

“...Recovery is where you find it...”

Hi there

We recently solved a problem that's bothered me and others for some time.

We've had two groups in charge of translating SAA literature into other languages. The Literature Committee has been working on translating the printed literature, while a small group of people have been translating the web page. At one point things had gotten to such a state that people on the Literature Committee were re-translating some introductory material that already existed on the Spanish Web page!

Well we've resolved this problem. Now there's one group, within the Literature Committee, that has the responsibility for all translation of SAA literature. They'll do both the printed material and a version to post on the web.

This new approach is going to make us more productive. Mike L. chairs this Committee and he's working translating more of our literature into Spanish and has one member working on French! If you're interested in helping non-English speaking sex addicts, write me and I'll forward your interest on to Mike.

Unfortunately, that doesn't mean I'm totally off the hook on translations. There's a lot more on the SAA web page than the literature – The meeting list, the SAA store, announcements, and other stuff.

So I'm still looking for bi-lingual people with an interest in helping non-English speaking sex addicts. I hope the number of foreign language SAA web pages will multiply. So if you know anyone who wants to become a web master of one of our (hopefully soon to grow) foreign-language web pages, have them write me at webmaster@saa-recovery.org.

In recovery,
Bob D.

Dear PBR,

I finally arrived at a prison that had an active S.A.A. group until it was cancelled recently by the warden for reasons unknown to me. Thank God there are my meetings in print and on-going correspondence with my sponsor in Indianapolis and another man in Georgia.

I really appreciate all the hard work you guys are doing for the fellowship. I am eagerly looking forward to the day when I too can be directly involved.

I am giving you an unconditional release to use this article as you see fit.

Thanking you in advance.

*Your brother in recovery
John R.*

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Are you running from, or going to? Do you read for enjoyment, information, or to escape? Are you a part of the solution or still in the problem? Does it seem like life is passing you by while you procrastinate and complain? You say there is no meeting conveniently close-by? You're in prison and there is no meeting at all? Watcha' gonna do 'bout that?

Are these valid questions in your life? If so, maybe you should take a closer look at your motives and desires.

Recovery is where you find it. I betcha that porno shop (or whatever) wasn't close by, and while you were acting out the thought of a meeting was the farthest thing from your mind as well. Now that you've been caught, identified and shamed into action, watcha' gonna do?

Get involved. Write, share, listen, find someone to talk to, no matter where you are. For many of us our meetings are in print, i.e., pen sponsors, PEP articles, other

“...I will give it away to keep it...”
John R.

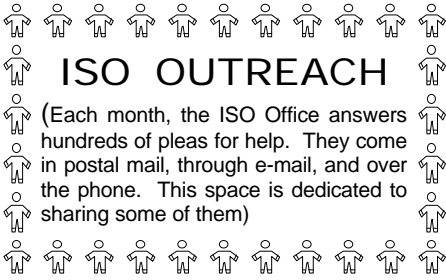
newsletters. For others there are people to talk and share with. We can all find a way if we want it.

I found S.A.A.'s address in a book in a prison library in '95. My first letter went to Minnesota, Texas, the Prison Outreach Coordinator in my state and eventually to the man who would become my sponsor. The third article I wrote for the PBR led me to another man I also share with.

Who am I? Where am I? Over twenty five years in A.A., almost five in S.A.A., and nearly six years in prison. I am alone but not forgotten. I saw the parole board in '98, received a two year continuance and will see them again this fall. Will I be paroled? Only my Higher Power knows. I know that recovery is where you find it and now that I am in it, I will give it away to keep it as I practice the principles in ALL of my affairs.

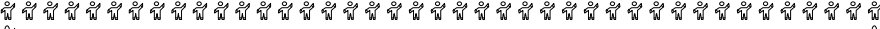
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**PRISON OUTREACH NEEDS YOUR HELP!!! MOST IMPORTANT ARE THOSE WHO WOULD WRITE TO PRISONERS, SUPPORTING THEIR RECOVERY. THE PRISON OUTREACH PROGRAM NEEDS PERSONS TO HELP COORDINATE THE WORK!
COULD YOU, WOULD YOU, OFFER A HELPING HAND? 1-800-477-8191**



ISO OUTREACH

(Each month, the ISO Office answers hundreds of pleas for help. They come in postal mail, through e-mail, and over the phone. This space is dedicated to sharing some of them)



COINCIDENCE ?? PROBABLY NOT...!!

[Ed Note]

Tom B. submitted the following story. Although it had nothing to do with the ISO Office, we thought it would be appropriate to run it here.

By Tom B.

Last month I received an email from friend I met several months ago at an online meeting. I happened to be at the computer when it came in, so I wrote back and suggested we go to an empty online meeting room to talk.

When we got there, a newcomer was already there, looking for a meeting that was to start in about twenty minutes. He asked what online meetings were like, and I said, "They're a good supplement, especially if you're geographically isolated, but I don't think they're any substitute for face-to-face meetings."

I told him I was from Corvallis, OR, and asked where he was.

When he said he was in Phoenix, I said, "Wow, did you know that the International Convention of Sex Addicts Anonymous is in Tucson next weekend?" He was a little overwhelmed, and said, "I haven't even been to a regular meeting yet!" I told him I was sure there were meetings in Phoenix, and **while he talked with my friend, I pulled up the SAA website and found the list of meetings in Arizona.** He said he was actually in Tempe. I said, "There's a meeting in Tempe tonight that starts in an hour." "Where?" he asked in amazement. I sent him the location and two phone numbers of group members.

Both my friend and the new-

comer were blown away. "How did you do that?" I told them it's all on the SAA website and sent them the address. He left the conversation for a few minutes to check it out, then came back and said he was going to the live meeting in his town.

