

*“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:

Final Call for Camping!

Some Stats from the Land of Sunshine
by Chris J.

“The Elusive Steps Six and Seven” by
Dave R.

**Editor’s Corner – “Experience Strength
and Hope Has Little Plastic Dials”**

The OHWV Revised Meeting List

The “Mail-Snail” Asks...

Final Call for Camping!



Our annual camp-out at Salt Fork State Park is now just around the corner. There are, as of July 20, only two ‘good’ spaces left in Section A and a few more in Section C at Salt Fork – going, going, gone!

Once more, here are a few quick camping facts:

- ❖ There is an \$8.25 non-refundable fee for making a reservation on-line or by calling it in. There is no fee for making a reservation in person on the date of arrival but there will be few, if any spaces left.
- ❖ The charge for a standard camp site is \$27.00 per night (\$54.00 for two nights) and 2 nights is the minimum length of stay.
- ❖ It is advisable to avoid site A30 (and possibly A29 as well) since these sites are on a hill.
- ❖ There is a maximum of two vehicles on a single site and two ‘medium’ size tents can be pitched so the cost of camping can be split between two campers. The total allowed tent space is about 200 sq. ft. per site.
- ❖ The standard site does have electric service.
- ❖ If you are not a camper there is also a lodge available or you can also come just for day fellowship or to attend the business meeting.
- ❖ Please remember there will be a business meeting.

For more information, go to the Ohio Parks website at:

www.dnr.state.oh.us/parks/

and scroll down to see “**Stay Overnight**” and “**Camping Info**” and click on it. You can also call the Salt Fork camp office at: (740)-432-1508

To reserve a site by phone, call:
(866)-644-6727

Oh, and once again, let’s all root for a rain free weekend for August 13-15!

Some Stats from the Land of Sunshine

The 23rd annual ISO Convention and Delegate meeting was held in Albuquerque New Mexico this last May 28 through 31st. It capped off the month of May quite nicely.

For starters, the weather down in this sunny region is typically warm to very warm with reasonable humidity. The week of the conference, “ABQ” was experiencing temperatures that were nearly ten degrees below normal. It was toasty yet not quite baking during the day with the evenings being quite pleasant.

There were a number of great restaurants nearby, including some featuring great Southwest food places such as Garduno’s and Frontier Restaurant. We even found that there was an Olive Garden right across the street from our hotel for those attached to Italian. We were surprised to even find some ‘Southern’ hospitality with a Shoney’s nearby. It was a pleasant surprise to experience such diversity in not only food but overall culture in that town.

In the Cibola National Forest lie the Sandia Mountains which envelop the Eastern boundaries of Albuquerque. They are quite a sight to see at any time of day. I had the distinct pleasure of watching early sunrise on my second morning. Seeing a thin rim of early dawn red and dark blue through a mountain silhouette was a quite a pleasure.

I wish I could say that doing fellowship business at the international level is always a pleasure too but that isn’t always the case. Some issues being covered can be a cause for contention. This year, fortunately, things didn’t get too hot inside the delegate hall so maybe the tempers were following the milder weather pattern of our hosting town. Things did, however, get a bit dicey with the sheer quantity of last minute issues to be added to the docket. What started as a handful of issues presented in the original “Call to Conference” wound up being twenty-three by the time the voters were ready to get started. Even after two were withdrawn, that still left twenty-one items.

The large number of issues required a “Delphi” process be implemented to determine how important some items were with reference to others. A “Delphi” process consists of all delegates first receiving a list of all issues and then picking their ‘top three’ by placing a “3” next to an item to give it a higher priority for voting or a “2” or “1” for lower levels of priority. No mark next to an issue gives it the lowest level of priority. Next, all issue lists are collected from the delegates and then ‘scores’ for each of the issues are tallied to determine the importance of the issues from first to last. Basically, the issue with the highest overall tally will be covered first followed by #2 and then #3, etc. The issues with the lowest priority are essentially ‘dropped’ from the voting process since there is a time limit for the delegates to be together for business.

So, here are the results of the voting for the five items of twenty-three that ‘made the cut’ in Albuquerque:

Item 1 – Call for safety guidelines for teen meetings in SAA. (A motion that SAA come up with a guide document geared for safety of teens in SAA meetings in the next year)

First Vote: For: 86, Against: 59

Since a 2/3 majority was not reached on the first vote, the minority voters were allowed to appeal to the delegates before a second vote was done.

Second Vote: For: 80, Against: 64

The motion carried (passed) since only a bare majority (51%) was needed for a second vote.

