SAA of New York City

Workshop Handout

Garment District
Sunday April 24th, 3:00 pm

By Jay R.

Sponsorship and Carry the Message during Quarantine

STEP TWELVE

Having had a spiritual awakening as a result of these steps we tried to carry this message to other sex addicts and to practice these principles in our lives.

NOTE: SAA in NYC does not endorse, finance or oppose any of the above non-SAA material. The views reflected on this document are the ones of the SAA member who presented the workshop. The SAA member who presented the workshop does not speak for SAA.

How does our program describe Covid 19/Coronavirus?

"My friend emphasized the absolute necessity in demonstrating these principles in all our affairs. Particularly it was imperative to work with others" "For if an [addict] failed to perfect and enlarge [their] spiritual life through work and self sacrifice for others, [they] could not survive the trials and low spots ahead. If [they] did not work, [they] would [eventually act out] again."
AA Big Book pg 15,16

"we find that the spiritual principles can guide us in the every day challenges of life, and they can help us face even loss, grief and death with fortitude and grace. What we gain in this program is a blueprint for full and successful living, what ever may come."
SAA Green Book pg 61

Moto: ***We can't keep IT unless we give IT away***

What does the 'iT' specifically in the above Moto, refer to?

IT:
Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Brotherly Love, Justice, Perseverance, Spirituality, Service
=
Sobriety, Serenity, Acceptance, Happiness, Dealing With Pandemic Successfully.

What is meant by Spiritual Awakening/Experience?

Spiritual Awakening - Green book pg 59 *"For some of us, this awakening may be a sudden or dramatic gain in awareness. For others, it may be slow an gradual, and we may not even realize we've had one until we reflect upon the changes that have occurred." AA Big book "Most of our experiences are what psychologist William James calls the "educational variety" because they develop slowly over a period of time, quite often friends of the new comer are aware of the difference long before he[or she may be is himself them self]. profound alteration in his{[her] reaction to life…..God consciousness"*

SAA Gb pg 59
deepening humility to ask for help,
less judgmental,
ready to let go of resentments,
effort to repair relationships we have damaged,
sense of greater belonging,
intimacy and true friendship,
endeavor to live according to our true purpose, which is God's will for us.

How can we carry this message?

Show up to as many Zoom meetings as I can,
Share these principles with those in the meetings so they too can get the blessings of these principles.
I also time keep, help with announcements or what ever service positions are in my power to do

How important is it to do so?

Very, it affects my sobriety, problem solving capabilities, how quickly I get out of addictive moments self pity, pessimism, depression, peace of mind“when these crop up”,

How does our reliance on a Power greater than ourselves and program literature prepare us for carrying the message?

I usually pray before every call, share,
taking fellows through steps,
before I wrote this out, for humility,
understanding and for this to
be helpful to someone, etc.

Carry THIS message - AA Big book pg 89 "*PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from [acting out, lust, my defects cropping up] as intensive work with other [sex addict, love addict, sexual avoidant….You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill."* Gb pg 60 "*With spiritual awareness comes the responsibility, the desire, and the need to help other suffering sex addicts, just as help was freely given to us" 'Our message is simple and profound: that recovery from sex addiction is possible through working the Twelve Steps of SAA and following this program results in a spiritual awakening."*

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SAA Gb pg 60

- selfless love and gratitude
- essential to our own sobriety and spiritual growth
- we connect with them in a way that non-addicts cannot
- attending meetings regularly
- service in meetings
- helping set up or clean up after
- reach out to others
- fellowship
- working with others safe guards our own abstinence
- we break out of isolations and self centeredness

