get his/her phone number. Then, in the days following the meeting, call to see how the person is doing and whether or not they have any questions that you might answer.

Call Your Sponsor

Sponsorship is a relationship. For it to work, communication is key. Regularly calling your sponsor will benefit you both.

Call a Group Member

Your sponsor cannot be available 24/7. However, someone in your group will always be able to take your call. When you are struggling, make a call. Doing so will break your addictive cycle and likely help the person you contact.

Accept a Program Phone Call

You can be another addict's lifeline. All you have to do is answer the phone and listen. Doing so may aid the caller avoid a slip. It is also a great service to the program.

Call a MIA Group Member

It is easy in a program that practices anonymity to lose track when someone goes MIA (Missing in Action). The person's absence may not be noticed immediately. When you do become aware that a group member has not been to a meeting in a while, give the person a call.

Random Acts of Recovery Using a Pen

Journal

One of the best ways to keep track of progress in recovery is to maintain a daily journal. It is also a good resource for seeing patterns that lead to slips.

Write an Amends Letter

Not all amends can be made in person. Sometimes it is more practical to offer an amends in writing, especially when a direct amends might *"injure them or others."*

Pen a Piece for 'The Check-IN'

Putting one's thoughts in writing can often clarify one's beliefs. Some people do this in essay form, others wax poetic, some compose song lyrics, and others create works of fiction or offer auto-biographical insights. Any form of written expression that shares a person's experience, strength and hope can be of help to another suffering addict.

Correspond with a Prisoner

The average addict has bent, if not broken, the law. Some got caught, while others escaped legal consequences. For those who ended up incarcerated, recovery can be much more difficult than for those who are free to seek counseling or attend face-to-face meetings.

Contact the ISO of SAA at saa-recovery.org to volunteer to correspond with an incarcerated sex addict.

Random Acts of Recovery At Special Events

Attend

The more exposure one can get to recovery, the more one is likely to recover.

Participate

Volunteer for service.

Recovery based special events always need presenters to share their experience, strength and hope with others.

Special events that are social in nature offer attendees a chance to broaden their circle of recovering people. Meeting and getting to know those who have an intimate knowledge of sexual addiction offers a level of support and understanding that is not possible elsewhere.

Take a Risk

Being the "face of sex addiction" by sitting at an SAA information booth during a public event can be scary. But, it is one of the most direct ways there is to carry the SAA message to *"the addict who still suffers apart from us"*.

Share Your Outer Circle Talents

Addiction is just one facet of any addict's life. For every character defect an addict may possess, he/she also has many positive attributes. If you can sing, dance, do magic, draw, paint, sculpt, balance on one foot, speak pig Latin or have any other talent, share it. Your being your whole self encourages me to discover my own whole self.

I Am a Newcomer

Adapted from a writing by Peter J. Denning

I am a newcomer to SAA.

I have come to this 12 Step program because my life is a mess.

I am aware that the SAA program has gone on for many years prior to my arrival.

I see that many other people are working the SAA program successfully.

I want the benefits that others have found by working the SAA program.

I know that there is much for me to learn:

- The basics of 12-Step recovery

- The Three Circles

- The 12 Steps

- The 12 Traditions

- The Promises

While I am learning these things I may feel various negative reactions:

- Embarrassed to reveal my acting out behaviors

- Overwhelmed at how much there is to learn

- Insecure that I do not know what to do

- Afraid that I lack the ability to recover from sexual addiction

- Frustrated and discouraged that my progress is so slow

- Angry that I took so long to come to SAA

- Anxious that I will never master the SAA 12 Step program on which my recovery depends

These fears are normal. But, I will not let them keep me from seeking recovery and reclaiming my life.

Instead:

- If I feel alone, I will remember that I can ask for a sponsor to guide me.

- If I need support, I will turn to the new recovery friends I am making.

- If I make a discovery, I will celebrate my "AHA!" moment.

- If I have a slip, I will ask, "What lesson does this teach?"