Item 2 – Rescind the Decision to Hold the 2012 Conference in Vancouver, Canada (This would essentially pull the annual conference away from Vancouver, Canada)

For: 24, Against: 109

The motion failed by a good margin.

Item 3 – Establish a conference Charter Committee to Draft a Charter (This committee would be formed to draft a charter document to be presented at a future conference)

For: 89, Against: 35

The motion passed on the first vote by an adequate margin.

Item 4 – Advise Literature committee to Submit the Green Book for Conference Approval (Self explanatory)

First Vote: For: 70, Against: 63

Since this did not fail by a 2/3 majority, an appeal was made by the minority and a second vote was made.

Second Vote: For: 48, Against: 86

The motion failed.

Item 5 – Establish a Nation-Wide, Toll-Free 24-Hour Hotline for SAA (Self explanatory)

First vote: For: 48, Against: 82

Since this one did not fail by a 2/3 margin, the minority appealed and a second vote was done.

Second vote: For: 75, Against: 57

The first vote was overturned and the motion passed.

Please note that the total of the “For” and “Against” varied from vote to vote since some delegates declined to vote on some of the issues.

One last statistic here: there are over 1100 SAA groups fellowship wide. There were around 146 delegates present to represent their groups by voting on issues at the conference. This is only about 13% participation by groups at the international level. That’s just a little food for thought.

Chris J.

Delegate for the Yellow Springs “Get Real” Group

The Elusive Steps Six and Seven By Dave R.

A few years ago I arrived at the church where we hold our weekly SAA meeting, only to find that we had been locked out of our normal meeting room. No problem. We found an alternate room for our meeting, but we had to proceed without the program materials that we normally use.

Furthermore, no one had a copy of the twelve steps, so when we opened the meeting we tried to recall the Twelve Steps from memory. Everything went pretty well for Steps One through Five, but then we stalled. Not a single person in the room could remember Step Six or Seven. After an embarrassingly long pause, somebody recited Steps Eight through Twelve. Steps Six and Seven, however, still remained lost. After the meeting I looked them up:

Step Six: Were entirely ready to have God remove all these defects of character

Step Seven: Humbly asked God to remove

our shortcomings

The question I would like to consider is this: Why were steps 6-7 so elusive when the others were so easily brought to mind?

This question was particularly poignant for me because I was struggling with frequent slips. The question loomed in my mind: was I entirely ready to have God remove these defects of character? Was I ready to ask God to remove my shortcomings? Many years earlier, I had worked through Steps One through Five with my sponsor, but then I had dropped out of the program before working Step Six. When I started back in the program, I started back at Step One and, frankly, had not made much progress beyond Step Three. As I pondered the elusive steps, the thought came to me, "I'm stuck at Step Six". Indeed, it seemed I was not entirely ready, and therefore unwilling to pursue the steps beyond five.



“Why were steps 6-7 so elusive when the others were so easily brought to mind?”

This is a particularly troubling place to be, stuck between Steps Five and Six. I find it troubling, because the awareness of my defects is prominent in my memory from my Step Five work. Troubling, because I have made the decision to turn my will and my life over to the care of God, but find myself

still holding on to some of my shortcomings; I am a self-contained contradiction of values. Troubling, because the freedom I hope for is not truly available until I am fully willing and humbly ask God to remove these shortcomings.

Now here's where I'm supposed to write that this insight suddenly opened my eyes and I breezed through Steps Six and Seven and my life became rosy and wonderful. No. Not my life. My recovery has not been a rapid sprint to the finish line but a stumbling, slipping, muddling crawl through the mud and manure, sometimes falling off the path altogether, and struggling to get back on. I was stuck for a long time.

But then, many months later, something snapped. One day when my wife asked me a question, I surprised myself by answering her truthfully -- a truth that disclosed long held shameful secrets about my addiction -- a disclosure that understandably invoked a new surge of anger from my wife. You see, I had been in the habit of speaking lies to my wife, even while I was starting to get in the habit of speaking truth in recovery meetings. Suddenly that internal contradiction had become more than I could handle; I wanted to live a life of honesty in every corner, regardless of the cost. I had become entirely ready for God to remove the defects of character. Over the next month I got a new sponsor, started into therapy, and started new daily habits that have demonstrated my readiness for God to remove my defects of character. I humbly asked my new sponsor for help. I humbly asked my therapist for help. And I found that in asking others for help I had unwittingly asked God to remove all these shortcomings. I was not just "working a step," I was truly changing my life.

