

The Check N

Volume XII

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

Summer 2005

Picnic Planned for August 28

The beauty of Brown County beckons once again as plans are being completed for the 2005 IISAA picnic.

Our fellowship will return to the Strahl Lake Pavilion at Brown County State Park on Sunday, August 28 from noon until people decide to go home.

This strictly social event offers opportunities for fun, good food, and fellowship.

IISAA will provide the meat and drinks. Each family is asked to provide a covered dish to share. Modern restrooms are available.

Several easy to moderate trails begin near the shelter house and lead hikers around Strahl Lake and to other nearby points of interest.

Fishing is available on Strahl Lake to those with a current state fishing license.

Activities will include volleyball, bocce ball, and any games that picnickers choose to bring.

One of the joys of recovery is the ability to relate to others in healthy ways. Please plan now to join in this afternoon of fun and fellowship.

SAA Basic Text Now Available

After years of anticipation, the Literature Committee of SAA (under the leadership of *Elizabeth S.* of Bloomington) has published a basic text which outlines the SAA program. Simply titled, Sex Addicts Anonymous, the book is bound in a green cover and, no doubt, will come to be referred to as “*The Green Book*”.

The text is organized into eight sections:

Introduction

Chapter One: Our Addiction

Chapter Two: Our Fellowship

Chapter Three: Our Program

Chapter Four: Our Life in Recovery

Chapter Five: Our Purpose

Conclusion: Keep Coming Back

Personal Stories

The most captivating section of the book for many people will surely be the 46 personal stories that give insight into the nature and the severity of the struggle with which sexual addicts live. Several of the personal stories included in the book were submitted by members of the Indiana SAA fellowship.

The book is available from the ISO of SAA in two formats; the hard copy version sells for \$18.00, the soft cover edition is \$14.00. Orders may be placed online (www.saa-recovery.org), by phone (1 800 477-8191), or by mail (ISO of SAA, P.O. Box 70949, Houston, TX 77270).

Ken S. to Chair ISO Board

During business meetings conducted at the 2005 SAA convention in New Orleans, *Ken S.* of Bloomington was selected to serve on the ISO Board as the Great Lakes Region Representative. He was then selected by the ISO Board of Trustees to chair the Board for the coming year.

Ken has served the Indiana fellowship for many years. He has taken on a variety of responsibilities including serving as the Intergroup Rep for his home meeting, chairing the IISAA Speakers Bureau, and supervising the kitchen at many of our retreats.

From the Editor

Take What You Need

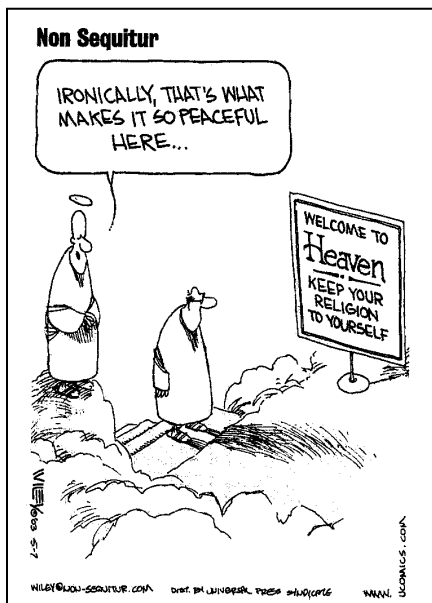
The process of trying to convert someone from one religious belief to another is known as *proselytizing*.

I may not believe what you believe. I have no problem with you believing what you will. I prefer that you not try to convert me to your way of believing. However, I, and I alone make the choice of what I believe.

In the program, this process of choosing is referred to in the saying, "Take what you need and leave the rest."

After attending the spring workshop and after having written the article on page 3, I was informed that some people who attended the workshop felt that proselytizing took place. I didn't experience that.