You could say it was a

coincidence that we happened to be there at the right time to help this newcomer find his first meeting, but my sponsor says coincidences are God's way of remaining anonymous.

I'm just grateful that when I try to work my own program to stay sober another day, God finds ways to use me to help someone else.

Tom B.

MORE FROM THE INSIDE... Kristopher D.

To the PBR

I felt a heart-warming connection with the anonymous author who submitted the letter you published as "12 Steps For A Buddhist - by a member", ...in the Apr/May issue. Would you please forward my letter to the author, or print it in the PBR? Or both? Thank you for your time and effort.

Many Blessings,
Kristopher D.

From the Editor: No, Kristopher, the PBR no longer prints addresses and we never did act as an agent for sharing correspondence. Your best hope is to contact, via the ISO Office, the Prison Outreach Committee. Your [edited] letter however, is printed here. And thanks for it!

Dear Fellow S.A.A. Buddhist,

I very much liked the letter that you wrote for the Apr/May PBR. I'm a sex addict doing time in the [] Department of Corrections for committing an act of sexual abuse towards and adult female. I'm also more than half finished with a one year Sex Offender Program.

Although I regret my crime and have developed a deep empathy for my victim, I also have a ton of gratitude for her turning me in. I've been in and out of 12 step programs for over 20 years and at one point had over five years clean and sober. But I was never able to obtain the level of serenity that I was seeing in others. I refused to listen when others would mention that "I seemed to be having more sexually related problems than my peers." I [knew I just] had a healthy sex drive.

I had deep depressions and feelings of despair, and I contemplated suicide when I was sober, and made a dozen actual attempts while I was under the influence.

It's been almost two years since I've committed my crime [7-98] and I've been incarcerated since. My life is better now that I've admitted my sexual addiction. I've been practicing Buddhism for 18 months and am so much better for it. My sittings are averaging over 40 minutes and I'm beginning to become a very peaceful person, finding contentment in being alive, and able to breathe without having my identity all wrapped up in some fantasy sex world.

The "Zen of Recovery" helped me see that I could adapt Buddhism into my SAA program. I'd like to have a copy of "Stumbling Toward Enlightenment" [somehow-someday]....

Many Blessings,
Kristopher D.

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SPONSORSHIP CORNER

A NEW COLUMN IN THE PBR

by Chris C.

This is the first installment of "The Sponsorship Corner," a new feature of the Plain Brown Rapper dedicated to developing and promoting sponsorship in SAA. The main tool we will use is the sharing of our experiences as sponsors and sponsees. I see my job as being a column editor and only an occasional contributor to this column. My hope is that many recovering sex addicts of SAA will share what they have gained from sponsorship, that people use this column to pass on their wisdom and insights and ask questions about this topic. Experienced sponsors, your in-put is necessary for this column to have value for the fellowship. Information is provided below on how to forward your contributions.

In this first column, I will offer a general plan for this feature and a little background on me. Then I will offer a few thoughts on a topic and ask for comments from SAA members for the next issue of the PBR. In subsequent issues I will suggest a topic for the following column, based (I hope) on the submissions of PBR readers. I will present the writings of as many contributors as possible on each topic, edited down so that many views can be aired.

As with anything that appears in the PBR, "The Sponsorship Corner" will be rooted in the Twelve Steps and Twelve Traditions of SAA. It's purpose is to help new and old sponsors deal with the on-going challenges of guiding sponsees in developing sexual sobriety. **The definition of sobriety that will be used for this column is abstinence from all sexually addictive behaviors coupled with on-going spiritual growth.**

I hope "The Sponsorship Corner" becomes a worthwhile resource for the fellowship. The way that I will gauge that is by the comments and submissions of program members. If after a year this column appears to be a good idea that doesn't generate interest, I will lay it to rest.

A few words about me. I am a little over twelve years clean from masturbation, the behavior that brought me into the program. There are other behaviors that I have come to recognize as addictive too, and I have lesser amounts of clean time from each of them. I have been with my current sponsor for about seven years. I do some kind of Step work daily and I go to three meetings a week. I have sponsored a dozen or maybe even twenty people in the program (I don't have an exact idea how many). I have worked with people who have developed strong recoveries, many who haven't, others who fired me as a sponsor to go on to someone else, and some who have kept me around. Some of my sponsees are

sponsors themselves now. I have experience with people who have had other addictions and some who have had serious mental health problems. One sponsee committed suicide. I don't claim expertise as a sponsor, just experience worth sharing.

Perhaps the best way to start a discussion of sponsorship is to ask the question, "What is the job of a sponsor?" I will offer a few thoughts on the topic and ask for people to send in their ideas for the next issue.

Years ago, a newcomer named Jim showed up in our Wednesday night meeting. He was a rough-cut character with a salty tongue and over a decade of experience in another Twelve Step program. One night the topic turned to sponsorship, and after hearing what a few group members had to say, Jim stated his views. He said, "The job of a sponsor isn't to love you or be your friend or buddy. You may not even like your sponsor. The most important job of a sponsor is to guide you in working the Steps."

This remains the best job description for a sponsor I have ever heard. Most important, to guide a person in working the Steps. I have used this as a blueprint when I have gone looking for a sponsor and when I have guided sponsees in the program. I have also tried deviating from it and found I haven't helped myself or others.

Everything else I do as a sponsor seems to flow from these:

- Accepting phone calls at any hour of the day
- Encouraging sponsees to develop a daily recovery routine
- helping them figure out what the "next right thing" is
- and, any contact I have with them is guided by the need to work the Steps.

