



Yesterday, Today and Tomorrow

There are two days in every week
about which we should not worry,
Two days which should be kept free of fear and apprehension.

One of these days is YESTERDAY,
With its mistakes and cares,
Its faults and blunders,
Its aches and pains.

YESTERDAY has passed forever beyond our control.

All the money in the world cannot bring back YESTERDAY.

We cannot undo a single act we performed;
We cannot erase a single word we said.

YESTERDAY is gone. The other day we should not worry about is
TOMORROW

With its possible adversities, its burdens, its larger promise.
TOMORROW is also beyond our immediate control.

TOMORROW, the sun will rise,
Either in splendor or behind a mask of clouds,
But it will rise.

Until it does, we have no stake in TOMORROW
for it is as yet unborn.

This leaves only one day - TODAY.

Any man can fight the battles of just one day.

It is only when you and I add the burdens of those two awful eternities
- YESTERDAY and TOMORROW -
That we break down.

It is not the experience of TODAY that drives men mad.
It is remorse or bitterness for something which happened YESTERDAY
And the dread of what TOMORROW may bring. Let us,
Therefore...

*live but
ONE day at a time!!!*



Dear Newcomers

Welcome to S.A.A.. When we came to our first meeting many of us were having a variety of feelings. We were relieved to have found a place where our pain and despair might be understood. We were angry that we had to get help and couldn't manage this part of our lives. We felt lonely and were ashamed of our sexual history. We had secrets that we were reluctant to share. We were distrustful, guarded and frightened. We had been abused and we had abused others. We were sex addicts and needed help.

The programme of S.A.A. is patterned after the Twelve Step Programme of Alcoholics Anonymous. Here we learn a new way of living. We learn, at our own pace, to experience intimacy and sharing with others in a healthy way. We learn to trust; to express our feelings; to ask for our needs to be met; to say no when no is appropriate; and to stay around when all we want to do is run. Here no one shames us for what we have done or are still doing.

Here we have a safe harbour within which to heal and for that we are grateful.

The only requirement for membership in S.A.A. is a desire to stop compulsive sexual behaviours. It is a programme of progress, not perfection. If you are willing to be honest and have a desire to have and maintain healthy relationships, then you are in the right place.

It is suggested that you attend at least six meetings before you decide whether the programme is for you. At your first meeting we encourage you to talk to others and exchange telephone numbers with those you relate to. We also suggest that you select a temporary sponsor to assist you in learning the basics. The selection process is easy: all you do is ask someone you relate to (to whom you are not sexually attracted) if they would be willing to be your temporary sponsor until you learn your way around. At a later date, after you have got to know us better, we suggest you choose a permanent sponsor.

Although anonymity is a core tradition on which the programme depends, you should be aware that some people may decide after careful thought to report certain disclosures to the authorities.

In addition to attending meetings and talking with others we suggest you read our primary text Sex Addicts Anonymous (**The Green Book**), S.A.A. pamphlets available via saa-recovery.org, Alcoholics Anonymous (The Big Book) and other appropriate recovery literature.

We are happy that you are here, for it is the newcomer that keeps S.A.A. alive and well. We encourage you to take it ONE DAY AT A TIME, BE GENTLE WITH YOURSELF, and KEEP COMING BACK.

Tri County Recovery

Welcome to the Newcomer



SAA

From Shame to Grace

Path to Healing and Recovery

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WELCOME TO SAA

Dear Newcomer,

Congratulations on taking a step toward recovery by attending this meeting. Be assured you are not alone; we are all here to support one another on this journey. You may speak out about your feelings, thoughts, behaviors and doubts with no fear of rejection or judgment. Please feel free to ask any questions you may have; answers may not be given immediately due to a tradition of not engaging in dialog or "crosstalk". We have all been new and understand there is a lot to learn. The Newcomer Packet is intended to help you begin recovery with suggestions and ideas that other members have found helpful and will also help you understand the terms and concepts you will hear discussed in meetings. We hope you will find this a safe and comfortable place to seek recovery, sanity, and serenity.

About SAA

SAA is a 12 Step program adapted from AA for men and women who seek recovery from compulsive or inappropriate sexual behavior. We make no judgments about sexual preference and are not affiliated with any other group or organization. Though we emphasize the spiritual nature of recovery, we do not support or oppose any particular faith or religion. We maintain strict confidentiality and anonymity in order to encourage openness and honesty. You are not required to state you are a sex addict or to speak at all, though many find it freeing to do so. We recommend you attend this or other meetings six times before making a decision as to whether you will benefit from this program. A list of Toledo-area meetings is also in this packet.

During Meetings

Each meeting has a different format but most are based on the 12 steps and step work. One member will chair the meeting, serving as a trusted servant. We use first names only to ensure anonymity, and do our best to respect everyone's right to speak at meetings.

Because many of us have difficulty sharing our feelings, we have a policy of not interrupting any-

one or commenting on what they say (this is also known as "crosstalk"). If someone requests feedback, we don't give advice but share from our own experiences in similar situations.

Again, questions are welcomed but due to the tradition of not engaging in dialog or "crosstalk", these questions may not be answered until after the meeting. Don't worry that you may have offended anyone; we have all been new and don't expect you to know everything about how the meeting works.

We usually close each meeting with the a closing prayer. This involves holding hands, but you are not required to, if you find it personally uncomfortable.

Between Meetings

Most of us have found a common element in our addiction is our tendency to isolate. This isolation feeds our desire to "act out" sexually. We strongly encourage keeping in touch with other members of the program between meetings. For this reason, we've compiled a phone list, available to you during or after the meeting.

This list is updated every so often, and if you so choose, you can be added to the list. It may be helpful to make practice calls to other members when you aren't in a difficult situation so it can be easier to call when you are in danger of acting out. You can also ask for numbers from members if they aren't on the list.

Finding A Sponsor

We also suggest you seek a sponsor to help you develop a program of recovery. A sponsor is a person who has been in SAA longer than you who can answer questions, offer encouragement, and give suggestions on how to "work" the 12 steps. We encourage you to listen to others as they speak at meetings, then approach someone whom you connected with or whose ideas you find helpful. The phone list also indicates which people are willing to sponsor.

Helpful Reading

You can read about sex addiction and recovery in the pamphlets in this Newcomer's Packet or in the following

books:

- Sex Addicts Anonymous (SAA "Green Book")
- Hope And Recovery by Hazelden Publishing
- Out of the Shadows by Patrick Carnes
- Don't Call It Love by Patrick Carnes
- Alcoholics Anonymous (AA "Big Book")
- Twelve Steps and Twelve Traditions (AA "Twelve and Twelve")

The SAA Green Book can be ordered through the SAA website (saa-recovery.org) or purchased from the group treasurer after the meeting. The other books are available in most major bookstores, either new or used.

Serenity Prayer

God, grant me the serenity

To accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.

Keep coming back -- it works if you work it 'cause you're worth it!