Perhaps the enthusiasm a "believer" has for his/her belief is intimidating to one who does not share that belief or to one who has not yet formed a belief system of his/her own.



However, if one's belief system or openness to consider another's beliefs is limited by fear that exposure to another set of beliefs might cause him/her to challenge his/her own belief system, how strong is that person's belief?

In the Bible, St. Paul is quoted as saying, "When I was a child I used to talk like a child, think like a child, reason like a child. When I became a man I put childish ways aside." (1 Corinthians: 13, 11) What I *take* from this quote is that a person's spiritual beliefs, like everything else about that person needs to grow and mature over time. How is this to happen, unless the person learns of, considers, and chooses among the various beliefs held by others? It does not frighten me to know that someone else believes differently than I do. I am open to learning from others, even when their zest for their beliefs makes me uncomfortable.

That is why I enjoy opportunities like the spring workshop to explore my beliefs and those that differ from my own.

After listening to and considering what others have to offer, I take what I need and leave the rest.

Mike C.

AIDS WALK INDY Volunteers Needed

A twelfth-step opportunity exists for anyone who would like to help reach out to persons who will attend AIDS WALK INDY on Sunday, October 9, 2005.

The event is centered around the Indiana AIDS Memorial located on the grounds of Crown Hill Cemetary, 700 W. 38th Street in Indianapolis.

In addition to the 5K walk and 10K ride, a health information tent will provide booths where various agencies and organizations can distribute literature.

As it has for a number of years, IISAA is planning to have a booth this year.

Several people are needed to distribute SAA literature (supplied by Intergroup) and to answer questions that may arise. The booth will be open from 10 a.m. until 2:30 p.m.

Members of our fellowship who are willing to donate a couple of hours could make a life-changing difference for someone in attendance. Contact your Intergroup Rep or Mike C. (see below), if you are interested in volunteering.

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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Workshop Proves to Be a Spiritual Experience

Forty members of the SAA and CoSA fellowships came together at the First Presbyterian Church of Martinsville on Saturday, May 21, for the tenth annual IISAA spring workshop, *Spirituality and the 12 Steps*.

Participants from as far away as Dayton, Ohio joined large groups from Bloomington and Indianapolis. Recovery experience ranged from “old timers” with many years in the program to one young man who was attending his first SAA meeting.

A warm and welcoming atmosphere was created by the church’s minister who assured all in attendance that Martinsville’s reputation for intolerance was largely undeserved and that the church’s board welcomed the opportunity to host our workshop.

Chris C. introduced the day’s theme, “The Twelve Steps as a Path to Spirituality”. He assured the participants that each person was free to approach his/her spiritual journey from the Judeo-Christian perspective of the West, the Buddhist standpoint of the East or from a non-theistic or atheistic point of view. He suggested that the critical requirement for success in the journey to spirituality was to approach the task with *Honesty, Openness, and Willingness*.

The first breakout session presented two opportunities. **Jim K.** explained to one group how the path of Buddhism can be used to deepen spirituality through meditation. He led the group through a “mindfulness meditation” to demonstrate one way of applying Buddhist practices to 12-Step work. **Tim J.** discussed with another group how the religious path represented by Judaism and Christianity is expressed in the 12 Steps.

During the second breakout session, **Mary R.** explored nurturing the spirit and outlined tools for transforming shame enslavement into spiritual freedom. At the same time, **Charlie P.** and **Alissa J.** shared their stories of how their life experiences brought new ways to connect with the “Higher Power” when formal religion had left them disappointed.

A highlight of the day was a delicious lunch featuring Lasagna, salad, and breadsticks prepared by a local restaurant. Conversations around the table tended to be centered around ideas and concepts presented in the morning sessions.

The third breakout session offered those in recovery a chance to discuss how couples, as a unit, can experience new understandings of spirituality. **Mary R.** facilitated that

Workshop. **Sonny G.** used a PowerPoint presentation to introduce some practical resources for Christians in 12-Step recovery. He related the 12 Steps to representative biblical verses from several Bible translations that expressed concepts similar to the 12 Steps.

