

News from the Web...

By: Bob D.

Hi!

I'm Bob D. the SAA Webmaster, which is a fancy way of saying I'm in charge of the technical aspects of the SAA Web site, <http://www.saa-recovery.org>. Have you been by to visit?

Now wait a minute -- Please don't use my question as an excuse to go out and buy a computer and then use it to act out. Let's face it the Internet can be a pretty dangerous place for a sex addict. I think things are getting better, not because there are less sexually related sites; but because there is so much more than sex on the Net [these] days.

Here's an example: I wanted to buy a nice set of silverware for my son's wedding. I shopped around the big Department Stores and sort of had an idea of what I wanted; but the prices... Ouch. So one night I got on the Internet and used a search engine to look up the name of the silver pattern I was interested in. I found two companies that sold the pattern, both for considerably less than the Department Store prices. One was out of stock but the other had what I wanted and shipped it to me in a few days.

That company was three thousand miles from my house. There was no way I would have ever bought from them if it wasn't for the Internet. So I think electronic commerce is the way of the future.

Speaking of electronic commerce and the future, how about buying SAA literature, medallions, and tapes over the Internet? Would that be convenient for you? Need another copy of *Out of the Shadows* for a friend? Order it right now. Your group ran out of 10 year medallions? Order some more even at 3AM in the morning. Feel the urge to contribute some money to support the PBR but don't have a 33 cent stamp? No problem, if you've got a credit card and a web browser.

What am I talking about? The new **SAA Store** soon to be on-line. We'll be offering books, tapes and the other things you've had to call Headquarters for. Right over the Internet using your credit card.

"Hold it", you may be saying, "I've heard scary things about doing business

Twelve-Steppers Bill of Rights !!!!!

by Carl Y.

I have a right to all those good times I have longed for all these years and did not get!

I have a right to joy in this life, right here, right now - not a momentary rush of euphoria, but something more substantive!

I have a right to relax and have fun in a non addictive, nonalcoholic and nondestructive way!

I have a right to say NO! whenever I feel something is not safe or I am not ready.

I have a right to NOT participate in either the active or passive 'crazy-making' behavior of parents, Spouses, siblings, lovers, friends, or others!

I have a right to take calculated risks and to experiment with new strategies!

I have a right to change my tune, my strategy, and my funny equations!

I have a right to 'mess up', to make mistakes, to 'blow it', to disappoint myself, and fall short of the mark.

I have the right to LEAVE the company of people who deliberately or inadvertently put me down, lay a guilt trip on me, manipulate me, or humiliate me, including Parents, Spouses, Siblings, friends, or Lovers!

I have a right to put an end to conversations with people who make me feel put down or humiliated!

I have a right to ALL my feelings!

I have a right to trust my feelings, my judgment, my hunches, my intuition, and my God!

on the Internet. What about somebody stealing my credit card number?" Yes, that can happen; but the SAA Store is going to use secure transactions in processing your order and credit card information, just like the big companies do, so your credit card will be safe. And we won't store your mailing address or personal information in a database, so you won't be getting any junk mail from us. I'm still working out the details of how this is going to run and I'd like to hear from you: Comments, concerns, or just some support. E-mail it to me at webmaster@saa-recovery.org and keep an

We Need Help With Boundary Group Issues-Questions

The following from David R.
Greetings:

I belong to the Joyce Wednesday night Boundary Group in Minneapolis, MN. Recently during a First Step a newcomer started to reveal illegal activities. As a Boundary Group, we have many law enforcement and others that are bound by the Mandatory Reporting of their profession. [A]professional stated that he [the newcomer] needed to proceed with caution as what he was about to share would constitute the need for [some professional who was present] to make a Mandatory Report to authorities.....(Fortunately he had already turned himself in to the appropriate authorities..)

Many members (newer) were scared by this and at the last meeting there were many discussions of the Mandatory Reporting issue.

Granted the issue has not come up in all of my years of going to this groups and others, but any clarification and Boundary Group guidelines from The ISO or the SAA Fellowship as a whole, would help us greatly.

I promised the group that I would contact ISO and the PBR to gather any and all information on Mandatory Reporting and Boundary Group guidelines. I will also look on the SAA Web site.

