

## Every Step We Take...

In a new feature of the newsletter we will discuss our personal experience with applying a particular step in our lives.

This month, Adam G. writes about his experience with STEP 11 "Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out".

My early experiences with both prayer and meditation when I joined SAA were short lived and clumsy. As I didn't have any idea about this whole higher power thing my prayer didn't feel authentic and with meditation I would give up after 2 minutes thinking I couldn't do it because I would inevitably get lost in thought.

However, I spoke to more and more people in the fellowship who were finding meditation very helpful for their

recovery, and a fellow member recommended a book to me, Jon Kabat-Zinn's "*Wherever You Go, There You Are*". This book has played an integral part in my recovery and was the catalyst for me starting a daily meditation practice. There are many different types of meditation, but this book discusses Mindfulness Meditation.

What is Mindfulness meditation I hear you cry! According to Kabat-Zinn, it is —"paying attention in a particular way: on purpose, in the present moment, and non-judgmentally". We take an object of meditation, such as the breath, and pay attention to it, without trying to control it or change it in anyway. When our attention wanders into thought, as it will do time and time again, we very gently and kindly bring it back to our breath, time and time again! The beauty of this practice is that we can use anything that is in the present moment as the object of

our meditation; sounds, body sensations, breath, our thoughts and feelings. This is a very systematic way of actually being in the here and now, as opposed to being lost in our thoughts.

Meditating like this is a fundamental part of my recovery. I have a more embodied presence each day, I have become a lot kinder and compassionate towards others but particularly towards myself. I am calmer and able to concentrate more, and I have a better understanding of my negative thought processes. I can see now that I don't have to believe my thoughts and fantasies, that they will arise and pass if I allow them to.

I am so grateful for the fellowship and the 12 steps for introducing me to something that is helping me live a healthier, saner life!

### Recommend Reading:

*Jon Kabat-Zinn*

*"Wherever You Go, There You Are"*

## Writing letters to Prisons: a call for help

My name is Paul D. and I'm a recovering sex addict.

I am starting a Prison Outreach sub-committee and am seeking volunteers to write letters to our fellow addicts that are confined in Institutions.

Some background on how this came about. We received an email from a member of AA that is doing outreach in the Institute for AA recovery and he was approached by someone in the Institute that is the Chairperson for a small SAA group. The SAA group of about 5-7 people that have been meeting regularly and they have the Green book and SAA pamphlets. What they are seeking is to make contact with people "outside" of the Institute with whom they can share

their recovery, experiences, strengths and hopes. Also, they want to know that they don't stand alone as they feel very isolated in the Institute.

I wrote a letter to the Chairperson of the SAA Group in the Institute and I have asked for him to give me a list of names of people in the Institute that would like to receive a letter from us. When I get the list of names, my intent is to match the names with any volunteers. To protect anonymity, all correspondence will be done snail mail using the SAA mailbox.

Please ask anyone in your home Groups that is willing to volunteer to contact me either by phone (778-882-6713) or by email (phonerep@saavancouver.org).

Yours in service,  
*Paul D.*

## Social events/fellowship in SAA Vancouver: a call for organising

There has been some talk as of late about setting up events where members can enjoy some time with each other outside the rooms.

Unity is a central tradition to keeping the fellowship and the individual in one piece, and having some fun in safe situations with other recovering addicts is simply good for us. Some ideas are bbq's, pancake breakfasts, hikes, pizza/movie nights, bowling.

One idea: we could charge \$5-10 a head for pizza and a (suitable) movie at someone's place with a decent screen, for example, and donate any profit to 2012. Interested in getting this going? Talk about it at meetings, get the word out, and contact the newsletter people with a time/place!

newsletter@saavancouver.org /  
outreach@saavancouver.org

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# Announcements

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## **2012 conference organising meetings 7-9 (app.) PM, 1st Tuesday of each month, at QMUNITY (formerly The Centre) Bute @ Davie.**

2012 is approaching and we want to have our game together! Fellowship is what will make this work. Our fellowship needs help organising all sorts of different areas. Please attend and support the first Canadian conference ever to take place.