My needs as a sponsor are rooted in the Steps, too: my need for prayer and guidance, the experience of working the program that I try to pass on, and the other parts of the job that take honesty and humility—including admitting I am wrong.

Please submit your thoughts on the **job description of a sponsor** for the next issue of the PBR.

Send Snail Mail to:
PBR-ISO of SAA,
P.O. Box 70949
Houston, TX 77270

Send it e-mail to:
PBR@saa-recovery.org
or
cknm@netdirect.net.

Chris C.

The PROMISES of our ADDICTION

by Greg S.

I've been attending SAA since Nov 1984. I had a couple pieces in the PBR in the 1980's.

I am interested in writing more. I live in Minneapolis and am active in SAA. I have been a trusted servant numerous times.

Over these years I have come to love the promises so much since I had lost so much to my addiction. **When I was smacked in the face by this at treatment, I realized that the addiction makes "promises" to me too.** It is so easy to forget the havoc which acting-out introduces into my life until after another slip. Try these PROMISES:

"If we are careless about our recovery, we are going to be surprised when we least expect it. We will find ourselves re-enslaved and in torment. We will regret the past and rue what we have lost. The word serenity will be a dim memory and our lives will be in turmoil. No matter how far down the scale we have gone, we will face the prospect of descending still further. That feeling of uselessness and self-pity will choke our thoughts. We will lose interest in our fellows and be filled with manipulation. Our whole attitude and outlook on life will change. Fear of people and of economic insecurity will haunt us. We will be baffled in situations which used to seem full of promise. We will suddenly realize that we are doing damage to ourselves and others which God would never allow if God were still in charge.

Are these extravagant consequences? We think not. They are inevitable. Sometimes quickly, sometimes slowly, they will ALWAYS materialize if we neglect our recovery."

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POET'S PAGE



At times I become impatient with my recovery and want it all to happen quickly and be over. I must constantly remind myself that all I can hope to accomplish is to recover

"Just For Today"

Just for today I want to feel
All my emotions. I want to be real.
Just for today, I want to believe
What I give, times ten I'll receive.
Just for today I want to care
And believe always someone is
there.

Just for today these words I hear,
Enable me to see my path is clear.
Just for today.

Just for today, I'll search my soul,
And let my faith heal this gaping
hole.

Just for today I'll renew my quest
To begin living and be my best
Just for today.

Just for today
I'll search this land
Reaching always for that special
Hand.

Just for today I feel needed and give
My best to continue to live
Just for today.

OUR CHILDREN

We feel
we want to heal.
We dare
so much to care.

We sigh
against the cry.
We fail
at the tale.

We cuss
the child like us.
We fear
our children's' tear.

Many of us addicts knew inside that we could not raise children only small addicts. Others of us denied our addictive nature and attempted child raising. We, parents in recovery, feel the added burden of passing our addiction(s) on to our children. As addicts, we desperately want to control the outcome of our children's life.

Recovery reminds us that we can change only ourself. Our children hopefully will see there are choices for them. We learn to accept that we may have infected our children. We learn to pray for them in their search for their own recovery.

I can be an example of recovery as well as addiction for my children. I can accept the choice they make for their life.

"BP"

STOLEN

A part of the Poetry Page... This time for the Literature Committee Convention Business Report

Although there is a report from the new LitCom Chair, Chris D. in this issue, the minutes reflect some of the work done, work in progress, and work to do for the coming year [s].

To indicate the magnitude of this work, the Committee met on Thursday, Friday evening [til 10:15 PM], Saturday, and Sunday, May 25-26-27-28, 2000.

Although some of this business was conducted with the "old" membership, and some with the "new", the following will merely highlight the work and acknowledge the efforts of all in getting about it. The list of new members and alternates is on page 12 of this issue.

Refer to the Board actions to review the action to study a modification of the PBR production process for the future. The PBR editor-member [Robert S.] announced he would serve [at the pleasure of the Fellowship of course] only for the two coming years, health and acts of Higher Power permitting.

Agreed to "SAA" as logo [see Board actions] on translated literature.

Although two "at large" members were authorized by the Board, the LitCom declined to nominate any at large members.

See Board actions on PSA subcommittee. Chris D. is LitCom appointee.

It is generally agreed that anything posted on the Website that is considered "literature" is to be approved by the Literature Committee. Day-day information [in another language] could be supervised by the ISO Office.

The Large Book discussions took a large amount of time. The Board contracted with the authors to produce a

(Continued on page 9)

IMPORTANT !!

PRISON OUTREACH

Mike L, Prison Outreach Coordinator, writes that the need is great for volunteers to write to inmates in recovery! His complete letter will be in the next PBR but suffice to say, **this is an important 12th step service!** If you want some great personal satisfaction, knowing you are helping one in need, read John R.'s letter on page 2. Then contact Mike L. and make a commitment to help. **And a special need:** Women to write to female inmates! call 800-477-8191 or e-mail Mike at mike.l@puertorico.com

NEW LITCOM CHAIR REPORTS ON WORK DONE, WORK IN PROGRESS, AND FUTURE EXPECTATIONS

by Chris D.

The Literature Committee has good reason to be proud of our work during the 2000 Convention.

The pamphlet **_A Special Welcome to the Woman New-comer_** was completed and approved by the delegates. This wonderful piece of recovery literature will provide help and support for female sex addicts, truly welcoming them into our fellowship.

We also completed and approved our own **Literature Handbook**, creating for the first time a comprehensive outline of the process by which literature is defined, evaluated, edited, and approved. This is a real leap forward for the committee, and should smooth the way for those who come after us.

