



Fall Newsletter 2024 Ohio Valley Intergroup



Editor's Corner

We're sure that many of us are glad to have the fall colors and the cooler weather joining us in our daily routines. So, as summer dwindles in our rear-view mirror, let's enjoy a walk in nature with the leaves crunching under our feet or bicycle along a trail as we work our daily exercise and enjoy the foliage around us. Fall is a great time to relax and enjoy yourself.

Also, note that there is more to enjoy with the SAA Fall Retreat in Columbus on November 2nd. If you haven't registered yet, please do so. The suggested donation is \$10 by Friday November 1st and is \$15 when you show up.

Now, here is a quick summary of this quarter's items:

- First, we want to express gratitude to those who give monthly donations to the ISO via Lifeline Partners. And yes, the ISO is still offering free hats to those who sign up.
- Next, if you haven't decided to fulfill your Twelfth Step via service work yet, or perhaps you haven't quite reached that Step but feel there is something you can do to help recovering addicts in your group or in the fellowship, read "Learn and Serve" below and take the opportunity to delve into service!
- Following this, you will find the very last reminder that you can still register for the SAA Fall retreat in Columbus.
- After this, a good friend in recovery, John P, gives us his own version of a "Dear John" letter where he is working to "break up" with his addict.
- Last, we present a brief list of highlights for the Ohio Valley Intergroup.

Read On!

The OVIG Newsletter Team

ISO Note:

Donate to Lifeline Partners - Even a Little Bit Helps!

That's right. You can sign up to donate what you can personally afford from as little as \$3 up to \$300 per month or more. As well, your group can add up "basket" donations and give a set amount such as \$25 or \$30 per month designated to Lifeline Partners based on a percentage of typical monthly giving.

As with a personal donation, even a much smaller donation of \$5 from a new group getting its feet on the ground helps the ISO just the same.

And while groups can still send an occasional one-time payment if they want to, the regular, planned payments to LP allow the ISO a consistent, predictable cash flow.

So, if you are not yet a member of Lifeline Partners, please think about it since your payment to LP helps the ISO better track where their resources stand every month.

Simply go to <https://saa-store.org/7thTradition> to find information on how to become a Lifeline Partner.

Oh, and you can still get a cool "Lifeline Partners" ballcap for joining!

Learn and Serve



At some point in our recovery, someone in our group may have asked us if we could help with something. It may have been unfolding chairs before a meeting or starting a pot of coffee. Perhaps our first reaction to a service request was "Me?" Or maybe we felt that there was something we could do to "pay back" to our fellowship for our sobriety but were not sure what we could do.

This is where we can be willing to learn more about tasks that help a wider part of the SAA fellowship and be open to those who can share their knowledge and experience with us.

Learn First

Learning starts on day one in recovery as we listen to others share. We hear the recovery of those with more experience. Perhaps we decided to share at our very first meeting. Maybe we waited a few weeks. As time passed, we inevitably learned more about our meetings and those who regularly attended. Then the time came when we sensed a growing feeling of self-worth and decided to rotate into the smaller, yet important tasks that kept our meeting or intergroup going. Later, after hearing what others were doing during business sessions, we may have asked questions, received answers that made sense, and concluded that we were ready for a more

advanced task. This new task could move us away from our comfort zone and challenge the capabilities we may not have realized we had.

So, what are some service tasks available to us?

Service Abounds

First, think about your strengths and experiences at work or in your personal life.

Are you good with computers and software such as Microsoft Office? You could help with creating documents such as retreat flyers, notices for fellowship events, or volunteer to be on the Ohio Valley Intergroup (OVIG) newsletter team.

You could also spend a small amount of time each month managing and using the OVIG list-serve for sending emails.

Are you good at working with others such as sponsees, co-workers, or have a knack for guiding others given your knowledge in various subjects? You could be the chair of a subcommittee in OVIG, or perhaps consider an officer position such as Chair, Vice Chair, Treasurer, Literature Representative, or Secretary. These positions rotate each year according to the OVIG Bylaws so a vacancy can occur at any time.

Are you a person who knows how to have a good time while staying sober? Working with the Special Events subcommittee may be your best bet.

Do you enjoy helping people while representing your recovery program to others? The Professional Outreach subcommittee would be a good fit.

Are you a number cruncher? Perhaps consider being the Intergroup Treasurer for a term or volunteer to help with an audit.

Lastly, if you are wondering how to volunteer for service work on an intergroup committee, read on.

Volunteering for Service

As a first step to service, if you are not already attending an Ohio Valley Intergroup (OVIG) monthly business meeting either in-person or on Zoom, please consider doing so.

