

*“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:

Save the Date for “It’s a WE Program”

“The Grace to Unlearn” by Jim A.

Got Plans for Albuquerque?

“Mindful Journeys” – New Women’s Meeting in Columbus

Editor’s Corner – “From Shame to Amazing Grace”

A is for Athens - Check out Our Revised Meeting List

The “Mail-Snail” Asks...

Save the Date! Attend “It’s a WE Program” in Columbus



March 27th, 2010 that is!

Our next annual Workshop ***It’s a WE Program*** will be held at the Riverside Health Center located at 500 Thomas Lane in Columbus, OH from 9:00 A.M. to 4:00 P.M. with a brief intergroup meeting following the workshop at 4:00 P.M.

The events to be experienced are as follows:

- 1) Continental breakfast is provided just before and during the early sessions starting around 8:45 A.M.
- 2) A ½ hour 11th step meditation session will be held from 9:15 to 9:45 A.M.
- 3) 10:00 A.M. to Noon: SAA Meeting
- 4) Noon to 1:00 P.M. Lunch is provided
- 5) 1:00 to 4:00 P.M. – three workshop sessions relating to three important issues: Sponsorship, Creating Fellowship and Trauma
- 6) After 4:00, a brief intergroup business meeting will be held. All are welcome to remain for the meeting.

Please note that there is a *suggested donation* of \$15.00 to cover the cost of food, materials, etc.

For more information, please contact George at:

geo580@hotmail.com

(614)-447-9185

The Grace to Unlearn – a Poem by Jim A.

Editor's note: The following "gem" was given to us by Jim A. of Syracuse, NY

My hierarchy tumbled
My throne at on top
My struggle for power
Has brought me to naught
And shackled alone
My lies no more serve
As my throne hit hell's bottom
God's still voice "*UNLEARN*"

The abyss now my throne
I lay there alone
My illusions of life
Since childhood have grown
My power was fear
The fruit of my shame
In fear I wreaked havoc
Deception my game

Through years chained in pain
No longer the "king"
This shame was my lord
Shame that is now me

I tried on my own
To dispel this sick trap
But the more that I fought
"king" shame brought me back
"Obsession!" lust cried
"Now go back out there
This time will be different
And all will be well"

A spark of light came
I'd never let go
I'll die in my shame
Dragging loved ones in tow

Until one night, in anguish I lay
My ego, it cracked, and grace came to stay
I started recovery though fear was my day
And night was still hell
Though *hope* came my way

I prayed for relief "God help me I'm done"

And unknown to me,
God whispered, "Step One"

I went to my meetings
Life's terms held my day
An hour of time when hope had its way
I'd listen in fear thinking,
"The luck of the few"
Then one man spoke faith,
And in faith came step two

Finally down on my knees,
Though shaky, still new
A decision to make
Without church nor pew
My will and my life, I give it to thee
In hope and in faith and in fear came
Step three

I've not been back out
Though less than a year
A miracle has come
Though daily was fear

Resentment not trust still rooted my core
A cleansing was needed
I started step four

Two months and a day I wrote about me
In chains did I live
My past did I see
The many I've hurt
"Oh Pain!" so alive
I shared this with one and with God thus
Step five

Step six and step seven
Though short and words few
Is so, so important, two steps and life's new
We give humbly to
God our defect of late
And feeling His peace, humility, step eight

Past hell's not the end like hurricane's spent
Amends I must make on the havoc I've rent
In pain but not shame
God's light did it shine
I ask for forgiveness
The heart of step nine

Now ten and eleven
In thee I have grown

My days not God's watchtower
My knees are His throne
New hands that reach forth
From hell and decay
One day at a time
We'll show them the way

We don't have a creed
Nor rules to follow
A few simple steps, that's all 'till tomorrow
Do you want what we have?
In God will you delve?
We'll help you my friend
By God's grace, that's Twelve

The steps are not learning
As many have thought
It's sobriety first, then recovery sought
Our defects are many,
Yes shortcomings burn
In grace and awareness
We start to unlearn

Jim A. Syracuse, NY

Got Plans for Albuquerque?

The 23rd annual ISO Convention and Delegate Meeting will be held in Albuquerque, NM this year from May 28 to May 31, 2010.

Maybe you just want an opportunity to clear your sinuses in New Mexico or perhaps you desire an opportunity to get involved in important matters that affect our fellowship as a whole.

Either way, note that the more delegates attending the conference there are, the more likely those decisions made and votes cast will represent the SAA as a whole.