## **Vancouver and Area SAA Intergroup, 3rd Tuesday of each month, 7pm at QMUNITY (formerly The Centre) Bute @ Davie.**

All members are welcome! This is a group of volunteer members whose purpose is to serve individual, local groups. At your local group's next business meeting, ask if there is an intergroup representative, and if there isn't, you can put yourself forward for the position. Help is also needed for outreach and other committees.

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## **Outreach update / call for help**

Over the last few months, contact has been made by the intergroup's Outreach Committee with several professional health organisations, as well as individual councillors and law enforcement officials.

A panel of two to three members spoke in person to the BC Center for Disease Control's outreach team's nurses who work at clinics and do frontline STI prevention on the street as well.

Also spoken to were over 15 Addiction MD's from Vancouver Coastal Health. Posters, pamphlets and business cards with SAA info were distributed to both parties with hope that they may help the addict who still suffers.

\*\*We have received a call for outreach speakers from a gay men's organisation located on Davie St. They have requested that on a Wednesday afternoon or early evening of our choice, two SAA members from the gay community share their experience, strength and hope. Our outreach

policy states that there must be at least two members present to do any outreach speaking, and that the members should have a reasonable amount of experience with sobriety, recovery in SAA, and a knowledge of the fellowship's traditions and principles.

If you are interested, please email [outreach@saavancouver.org](mailto:outreach@saavancouver.org). If arrangements can be made to speak with another person, that would help make this a reality.

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## **Order literature through intergroup and save**

While groups are free to order literature directly from ISO, it is cheaper to pool our orders through Intergroup, to save on shipping charges.

contact:  
[literaturerep@saavancouver.org](mailto:literaturerep@saavancouver.org)

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## **Meetings In Vancouver/Area**

### **MONDAY**

12:00 p.m. - 1:00 p.m., **Roundhouse Community Centre**, upstairs near music room

7:30 p.m. - 9:00 p.m., **Seniors Adult Day Care**, 3076 East 49th Avenue (and Kerr), Annex Bldg. on S.W. Corner, Entrance from parking lot behind building

### **TUESDAY**

5:30 p.m. - 6:30 p.m. **Qmmuinty** Room G, 1170 Bute St. (Across from Blenz at Bute & Davie, Upstairs)

**Langley:** 7:30-9:00 p.m., **Douglas Recreation Centre**, Games Room, 20550 Douglas Crescent, Langley

**Port Moody:** Tuesdays from 7:30 p.m. - 9:00 p.m., **St. Andrews United Church**, 2318 St. Johns Street

### **WEDNESDAY**

7:30 p.m. - 9:00 p.m., St. Vincent Room, **Holy Rosary Cathedral**, 650 Richards St. Vancouver. Enter from Richards Street through the door marked 650 (not 648). The St. Vincent Room is the first door on the right.

### **THURSDAY**

12:00 p.m. - 1:00 p.m., **Roundhouse Community Centre**, Upstairs, by the music room 181 Roundhouse Mews

7:30 p.m. - 9:00 p.m. **Seniors Adult Day Care**, 3076 East 49th Avenue (and Kerr), Annex Bldg. on S.W. Corner, Entrance from parking lot behind building

**Whiterock:** 7:30 p.m. - 9:00 p.m. **First United Church**, 15385 Semiahmoo Avenue, In The Dogwood Room

### **FRIDAY**

7:30 p.m. - 9:00 p.m. **Roundhouse Community Centre**, 181 Roundhouse Mews

### **SATURDAY**

10:30 a.m. - 12:00 p.m. **St. Paul's Anglican Church of the West End**, 1140 Jervis Street (at Pendrell), Lower Hall. Enter on Pendrell Street, NE corner of building, downstairs.

7:30 p.m. - 8:30 p.m. **St. James Cottage Hospice**, 650 N. Penticton St (at Yale). Meeting room on North side of building, off the park. No parking in Hospice parking lot

### **SUNDAY**

9:55 a.m. - 11:30 p.m. PLEASE ARRIVE BEFORE 10 AM OR BE PREPARED TO WAIT OUTSIDE DURING MEDITATION!

Meditation Period is from 10:00 to app. 10:15 (and we must keep the door locked, sorry). **Qmunity Center** (Formerly known as "The Centre") 1170 Bute St. (Across from Blenz at Bute and Davie, Upstairs, Room G)