

# Out of the Fog

An update on events, outreach and other news of the Bay Area Fellowship.  
Available online at: [bayareasaa.org/newsletter](http://bayareasaa.org/newsletter)

A Quarterly Newsletter Issue N

° 5 - Spring 2012

## Silver Linings

The 25th Annual SAA Intl Convention is coming up and you're invited! Look for a brochure on the literature table at meetings or call 800-477-8191 to register. Plan early as you will need your passport to enter Canada.  
May 25 - 28  
Vancouver, BC

## Did You Know?

During the last year, ISO has implemented an email list to communicate more effectively with members of the SAA Fellowship about news and events. Sign up to be on the mailing list by calling 800-477-8191 or sending an email to: [webmaster@saa-recovery.org](mailto:webmaster@saa-recovery.org).



## Save the Trees!

Sign up to receive this newsletter via email.  
Send your request to:  
[newsletter@bayareasaa.org](mailto:newsletter@bayareasaa.org)

## Outer Circle

Our next outing is a bike ride from San Francisco, over the Golden Gate Bridge and into Sausalito where we'll have lunch, relax and then return. Bring your bike and helmet.  
April 28 @ 11:00 am  
Davies Medical Ctr  
45 Castro St.  
For more info, email: [outercircleevent@gmail.com](mailto:outercircleevent@gmail.com)

## Inspirational Words

"Most of the shadows of this life are caused by our standing in our own sunshine."

Ralph Waldo Emerson



## What Does ISO Do?

Report from a Member of the Board of Directors

by Bill I.

We give a lot of money to something called the International Service Organization (ISO). You may wonder what ISO is and what it does with these funds.

ISO is the umbrella organization that supports us. Based in Houston and employing five people, it serves as the center of business operations, as well as the focal point of communication and coordination among the autonomous groups within the fellowship. Sometimes referred to as "The Office", it provides a wide array of invaluable services such as:

- Publishes and distributes SAA literature, CDs, and MP3s used by local groups.

- Publishes a bimonthly newsletter, *The Outer Circle*.
- Maintains telephone and website services for the benefit of the fellowship and as a public service for outside persons requesting information or referral.
- Organizes our international conference and convention (see "Silver Linings" above and "Vancouver 2012!" below).
- Maintains the SAA Store, which sells SAA literature, selected non-SAA publications, and recordings of talks and workshops from international conventions. Purchases can be made by secure online transactions.
- Maintains a database of all member groups that have registered with the ISO.
- Maintains secure websites for the purposes of outreach to the general public and service to members of the fellowship.
- Provides referrals to meetings for persons seeking recovery.
- Provides information to the public & media about SAA and our program of recovery.

To do this ISO must register as a not-for-profit business, which means it must:

- Comply with all laws and regulations governing non-profit corporations.
- Register and protect SAA trademarks and copyrights.
- Account for SAA resources, including money, assets, and human resources.

Two recent noteworthy accomplishments of our Fellowship, thanks to ISO support, are the production of the Green Book (available in both print and eBook format), and the conversion of many of our international convention workshops into MP3 format. Both of these help us reach the addict who is still suffering.

ISO is always looking for volunteers to help spread the wonderful message of recovery. Contact me if you'd like to learn more about ISO and discuss ways you can participate.

Send an email to [newsletter@bayareasaa.org](mailto:newsletter@bayareasaa.org) and I'll be in touch. Thank you for your support!

# Vancouver 2012!

25th Annual International SAA Convention

## From the official host brochure:

It is with great pleasure and a deep sense of honor and responsibility that the Planning Committee of the 2012 SAA Convention invites you to join us in Vancouver, BC, Canada for the 25th International SAA Convention.

We promise to extend the full measure of warm Canadian Hospitality with Opening Ceremonies starting Friday evening, May 25th.

Join us as we take our next steps in the Journey of Recovery!

## Registration:

To register, go to [www.saa-convention.org](http://www.saa-convention.org) or simply pick up a brochure on the literature table at a meeting.

## Volunteers:

Volunteering at the convention is an excellent way to be of service. Please consider donating some of your time and energy. Any time you can give is valued and needed. Thanks!



## Getting into Canada:

Passports are needed to enter Canada. The ISO office does not have information on your entry requirements. Please check with Canadian authorities for further information: [www.cic.gc.ca](http://www.cic.gc.ca)

## Financial Assistance:

Financial assistance to cover registration fees is available on a first-come, first-serve basis to the first 25 persons who apply. Members who have already received financial assistance in the past are not eligible.

May 25 - 28  
Vancouver  
British Columbia

# Outer Circle Events

by Vincent E.

The Outer Circle Committee was started in the summer of 2011 for the purpose of organizing outings and events for members of SAA to have fun and build fellowship outside of meetings.

We've had four of these events since September 2011 and they sure have lived up to their promise. Our first event was a hike at Crissy Fields, next was a night of Bowling at Buena Vista Center, then we did dinner and a movie, and our most recent outing was dining and disco roller skating.

With all these events, it is clear to me how important it is for us to take time for fellowship, to build connection, and to find healthy ways of

interacting with people and taking care of ourselves.

It has been an enriching experience for me and I am looking forward to more events throughout the year.

What's next? Grab your bike and a helmet and join us for a ride across the Golden Gate! See the top of page 1 for all the details.

Information for Outer Circle Events will be shared in meeting announcements and in the 'Outer Circle' column on page 1 of this newsletter, appearing every quarter. Or send an email anytime to: [outercircleevent@gmail.com](mailto:outercircleevent@gmail.com).

## The Step Corner

Every quarter we'll publish experiences, hope, and hints about completing a step. If you have suggestions, please drop a note to: [newsletter@bayareasaa.org](mailto:newsletter@bayareasaa.org).

**Step Four: 'Made a searching and fearless moral inventory of ourselves.'**

### Reading:

**Big Book:** "How it works", pp 63-71. **12x12:** "Step 4," pp. 42-54.  
**SAA Green Book:** "Step 4," pp. 31-37.

"Step 4 is our vigorous and painstaking effort to discover what these liabilities in each of us have been and are. We want to find out exactly how, when, and where our natural desires have warped us." -- from the **Big Book**

### Writing:

Define 'Resentments'. What does it mean to 'be searching and fearless'?

### Hints:

**Writing Meetings.** Utilize 'writing' meetings to give yourself some focused time to work on a Fourth Step. Writing a Fourth Step can be an overwhelming experience. Sometimes feelings of shame and guilt can come up. Being at a meeting gives one a place to share on those feelings in the moment.

**Ask your Fellows.** Each of us has a unique way of performing a searching and fearless moral inventory?



**A Memo Pad** I never know when I'll recall something that I want to include in my writing. By carrying around a 'small memo pad', I can jot down a thought about a fear or resentment and expand upon it later when I'm sitting to write. You may be able to use your smartphone or tablet as your memo pad.

**Easy Does It, But Do It!** Procrastination is one of the biggest obstacles in completing a Fourth Step. See Just 5 minutes below.

**Just 5 minutes?** Sometimes I will do my Fourth Step for just 5 minutes at a time. Eventually all those 5 minutes add up.

**Pray.** It can be helpful to recite the serenity prayer before doing step work. We can ask for help from the universe to be present for our writing.

**Share.** Be sure to share at meeting level that you are working on your Fourth Step.

**Sponsor.** Stay in close contact with your sponsor. Show your progress to your sponsor regularly. Continue to rely on your sponsor and/or program friends for their experience, strength and hope.

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