- If I get stuck, I will ask for help from my sponsor or other program friends.

Over time, I will have fewer slips.

I will gain confidence in my abilities.

I will need less guidance from my sponsor or other program friends.

I will be able to have recovery-oriented conversations with others in the program.

I will gain sufficient experience in working the SAA program that I can sponsor another addict.

I will enjoy the Promises as they manifest in my life.

I will dedicate myself to stop acting out, and to achieving spiritual growth by working the SAA program.

And, most importantly,

I will be gentle with myself, knowing that, for now,

I am a newcomer.

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“In recovery we try to find ways to make our sexuality an appropriate part of life. We also acknowledge what we have lost, grieve the harm we suffered, and eventually come to acceptance about our past”

How do I look back on the devastation that my addiction has caused and not regret the past? By seeing the good that came from it and by focusing on my deliverance from it.

When I came to recovery my life was in chaos. I had wasted 40 years of life and suffered numerous losses along the way. The time, money, opportunities, relationships, experience and love that I had frittered away were gone forever. My sense of self-worth was barely measurable. My acting out had hurt those who loved me most and kept me from being present to them and to myself.

And yet, I made it into the door of my first meeting. I found in Sex Addicts Anonymous a fellowship of like sufferers who welcomed me. I discovered a 12-Step program that offered me the hope of a return to sanity. I came to realize; that a better, healthier life is possible.

The life that I had led, one that could have left me ravaged by sexually transmitted diseases, imprisoned, confined in a mental hospital, or on a cold slab in a morgue, was not victorious.

Rather, by the grace of God, I was given another chance and the promise of a better life to be lived.

As I look back, it is with gratitude that the “God of my understanding” is understanding.

I am grateful not just that my Higher Power has given me everything that I need, but that he did not allow me to suffer everything that I deserved.

Today as I remember where I have been, I try to always see the best in every situation and to take time to thank God and those around me for the blessings they are in my life.

We will not regret the past nor wish to shut the door on it.

Alcoholics Anonymous, page 83

Original Meditations Sought

The ***Meditation Corner*** feature is seeking original meditations written by SAA members. Please do not submit meditations you have found elsewhere.

Submissions should be limited to 350 words, reflect your own experience, strength and hope and be sent to iissa.mikec@gmail.com

Hurts (But It Goes Away)

The following song lyrics were submitted to ***The Check-IN*** by a member who found that they spoke to him about addiction and recovery.

Sung by ***The Head and the Heart***

*You better find the time to see through
your vocation*

*I finally see the world as if I'm on vacation
And if you need some time, just close your
eyes*

Calm it down, we're not saying goodbye

*I've been waiting
I've been waiting and wondering how
I could be so blind, so blind
There were shadows
There were shadows and warning signs
But I just pulled the wool up over my eyes*

*Tell me that I'm gonna be okay
Tell me that life's gonna find a way
Tell me it hurts but it goes away
Tell me it hurts but it goes away*

*Tell me that I'm gonna be alright
Tell me that we're gonna find a light
Tell me it hurts but it goes away
Tell me it hurts but it goes away*

*I've been noticing the leaves are
changing colors
Why did it take so long to see myself in
others
Coming back together, different but the
same*

*I know that I'm not the only one who
feels the weight of it*

*Tell me that I'm gonna be okay
Tell me that life's gonna find a way
Tell me it hurts but it goes away
Tell me it hurts but it goes away*

*Tell me that I'm gonna be alright
Tell me that we're gonna find a light
Tell me it hurts but it goes away
Tell me it hurts but it goes away*

Calendar 2023

January

14 IISAA Meeting, 4 p.m.

February

4 Sponsorship Workshop
8:30 a.m. – 1:00 p.m.

11 IISAA Meeting, 4 p.m.

March

11 IISAA Meeting, 4 p.m.

31 **Check **IN** Deadline**

April

8 IISAA Meeting, 4:30 p.m.

29 IISAA Spring Workshop
Random Acts of Recovery