



Sumer Newsletter 2026 Ohio Valley Intergroup



Editor's Corner

It's funny how winter and summer often battle each other for supremacy in the category of misery. It really doesn't seem that long ago when your editor described himself as a "geek" who took a tape measure to every snowfall so he could add up the total deluge of frozen flakes in his back yard (thirty-three inches total from December to March). At that time, your editor couldn't wait for spring and summer to warm things up so he could start riding his bicycle again.

Well, so much for that.

As this newsletter was in the creative process, the thermometer reached well into the 90s for an entire week with one incendiary day where it reached 97F with a heat index of 108F South of Dayton. So, your editor will sound like a complainer and mention that the current weather offers us all just one opportunity: it allows us to look forward to winter in another five months.

So, as we enjoy the overabundance of warmth, let us preview the features in this quarter's newsletter:

- For ISO items, the request for donations to Lifeline Partners has been updated and streamlined as the need is now greater. Also be sure to download a copy of the Outer Circle SAA newsletter and to look at the newly updated meeting search on the SAA website. Details are below.
- The OVIG Fall Retreat is in the planning stages. It is planned for October 24th, and more details will be forthcoming in the fall newsletter.
- Another future pamphlet is now in review within the Authors Group, while this one has veered off the usual path of progress. Be sure to read "A Different Path: Religiosity and LGBTQIA+ Pamphlet" below.
- Get ready to look inside an Ohio/West Virginia newsletter that existed about sixteen years ago when you see the first page masthead and read the article in "Bedrock Foundation: A Blast from the Past" featured below.
- Last, we present the usual list of highlights for the Ohio Valley Intergroup.

Read On!

The OVIG Newsletter Team

ISO Notes

Lifeline Partners

A good way for groups and group members to donate to the SAA is through Lifeline Partners. This is a way to donate funds on a regular basis such that the ISO receives a more reliable income base. You can donate an amount you are comfortable with, or if you are feeling bold, raise the bar upward. If you need more information about Lifeline partners, call the ISO at (800)-477-8191 or just follow this link:

<https://saa-store.org/7thTradition>.

Upon arriving at the site, scroll down to the “LIFELINE PARTNER” heading to see how to donate either as an individual or as a group. While you can still text “GHAV” as an individual or “GHAVG” as a group to 91999 from your phone, you can now scan a QR code at the site to donate via ZELLE.

As always, donations can still be made by a check or money order sent to:

ISO of SAA, Inc.
PO Box 70949
Houston, TX 77270

Outer Circle Newsletter

You can read or download a copy of the latest *Outer Circle* SAA newsletter by clicking on the URL below.

<https://saa-recovery.org/wp-content/uploads/TheOuterCircleNewsletter.pdf>

If your group prefers a printed copy, the group can contact the ISO and sign up to receive one or can print the electronic copy downloaded from the site.

Next, are you or anyone in your group interested in submitting an article for the *Outer Circle*? Just go to the URL below and fill out the online form.

Submissions of new stories are always appreciated!

<https://saa-recovery.org/news-events/saa-newsletter/tocsubmission/>

The “New Look” SAA Meeting Search

Recently, the ISO updated the part of the website where you can search for meetings.

To use this revised tool, first go to the URL shown below.

www.saa-recovery.org

The main SAA site for recovery will come up. Click on the “FIND A MEETING” button in the middle.

The page shown below will come up with a default meeting in the lower left area. Next, click on the orange “Reset” button in the upper right to reset the page. Note that you may see a meeting in your area if you allow the site to use your location.

Next, simply add a city name in the “City, State, or Postal Code” box. The state and zip code may also fill in as you type. Hit the enter key and you should see some of your area meetings appear in the lower left. Also, if searching in a smaller area, you may want to select a smaller value in the “Miles” window.