In addition, the committee approved a **Spanish translation** of our Sex Addicts Anonymous pamphlet. The process of translating our other pamphlets into Spanish is now under way. Much gratitude is due to the hard working members of our Translations subcommittee.

Special thanks to two members who stepped down this year - **Jeff W.** from Great Lakes Region and **David B.** from Pacific Region. Their energy and commitment had a lot to do with the committee's success last year.

This is indeed an exciting time to be on the Literature Committee! Our fellowship has been presented with the manuscript of a book which is intended to serve as SAA's basic text, commonly known as "**The Large Book.**" The co-authors made a presentation to the committee. A structure was created whereby the manuscript will be proofread, evaluated and edited. We have a lot of

work ahead of us, and with God's help that work will bear fruit. It is an honor to be able to participate in this task. At this convention we made a great beginning, and we feel that the delegates gave their unconditional support to this effort. With faith and hope we look forward to the coming year.

In service,
Chris D.

From the PBR-May, 1992 Child Sexual Abuse - A view from both sides.

"...I learned this behavior. I did not invent it! It is a family disease. Knowing this helps me get beyond the shame. I could now take Step One on my sexual addiction. My inability to control my behavior was evidence of my powerlessness. Knowing that I did not invent it reduced the shame and helped me accept my powerlessness.

To overcome the compelling drive to use sex to avoid feelings, I must live the 12 Steps. Living them allows me to surrender my life and will to the care of my Higher Power. When I let go of my expectations about a person, place, event, situation or thing, and trust that all is exactly as it must be at this moment, my Higher Power slowly diminishes the core shame that causes the feelings from which I flee...."

The above submitted by an SAA member-author who was not named

STEP SIX...

...by Bruce B.

"Were entirely ready to have
God remove all these defects
of Character"

It doesn't say anywhere in step 6 that we should make a written list of our defects, but that is how I was taught to begin it. I looked at my 4th step and the patterns within it. I also used the 7th step prayer from Alcoholics Anonymous (My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from her to do your bidding. Amen.) I looked at my life with an eye towards picking out things within myself that stood in the way of my usefulness to God and my fellows.

I was told that somewhere around 10 character defects was about right - not too many, but not too few. As an example, here is the list I came up with the first time I worked this step: **lustful, dishonest, selfish, prideful, self righteous, self centered, fearful, greedy, slothful, verbally abusive, manipu-**

lative, expectant, judgmental. As I worked on these, I found that there was overlap between some of these - that was okay. The last time I worked this step my character defects were: **dishonest, prideful, self seeking, self righteous, fearful, manipulative, expectant, judgmental, gossiping, suspicious.**

I have tried a few different methods of working this step, including an AA step guide and the interesting Al-Anon idea (Paths to Recovery) of writing about, or just thinking through, each of these defects with an eye to the "6 Ps": Prayer, Patience, Pain, Perspective, Process and Payoff. I needed to pray about each one, and have patience with God's timing. Then I had to recall the pain I caused myself and my loved ones by practicing one or more of these particular defects. I had to look at the defect over time to get a perspective on why it developed and how I

(Continued on page 7)

2000 Outreach Committee Meets in Tucson

Frank B. San Francisco

This year's Outreach Committee was well attended and participants brought a tremendous amount of ideas and enthusiasm to the discussion table from all over the fellowship. Some of the highlights of ideas and issues brought forth are the following:

1. Information packets are put together and mailed out to therapists in local areas in order to potentially attract sex addicts who may be in therapeutic situations. When possible it is the experience of members that face to face meetings with therapists are more effective.
2. Dissemination of meeting schedules and literature to parole and probation offices. Give Info. Packets to various school counselors, and at HIV education centers.
3. Make contact with individuals working in STD clinics so that they are aware of SAA and can potentially suggest our program to their

clients.

4. Whenever possible start a phonenumber with meetings listed and or individuals that can be contacted locally for SAA info. It is important to keep all info. current.
5. Start a local committee in your area that meets regularly with the express purpose of doing Outreach. Could be in someone's home or a meeting space. This facilitates an ongoing commitment to outreach and gets individuals more involved and connected.

Issues for ISO Board Consideration:

1. Need to develop a plan to handle calls generated by a PSA. Important to be proactive about this plan at the same time we are raising funds to develop the PSA.
2. We need a mechanism to handle the deluge of calls that are bound to occur as a result of using this PSA on television or radio.

3. Consider increasing postage budgets for bulk mailings sent out by local intergroups to therapists, and social service agencies etc.

4. Consider developing a 24 hour hotline with a "live" person like AA has.

5. Consider the creation of a separate committee like the present Lit/Com for Outreach that would report to the ISO with its own regional members.

6. Consider an "At Large" Board member to oversee Outreach

It was very inspiring to be a part of this group and to hear all of the wonderful 12 step work that is already in place. I encourage everyone to try some of these ideas in your local areas. The gifts that we give to the sex addict still suffering always come back to support our own sobriety in ways we cannot even see.

In recovery,
Frank B., San Francisco

S T E P S I X - C O N T I N U E D

(Continued from page 6)
use it, work through the process of grieving my character defects, and examine the payoffs I will be forging if God removes each of my defects of character.

The method I have found the most useful, however, is one in which I write down the opposite of each of my defects of character. So for verbally abusive I put affirming; for fearful I put courageous, for greedy put generous, etc. Once I have the opposites of each defect, I picture the man I would be if, in place of each of these defects, I had

these character assets. When I have a clear picture of that man, I find I'm entirely ready for God to remove all of my defects of character. I want to be the man I see. I am ready to begin Step 7.