Don't want to go as a delegate? That's great too. There are always lots and lots of SAA meetings, workshops and great restaurants to experience as well as a special activity planned during the event.

For more information, please contact the ISO of SAA at:

Phone: 1-800-477-8191

Email: info@saa-recovery.org

Address:
ISO of SAA
P.O. Box 70949
Houston, TX 77270

NEW Women's Meeting

Mindful Journeys

*"From the cocoon of
sexual addiction to the
butterflies of recovery"*

*If you are suffering from sex
addiction please come join other
women who are suffering too, let
us have the courage to heal
together. Completely
anonymous; held on Thursdays
at 6:30 at King Avenue United
Methodist Church on 299 King
Avenue in Columbus, OH.*

**For more information call or text
Sheila at (614) 804-7997 or
please email:
saa4women@aol.com.**

EDITOR'S CORNER

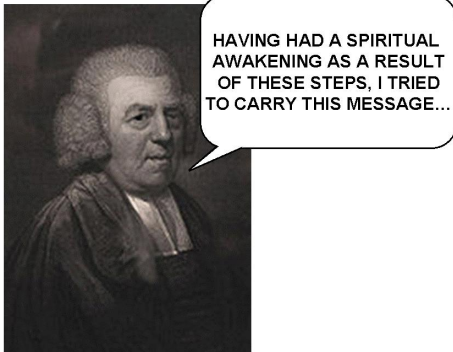
"From Shame to *Amazing Grace*"

I once heard someone say, "If food is nourishment for the body, then music is nourishment for the soul." If that is true, then one of my favorites, *Amazing Grace*, should provide quite a meal. This particular song has probably been sung by more artists than any other. Two of my recent favorites I listen to on *You tube* are the versions by Chris Tomlin (including the lyrics "My chains are gone") and a version by IL DIVO - complete with bagpipes, simply beautiful.

While some know about the history of this song, some do not, including me. So I took a *healthy* trek across the internet to find information about the author I had come to know as **John Newton**.

I had originally assumed that this individual must have been an upstanding, devoted song writer for much of his life. What I found out however, was a bit shocking. It turns out that at least in his youth, John was less of a man with high morals and much more of an eighteenth century version of James Dean.

Despite his ways of early life, John Newton would go on to become a hymn writer and even a minister in the Church of England. Just what happened to this man? Could it have been a classic case of “What we were like, what happened and what we are like now?”



To attempt anything near an accurate account of John Newton’s life and conversion from shame to grace would be well beyond the scope of any newsletter. I will list below, however, a few tidbits I found:

- At the age of 11 John Newton joined his father as an apprentice seaman. He would soon have a temperament marked with high disobedience.
- John was late to arrive for sea duty a number of times at the age of 17 since he was spending time with his 13 year-old sweetheart Polly Catlett.
- Newton became a regular on board slave trade ships. Although he was not directly responsible for the

severe mistreatment of slaves in transport, he cared little about what was going on. Newton had even alluded in an early writing that he had engaged in “sexual misconduct” that possibly involved female slaves.

- Newton had moved from ship to ship and a sailor on board one particular ship *The Greyhound*, stated that Newton was one of the most profane men around.
- One account states that John Newton had badly mocked the captain of the ship and was thus placed in chains for the remainder of a voyage.

Similar accounts fill John Newton’s early days up until he was roughly the age of 24. Some time later, he was on board the *Greyhound* when a terrible storm hit. It was storm so terrifying that the entire crew, John included, felt the ship would most surely sink.

John later would write in his journals that he had experienced a “great deliverance.” He had stood on the deck and, in view of many, this most profane man shouted “Lord, Have mercy upon us!”

(Perhaps John Newton is not that different from most of us. How many of us cared little for a higher power until we were really, really in trouble!)

John’s conversion over to a trust of a higher power didn’t happen in a flash. From most accounts I have read it required a fair number of years. He did, however begin to think much differently after the incident on the *Greyhound* and writings point to his recognition of the day of May 10, 1748 as his day of conversion when he had decided to “yield to a higher power.”

He would marry Polly Catlett in 1750 and settle into a lifestyle that would eventually include hymn writing with help from a good friend William Cowper, organizing prayer meetings and preaching (which he would do

for about 45 years until just before his death in 1807.)

Now, I'm not saying that we should all be writing hymns and preaching but we can certainly view the conversion of John Newton as remarkable and can see some of the work he performed later in life as **service work**. He had literally written a document that we could see as carrying a message to those who still suffer. It goes this way:

Amazing grace! (how sweet the sound)
That saved a wretch like me!
I once was lost, but now am found,
Was blind, but now I see.