[Main SAA Website](#)
[Store](#)
[Contribute](#)
[English](#)

[Find A Meeting](#)
[Start A Meeting](#)
[Resources](#)
[About](#)

[Select All Days](#)

Meeting Type

Access Type

Gender

Focus

Language

Topic

Showing 1 - 20 of 113 results
Timezone: America/New_York (EDT)

Wednesday Night Step Study-Lead Share

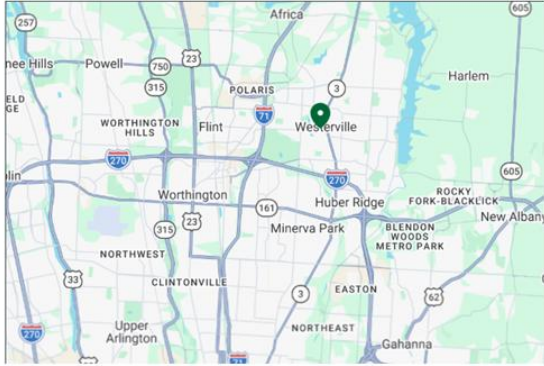
Occurs Weekly

Livingston United Methodist Church
[200 E Livingston Ave](#)
[Columbus, OH 43215](#)
[United States](#)

Wednesday

Meeting Time
6:30 pm EDT

Local Time
6:30 pm EDT



Early Call for the OVIG Fall Retreat



You'll hear the phrase "experience, strength, and hope" many times in recovery. That phrase is not only a core motto of recovery but is also the choice for the theme of this fall's OVIG retreat. The elements of that phrase should be a goal for everyone working through the Twelve Steps and attending the retreat this fall. The plan is to offer workshops and panels that will support the three elements by sending you home with the experience of new knowledge, the strength of spiritual growth, and the hope that comes from being part of a recovering community.

So save the date for October 24th and while the venue is still in the process of being selected, all details of the fall retreat will be revealed in the fall newsletter.

A Different Path: Religiosity & LGBTQIA+ Pamphlet



Religiosity and SAA: A Path of Recovery for LGBTQIA+ Addicts

**You are not alone!
Sex Addicts Anonymous can help!**



Most pamphlets or booklets that the Authors Group produces have followed a common path whereby one member or subcommittee of the Authors group writes a document which is then exposed to editing and changes made within a subcommittee or at monthly Authors Group meetings.

After the pamphlet has received enough “polish,” it is then submitted to the Literature Committee for further editing and consideration for publishing. If the document is not sent back from Literature Committee for more editing, it will then receive approval and be set on its path to publishing.

The document shown on the left, “Religiosity and SAA: A Path of Recovery for LGBTQIA+ Addicts” is taking a slightly different path. It came simply to the Authors Group for a “fresh set of eyes” to see it after it completed its first round through Literature Committee. So, the Authors Group will be using documented comments from Literature Committee to aid in applying a further coat of polish to the document.

So, just what is inside this pamphlet that is getting some extra attention on the path to publishing?

The future pamphlet “Religiosity and SAA: A Path of Recovery for LGBTQIA+ Addicts” will consist of six sections: Welcome, Understanding Religiosity, Inclusive Recovery, LGBT-Specific Support, Moving Forward, and a Closing Message. The six sections of this approximate 800-word, trifold document can be outlined as follows:

Welcome – Finding Recovery in SAA:

This section welcomes the LGBTQIA+ addict and informs the reader that SAA honors diversity in sexual orientation and that the recovering community offers acceptance and hope for everyone. LGBTQIA+ individuals, as well as others, are encouraged to share honestly and listen compassionately among others who understand the struggle of sex addiction. Another important idea is that the struggling addict does not need to know what their journey will look like as they begin; they only need to be willing to start.

Understanding Religiosity – Why Religiosity Matters:

This section introduces how some LGBTQIA+ individuals may hold fear, distrust, or anger stemming from negative experiences with faith traditions. It is mentioned that use of the word “God” in the SAA Steps is not related to any religion, creed, or dogma and that other words such as “love” or “SAA” can replace “God.” An important idea introduced is that spirituality does not require a religion to be followed. The idea of using SAA groups, the universe, or nature as a Higher Power is an important example introduced. The reader is invited to define their own Higher Power and realize that they alone are to define their spirituality.