What was it that ultimately brought me to that point of readiness? There was no single event, but a steady series of small decisions to change the things I could. Deciding to go to two meetings every week, even when I didn't really feel like going. I decided to confess to the group when I had acted out. I decided to tell my group in advance when I was traveling or coming up to other triggering events so they could hold me accountable. I decided to call another recovering addict when I felt triggered or chanced upon a triggering circumstance. Each of these decisions was difficult, and usually resulted from a stumble or a slip and the pain that accompanied it. But slip by slip, I am creating for myself new ways of living. Each decision I make to change my behaviors -- no matter how trivial -- is Step Six work, in which I am becoming ready to have God remove these defects of character. Each time I call somebody for support, I am humbly asking God to remove my shortcomings. I am not just working the steps, I am living them.

Dave R.

EDITOR'S CORNER

"Experience, Strength and Hope Has Little Plastic Dials"

As a recovering addict, I spend much time listening to the murmurous voices in my head which still try hauntingly to communicate with my negative side. Let's see what we have here: "I'm not good enough", "I don't belong", "How can they like me when my nose is so big?" and then there's another old favorite: "They must think I'm a dork!"

These negative thoughts have been the quintessential fuel that my addict has devoured over the decades to make acting out behaviors as justified to me as they were palatable to my addict. For my childhood and early teen years, these thoughts bubbled up out of my fear of dealing with others my age that might make me look bad at the

chalkboard with their math prowess or beat me to a smithereens out in the schoolyard. In my adult years, it was the coworkers who got the bigger raises or the attractive women walking past my work space that helped keep the addict's fire burning. Alas, the tape machine in my head kept on recording negative things to add to the massive library that was already there.

Since then, my recovery program has definitely given me back much of the sanity that was lost in my earlier years. For me, it is the Second Step personified. The erasure of my "bad recordings" and replacement with "good recordings" has happened slowly and gently over time. If fear had killed the possibility of friendship and lust had killed love, then there is now an ongoing reversal of that sick process thanks to a power much greater than myself.

I got a powerful reminder of this when I happened to stumble upon an old favorite toy at work a few months ago. Sitting on a desk in an abandoned cubicle was a red plastic slate with a powdery grey surface below a sheet of Plexiglas and two small white plastic dials. Of all things I could have come across in a place I had deemed quite serious I now was face-to-face with an Etch-A-Sketch.

It was late in the afternoon and most everyone was gone. I had the lab to myself and nothing stood in the way of a little creativity in a way that I had not experienced in almost four decades.

I had started by creating a Christmas tree just like one I drew well over forty years earlier. I turned this wonderful instrument upside down, shook it and then began to draw something more inspiring. I drew a Saturn-V rocket just like the one that carried Neil Armstrong to the moon. It was much like the original my oldest brother erased before I had a chance to show it to my mother.

Then it hit me. A "bad recording" came to the surface in a way that I could now fully understand it. It was an older one - very old.

I wanted this drawing to be exactly the way that I drew the other one, the one that never made it to its recipient.

I grasped the white plastic dials and crafted a single sentence with only a few large letters that required the entire screen. The sentence was simply “DAD, I’M SORRY.”

To explain, I had been roused from my sleep one time when I was about ten years old to hear my mother and father arguing like a whirlwind. This was very rare, and I was shocked because I thought that my father was going to leave as he said that he was going to grab his coat and hat and head out the door and – as I remember it – never come back. While my oldest brother and my younger sister slept, my next older brother and I begged and pleaded my father not to leave. Although my father did never did abandon my family, I had somehow felt that the reason my father wanted to leave had something to do with me. I had internalized another “bad recording” and this one hurt.



“If fear had killed the possibility of friendship and lust had killed love, then there is now an ongoing reversal of that sick process thanks to a power much greater than myself.”

I sat imagining that the hands holding the magic slate were not those of a fifty year old but were those of a ten year old. I held the slate upside down and once again looked at

the re-creation above my head that was lettered “DAD, I’M SORRY.”

The bad recording had left its broom closet in my mind and I could now evaluate it as a recovering adult. It was nothing but a farce. I had come to know that it had nothing to do with me at all. I just had to really *know* it. I sat and quietly meditated for a few minutes in the quiet lab as a salty tear ran down one side of my face. I then looked up one more time at the meaningless lettering above my head and shook the slate.

The letters disappeared on the screen and in my heart. I no longer had to be sorry for something that wasn’t my fault. I can accept a “good recording” in place of the old bad one. Strange as it might seem, the instrument for this one particular exchange of recordings was what I would call experience, strength and hope with little plastic dials.