If anyone in the Fellowship has information and/or guidelines that would help us, please forward to:

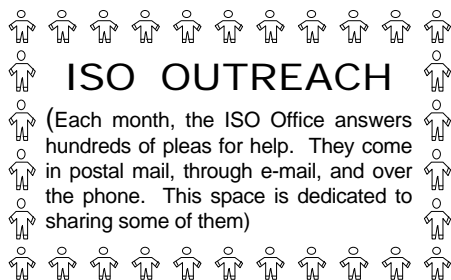
David R.

P.O. Box 383

Spring Park, MN 55384-0383

or call: 612-471-9680.

or by e-mail: dmr@iol31.com



Due to space allocations for Convention news, Jerry's column will be omitted this issue. The work, however goes on!

DELEGATE HAPPENINGS....

Call to order; moment of silence, Serenity Prayer. Standard opening for getting Delegates settled for the business of the SAA Fellowship and the ISO Foundation.

Penny K. chaired the Friday and ½ day Saturday meeting. The **Interfellowship Relations Committee** report given by Penny. Rob V. gave the **Intergroup Committee** Report, Jerry B. reported on International Development, the International Office, and Internet Outreach.

Dave R. gave the **Literature Committee Report** [see LitCom, page 10]. During this report it was decided that the forthcoming Large Book development schedule be posted on the SAA Website.

Claude E. reported on the **Office Oversight Committee** and presented the **Audit and Financial Reports**. Unanimously approved was a motion to continue saving at the present schedule, and when the "Prudent Reserve" reaches its target, a new "publishing reserve" is to be started to plan for successful development of projects designated by the Board. This to include a video public service announcement or publishing a book. The proposed year 2000 Budget was approved.

Mike L. gave the **Prison Outreach Report**. This concluded the "Annual Report" and it was approved by the delegates.

Claude E. was elected to a one year term as an **at-large member** of the ISO Board.

Old Business brought to the delegates a proposal to raise \$15,000 to \$20,000 to produce a high quality Video Public Service Announcement for national TV and for use by the Fellowship at the local level.

New Business Jeff W. moved

that the Abstinence Pamphlet be approved by the Conference. This was passed after some controversy and with correction of typographical errors. Passage was ultimately 49 to 29 after the minority had opportunity to speak following the chair's ruling that a consensus had not been reached on the first vote. [See Jeff's comments on page 10]. The Abstinence Pamphlet will be printed with corrections as a **Conference Approved Literature** piece. [Ed note: pricing will *probably* be the same as the other pamphlet prices, see Literature Catalog]

Special Recognition.

Paul W. introduced a motion that this convention pass the following resolution of thanks to **Arnold D.** of Michigan who could not be with us this year:

In Its Meeting Of May 28-29, 1999,

The Delegates Of The International Service Of SAA, Inc.

Passed The Following Resolution,

Which Has Been Incorporated Into the Official Minutes Of Their Meeting

Whereas, in his service to the Fellowship of Sex Addicts Anonymous and its corporate entity, the International Service Organization of S.A.A., Inc., Arnold D. has played a major role in our development and growth as a Board member from 1990 to 1993; whereas, as a member of the Board, Arnold served as its chair from December, 1991, through February, 1993; whereas, as an unselfish servant, when there was a need for a new office manager, Arnold resigned his position and office on the Board to allow him to offer his services without conflict of interest; whereas Arnold has been an untiring leader in reaching out to addicts suffering in prisons across the nation, through his own personal letter writing, by recruiting others to follow his example, and by establishing a network of regional

and state coordinators to carry on the work of Prison Outreach; whereas these are but highlights of the services provided to the organization by Arnold, let it be resolved that the 1999 International Service Organization of S.A.A., Inc., Delegates hereby formally express to Arnold D. their deep gratitude and extend to him a sincere and humble thank you on many jobs well done and affirm him in his dedication to and concern for the organization and in his love for the fellowship. For these gifts and for so many others known only to those who have received them, we are truly grateful.

Kevin K. seconded the motion, which passed unanimously.