I'll leave the 7th step to someone else, but as you can see from the above, all of my character defects were not removed. Step 6 tells me to become entirely ready and step 7 tells me to ask - nowhere does it say that the defects will be removed. My job is to trust the process, not to question God on the timing. For me, once I have taken

the 7th step, I find that I have much clearer choices in my daily activities as to whether I want to use a character defect or a character asset. With God's help, I can make good choices - one at a time.

Thanks for listening.
In peace,
Bruce B.



HIGHLIGHTS OF DELEGATE ACTIONS AT CONVENTION 2000

The following is a synopsis of business conducted at the Delegate Conference at Convention 2000 in Tucson, AZ.

OLD BUSINESS

"That the 'A Special Welcome to the Woman Newcomer' [pamphlet] be approved by the delegates of the 2000 SAA convention." PASSED

NEW BUSINESS

"That there be a sobriety countdown for the fellowship at the major evening event at each annual ISO convention, that this countdown be based on length of continuous sobriety from inner circle behaviors, rather than the length of time one has been attending meetings, and that such distinction be made clear from the podium before the countdown takes place." FAILED

ADDITIONAL BUSINESS

1. "That the ISO investigate including all SAA Groups and Intergroups under the umbrella of the incorporation of SAA and report back to the delegates." PASSED

2. "To adopt a resolution of recognition for Penny K. honoring her service and accomplishments as chair of the ISO Board from 1996-2000." (The actual resolution is pretty long, so I'm not including it here but it will be in the minutes) PASSED

3. "That the ISO Board of Trustees ensure and/or implement procedures to make certain PSA financial support comes only from within the membership." PASSED

4. "To augment the selection of sobriety chips by manufacturing key-chain chips duplicating those currently offered in Southern California except for the one-year chip." PASSED

5. "To give the presenter at future conventions the option to make workshops open." PASSED

6. "That the Board create and implement a procedure to ensure that donations to the Outreach Endowment Fund cannot come from sources outside of the fellowship." PASSED

7. "That a tradition be established of having a length of time in recovery countdown at the annual convention at the discretion of the convention committee." MOTION WITHDRAWN

BOARD ACTIONS - SUNDAY, MAY 28, 2000

New Board

1. [See Page 12 of this PBR to see the new list of Board Members and Alternates]

2. The Pacific Region was divided into two regions:

South Pacific - California meetings south of San Luis Obispo, plus Hawaii and the British Isles

North Pacific - California meetings north of San Luis Obispo, plus Oregon, Washington, British Columbia, and Alaska

3. Approved a tentative schedule of meetings for the coming year:

- August 12 (2-hr teleconference)
- November 18 (2-hr teleconference)
- January 20 (4-hr teleconference)
- March 24 (2-hr teleconference)
- May 22 (informal dinner)
- May 23-24 (face-to-face meeting)

4. Changed the name of the Internet Outreach Committee to the Internet Services Committee

5. Voted to investigate a safe and secure means to provide the Literature Committee with an electronic copy of the Large Book manuscript.

Formed a subcommittee to carry out the above investigation: Bob D., Bruce B., Claude E., Jerry B., and Peter B.

6. Raised the upper limit of the office manager's salary from \$30,000 to \$36,000 and directed the Office Oversight Committee to bring to the Board a recommendation on the office manager's vacation benefit.

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Synopsis of Board Actions at Convention 2000

The following [highlights only] is from the Board Meeting of May 24-25, 2000, at Tucson, Arizona:

Minutes of previous meetings, financial reports, Office reports, and convention reports accepted.

Accepted a motion that travel reimbursement for members will be prorated on their attendance at all scheduled Board Meetings.

Ratified the appointment of Bill H., Claude E., Gerald J., Jerry O., and Leo H. as members of the Office Oversight Committee for 2000-2001. Later approved the "At Large" Board membership of Leo H., who is Chair of the OOC. Gerald is Vice-Chair, Jerry O. is Sec'y.

Approved Peter B.[Board], Jerry B. [Office], and Chris D.[LitCom], to bring to the Board's November meeting, proposals for soliciting Public Service Announcement ideas and for the production of these ideas. [Confirmed by the LitCom]. \$500.00 was authorized for use in developing this report.

Approved Manuscript Agreement for all persons who are to receive draft copies of the Large Book for review. [Literature Committee subsequently approved 17 copies to be distributed to LitCom Members and Alternates for review]. This agreement specifies that all recipients of the book may not copy any part of it, may not loan it to anyone, nor allow it to be outside their direct control at any time. Copies are to be distributed sometime after the convention after individual agreements are signed.

During the Board - LitCom joint meeting on Thursday the Board added to August agenda the clarification of Board and LitCom website roles.

Agreed [with the LitCom] that on any SAA literature, in any language, the acronym, "SAA" shall be used to designate the SAA Fellowship, and that "Sex Addicts Anonymous" might be translated in a grammatically correct form in the language into which it is translated.

Proposed changes to the production process of the PBR [Plain Brown Rapper] are to be studied within a subcommittee composed of LitCom and Board members [as yet not named].

Approved the 2001 Convention Bid as presented by Buddy S. and Francie E.

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LITCOM CONVENTION BUSINESS-CONTINUED

"MORALISM DIDN'T HELP ME" by Chris D.

I don't know how many thousands of times I've heard my sex addiction referred to as a disease. I thought I understood. I thought I believed it. But when it came right down to it I continued to believe that I was morally wrong, and that therefore my recovery had to be morally right.

I'm sure all of us know the feeling of being Bad. That feeling didn't go away after entering the fellowship. Every time I relapsed, or broke a boundary, or objectified someone, or got lost in fantasy - a voice told me I was Bad and that I needed to be Good. And I was ashamed to call myself a member of SAA - because I couldn't stay sober.

