

SAA SALUTATION

THE GREAT VANCOUVER SAA NEWSLETTER

www.saavancouver.org

Tel: 604.290.9543

Fall/Winter 2013

WELCOME:

The editors wish to extend a warm welcome to everyone (newcomers and old timers) to the Fall/Winter edition of SAA Salutation. In this edition of the newsletter, the focus is on Step 12 - Service Work in the Fellowship.

Big Thank-you from the Editors to all the Contributors of the Newsletter

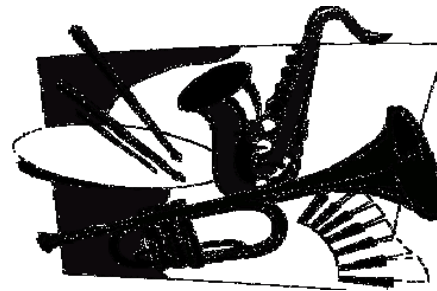
Walk through the fire of fear & find freedom instantly there

Michelle R.

When I walk through my fear
And diligently persevere
I enter a state of pure bliss
Where nothing is amiss
And all my fears melt away
If only for the day.

REMINDERS:

- *Submissions for articles, stories, humour etc. to newsletter@saavancouver.org*
- *Consider being a GVSAA Trusted Servant for 2014*
- *GVSAA Trusted Servant Position Elections will take place on November 19, 2013 at 7:00pm - Qmunty, Room G 1170 Bute St. (Across from Blenz at Bute and Davie, Upstairs).*



CALENDAR OF EVENTS

UPCOMING SPECIAL EVENTS

- **GVSAA WORKSHOP – “SPIRITUAL RESOURCES AND INSIGHTS IN RECOVERY” – SUNDAY NOVEMBER 10TH FROM 2PM TO 4PM @ 49TH & KERR (ENTRANCE OFF PARKING LOT AT REAR S.W. CORNER.**
- **SHARE YOUR STORIES, WRITINGS, DRAWINGS, AND THOUGHTS AROUND THIS WONDERFUL TOPIC.**

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“Feelings of uselessness and self pity will disappear” - The Promises

When I first began attending SAA meetings and working the program, I was lucky to experience long periods of sobriety right from the start. But alas, a few years in, I suffered a terrible relapse. I kept going to meetings during this period, but I also kept myself isolated. When I finally recommitted to my sobriety, I found the withdrawal symptoms that I experienced after my relapse were extreme. Way worse than when I first came in to the rooms. Feelings of uselessness and self pity overtook me. I found that I needed meetings all the time. One evening, on my way home from a meeting (probably already my second that day), I started to feel the desperate anxieties I associated with my withdrawal symptoms. Remembering there was going to be an intergroup meeting that night, I decided to attend, not because I had any desire to do service, but because I needed the comfort and safety of being in a room (any room) full of fellow recovering addicts. Attending intergroup was one way that I could stay closer to the program – and I needed to stay closer to the program. I started ramping up my service work not because I wanted to help you, but because I was desperate to help me. I took on the position of intergroup rep at one meeting, the position of treasurer at another meeting, not out of a sense of duty to those meetings but as a way to focus on something other than my addictive thoughts. I jumped on board to help a fellow member who was starting up a meeting on an evening that there had been no meeting previously – my motives were not altruistic, that was the only evening that there was no meeting, and I needed a meeting every night. I kept going to intergroup as well, not out of a sense of duty but out of a sense of need.

Within a few months of that first intergroup meeting I attended, the one year terms for service positions came up. I took on the position of intergroup chair and the responsibility of being a delegate to the annual conference. It was at that conference, about 9 months after I started committing to service work and about 18 months since I had recommitted to sobriety, that I looked up from my delegates package and noticed that not only had my withdrawal symptoms disappeared, but I actually felt useful!

By my rough calculation, after 8 years in SAA, I think I have attended over two thousand meetings. I still keep up my service work but the best part of it for me is that feeling useful is not just confined to my work in the program. Feeling useful has now grown in to all areas of my life outside the program as well.

Doing service work helps me to experience the promises coming true in my life.

Michael S.❖

I can't be with you, but I can't be without you

Michelle R.

I've gone back once again
But I just don't know when
We will each return to our negative traits
Where we will no longer want each other for mates
Separation all over again
When will this co-dependency ever end?

When I first honor the relationship with myself and with God
And stand in my authenticity and stop being a fraud
When I say what is truly in my heart
And let go of worrying when we will be apart
When I take care of my own needs
While planting positive seeds
When I focus on all the good in him
Instead of letting my negative thoughts take off on every
whim
When I find my happiness from inside of me
And allow my partner to simply be.

Tradition # 3: "The only requirement for SAA membership is a desire to stop addictive sexual behavior."

Closed Meetings - The designation "Closed" indicates that only sex addicts interested in their own recovery may attend. **Open** - "Open" meeting indicates that the meeting is open to all persons. **Mixed** - "Mixed" means that both men and women may attend. **Newcomers** are welcome at ALL meetings.

Monday Meetings

Fresh Start Group
Mondays from 12:00 p.m. - 1:00 p.m.
Mixed/Closed @ Roundhouse Community Centre
181 Roundhouse Mews

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

North Vancouver
Mondays 6:30 – 8:00PM
Club Alano - 176 East 2nd Street, North Vancouver
(ground floor of highrise on corner of 2nd & St Georges)
Lower Lonsdale area, short walk to Seabus terminal

Tuesday Meetings

Shame to Grace Group
Tuesdays from 5:30 p.m. - 6:30 p.m.
Mixed/Open @ Qmunity, Room G
1170 Bute St. (Across from Blenz at Bute and Davie, Upstairs)

SAA Vancouver Intergroup Meeting:
3rd Tuesday of month except in December
7:00pm @ Qmunity 1170 Bute St.