If your group already has a representative to OVIG, consider attending as a guest, or better yet, should your group not currently have a representative, become one! Simply put, the more people we have present to discuss business matters, the stronger our decisions.

Attending this meeting shall give you exposure to the different committees and service opportunities. Attending the monthly OVIG business meeting is like walking through a smorgasbord of opportunities. As you listen to officers and committee leaders talk, you get an idea of what is involved in those positions. You may hear more in a specific opportunity that appeals to you. So, what is next if you are interested in helping with a specific committee?

As your next step to service, simply let the group at the meeting or the Chair of a subcommittee know that you are interested. While leadership positions are determined at the end of each year, note that you can *join* a subcommittee as a *member* at any time.

Further, should you feel strongly that you are a good candidate as a subcommittee chair, you can volunteer for that position at year's end if the current chair is vacating that position. Also, should a chair position be vacant when you volunteer for it, the group can hold a discussion regarding your interest and experience and if the fit is good, vote you into the position on the spot. Please note that having all committee positions filled is important!

Lastly, you will always have the help you need when you first start on a subcommittee or in an officer position. Simply ask for assistance if there is something you need help with or if you need materials to help you get started. Also, if you wish to have a sample copy of an OVI monthly business meeting agenda or minutes for review, just email our newsletter editor Chris J. at the address below.

Good luck on your journey toward helping others and helping yourself!

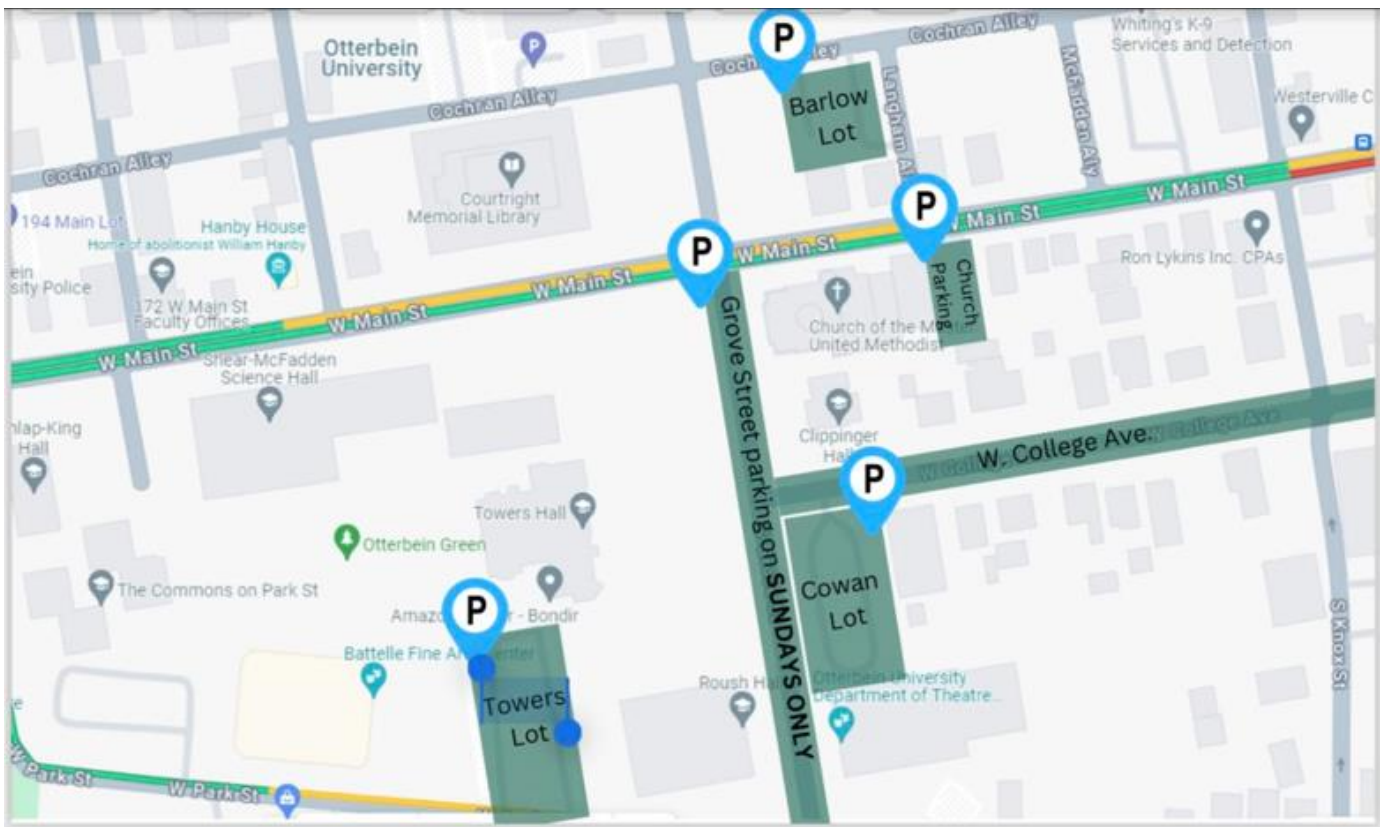
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The OVI Newsletter Team