'Twas grace that taught my heart to fear,
And grace my fears relieved;
How precious did that grace appear,
The hour I first believed!

Through many dangers, toils and snares,
I have already come;
'Tis grace has brought me safe thus far,
And grace will lead me home.

The Lord has promised good to me,
His word my hope secures;
He will my shield and portion be,
As long as life endures.

Yes, when this flesh and heart shall fail,
And mortal life shall cease;
I shall possess, within the veil,
A life of joy and peace.

The earth shall soon dissolve like snow,
The sun forbear to shine;
But God, who called me here below,
Will be forever mine. ###

I don't have to ponder the above stanzas for long before I see aspects of my own recovery journey embedded in them. As I read them, I remove a bronze oval medallion from my pocket. On its back is the prayer of serenity and on its front is the short phrase "From Shame to Grace". When I think of the many hands that once held this

medallion, the kind, understanding voices that spoke affirmations into it and just what I went through to receive it, I feel that the front face could have one minor edit. You see, it's not just "From Shame to Grace," It's **From Shame to *Amazing* Grace**.

Blessings,
Chris J.

Revised Meeting List for OH-WV

(Ohio)

Athens

Wednesday 7:00 P.M.
Type: Mixed/Open
Christ the King Catholic Church
75 Stewart St. (Stewart at Mill Streets)
Athens, OH
Contact: Mark R. mrutter@isp.com

Bowling Green

Monday 6:00 PM – Courage & Serenity
Type: Mixed/Closed
St. John's Episcopal, 1505 E. Wooster St.
Contact: Tom B.. at 419-601-5004
Buckeyetom2007@gmail.com

Cleveland

Tuesday 7:30 PM- Hope & Recovery
Type: Mixed/Closed
Location: St. Malachi Center, Side Building –
2459 Washington Av. Second Floor
Contact: call Info Line at 216-556-0854

Columbus

Tuesday 6:30 PM New Leaf Group
Type: Mixed/Closed
299 King Ave (Donnewirth Rm.)
Tom P. (614)-214-0175

Thursday 6:30 PM Archway to Freedom
Type: Men's/Closed
299 King Ave @ Neil (church upstairs-3rd floor)
George M. geo580@hotmail.com

Thursday 6:30 P.M. Mindful Journeys
Type: Women's/Closed
299 King Avenue Columbus, OH
Sheila (614)-804-7997 saa4women@aol.com

TGIF Friday Morning Meeting 7:30 A.M.
501 E. Broad St. @ N. Washington Av.

Broad St. United Methodist Upper Floor
Tom P. (614)-214-0125
Rick S. (710)-645-3893
Bill K. (614)-364-2233

Saturday Morning Circles 10:00 AM
Type: Mixed/Closed
500 Thomas Lane, Lower Level
Riverside Outpatient Annex bldg.
George M. (614)-447-9185
Jeremy W. (614)-421-1229
Mark H. (614)-949-6500
Tom P. (614)-214-0175

Dayton/Centerville/Kettering

Tuesday 7:30 PM - South Dayton Serenity
Type: Mixed/Open (rotating format)
Normandy Methodist Ch., Room 1 (Ship Room)
450 W. Alexandersville - Bellbrook Rd.
Brian F. (937)-286-8629, Bill G. at (937)-371-2400

Wednesday 9:00 AM - Steps to Recovery
Type: Mixed/Closed
Location: Christ Episcopal Church
Parlor, first floor, 20 W. First St.
Warren C. at 937-299-5689

Thursday 7:30 PM - Journey Into the Light
Type: Mixed/Close
Location: Christ United Methodist Church
Room 201, 3440 Shroyer Rd., Kettering
Contact: Gary C. at 937-252-1220

Saturday 11:00 AM - Centerville Serenity
Type: Mixed/Open (disc. - chairman choice)
Location: Epiphany Lutheran Church, room 12,
6430 Far Hills (Rt. 48)
Contact: Brian F. at (937)-286-8629 or Bill G. at
937-371-2400

Elyria

A New Way of Living
Type: Mixed/Closed
Sunday 7:00 P.M.
Emmanuel Lutheran Church-Parking Lot
Entrance
360 Princeton Av. @ Garford
Hank R. (440)-212-1387
Dan A. (440)-522-9262
Mark R. (419)-366-1352

Fairlawn (near Akron)

Thursday 7:00 PM – Hope and Recovery II

Location: U U Church, 3300 Morewood Rd
(44333)
Joe O. (330)-608-0046
Hope.recovery@msn.com

