

*“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*

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### **Upcoming Workshop Planning Meeting**

Our next annual Workshop *It's a WE Program* will be held in the spring of 2010. Note that the planning for this workshop can also be considered a “WE” thing. The very first planning meeting is being hosted by George M. in Columbus and it would be very helpful to have a great turnout. As George says: “Please come and get involved in the spirit of the 12 step. Help us carry the message.”

George can be contacted at :  
[geo580@hotmail.com](mailto:geo580@hotmail.com)  
(614)-447-9185

His address is:  
3440 Olentangy River Rd. Apt. 12D  
Columbus, OH 43202

### **Meeting Time:**

Saturday, September 26<sup>th</sup> at 1:00 P.M.

If necessary, please call for directions.  
Hope to see you there!

### **Report from the International Conference**

The 2009 convention started for me when I left the convention in 2008. I knew I had to start making plans early for the next convention. In January, I started shopping for my plane ticket and found the best deal I could by month's end. Next, I made arrangements with a friend in recovery, Paul W. to share a hotel room as we had done the previous two conventions. Also, having both been delegates from our local meetings for two years previous, we opted this time to attend as non-delegates.

So what do you do at the convention if you are not a delegate? For me, I go to as many workshops as I can. This year there were 28 different workshops. I attended a total of 7. Some of my favorites were: “The Middle Circle – A Great Place Not to Hang Out”, “Surviving a Slip”, “Formulating the Three Circles for Long Term Sobriety” and “Outer Circle Sexuality – Defining and Discussing Healthy Sexuality.”

Then there are the meetings. Not only are there “regular” meetings, but there are women's meetings, men's meetings, Level 2

& 3 meetings, GBLT meetings, and survivors meetings. There are meetings throughout the day at 7 A.M., 8 A.M., 9 P.M., 10 P.M. and 11 P.M.

The speakers at the main convention gatherings are dynamic and motivating. You can hear these people at the opening ceremony Friday evening, the Saturday night banquet, and the closing brunch on Monday. This led me to recall my first convention in 2007, where the Friday keynote speaker was Pat C. I will always be grateful for getting to speak with him one-on-one in addition to hearing him share.

I also attended “fun” things that were in the schedule. On Sunday, I enjoyed a 2-hour cruise around the San Francisco bay with about 200 other convention attendees. Later that evening I also attended the talent show.

So what’s up for next year? Vivan de Largo Los Milagros! (Long Live The Miracles!) in beautiful Albuquerque, NM, May 22-25<sup>th</sup>, 2010 (Memorial Day weekend). Whoa! I’ve got to start looking for that cheap airfare! See you there!

Mark R.

### Seventh Tradition Suggestions

We’re all familiar with the “passing of the hat” at each meeting to collect donations for the “greater good.”

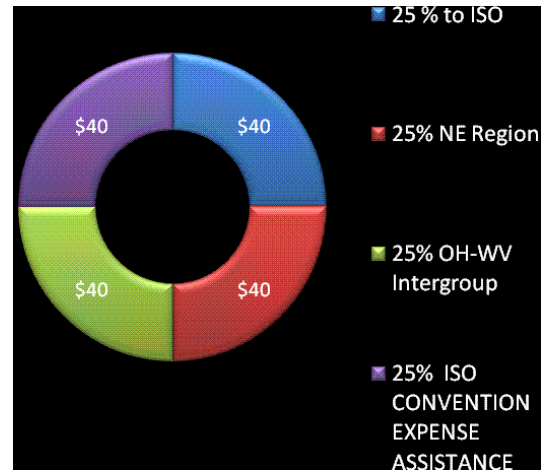
So just what is this greater good? It can be many things such as donations to the OH-WV Intergroup, or to the ISO, or to any special funds such as for the support of a group delegate to the annual ISO conference.

Here is a typical breakout that is used by the Parkersburg, WV “Shame to Grace” meeting:

Income for One Quarter	→	\$300
Subtract Rent for meeting	-	\$20
Subtract Literature Cost	-	\$20
Keep Back “Seed” Money	-	\$100

Money Left → \$160

Now, the remaining monies are split **four** ways as shown in the diagram that follows.