I thought this moral feeling was my healthy side. I thought that moralism was my ally in fighting what we so euphemistically call "my addict." But what I came to discover, after long and painful struggle, is that the use of moral judgments, moral resolutions, moral hopes was a part of my addictive cycle, not part of my recovery. Not only that, but it was a particularly destructive part, because it perpetuated the sense of hopelessness which fueled my disease. I could never seem to be *completely* free of sexually dysfunctional thoughts or behavior, and so I always fell short of the ideal. And then, with this black-and-white thinking, I said in effect "What's the use?" and chose the familiar form of medication - sexual acting out.

Please don't misunderstand. I am perfectly aware that many sexually compulsive behaviors are immoral, not to mention illegal. What I'm saying is that *knowing this does not help me stay sober!*

Only when I fully realized the fact that I have a *disease*, and that what I need is literally *recovery* from

this disease, was I finally open to the possibility that I could stay sober. That means that when I objectify someone, or find myself in fantasy, or in a slippery place, or even - God forbid - I act out, I must know that this is all a symptom of

"...Every time I relapsed...
a voice told me I was Bad and that I
needed to be Good..."

my disease. The fact that the behavior in question may be wrong, or guilty, or innocent, or whatever moral category you please - has no bearing on my recovery. What has bearing is that I am sick, and that I desperately want recovery from my sickness.

This is essentially the meaning of Step One for me. That Step must be burned into my heart and brain. Powerlessness, not moralistic resolve or effort. And the solution? Step Two - the belief in the possibility of recovery, which can only happen when I recognize my disease as a disease. Then Step Three - I want recovery, and I will do whatever is needed to get it! Not because I want to be a good person, but because I'm desperately ill. And then the medicine and therapy - the other nine Steps.

Guess what? I'm probably going to objectify sometimes. I'm probably going to fantasize. Some days my disease will be more insistent than others. Why can't I achieve perfection? Because I'm a sex addict and there's no cure. But I CAN stay sober from my "bottom line" compulsive behaviors through a Power greater than myself, the 12 Steps and the help of other sex addicts! I know all this because it is working for me. I stopped using moralism to stay sober and I became open to what this program really has to offer.

Chris D.

(Continued from page 5)
draft copy of the book prior to convention 2000. This was delivered and the Board now owns the document. Seventeen copies will be made available to the Literature Committee Members and Alternates for document review since the LitCom will have supervisory authority over the content of the Large Book. Pat C. and Jeff W. gave a presentation to the LitCom about their writing of the book. Pat spoke about his personal need for help on the project. There is a need for additional stories and reviews of the book may reveal any needed changes. It was agreed by Board and LitCom that the book represent a "unified voice". Feedback is requested within the next 3 months. The LitCom meets by teleconference in both July and August for this and other business as necessary.

The Women's Pamphlet was approved after some late changes. This comes after more than two years of hard work in presenting a document beneficial not only to the women members, but to the whole fellowship.

The Literature Committee Handbook was approved after much, much deliberation and recommended change. The final product was one begun four years ago as a one page document. It outlines the process of literature creation and approval, and the internal work of the Literature Committee in pursuing its goals of literature production. The booklet consists of a "Mission Statement", "Guidelines for Evaluating SAA Literature", "Functions of SAA Literature", and "Standards of Criticism for SAA Literature". The handbook will be used by all members of the LitCom and will be available to others who are creating literature for possible SAA approval.

The Officers for the coming year are on page 12 of this PBR.

In business on Sunday, Elizabeth S. was elected Chair of the "Large Book Sub-Committee" and Susan W. is Co-Chair. The first objective for the Large Book is that all recipients review the book as soon as possible after receiving it. The Sub-committee will coordinate "feed-back" and recommended changes and maintain contact with the authors.

(Continued on page 12)

♪♪♪♪♪...I stopped using moralism to stay sober and I became open to what this program really has to offer". Chris D. ♪♪♪♪♪

William J. writes from England...

"The Way, the Light and the Truth"

Strength through Doubt

I've been doing a lot of reading recently. I started out of curiosity, wanting to know more about the history of twelve-step groups in general and AA and SAA in particular. In the course of my reading I have become equally interested in alternatives to the twelve steps.

These range from the intelligent and helpful to the downright lunatic. I won't describe or categorize either. Saying something is good is just as judgmental as saying it is bad. In any case, I have no intention, in this particular forum, of either condemning or endorsing anything which sits outside SAA. Anybody who wants to find out more can do their own research.

Whatever the case, I received several gifts from my reading. I was taken back to read the original AA literature - the Big Book and 12 & 12. No, they're not about Sex addiction, not directly at least. They still make for great reading.

The more difficult gift was to accept some of the many criticisms that are leveled at twelve-step recovery. However crazy some of the accusations might seem, I still think that it is worth considering what is being said. Any entity, be it an organization, a group, or even an individual, who is not prepared to be open to questions and doubt, will, I believe, die.

This does not mean that I should take on board every criticism and every accusation, and change either myself or my favorite meetings in order to conform to the wishes of the accusers. The fact that somebody has had a bad or an unhappy experience at a meeting does not mean that they are right and that the meeting is wrong. Imperfection is a necessary part of recovery, and not everybody will find recovery in SAA.

Maybe this is one of the first important lessons. Sometimes I try too hard. Newcomers are often desperate for answers. They crave advice. It is tempting to respond, in an equally desperate effort to show them how wonderful SAA is, and to assure them that they *will* get better through the fellowship. One thing I can now more or less guarantee is that any advice which goes beyond, "*Speak and listen if you feel like it, come or leave as you wish, and decide for yourself*", will almost certainly be thrown back in my face as abusive, authoritarian and controlling. The accusation will almost certainly be justified.