Inclusive Recovery – A Place for All Beliefs:

This section explains the Higher Power being anything that works for the recovering addict and can help the addict do what cannot be accomplished alone. The reader finds that recovering sex addicts come from many different faiths, spiritual paths, and belief systems. As some religious organizations now embrace LGBTQIA+ people with acceptance and affirmation, the pamphlet encourages the reader to explore their choice for a Higher Power.

LGBT-Specific Support – Resources for LGBTQIA+ Members:

This section briefly presents the International Service Organization (ISO) of SAA as a provider of LGBTQIA+ resources including group information. The LGBTQIA+ Outreach Subcommittee is introduced to the reader as a group focused on helping LGBTQIA+ members with literature development, 12-Step Workshops, SAA Convention events, and more. A link to the SAA site is given as “saa-recovery.org” and those in need can go there by searching for “LGBTQIA+” in the “Focus” tab within the “Meetings” tab.

Moving Forward – Your Journey Starts Here:

Here the person new to SAA is assured that they are entering a nonjudgmental place to heal from addictive sexual behavior and that they decide on their own spirituality. The reader is also encouraged to attend a meeting.

Closing Message – We Welcome You, As You Are:

The LGBTQIA+ sex addict is encouraged to “come as you are” and that healing and acceptance are always possible. Here the new sex addict is encouraged to take the first step in their recovery journey.

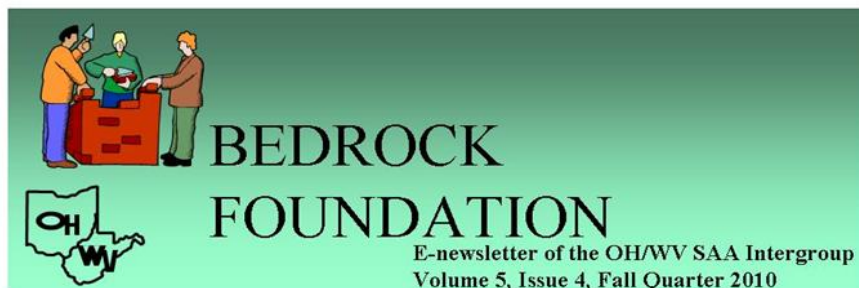
Since the remaining path facing this pamphlet is reasonably short, it may very well be available from the SAA website in a year or less.

Chris J.

Bedrock Foundation: A Blast from the Past

There was a time between fifteen and twenty years ago when the Ohio/West Virginia SAA Intergroup existed as the forerunner to the Ohio Valley Intergroup that exists now. The old group met in two or three different places not far from the Ohio State campus to plan activities, manage literature, and distribute copies of the “Bedrock Foundation” newsletter. So, the “Bedrock Foundation” was the forerunner to this newsletter and was produced from about 2006 to about 2011.

The masthead for the fall 2010 edition of that original publication is below along with the feature list from that edition and the feature story from Mark G. of Dayton. Have some fun on this little time travel.



*“Obtaining and maintaining abstinence from inner circle compulsions is the **bedrock foundation** of all the personal growth which will surely follow.”*

- from SAA's Three Circles pamphlet

In this issue:

Crossing the Bridge to Recovery

This story described the upcoming Northeast Retreat and Caucus in the Bronx. (*)

Last Call for the Indiana Retreat

This story encouraged the reader to attend the upcoming Indiana retreat at PYOCA.

Step Ten is a Shocker by Mark G.

The featured story copied below for your review.

Editor's Corner – Losing a Brother

This sad feature described the loss of Ken S. of Indiana who passed in the summer of 2010.

The OHWV Revised Meeting List

This revised list of SAA meetings in Ohio and West Virginia was a regular feature.

The “Mail-Snail” Asks...

Along with a cute picture of a snail, this brief request asked people to help those without email by providing their address so they could get a hard copy of the Bedrock Foundation.

(*) The Northeast retreat and caucus are defunct as conference business is now performed by delegates elected by Areas and not by Individual groups within regions.