From the diagram above, it can be seen that the donations for “non-group” causes can be broken out in equal amounts (in percentage – 25/25/25/25) and sent to each of the following:

The International Service Organization of S.A.A. (ISO) - \$40 of the remaining \$160

The Northeast Region of S.A.A. which includes 17 states of which Ohio and West Virginia are only two.  
For this: \$40 of the remaining \$160

The Ohio-West Virginia Intergroup (OH-WV) - \$40 of the remaining \$160

And lastly, \$40 of the \$160 can be used to help fund the travel expenses for a group delegate to attend the ISO Convention held in May of each year.

This is just one example. Your “mileage” may vary. In every case, however, the most important outcome from timely and generous donations is that the message gets carried to the addict who still suffers.

Now, take a closer look at the diagram above. It is a donut and not a circle because, as we know from the SAA *Three Circles*

pamphlet, the center circle represents a boundary of behaviors which cause us to lose control in our acting out. Likewise, in the donut diagram above, the hole is missing. That hole is where we would have depicted contributions from outside sources. But as the Seventh Tradition recognizes, "Whoever pays the piper calls the tune." This of course means that the piper loses control of his choices. So to retain the responsibility for our own recovery (with the help of SAA group members and our higher power), the OH-WV Intergroup chose not to accept outside donations and therefore there is a hole and not a center circle. So this particular "hole" is not a bad thing. We are optimistic about our choice and see the donut above as the source of that optimism.

As the saying goes, "As you go through life, make this your goal: Keep your eye on the donut, and NOT on the hole."

**Thanks** to the following individuals of the Parkersburg, WV Saturday group for their kind input: John V. Kevin H. Mark R.

### **S.A.A. Related Events**

The nearby **Indiana Intergroup** will be hosting their 15<sup>th</sup> annual Fall Retreat entitled "Living in the Solution" in beautiful camp PYOCA in Brownstown, Indiana the weekend of October 23, 24 and 25.

The cost is \$60 if you register by October 1 and will be \$80 at the door. Note that the cabins are heated and have showers. Also, meals are included in the cost and you are invited to bring 'goodies' for the sharing table.

There are a lot of meetings, workshops and "free time" to meditate, take a nap, and even go fishing.

For an electronic copy of the retreat flyer, contact Chris J. at: [Crispyj4@aol.com](mailto:Crispyj4@aol.com)

The **Northeast Region** will be hosting their second annual conference entitled "The Recovery Touch" on the weekend of November 13, 14 and 15. We are hoping for

good attendance since last year's 30+ left us with a tough act to follow.

This wonderful conference and retreat is held at the Christ the King Retreat Center in Syracuse, NY and for those who wish to stay the weekend, all attendees will have a room of their own and meals are provided for the cost of \$165. Note that if you have another place in Syracuse to stay and you wish to commute, the cost will be \$95 and meals will still be included.

You will experience a plethora of meetings, workshops, speakers and activities throughout the weekend. The annual Northeast Regional Caucus is also held here now instead of at the annual ISO convention.

Also, please note that the registration deadline is Oct. 10 and that there will be no "walk-in" guests the day of the retreat.

If interested, please contact:  
Wayne K.

[Lotusrpv@aol.com](mailto:Lotusrpv@aol.com) or Chris J.  
[Crispyj4@aol.com](mailto:Crispyj4@aol.com)

### **Winter Intergroup Meeting Call**

The next conference call for the OH-WV Intergroup will be held on Sunday, December 6<sup>th</sup> at 1:00 P.M. by phone. The "toll-free" call-in number and access code will be sent via E-mail at least a week in advance.

Should anyone have items to be added to the agenda before that time they should contact Mark R. at [mutter54@verizon.net](mailto:mutter54@verizon.net).

\*This notice will also be repeated in the November-December *Bedrock Foundation*.

### **EDITOR'S CORNER**

#### **"Painted In"**

As I write this, I am sitting in a library cubicle thinking about a nice, catchy name to paste upon a bi-monthly article planned as the "end filler" for the B.F.