Another thing to consider. At a recent meeting I attended there were three newcomers. Forty minutes into the meeting all three had left. I need to ask myself whether there was anything that I could have done which might have enabled them to stay. Maybe there wasn't. In any case, I can't change what happened, and I am certainly not going to beat myself up for failing to keep them there.

What I do have to own, however, is that I was relieved to see them go. Once they had gone, then the meeting became safe - cozy even. Those who were left were old-timers who knew the score, wouldn't rock the boat, wouldn't ask awkward questions.

At one stage, I co-ran a meeting for eighteen months. There were only two of us for almost the entire time. The meetings were great. On the other hand, we found it incredibly difficult to welcome in anybody new. The two of us understood one another, at a level of intimacy that was beyond anything that we could find at other meetings. When newcomers came in, we undoubtedly lost something. It was more difficult for us to accept what we gained in exchange.

How did we deal with it? Simple really - we talked about it. We did not try to change ourselves, or to suppress our reactions to newcomers. All we did was to talk about it. Eventually something did change, and now the meeting is no longer our exclusive property. It is still my favorite meeting.

I have recently started to explore my Jewish roots. If Judaism has lasted as well as it has, then it seems to me that it has largely done so by a subtle mixture of confidence and self-questioning. As social climates have changed, so Judaism has constantly questioned its role, and the role of its beliefs and laws. At some fundamental level, however, for all its myriad faults and failings, it has never lost sight of the covenant between God and man, the 4,000 year old faith which it holds at its core.

I hold by the steps and the traditions of SAA. In eight years, I have changed only one word for my own use. I continue to read diatribes and reasoned theses from those who take issue with

the Steps and Traditions, and I continue to weigh my view of these in the light of what these critics have to say. I continue to hold to the "12 & 12" as the best simple framework I know by which to live my life. The day, however, that I lose all sense of rebellion or occasional doubt, I hope that at least one of my friends in SAA will take me to one side and check that I am still alive.

One particular criticism that is regularly leveled at 12-step groups by detractors is that, as they report it, nobody ever says that they are recovered - they are only "in recovery". It is worth remembering the opening words to the forward to the first edition of the "Big Book".

"We, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body."

It takes courage to declare that I am recovered. Don't get me wrong. Relapse is always possible. Why, however, assume it? I realize now that I have hidden for years from freedom, by never acknowledging its possibility. I would always hedge my optimism about with phrases like *Just for today* and *Progress not perfection*. Of course life is to be lived in the here and now, one day - one moment - at a time. And, no, I am not a saint; I am fallible and vulnerable. That does not mean that there are not times when I *know* that I am recovered, not simply in recovery. There are times when I feel enormously powerful; not because I have taken control of life and of the world, but because I have let go my futile struggle against the addiction. And I am sailing with the knowledge of my particular god-given talents, rather than aping the strengths and abilities of those whom I envy.

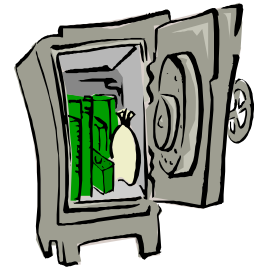
At this particular moment, I may not have conquered life. I have, however, recovered from sex addiction. Just now - but maybe forever, or just for a day, or a minute or a second - I am free. I don't go to meetings out of desperation, but because I want to be there, and I want to share with others what I have discovered, and to watch others discover the same possibility.

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FUND RAISING COMMITTEE UPDATE

by Bruce B., Chair



There are thousands of sex addicts filled with pain and self hatred, trapped in a terminal illness. There is a way out, but they do not know it. They may not have heard of SAA, and if they have, they may not understand that healing is possible - even for them. This is what the fund-raising committee is all about - reaching out with hope to the sex addict who is still suffering.

The ISO office continues to need (and be grateful for) our regular support. And at present, thankfully, the level of giving via the Lifeline Partners program (along with other sources) is meeting the office's basic needs. And since the Endowment Fund now has the minimum required to be self supporting (thank you!), **there remains only one project that the convention and board asked the fund-raising committee to focus upon - a public service announcement for TV.**

Although the production costs are \$15,000 - \$20,000 its potential to reach those still suffering is staggering. I am very excited and proud to be working on (and supporting) a project of this significance to our fellowship.

Since we want this to be a fellowship wide effort, different (autonomous) regions are working to find appropriate ways to encourage giving to this project among their members. Meetings in the South Central, South East, Inter-mountain, Great Lakes and South Pacific regions have each been challenged by anonymous members to raise \$1,000. If the regions are able to do so, these anonymous members will match that money with \$1,000 of their own. So, someone in GA or CA who wrote a \$50 check for this project, would actually be contributing \$100 because \$50 would also come out of the \$1,000 matching fund for that region. So please, SC, SE, IM, GL, & SP members - help us to meet this match. The deadline for the matching gifts is October 31, 2000.

The North Pacific region is considering a similar matching strategy, but has yet to reach consensus or find a member willing to agree to make the \$1,000 matching funds available. They may also choose a more creative way to

support this project. North Central and North East do not have representatives currently serving on the fund-raising committee, but I am hopeful that at least one from each will be recruited during the month of June. With help from the ISO office, I will keep you posted on how each region is doing.

So, how can you help? There are several ways. If you are excited about this project, and especially if you have either a background in fund-raising, or know lots of members in your region, we would love to have you on the committee. If you don't have the time or interest in working on the committee, please support the project with your dollars as you are able. It has never been easier to give now that the SAA web page takes donations via credit card. An old fashioned check to the ISO still works fine as well. Please be sure to note that you want your gift to go to the PSA project.

