



Spring Newsletter 2023 Ohio Valley Intergroup



Editor's Corner

One of the first things we think of when spring is blooming all around us is what to do with the warmer weather. In considering helpful outer-circle activities, perhaps bicycling, gardening, or hiking with your copy of *Voices of Recovery* are examples. There are lots of possibilities.

So, where to start in describing what you will find below? We start by presenting a new plea from the ISO. They are now looking for GSRs and those with Conference business experience to consider helping other areas support their own Delegate. While this plea may sound a bit different, it is for a real and profound need.

After the ISO plea, you will find a second and final notice for the 2023 Convention in NYC with more registration information. This is followed by the latest details of the OVIG-related spring retreat on May 13th in Columbus.

Next, we look at the creation, rewriting, renaming, and refocus regarding the *Recommitting to Recovery* pamphlet on its path to publishing.

So, get ready, set, go into spring!

Read on!
(The OVIG Newsletter Team)

An Important Message from the ISO:

A Plea to GSRs:

If you are an experienced GSR in Area 14 (or any other Area), please read and consider this plea. As you may already know, the annual ISO Conference has hosted Delegates from Areas rather than Regions for the past several years. After the 2020 Conference where there was an adequate number of Area Delegates, the number of Delegates present from areas waned in 2021 and 2022. This caused a problem where there was not adequate representation in the form of delegates from many Areas of the fellowship. For the most part, this stems from some areas not having enough knowledge in the process to confidently support and send a Delegate to the annual Conference in Houston.

So, the Area Development Project is seeking volunteers to become *area mentors* for struggling areas. These mentors will be asked to attend a short online training session and will then be matched with an area that needs assistance or support.

If anyone reading this feels they can serve as an area mentor or if you need more information about mentoring, please contact area development at the number or address below.

713-869-4902

area.dev@saa-recovery.org

Important Fellowship Items



When in recovery, we are certainly on a path to freedom. So, the theme for this year's 35th SAA International Convention is also *A Path to Freedom*. Some good news is that this Convention occurs the second weekend of June so for those who are usually busy over Memorial Day weekend, this is your big chance!

For more information, go to the website below. Click on the green "Enter" button first. Next, if you are asked for a password, enter "pathtofreedom" all as one word.

Please read the entire first page if you have not previously attended an ISO Convention.

To register, click on "register to participate" on the first page and follow the instructions on the "Register" page.

Next, when you have completed the registration, you may also want to secure your room at the LaGuardia Airport Marriott since that is where the Convention takes place. To do this, click on "book the hotel room" on the first page and follow instructions.

Like to do things the "old school" way? You can always register by mail using a retreat flyer and mail your completed form to the ISO at the address they provide. You can also call the LaGuardia Marriott and reserve a room over the phone.

Also, be sure to print copies of the convention flyer to take to your groups. Spread the word!

<https://saa-convention.org/>

The OVIG Spring Retreat

Big spring OVIG Event

Spring Retreat, May 13th 2023
Maple Grove UMC
7 W. Henderson Rd.
Columbus, Oh 43214

8:00 – 8:50 am – breakfast and registration
9:00 – 9:50 am – concurrent sessions
Creating Your Three Circles– Jerry S.
Breakthroughs in Recovery: The 12 Promises and Beyond – Bill K.
10:00 – 10:50 am – concurrent sessions
Spirituality vs Religion: They Are Not the Same – Zach R., Mel F.,
Briana H., Colin J.
Working the 4a Step Using the KISS Method – Ted K.
11:00 – 11:50 am – standalone session Sex Addiction: What's Trauma
Got to Do with It? – Lucinda Bollinger, LPCC-S, CSAT

12:00 – 12:50 pm – Lunch & Fellowship

1:00 – 1:50 pm – concurrent sessions
SAA Jeopardy – Ted K.
Sponsorship: Putting Our 12a Step into Action – Ryan M.
2:00 – 2:50 pm – standalone session
Let's Talk About Sex Addiction (TED Talk) – Paula Hall – stand-alone
– David L. Moderator
2:50 – 3:00 pm – closing comments – Bruce G. and Zach R.
3:00 – 4:00 pm – tear down and cleanup

Here is the "second" notice for the upcoming Ohio Valley Intergroup Spring Retreat or *Big Spring OVIG Event*.

It will be held on May 13th, 2023, from 8:00 - 3:00 at the Maple Grove Church in Columbus.

Need a schedule of events? Go to the Ohio Valley website below. On the page that comes up, click on "2023 OVIG Spring Retreat." The flyer is on that page and shows all workshops and when everything occurs. The location of the retreat is also there.

Ready to register on-line? Simply click on the "Register" button on the bottom of the flyer, fill in the form that comes up, and click on the "Submit" button at the bottom of the form.

www.ohiovalleysaa.org/

Any more questions? Please contact the Retreat Chair via email or at the phone number below.

Bruce G – OVIG Retreat Chair
stvlc@sbcglobal.net
Txt – 614 790 0995

Recommitting to Recovery

A Pamphlet That Required Recommitting to the Task

The main idea behind this pamphlet is that one can always recommit to their recovery path even after a major setback from their inner circle. People can experience a stronger recovery focus after recommitting to their Step work with a stronger recovery relationship with their sponsor, more meeting attendance, etc.

The *Recommitting to Recovery* pamphlet also saw a “recommitting” of sorts to a different direction that was helpful in completing the work. In the usual chronological order, you can follow this interesting path the pamphlet took from an idea to being a completed, published work.

