



Winter Newsletter 2024 Ohio Valley Intergroup



Editor's Corner

Here we are in 2024! Technically, we're in the mid 2020's now and standing in the middle of Winter. While it might be fun to think that we will have an early spring thanks to Punxsutawney Phil rising to no shadow, some of us will likely continue to rise to scraping frosty stuff off our car for some time to come. Well, let's move on to some warm thoughts.

To start, please consider the all-important blurb regarding setting up a Lifeline Partners donation to the ISO. This method for making donations continues as a financial "lifeblood" for our leadership in Houston.

Next, consider all the possibilities for a recovery-boost you will experience when you attend the 2024 SAA Convention right here in our home of Columbus, Ohio on May 31st and June 1st and 2nd. This convention promises to be an impressive array of outer circle activities and a chance to spend time making new friends among hundreds of recovering sex addicts.

Next, let's take a closer look at a future SAA pamphlet "Self-Care and Connection" and where it stands in development within the Authors Group.

Read on!
(The OVIG Newsletter Team)

An Important Message:

Ever considered donating to the ISO in a manner that simplifies things for you and also simplifies things for them as well? Please consider joining the **Lifeline Partners** as a way of regularly making an automated donation, no matter how little or how large to the ISO. A quick look at the 2023 Annual Conference results, reveals that general donations to the ISO were down from the preceding 2022 Conference. It is the funds from Lifeline Partners that helped offset that deficit.

For those of you who are already Lifeline Partners, the OVIG Newsletter Team wants to thank you for being a member!

For those of you who have considered joining LP but have not done so yet, what are you waiting for? To learn more about Lifeline Partners, please click the link below:

[SAA — 7th Tradition | Lifeline \(saa-store.org\)](https://saa-store.org)

To participate, please follow instructions for donating as an individual or as a group.



Columbus 2024

Keep Coming Back in 2024!

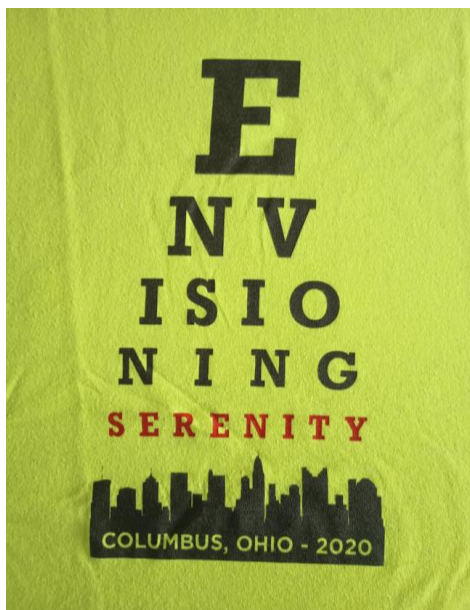
When we say, “Keep coming back”, we really mean it!

Still, some of you may wonder why the chosen name of the 2024 Convention in Columbus, Ohio is called “Keep Coming Back.” While many reasonable answers could make sense, two stand out the most.

Answer number one: the actual mantra “Keep coming back” was first heard by members of AA and have since applied in other recovery programs and have been used in different situations. If you found yourself acting out after a length of sobriety, it was “Keep coming back.” If you were leaving your very first recovery meeting, it was “Keep coming back.” If you had successful sobriety and were ready to help others, it was “Keep coming back.” Basically, it’s “Keep coming back.”

Answer number two: “Keep coming back” has a special meaning to those of us who worked hard at bringing the annual SAA Convention to Columbus Ohio in 2020 and 2021. Due to the COVID19 virus, the 2020 Columbus SAA Convention was cancelled, while the following year in 2021 the Columbus Convention was held entirely on-line. That’s right. The whole thing was run in Zoom for the first, and hopefully, the only time in SAA history.

To highlight that fact, you will see three T-shirt designs side-by-side below. The first is the original bright yellow “committee member” shirt for Columbus 2020. The second shirt which was sold to convention “Zoom” attendees, is from 2021. The slogan was “Envisioning Serenity” with the words appearing as an eye chart. Get it? En-vision-ing serenity. Bad pun? Also, take another close look at the two “eye chart” shirts below. While they have the same identical theme, they have been screened with two different years, 2020 and 2021. That’s not a misprint. The 2020 shirts were produced and distributed before the convention was officially cancelled. The shirt with 2021 was produced the following year which is when the on-line convention took place. Talk about “double vision.” 😊 Another bad pun?



Now, let's consider another great mantra easily formed by switching two words: "Quitters never win" and "Winners never quit." You could say that not only the 2024 Columbus Convention Committee is deciding that winning is best, but also everyone who decides they want to attend the upcoming convention and those who want to volunteer their talents and time to help shall be winners as well! We're back again in the "post-COVID" era and ready to have a great convention. So, indeed, "Keep Coming Back" is not just an appropriate slogan for the convention but also our way of never quitting!

Finally, consider the third shirt shown above. This is an early proposal for the attendee shirts of 2024. The final version may be different with the boomerang on the back and the "Columbus 2024" runner on the front as the Convention Committee is still considering the best option.