You know, I’m going back to that Etch-A-Sketch sometime soon and draw a lake, a boat and a fishing pole. Then I’m going to spend the afternoon fishing while I work.

Chris J.

Revised Meeting List for OH-WV-KY

(Ohio)

Athens

Wednesday 7:30 P.M.

Type: Mixed/Open

Christ the King University Parish

75 Stewart St. (Stewart at Mill Streets)

Athens, OH

(740)-541-4984

Chris E. eaton@ohio.edu

Contact: Mark R. mutter@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, 2416 Superior Viaduct, In the Side Building, Second Floor
Contact: call Mike G. at 216-556-0854

Columbus

Tuesday 6:30 PM New Leaf Group
Type: Mixed/Closed
King Avenue United Methodist Church
299 King Ave @ Neil
(Basement Fellowship Hall)
Tom P. (614)-214-0175 Email:
tom4recovery@gmail.com

Thursday 6:30 PM Archway to Freedom
Type: Men's/Closed
King Avenue United Methodist Church
299 King Ave @ Neil
(Basement Fellowship Hall)
Martin M. (614)-228-7293

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 @ Olentangy River Rd.
Lower Level
Riverside Outpatient Annex bldg.
George M. (614)-447-9185
Jeremy W. (614)-421-1229
Tom P. (614)-214-0175

Monday Morning Step Study 7:30 A.M.
Travonna Coffee House – Meeting Room
1195 N. High St. @ 5th Ave. 43201
Bill K. (614)-364-2233

Tuesday Morning Book Study
Travonna Coffee House – Meeting Room
1195 N. High St. @ 5th Ave. 43201
Bill K. (614)-364-2233

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 wmg12s@gmail.com 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
Bryan (440)-821-3525
Steve (216)-316-0878
Dan A. (440)-522-9262
Mark R. (419)-366-1352
Hank R. (440)-212-1387

Fairlawn (near Akron)

Thursday 7:00 PM – Hope and Recovery II
Location: U U Church, 3300 Morewood Rd
Fairlawn (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
Mike (937)-974-5868
Contact: mwootan@woh.rr.com OR
Kevin (937)-470-2413
kdmckeedo@yahoo.com

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
bjonescrazycelt@yahoo.com

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 1
Type: Mixed/Closed
Location: 2272 Collingwood Blvd, St. Mark's Episcopal, Schilling Rm. 108
Bill J. (419)-474-9960
bjonescrazycelt@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
Crispyj4@aol.com

(West Virginia)

Charleston South
Monday 7 PM – Kanawah Valley S.A.A.

Type: Mixed/Closed
Location: Blessed Sacrament Catholic 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 L. (304)-344-0469
(jacklovegood@verizon.net)
Steve S. (304)-751-6848
Marsha (304)-744-1503 (Female callers only, please)
(Marshac1975@yahoo.com)

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

Huntington/Ceredo
Women's Group
Sunday at 5PM
Type: Women's Closed
Location: 600 C St. at US Rt. 60
Ceredo, WVA
Contact: Steve S. at (304)-751-6848
Email: concepts@usa.net

Huntington/Ceredo
West Huntington Chapter
Tuesday 7:00 PM
Type: Mixed/Closed
First Congregational Church,
600 C St. at US Rt. 60, Ceredo
www.hwvsaa.com
Contact: Steve S. (304)-751-6848
Doug (304)-436-6633
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

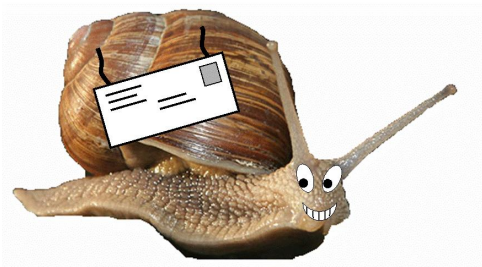
Tuesday 7:00 PM
Type: Mixed/Closed
St. Matthew's Episcopal Church
1410 Chapline St.
14th St. side, parking lot door,
downstairs, room on right
Info Line:
(304)-243-6751
Local Email:
saawhg@yahoo.com

(Kentucky)

Ashland

Thursday 7:00 PM
Type: Mixed/Closed
Our Lady of Bellefonte Hospital
(Behavioral Health Center)
In Bldg. 'B' off of St. Christopher Dr.
In Ashland KY 41101
Contact: Phillip (606)-547-6611

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.