Additional Business

A "Straw Poll" was taken on the **Women's Pamphlet** which is expected to be submitted for Conference approval next year. The straw vote was **unanimously in favor** of the pamphlet. [Ed note: This item was championed, and for the most part, authored by **Elizabeth S.** of Indiana, who devoted 2 years of 12 step service toward its present status.]

Voted down was a motion to direct a majority of future Convention "sessions" to COSA members and that at least one COSA member tell his/her story as a part of the Conference. 17 in favor, 52 against.

Approved by a substantial majority was a motion that all future ISO distributed literature in process of becoming Conference Approved **NOT** display the SAA logo but rather a blank oval, across which is written "Proposed Literature - Not Conference Approved - Feedback Requested".

[Next day] Approved 50-5 was a motion that ISO discontinue sale of previously approved, but withdrawn, literature. By a 29-21 majority, the ISO Board will have the authority to dispose.

A motion to create a "Corrections Correspondence Service" to facilitate and coordinate correspondence between SAA members and prison failed by a substantial majority.

The Twelve Traditions and the Twelve Steps of SAA will be included as a separate sheet for future delegate meetings. The Hospitality Room will also be opened during the delegate sessions.

Mike L., Charles H. seconded a

STEP SIX... "I'm supposed to be... *READY*... AM I ????"

Joel [Yonah]

I just watched another gorgeous sunrise and did my morning meditation and began thinking about how I dislike my new boss. Then it 'hit me' -- doing this is not good for me. And as I started to ponder what I was doing, my

work on the "6th step" which I have been procrastinating / ignoring, etc. came before me. In this step, I am supposed to be ready to have my higher power / G-d remove all my character defects ("Were entirely ready to have God remove all these defects of character").

Nowhere does it say in this step, or any other step, anything about anyone else's character defects. I can remember meetings I went to not too long back (a group called "Recovering Couples Anonymous") where there was a phrase that talked about refraining from taking other people's inventory.

Many people may look at step 6 and quickly gloss over it thinking it to be a pretty passive step -- all you need to do is be ready... the more important part is step 7 where you ask G-d to remove your character defects. But there is a lot more to step 6 than may meet they eye.

It occurred to me that as I proceed through my stepwork and have made it through steps 4 and 5 where I am find out all these things about myself and then get them out in the open, that I begin getting the idea that I am pretty much done with the hard part. You know, all the secrets are out and now I know so much about myself that I should have no trouble recognizing problems before they occur and then handle them.

Right? Not quite! One of the reasons I understood this morning for step 6 is as a 'refocusing step'. The steps (or any other processes) are for ME. I am only half way through -- I

am not anywhere near done. At this point I am starting to get inclined to drift away from myself and my issues and try to work on others. But trying to fix other people does not fix me. In fact, in most cases, it has the

opposite effect -- especially when I try to fix people I can not fix. When I do things like trying to fix my boss, firstly, it generates resentment -- the exact things that I am trying to rid myself of.

But more important,

it makes me thing that I am in control of other people. Perhaps some day when I am further on the road to improved mental and spiritual health, I can exert some influence on other people in a positive way. But today, trying to change my boss is like spitting into the wind. People who exert influence over me or control me are not easily subject to change by me. The time is not now for me to change anyone -- the time is now to change me. That already is a major long term undertaking.

So being ready to have myself changed means concentrate on me -- not others. I need to be ready to undergo my own changes because the only way others will change in their relationship with me is if I first change the way I relate to others. So how do I change my boss? I don't. I refocus on me -- I need to be willing to make changes in my own life and that in turn changes my surroundings.

Is that all there is two step 6? Probably not, but understanding that my problems and issues are mine and not blaming others is an important ingredient.

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"Nowhere does it say in this Step, or any other step, anything about anyone else's character defects..."

"A narcissist cannot see his/her children as they are but only as his/her unconscious needs dictate.... He/She never questions the validity of his/her perceptions."

"Trapped In The Mirror"

When it comes to
Higher Powers, to
each his/her own,
eh?

by way of: Carl Y.

TOP TEN REASONS GOD CREATED EVE

Tenth: God worried that Adam would always be lost in the garden because men hate to ask for directions.