2024 SAA Fall Retreat

They say that a picture is worth a thousand words. So, would two pictures be worth two thousand words? We are hoping that is the case as we present two pictures with thanks to the OVI Entertainment Subcommittee that show you visual details of the November 2nd SAA Retreat in Columbus. The first picture is a map of the parking area around the Church of the Master in Westerville. Since parking is important, we're showing the parking map first, so you know exactly where to park.

Following the parking map is a picture of the invitation flyer for the retreat.



SAA FALL 2024 RETREAT

Saturday, November 2nd. 8:30 to 3:30
The Church of the Master, 24 North Main St., Westerville, OH

Session Topics Include:

Healthy Sexuality in Recovery
Temperament and Relationships
The Addiction Cycle/Breaking the Cycle
The Twelve Steps and The Hero's Journey
Meditation as a Pathway to Spirituality
How Recovery Changes
Addiction, Sobriety, and Recovery
Learning from the Past
Character Defects and Assets

So, dear reader, if you are one of the few who have not received a flyer, then this is your chance. Below is a link to online registration and a link to the Venmo account where the donation of \$10 can be paid before you go to the retreat. We're hoping you'll grab this last opportunity and run with it!

Link to retreat sign-up page:

<https://www.cognitoforms.com/OVIGOutreach/RegisterForTheOVIGFall2024Retreat>

Link to retreat Venmo site:

@gearboxguy

Dear John **by** John P

Dear John,

So, the urge is here. You're getting ready to go on a pleasure trip. Thrill time, huh? Read this letter all the way to the end. Why? Because if you're ready to act out, you're obviously alone. So, it's OK to do it – right? Well, read on!

Each time it's the same old routine. You thought about the idea - pleasure. What's it all about John? Are you angry, lonely, tired, feel that you're entitled to act out? Remember, John, each time turns out the same way; you always regret what you now want to do. What's going on *within* you? Why is it not OK to act out now? What are the consequences? Well, read on John.

What if you get caught? It means humiliation, embarrassment. How about disease? **TODAY, IT'S DEADLY.** You will feel shame and guilt over broken promises. You will feel pain about the people you use. You'll have to tell lies to cover-up – lies you may have suicide thoughts and feelings about. Your career, success and accomplishments will be jeopardized. You will never enjoy it – you are always disappointed. You lose yourself for days thinking about punishment from a higher power, even though you know that isn't true.

Your addict is seducing you with promises which won't work. So, what do you need? Are you hungry? Get a bite to eat! Are you angry? Call someone! Are you overextended? Are you needing care? Find what you need - GET IT NOW. Don't do anything that will make all the above worse.

The question is this: If everybody could see what you're about to do, would you still do it? You're loveable and worthwhile. You deserve having your needs met in a way that respects your wonderfulness. Imagine spirituality that is peaceful, graceful, vibrant and growing – not what you are about now.

John, please listen to recovery. You know that it won't happen for you by acting out. Recall all the faces of those in the past. Remember, you'll have to put on a front to get out. Don't kid yourself. Instead, love yourself enough to let it pass. Let go. Call someone.

Love,
John

OVIG Highlights

The Ohio Valley Intergroup (OVIG) is a cohesive assembly of single SAA groups in both Ohio and West Virginia. We formed to share resources, cultivate service talent, and offer activities that single groups may not have the wherewithal to provide.

With that in mind, the bullet list below shows things accomplished over the last few months.

- The 2024 Fall SAA Retreat is literally right around the corner. The OVIG Entertainment Committee has been working hard on this one. It should be a very informative, enjoyable, and spiritual event!
- The intergroup continues to maintain a supply of literature and display organizers for outreach purposes.
- A Venmo account will continue to be available for making electronic donations to the intergroup. The current account is @GearboxGuy
- The Ohio Valley Intergroup continues to aid the Area 14 Assembly in recruiting and registering new Group Service Representatives (GSRs). If you know someone who may make a good GSR, ask them if they would consider it since it is a terrific way to maintain sobriety through service!
- Speaking of GSRs, if your group does not currently have one, why not volunteer yourself?
- Funds continue to be collected and used for professional outreach purposes.