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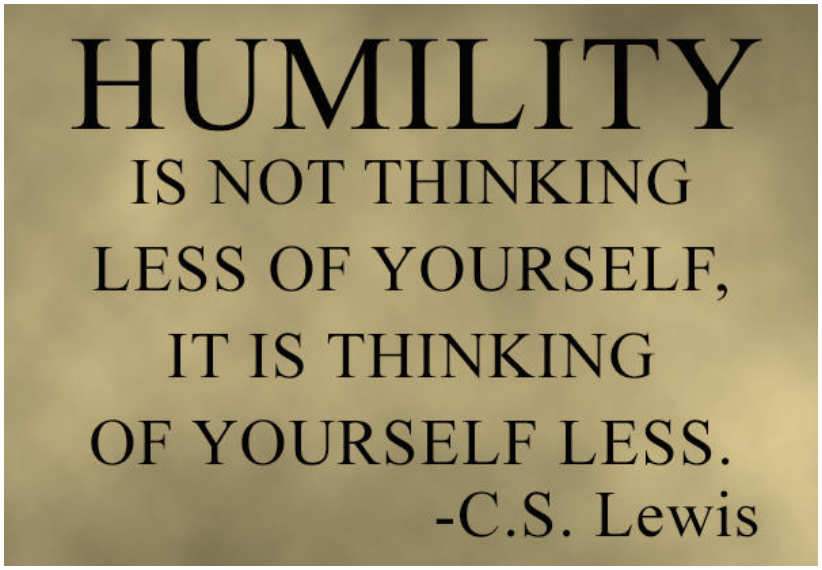
AA Bb pg 89, 91, 93, 94,95,96, 98

- frequent contact with the newcomer
- Don't start out as an evangelist or reformer"
- Your own[acting out experience] can be uniquely useful to other [sex addict, love addict, sexual avoidant addicts]
- tell him[her] enough about your drinking habits, symptoms, and experiences to encourage [her] him to speak of his[her] self
- willing to believe in a Power greater than ourselves
- live by spiritual principles
- faith itself in insufficient, to be vital, faith must be accompanied by self sacrifice and unselfish constructive action
- program of action
- suggest how important it is that he[she] place the welfare of other people ahead of his[her] own
- do not wear out your welcome
- you may have to drop him[her]
- do not be discouraged if your prospect does not respond at once
- find someone desperate enough to accept with eagerness what you offer
- [if] the addict commences to rely upon our assistance rather than upon God [HP of their own understanding] he or [she] clamors for this or that, claiming he or [she] cannot [stay sober] until {their] material needs are cared for. Nonsense. Some of us have taken very hard knocks to learn this truth: Job or no job-wife or no wife-simply do not stop [acting out behavior] so long as we place dependence upon other people ahead of dependence on God.

What are THESE principles referring to?

Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility,
Brotherly Love, Justice, Perseverance, Spirituality, Service



What is meant by "practice these principles in our lives”?
I do this by working the step guidelines I have learned in my life

How are ways we can do that?

Well first for me it started with a small desire, it seems to me that's how it starts for most, but it needed to be followed by action. In the past I thought, wished and at times felt that I should help others or do service this went on for a while. Then I realized, "I think I should go to the store does not get me to the store." "feel this is the right thing to do". yet procrastinating and making many excuses left me stuck in self. I new I had to take the actions suggested by this program or just feel dead in the water. So I took the Plunge. Now I can get on Zoom meetings, sponsor over the phone, FaceTime and email, call and take calls from newcomers and programs fellows and do what i can. Each day I say to myself "show up, suit up, help someone and don't make it about me."

Do we or should we sponsor alone?

This African proverb " it takes a village to raise a child,
keeps me humble.
I don't have all the answers
Well thank goodness
I have our program sponsors to help me
take some of the load off.
I give the people
I am taking through the steps,
a few sponsors numbers
who are working these principles in their lives.

practice these principles in our lives - SAA Gb pg 61 "*spiritual principles that can be practiced in all aspects of life. Honesty, willingness, courage, humility, forgiveness, responsibility, gratitude and faith…..applying program principle at home, at work and wherever else we gather with others*"

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SAA Gb pg 61

- *Find opportunities for service*
- *Spiritual principles can guide us in the **everyday challenges of life,***
- *Help us **face even loss, grief, and death** with fortitude and grace*
- *Serenity and sobriety grow*
- *Working a daily program*

AA Bb pg 100

- *Both you and the new[comer] must walk day by day in the path of spiritual progress*
- *Follow the dictates of a Higher power and you will presently lie in a new and wonderful world, **no matter your present circumstances***
- ***Defects of character** are not going to disappear over night*
- *Any scheme of combating [addiction]which proposes to shield the sick [person] from temptation is doomed to failure. if the addict tries to shield [themselves] he[she] may succeed for a time but he[she] usually winds up with a bigger explosion than ever.*
- *Do not think of what your will get out of the occasion. Think of what you can brring to it. But if you are **shaky,** you had better work with another [addict instead}*
- *Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you have be helpful. You should not hesitate to visit the most **sordid spot on earth** on such an errand. Keep on the firing line of life with these motives and God will keep you unharmed*

Times
For
Shares