Step Ten is a Shocker by Mark G.

I remember the first time that I read Step Ten from the sheet of steps called “How it Works.” I remember thinking that this has to be easy. By the time I reach that step I should be close to being cured, right? After all, working steps one through nine would take a long time and a lot of hard work. By the time that point is reached, the remaining three steps should be a “breeze.”
Then again, maybe NOT!!

My first two years in recovery I did not have a sponsor. I had no guide, nobody to really help me move through the steps. I harbored a false impression that after making a few brief amends I would “graduate” up to the big leagues - steps ten, eleven and twelve. Step Ten was to be, in my mind, the bottle of Windex you spray on your thoughts, feelings and behaviors before wiping away the addictive “grime” with a soft cloth provided by the higher power.

This was just a quick maintenance stroke, that’s all. Let’s go on to eleven and twelve and then say we’re done. I thought I had it all figured out.

I simply didn’t.

“Step Ten was to be, in my mind, the bottle of Windex you spray on your thoughts, feelings and behaviors before wiping away the addictive “grime”...



My first “real” experience with Step Ten was a shocker! In my third year, I finally got up the nerve to go out and get a sponsor. I told this new sponsor that I had already been through steps one through nine and that I was getting “stuck” on step ten. He smiled at me for a moment and then asked me “Are you sure that you are stuck on Step Ten? Let’s go back and talk about the earlier steps.”

I then spent well over a year finding that my earlier work was not quite up to par. I had missed working Step Two entirely and did not cover more than a fraction of my total inventory in Step Five.

Since following my sponsor’s lead, I have found that not only did the first nine steps require more work than I thought but that Step Ten itself looked entirely different now.

I began to go back to my Step Four inventory and look seriously at what was missing. I began to use what people in my group called “rigorous honesty” by allowing me to admit to the existence of vulnerability to continuing attacks by my addict. I would keep a journal and share it with my group such that “when I was wrong, I would promptly admit it.” This was hard.

I was not only admitting to any of my acting-out behaviors but also to my trigger feelings and slippery behaviors.

After a few years with my sponsor, I can now see another way that a “real” Step Ten has helped me. Not only is the continuing inventory and rigorous honesty necessary for sobriety to grow but there is more. I know that to continue to grow in relationships, self-acceptance and in life I will have to continue to “wipe my windows clean” as often as I can.

Thank you for reading this.

Mark

Interested in seeing the entire fall 2010 edition of the “Bedrock Foundation?”

Email the editor Chris J. at the email address below or call/text him at the number provided.

Chris J.

Editor

crispyj4@aol.com

937-725-7281

OVIG Highlights

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

With that in mind, here are items accomplished, along with future ideas or activities inside or outside the OVIG.

- The intergroup continues to maintain a supply of literature for outreach purposes or for special needs.

- A QR code for making donations or payments to the Ohio Valley Intergroup is below which takes you to the OVIG page of the HomeGroup.Online site. Scan the code and when you see “Ohio Valley Intergroup of SAA,” fill in the requested information and click “Next.”
- The first reminder: the Ohio Valley Intergroup Fall 2026 Retreat is on October 24th.
- Should your group not have a Group Service Representative (GSR) for Area-14, please consider asking someone to accept that position. GSR work takes no more than an hour every three months and an additional hour or so when the annual conference draws near. GSR service certainly helps maintain sobriety. Need GSR information? Contact Chris J. at crispyj4@aol.com.
- A scholarship will be available for those who need assistance to attend the convention next year in May.
- It appears that the Noble Correctional Institution in Caldwell, Ohio is no longer allowing SAA meetings to be conducted inside its walls. Hopefully, that may change.
- Funds collection continues for professional outreach purposes.
- Scholarships are often available to people who want to attend the yearly Indiana retreat at PYOCA but may not have the financial means to do so. When September draws close, check on availability of funds.

(Image to scan with a QR reader for going to the OVIG page of HomeGroup.Online)



Try to stay cool when the “oven” days are here!

The OVIG Newsletter Team