Following the formal presentations, the SAA and Cosa members participated in meetings of their respective groups to share their experience, strength, and hope as it related to the information presented in the workshops and their reactions to it.

Participants were encouraged to “take what they needed and to leave the rest”.

The day concluded with an opportunity for those who wished to do so to experience meditation using a labyrinth as a spiritual tool for guiding their thoughts.

The workshop was a huge success thanks to **Tim J.** and **Scott S.** who organized the event and to all of the presenters and fellowship members who did the many twelfth-step chores needed to ensure a pleasant and profitable day for all.

The next IISAA social event is our annual picnic. See the article on page 1 of this newsletter for complete information.



FULLY RELYING ON GOD



Clubhouse Help

Volunteers are being sought to work with the Clubhouse Committee. Fellowship members with legal knowledge, an understanding of non-profit structures, and/or a background in real estate would be especially helpful.

If you are interested in volunteering or have information to share with the committee, call **Ray B.** at (317) 251-4094.

Non-SAA Workshop

A workshop has been formed to work through the workbook, *Cybersex Unhooked*, by D. Delmonico, E. Griffin and J. Moriarity.

The workshop is tentatively planned for Wednesday evenings at the North United Methodist Church, 3808 N. Meridian Street, Indianapolis.

For more information, contact **Mike M.** at (317) 443-0087.

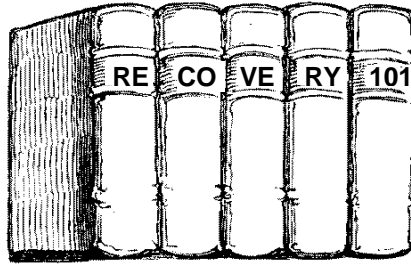
Powerlessness Exercise

Would you like a first-step exercise that you can use anytime, anywhere to remind you of your powerlessness? If so, try this:

While sitting in a chair, lift your right foot off of the floor and begin to turn it in clockwise circles.

As you do this, begin to draw the number **6** in the air with your right hand.

Your foot will change directions and there is nothing you can do about it!



Retreat Preparations are Under Way

Even though it is only July, planning for the 2005 IISAA fall retreat is in full swing.

Recovery Literature 101 is the theme of our 11th annual retreat to be held the weekend of October 21, 22, 23 at Camp Pyoca.

During the retreat, we will look at the newly published *Sex Addicts Anonymous* text, other SAA approved literature, and non-SAA literature that has proven helpful to recovery from sexual addiction. Personal literature: affirmations, poems, stories, first-step accounts, journaling, even favorite newspaper clippings, could also form the basis for a workshop.

Begin now to think about how **your** recovery program has been positively impacted by any audio, print, or video publication and how **you** might share this resource with others in our fellowship.

The official registration form along with complete volunteer information will be available following the August 13 IISAA meeting.

2006 and 2007

ISO Conventions Set

The Indiana fellowship of SAA will host the 2006 ISO of SAA International Convention in Indianapolis from May 26-29, 2006.

The insert in this issue of the Check-IN gives up-to-the-minute information concerning the plans for the 2006 conference.

Hopefully, the Indiana fellowship will support this convention through its volunteering and attendance.

In 2007, the SAA fellowship will convene in Minneapolis, the birthplace of SAA, to conduct its 20th annual business meeting and to celebrate the 30th anniversary of the founding of SAA.

2005 Calendar

July

9 IISAA Meeting, 4 p.m.

August

13 IISAA Meeting, 4 p.m.

28 IISAA Picnic, Noon - ??
Brown County State Park

September

10 IISAA Meeting, 4 p.m.

30 Check **IN** Deadline.

October

8 IISAA Meeting, 4 p.m.

21 -23 IISAA Retreat:
Recovery Literature 101