Langley Tuesday Night Meeting
Tuesdays from 7:30-9:00 p.m.
Mixed/Open @ Douglas Recreation Centre, Games Room
20550 Douglas Crescent, Langley Info line: 604-290-9544

Recovery on The Inlet Group
Tuesdays from 7:30 p.m. - 9:00 p.m. Mixed/Closed
St. Andrews United Church
2318 St. Johns Street, Port Moody

Wednesday Meetings

Wednesday Morning Step Meeting
Wednesdays from 7:00 a.m. - 7:45 a.m.
Mixed/Closed
St. Andrew's-Wesley United Church
12 Nelson Street (corner of Burrard Street)
Meeting held in Marnie's Room (First door on the right hand side).
2-hour free parking on street by the Church

Wednesdays at 6:30 p.m.
Men Only/Open
Fresh Wind Centre.
31726 South Fraser Way. Abbotsford
The door is halfway down the east side of the building.

NEW MEETING COMING SOON – FRIDAY NOON STAY TUNED

Wednesday Evening SAA Group
Wednesdays from 7:30 p.m. - 9:00 p.m.
Mixed/Closed @ 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 Meetings

Serenity at Noon
Thursdays from 12:00 p.m. - 1:00 p.m.
Mixed/Closed @ Roundhouse
Community Centre, 181 Roundhouse Mews

Women's only closed meeting @ 5:30pm:
1st Thursday of every month. Please contact
women@saavancouver.org for location details.

Thursday Night "Answers in the Heart" Group
Thursdays from 7:30 p.m. - 9:00 p.m.
Mixed/Closed @ Seniors Adult Day Care
3076 East 49th Avenue (and Kerr)
Annex Bldg. on S.W. Corner, Rear/Laneway Entrance

Thursday Night Whiterock Group
Thursdays from 7:30 p.m. - 9:00 p.m.
Mixed/Closed @ First United Church
15385 Semiahmoo Avenue
White Rock, BC V4B 1T6 - In The Dogwood Room

Friday Meeting

Friday Night Fellowship
Fridays from 7:30 p.m. - 9:00 p.m.
Mixed/Closed @ St. Andrew's-Wesley United Church
1012 Nelson Street (cnr to Burrard Street)
Meeting held in Marnie's Room (First door on the right hand side)
(2-hour free parking on street by the Church)

Saturday Meetings

Saturday Morning Awakening Group
Saturdays from 10:30 a.m. - 12:00 p.m.
Mixed/Closed @ 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.

Sunday Meetings

Step Eleven Prayer and Meditation
Sundays at 10:00 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 10:15 (and we must keep the
door locked, sorry)
Mixed/Closed
Qmunity Center (Formerly known as "The Centre")
1170 Bute St. (Across from Blenz at Bute & Davie, Upstairs, Room G)

Out of the Shadows: Back to Basics Format
Sunday Nights 7:30 - 9:00 pm - Main Room
2775 Sophia Street, Vancouver, BC.
Closed meeting - Newcomers welcome

ROLES AND RESPONSIBILITIES OF TRUSTED SERVICE POSITIONS FOR GVSAA

CHAIR/DELEGATE

ROLE & RESPONSIBILITIES

Chair:

1. Leading the meeting for the GVSAA Intergroup;
2. Calling special meetings when he/she deems circumstances warrant it;

Delegate:

1. Attend the annual ISO of SAA convention and represent views and interests of the GVSAA Intergroup and its participating member groups;
2. Report back on the annual ISO of SAA convention to all participating groups by attending each meeting who extends an invitation;

TREASURER

ROLE & RESPONSIBILITIES

1. Collecting donations to the Intergroup from local member groups and individuals and making timely deposits;
2. Keeping accounts -- records of income and expenditures;
3. Writing checks for monthly expenses;

SECRETARY

ROLE & RESPONSIBILITIES

1. Recording the minutes of each Intergroup meeting;
2. Preparing and distributing readable copies of these minutes to group representatives.

LITERATURE REPRESENTATIVE

ROLE & RESPONSIBILITIES

1. Maintaining stock and arranging sale of GVSAA Intergroup approved literature and chips to local SAA groups;
2. Keeping accounts — records of income and expenditures;

TELEPHONE REPRESENTATIVE

ROLE & RESPONSIBILITIES

1. Administer updates and changes to the phone line messaging system
2. Delegate the checking of phone messages and possible call backs as a service position to an SAA member

INTERNET REPRESENTATIVE

ROLE & RESPONSIBILITIES

1. Maintaining and updating website as required (approximately twice a month);
2. Familiar with ftp, domain registration/renewal, email list management, email account management;
3. Familiar with HTML;
4. Comfortable with receiving sexually themed junk e-mail.

WOMEN'S REPRESENTATIVE

ROLE & RESPONSIBILITIES

1. Be the designated contact for telephone, mail and email messages from women seeking recovery and respond as appropriate.

MAILBOX REPRESENTATIVE

ROLE & RESPONSIBILITIES

1. Check the Intergroup mailbox at the downtown post office prior to Intergroup meeting;
2. Distribute incoming mail at the monthly Intergroup meeting.
- 3.

NEWSLETTER REPRESENTATIVE

ROLE & RESPONSIBILITIES

1. To produce a quarterly or semi-annually Newsletter containing Articles submitted by members of the Fellowship;
2. Arrange for the distribution of the Newsletter to the local Fellowship.

All these positions require attendance at the monthly Intergroup meeting.