Lima

New Beginnings
Type: Mixed/Closed
7:30 P.M. Monday
Pike Mennonite Church
3995 McBride Rd.
Craig H. (419)-236-3387
Zach M. (419)-303-6833

Marietta

Marietta, OH "Gentle Path"
Type: Mixed/Closed
7:00 p.m. Thursday evenings
431 3rd St. in Marietta
Contact: Mark R. at 740-706-1254
Saa_seoh@yahoo.com

Miamisburg (South of Dayton)

Sunday 6:00 PM – New Light in Miamisburg
Type: Mixed/Closed
St. John's Evangelical Lutheran Church
470 S. Gebhart Church Rd. Miamisburg
Contact: mwootan@woh.rr.com OR
kdmckeedo@yahoo.com

Piqua

Type: Mixed/Open
Location: Upper Valley Community Church
1400 Siedel Parkway
Use Left Main entrance & left hall to room 109

Toledo

Monday 7:00 AM – S.A.A. Chapter III
Type: Mixed/Open
Uncle John's Pancake House – Dining Hall
Location: 3131 Secor Rd.
Contact: Bill J. 419-474-9960

Tuesday 7:30 PM – S.A.A. Chapter II
Type: Men/Closed
Location: St. Mark's Episcopal (1st flr dining
room)
2272 Collingwood Blvd.
Bill J. (419)-474-9960
bjonescrazycelt@yahoo.com

Thursday 7:00 PM – S.A.A. Chapter I
Type: Mixed/Closed
Location: 2272 Collingwood Blvd, St. Mark's
Episcopal, Schilling Rm. 108

Bill J. (419)-474-9960
bjonescrazycell@yahoo.com

Yellow Springs (East of Dayton)
Sunday 7:30 PM – Get Real
Type – Mixed/Closed
Location: Yellow Springs United Methodist Church, basement
202 Winter St. Yellow Springs, OH
Contact: Gary C. (937) 252-1220
Chris J. (937)-725-7281

(West Virginia)

Charleston
Monday 7 PM – Kanawah Valley S.A.A.
Type: Mixed/Closed
Location: Blessed Sacrament Church
305 E Street, S. Charleston, WV
2nd floor, Educ. Bldg. Library
Enter off parking lot
Contact: Charles (304)-415-3271
Bill B. (304)-543-2167
Jack (304)-344-0469
Marsha (304)-744-1503 →(Female callers only)

Huntington/Barboursville
Friday 7PM - Huntington WV East
Type: Mixed/Closed
Location: 689 Central Ave,
Barboursville, WV (rear entrance)
Contact: Steve S at 304-751-6848

Saturday 11:00 A.M.
Type: Mixed/Closed
Oasis Health Services/ E. Huntington Chapter
689 Central Ave. across from Post Office
Richard (304)-544-9045
Steve S. (304)-751-6848
Doug – doug883@yahoo.com

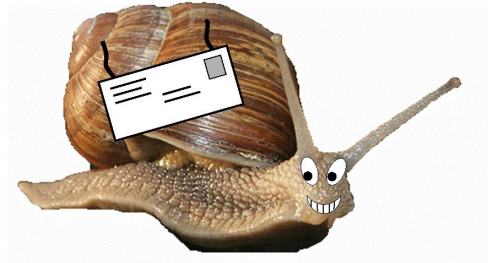
Huntington/Ceredo
Tuesday 7:00 PM
Type: Mixed/Closed
First Congregational Church,
600 C St. (US Rt 60), Ceredo
www.hwvsaa.com
Contact: Steve S 304-751-6848
Richard (304)-544-9045

Morgantown
Morgantown Group
Friday 6:15 PM
Type: Mixed/closed
930 Chestnut Ridge Rd. (Board Rm)
Tom C. – thankfultom@yahoo.com

Parkersburg
Saturday 8:30 AM – Shame to Grace
Type: Mixed/closed
Good Shepherd Episcopal Church,
corner of 8th and Charles Streets
Contact: Mark R. at 740-706-1254
saa_seoh@yahoo.com

Wheeling
Tuesday 7:00 PM
Type: Mixed/Closed
St. Matthew's Episcopal Church
1410 Chapline St.
14th St. side, parking lot door,
downstairs, room on right
(304)-243-6751
saawhg@yahoo.com

The Mail-Snail Asks:



Know someone who needs a copy of *Bedrock Foundation* but doesn't have E-mail and they are not close to a meeting?

Have them call (937)-725-7281 to request a hard copy. They must provide their mailing address.