I have lots of wonderful things at my dispose: The Twelve Steps, Twelve Traditions and the ever venerable experience, strength and hope. So I continue to tap at my laptop keyboard while my meager attention span tries to pepper me with opportunities to experience things going on around me. Fortunately, I was soon saved from “title block” upon staring into the lonely, dark corner of the study cubicle in which I sat. That’s it! **Corner!**

To me, this didn’t just represent *any* corner. It represented the dark corner of my life where I had allowed my spirituality to erode away by allowing any spiritual presence to fade from my life. In this dark corner sits a large can of lies that I had used too many times in years past and the paint brush next to it is my mouth.



I can easily recall all those times a late arrival back at work after lunch break, a late arrival at home for dinner or a missed appointment forced me to concoct a whopper of a lie to get out of hot water. Worse yet, my growing addiction led me to find riskier, more hurtful behaviors which would require increasing levels of craftiness to find the perfect lie. Problem was, I quickly ran over my limit on craftiness and began to construct lies that had more holes than Swiss cheese. Eventually, the fateful day came when all the lies had to stop. This was the day I hit “bottom” and felt all the pain of using my façade for many years to avoid the truth. I had literally painted myself into a tight corner with no hope of getting out.

That hope *did* come to me when I realized that my life had become unmanageable and that only a power greater than myself could restore me to sanity. Better yet, when this hope finally reached me, it brought along experience and strength with it. It also brought along a fellowship of men and women who wanted healing from an addiction that had crushed their lives. It has allowed me to feel joy, sadness, fear, relief, love, community, loneliness, excitement and disappointment and *ALL* with a true sense of presence to experience those things.

So I can now sit in my study cubicle and be thankful for at least two things: first, I am a gratefully recovering sex addict and second, I succeeded in “cornering” my title. Editor’s Corner it is.

Blessings,  
Chris J.

## Revised Meeting List for OH- WV (Ohio)

### 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

### Cleveland

Tuesday 7:30 PM- Hope & Recovery  
Type: Mixed/Closed  
Location: St. Malachi Center, Side Building –  
2416 Superior Viaduct  
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-3<sup>rd</sup> floor)

TGIF Friday Morning Meeting  
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](mailto: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](mailto:Saa_seoh@yahoo.com)

### **Miamisburg (South of Dayton)**

Sunday 6:00 PM – New Light in Miamisburg  
St. John's Evangelical Lutheran Church  
470 S. Gebhart Church Rd. Miamisburg  
Contact: [mwootan@woh.rr.com](mailto:mwootan@woh.rr.com) OR  
[kdmckeedo@yahoo.com](mailto: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 (1<sup>st</sup> flr dining  
room)  
2272 Collingwood Blvd.  
Bill J. (419)-474-9960  
[bjonescrazycelt@yahoo.com](mailto: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](mailto: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.  
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  
2<sup>nd</sup> floor, Educ. Bldg. Library  
Enter off parking lot  
Contact: Charles (304)-415-3271  
Bill B. (304)-543-2167  
Marsha (304)-744-1503 →(Female callers only)

### Huntington/Barboursville

Friday 7PM - Huntington WV East  
Type: Mixed/Closed  
Location: 689 Central Ave, Rear  
Barboursville, WV  
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](mailto: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](http://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](mailto:thankfultom@yahoo.com)

### Parkersburg

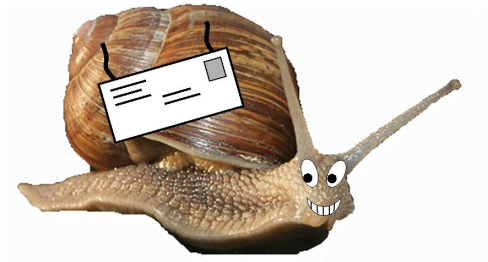
Saturday 8:30 AM – Shame to Grace

Type: Mixed/closed  
Good Shepherd Episcopal Church,  
corner of 8th and Charles Streets  
Contact: Mark R. at 740-706-1254  
[saa\\_seoh@yahoo.com](mailto:saa_seoh@yahoo.com)

### Wheeling

Tuesday 7:00 PM  
Type: Mixed/Closed  
St. Matthew's Episcopal Church  
1410 Chapline St.  
14<sup>th</sup> St. side, parking lot door, downstairs  
(304)-243-6751  
[saawhg@yahoo.com](mailto: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.