Finally, if you have the excitement for this project and the financial ability, please consider offering \$1,000 to match gifts from your (or another) region. We all want to make a difference, and with such a matching program in place, even those who are only able to make smaller gifts can have a significant impact on the success of this project.

Thank you for your support.

In peace,
Bruce B.

sareco99@shore.net
Fund-Raising Committee Chair

Editor's follow up:

The current figures as of May 31, 2000 are as follows concerning the ISO of SAA Regions that have secured **target challenge grants**, and the responses [to May 31st] that have been received. The **target challenge grants** will be donated **IN FULL** to the PSA Campaign **if the SAA membership contributions from that Region, meet that target challenge grant figure.**

See figures in right column....

Region	Challenge/Response	Amount
G.Lakes	Challenge	None
"	Response	\$ 400
Int. Mtn.	Challenge	\$1000
"	Response	\$ 100
N. Cent	Challenge	None
"	Response	\$ 150
N. East	Challenge	None
"	Response	\$ 450
N. Pac.	Challenge	None
"	Response	\$ 130
S. Cent	Challenge	\$1000
"	Response	\$1705
S. East	Challenge	\$1000
"	Response	\$ 340
S. Pac.	Challenge	None
"	Response	\$ 250

The above figures, as of May 31, 2000, mean that there is already \$4965 received in challenges met, with a potential yet to be matched which, if accomplished, would be \$6525. With funds already available in the ISO Savings for this project of \$1529, the total on hand would be \$6494. If the challenges on hand are fulfilled, the total would be \$8054. **HOWEVER!**

There is still time for others of economic capacity to **add challenges from your area!!** Then for all the rest of us to **match these challenges!!**

THE NEED??? Somewhere between 20 and 25 thousand dollars.

What would these Public Service Announcements mean for SAA? **A helping hand to those who still hurt! Tradition Five, being fulfilled!!** Send your contribution NOW!! Thanks!!!

ISO INFORMATION

BOARD - LITERATURE COMMITTEE - OFFICE - STAFF - WEB - EMAIL

Area	Board Member	Liason Function	Board Alternate	Liason Function	Litcom Member	LitCom Alternate
Great Lakes	Roger B[chr]	Intergroup Communications	Ken S.	Intergroup Communications	Elizabeth S[Vice-chr]	Vic K.
South Pacific	Peter B[Sec]	International Development	Bill S.		Susan W.	Thom C.
At Large	Leo H.[Treas]	Oversight/Fund Raising	none		none	none
Inter-Mountain	Carolyn L.	Internet Serv/Internat. Dev.	Steve H.		Chris D [Chair]	Kenton J.
North Central	Dave B.	Outreach	Lonnie S.		Jerry A	vacant
South East	Francie E.	Interfellowship Relations	Bruce B.	Fund Raising	Joseph T	David G.
North Pacific	Frank B.	Outreach	Joel D.		John H.	Tom B.
South Central	Judy N.	Literature	Claude E.		Greg G [Secretary]	Mike L.
North East	Peter M.	Prison Outreach	vacant		Tony Z.	vacant
					Robert S PBR	n/a

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Jerry B. Office Manager
Klaus P. Asst Office Manager

Office Hours [Central time]
[Staffed-M-F] 10:00 AM - 6:00 PM

Phone answered at all times except when staff is on the phone. Leave Message; call will be returned, usually within the hour.

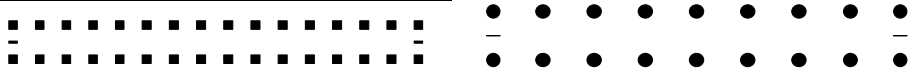
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WILL YOU PLEASE? Remember the needs of the SAA Fellowship at the international level? This newsletter was provided for you by those doing their own Step Twelve and Tradition Five work. And by one full time/one half time, paid staff member. There are important programs of outreach, many of which are represented in this publication. Outreach of all kinds, prison and all other. Materials are provided free to those who cannot afford them; i.e., prisoners. It costs dollars to maintain the central facility through which our efforts are maintained. For you who downloaded this, or have received it via "snail mail", we hope you will strongly consider sending your periodic contributions to the ISO office. *YOU* are the answer to total Outreach! Thanks !!

LITERATURE COMMITTEE BUSINESS - cont....

(Continued from page 9)
LitCom will continue the policy of limiting the teleconferences to "members only" and sub-committee chairs as invited.
In Sunday's continued business: The PBR as delivered to the membership will be modified for the web-site for purposes of anonymity and safety, and certain names and locations of functions will not be on the web page. Also, addresses, phone numbers, and e-mail

addresses will be restricted. The PBR cannot act as a conduit for exchanging communications of any kind.
Mike L. will continue to chair the Translations Sub-committee. Procedures have been approved for the handling of translated literature pieces.
John H. has been working on a new draft of the "Group Guide". It may be challenging to gather approval from all regions as to what should be in the guide. Susan W., Greg G., and Vic K. will join John in this work.

Vic K. will chair a sub-committee to work on the Twelve Step Guide, a document that has been worked on for some time.
As aforementioned, Chris D. will be working on the PSA with Peter B. and Jerry B.
The Internet Pamphlet is still being worked on and is of even more importance. John H. chairs this sub-committee and is helped by Susan W., Mike L, Chris D., and Greg G.
The coming year is expected to be another busy one !!!!!
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Now!! You can order materials and make donations, using your VISA, MC, Discovery or AMEX !!!!