If you want to be among the early birds to register for Columbus 2024, please follow the directions below.

First, hold down the "Ctrl" key on your keyboard and click on the link below:

<https://saa-convention.org>

When the site appears, click on "Enter" and then you will be prompted to enter a password. Just type "keepcomingback" all as one word and without the quotes. Then click on "Login." You should see the official 2024 Columbus LOGO.

Next, click on the "Register Here" button and follow the instructions from there.

More updates are coming in the Spring Newsletter regarding the convention.

The OVIG Newsletter Team

Self-Care and Connection: Realizing that *We All Matter!*

This quarter let us look at an SAA pamphlet that hasn't been printed yet. In fact, the pamphlet with the full name, *Self-Care and Connection: The Importance of Nurturing in Sex Addiction Recovery*, might become one of the most important recovery tools we can all use outside of sponsorship and the Twelve Steps. While it may be a year or so before this pamphlet is available (and perhaps with a different title), the SAA Authors Group and a few other reviewers feel it will be helpful to those who could use more encouragement regarding self-care.

Why self-care?

I'm sure you've heard time and again from recovering sex addicts about an overly critical or alcoholic parent, belittling teacher or coach, or even sexual abuse when growing up. While there are many reasons for adult sex addicts to discover they have traits of "self-negativity" or "non-self-care", those traits can be challenging to face and overcome alone. They can also lead to a lack of self-care.

Dr. Marshall Rosenberg, the author of *Non-violent Communication: A Language of Compassion*, mentioned nine important needs. Those needs are sustenance, safety, love, understanding/empathy, creativity, recreation, sense of belonging, autonomy, and meaning. He mentioned that living without even a few of those makes life difficult and that difficulty often shows in the way we react with other people. From a recovery standpoint, lack of needs can lead to low self-care or negative self-worth which can feed into our character defects and thus lead to inner circle behaviors.

So, how can the up-and-coming SAA pamphlet be helpful?

This document provides a lot of information for helping with negative feelings, negative self-worth, lack of self-care, and other leftover "junk" from our past that can make working the steps more challenging.

This pamphlet-to-be is divided into sections as follows:

Something was missing – this section introduces some factors that may be hindering recovery despite regularly attending meetings and working the Steps with a sponsor. For some, despite years of sobriety, a sense of belonging or fulfillment may have been lacking.

A "secret ingredient" to boost recovery – This section presents the ideas of nurturing oneself and also allowing ourselves to receive nurturing from others. While this may be a hard pill to swallow for those of us who were taught to be "tough", it is an important part of recovery.

Harshness does not help recovery – Since some addicts are told "what to do" or "what to be" while growing up with little room for failure. They may feel that they must aim for perfection. If we experienced harshness for being less than others wanted us to be when growing up, we will continue to be harsh with ourselves into adulthood.

What is nurturing? – This section presents an important ingredient for recovery: being gentle on ourselves when we fail. It is always "progress rather than perfection" and we can allow ourselves time to get used to treating ourselves with respect, love, and gentleness. This idea can work together with the fact that we can't recover by ourselves.

Ways we apply the principle of nurturing in recovery – A long list of helpful items is listed in this section. Sharing at meetings, making phone calls to share feelings, ask for and receive help from other recovering sex addicts, and learning to prioritize self-care are among the many ways mentioned.

Lastly, we all look forward to seeing this pamphlet for sale and on the “free read” page of the SAA website. For now, if you are truly interested in having an opportunity to review this document, or better yet, help in its development, please consider becoming a member of the Authors Group. This is great service work for those looking for a “light lifting” service opportunity. The work will only cost you about three hours per month. There is a two-hour Zoom meeting once per month plus about an hour for reviewing and adding comments to the nurturing pamphlet found on the AG Box site.

So, should you wish to join the Authors Group, please send an email or call the ISO office using the information below. When you do, please be sure to tell them that you wish to work with the Authors Group and that you want to be added to the list serve to receive invitation emails for the monthly meetings. It’s fun work. You’ll be glad you did.

Chris J.

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OVIG Highlights

The Ohio Valley Intergroup (OVIG) remains 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! You can register early for the 2024 SAA Convention in Columbus.
- If you are attending the 2024 SAA Convention and you like to be helpful, let our editor know and he can steer you in the right direction! (crispyj4@gmail.com)
- Help needed! A new meeting is being formed at the Franklin County Community based Correctional Facility in Columbus. Sober members of our fellowship will soon be needed to help run a meeting at this facility once per month. This will help inmates nearing release Please consider this opportunity for service!
- A Venmo account will continue to be available for making electronic donations to the intergroup. The current account is @Mark-Laughlin-13 but a different account will soon be available for use and will be shown in the next newsletter.
- Funds continue to be collected and used for professional outreach purposes.
- A plan is currently in place for the Ohio Valley Intergroup website to be updated. Help is needed for this!
- The Ohio Valley Intergroup 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 a great way to be of service!
- The intergroup continues to maintain a supply of literature and display organizers for outreach purposes.

(The OVIG Newsletter Team)