January 2016 – The Authors Group Chair sends his original draft of "Recovering from a Slip" to the Authors Group for review. The group begins discussions about and suggests edits for this piece.

February/March 2016 – The group worked on Drafts 2, 3, and 4 of "Recovering from a Slip." Minor edits and additions were performed on the document.

May 2016 - "Recovering from a Slip" Draft 5 was worked on. By this time, the idea of having a "spiritual problem" was removed as a cause for returning to acting out in the inner circle.

July 2016 - Draft 6 of "Recovering from a Slip" received more editing and changes. At this time, the group had reached a crossroads as far as the content was concerned.

August 2016 - Draft 7 of "Recovery from a Slip" was mostly a discussion about the document offering more of a solution to those who were powerless and much less about the difference between a "slip" and a "relapse" which were not well defined.

Also, differences in the level of consequences people would face when they returned to their inner circle behaviors, was mentioned.

It was also mentioned that the document would show people the path to recovery but would leave it up to the people as to whether they want to walk that path.

In this way, the Authors Group was “recommitting” to a different direction for the content of the pamphlet. Some more significant changes would follow.

September 2016 – The Authors Group retitled the document as "Recovering From Inner Circle Behavior" for Draft 8. This version no longer had the word "slip" in it. Also, this version was more positive. As an example, a sentence "It takes courage to fight that shame" became "It takes courage to believe that recovery is still possible."

This was because “fighting shame” was seen as another form of "white knuckling" while believing in recovery seemed a more positive approach.

October 2016 - Several more subtle refinements were applied between Draft 9 and Draft 10.

For example, the sentence "We may need to put a higher priority on doing recovery" was refined to, "We may need to give recovery a higher priority in our lives."

November 2016 - "Recovering From Inner Circle Behavior" Draft 11 was completed with a few edits and some minor refinements to a bullet list in the document.

December 2016 - "Recovering From Inner Circle Behavior" Draft 12 was worked on. A notable change in this revision was to push the sentence "Welcome back! We celebrate that you have come back and affirm the

courage and honesty you display" upward to the top where it now exists in the published version as "Welcome! We celebrate and affirm the courage and honesty you display."

January 2017 - "Recovering From Inner Circle Behavior" Draft 13 was completed with the group looking for a few more ideas to give the pamphlet a more positive "attitude."

February 2017 - Draft 14 of the pamphlet was completed. In this revision, the important sentence "As a returning addict, you are needed!" was added. This was considered powerful enough that it exists as-is in the published version. This was the first of two positive "attitude" ideas to be added.

March 2017 - "Recovering From Inner Circle Behavior" Draft 15 was completed with mostly some clean up work accomplished.

April 2017 - Draft 16 was completed. This version lengthened the introductory paragraph to "Welcome back! We celebrate that you have come back and affirm the courage and honesty you display. We welcome all sex addicts who want recovery. We especially welcome those who are currently acting out. We welcome all who want freedom from sexual addiction no matter how many times they act out."

This certainly added more positive "attitude" that was sought after a few months earlier. Although some rewrites by Literature Committee were performed on this paragraph, a majority is still recognizable in the completed and published version.

May 2017 – The Chair Dave R asked members of the Authors Group if the piece was ready to be sent to Literature Committee. After some discussion, the consensus was that while the piece could always have more editing within the AG, it was seen as ready to go to the Literature Committee. By a vote, the decision was to send it there.

Early 2018 – After a moderate number of rewrites and changing the name to *Recommitting to Recovery*, Literature Committee approved the pamphlet and sent it to the ISO office for publication.

October 2022 – At this time, *Recommitting to Recovery* stood among seven pamphlets both new and existing to receive Conference approval.

So, if you haven't given this one a read yet, you should take some time to do so. Whether or not you have ever returned to your inner circle, experiencing this pamphlet may help your sponsee someday.

To read a copy of this pamphlet for free, double-click on the link below.

<https://saa-recovery.org/literature/recommitting-to-recovery/>

Also, here is the usual request on behalf of the Authors Group and Literature Committee. Should you read the document, please leave feedback by clicking on the phrase "Find the feedback form here", filling in the form, and clicking on the "Submit" button. Your thoughts and feelings are greatly appreciated!

Chris J.

OVIG Highlights

The Ohio Valley Intergroup (OVIG) stays a cohesive unit of single SAA groups in both Ohio and West Virginia. As with most intergroups, the OVIG was formed to share resources, supply service talent, and offer activities that single groups may not have the wherewithal to provide.

As such, there are a good number of notable accomplishments the OVIG has achieved over the last several months. Below is a list of these accomplishments so everyone can know that we all remain busy.

- Note! The OVIG Spring 2023 Retreat is Saturday, May 13th from 8:00 A.M. to 3:00 P.M.
- A new method for retreat registration is being used via a link in the retreat flyer.
- The OVIG Potluck Social event of Sunday March 19th was a success.
- The Venmo account for OVIG continues to be a convenient way to make donations to the intergroup.
- Funds continue to be collected from groups to be used for professional outreach purposes.
- Three new meetings have started in 2023 thus far.
- When possible, the intergroup aids the Area 14 Assembly in recruiting and registering new Group Service Representatives (GSRs).
- The intergroup continues to keep a supply of literature and display organizers for outreach purposes.
- The OVIG website works to stay up to date with new meetings being added and inactive meetings being removed.

It's easy to see from the above bullet list the many ways that OVIG serves the groups, the fellowship, and the still-suffering sex addict.

(The OVIG Newsletter Team)