Ninth: God knew that Adam would one day need someone to hand him the TV remote. (Men don't want to see what's ON television, they want to see WHAT ELSE is on!)

Eighth: God knew that Adam would never buy a new fig leaf when his seat wore out and would therefore need Eve to get one for him.

Seventh: God knew that Adam would never make a doctor's appointment for himself.

Sixth: God knew that Adam would never remember which night was garbage night.

Fifth: God knew that if the world was to be populated, men would never be able to handle childbearing.

Fourth: As "Keeper of the Garden," Adam would never remember where he put his tools.

Third: The scripture account of creation indicates Adam needed someone to blame his troubles on when God caught him hiding in the garden.

Second: As the Bible says, "It is not good for man to be alone!"

FIRST !: When God finished the creation of Adam, She stepped back, scratched Her head and said, "I can do better than that."



POET'S PAGE



THE VOICE OF EARL

The voice of lust, that destroys all hope,
And drives us through each lonely night;
The drive of addiction, as we vainly
grobe,
And hide our eyes from the piercing light;
The cries and prayers, we've cried and
prayed,
So often in our broken and lonely lives;
The promises and vows, we've daily
made,
And daily broken, the many lies.

The voice of despair, we daily must
brace,
That lends a coldness to the summer
sun'
That banishes smiles forever from our
face,
And destroys our hopes, one by one;
The sobs, the tears, the broken hearts,
Torn asunder by our thoughtless acts;
The tear-stained faces, they're all a part
Of a broken life, unless your fight back.

The voice of addiction, that brings
distress,
And shatters dreams of a better
tomorrow;
That ruins all joys, all peace and
happiness,
And replaces our laughter with sorrow;
That's the only voice I heard until today,
When I heard the cry of another soul;
Who, while fighting hard to change his
way,
Yet took the time to strengthen my goal.

Medication, dreams and reality flow
together so effortlessly sometimes.

What was the word the tiger spoke

What was the word the tiger spoke,
Hot-fanged breath upon my face,
As he thought to snuggle warm
against my side
And sleep.
Or was it the children with their guns
Hunting me, naked, through the
attic,
Out on the roof and down,
Running to the tent for safety.
The contract will be extended for
thirty days.
How nice.
But there are still
Three more projects to be done.
I sleep,
Drink coffee,
Work and eat
And sleep some more.
And in between,
When there is time,
There is a life somewhere amid the
dreams
And raw, daytime fantasies.
And the large, Color-splashed,
Ball shaped lights
In the tree just past the school
Let me know _I'm no longer sure
Which is which.
by Bill R.

**WE'RE SORRY TO HAVE
TAKEN SOME OF THE
POETRY PAGE FOR THIS
ISSUE OF THE PBR.
WE HAD MUCH ISO BOARD
AND LITCOM BUSINESS.
IN ADDITION, A LOT OF
RECOVERY STORIES**

throwing away my pillows, fervent prayer, prayer
with a confidant, enlisting my wife's help, coun-
selling, meditation, oaths, promises, books, jour-
naling, religious fervor, missionary work, etc.
Nothing worked. I evangelized other people for
seven years without being able to find peace for
myself.

After spending 16 years in my own
personal hell, I attended my first SAA meeting in
October 1995. It wouldn't be until September
1996 that I would start a long-term abstinence
from asphyxiation during sex. But from my first
meeting, the healing began. Instantly, the fre-
quency of this type of acting out dropped to a
fraction of what it was.

The withdrawal was terrible. I started
acting out in new ways, trying to numb the pain.
I considered suicide. I started anti-depressants
and found a new counselor. I drove away my
first two sponsors; I was too much of a chal-
lenge for them. My church work suffered; I was
eventually fired. My wife stayed with me; I would
have totally understood if she had not. At the
beginning I didn't know that recovery would be
so hard. I never want to go through anything I
ke that first year again. Afterward, life started to get
better.

Let me tell you the rewards of my
recovery. My children love me instead of fear
me. My wife is my equal rather than my subject.
I am advancing toward a college degree with a
high GPA. I am able to give affection to my wife
without expecting a "payoff". I know how to
handle resentments and fears.

Don't let me mislead you. I'm paying a
high price for my wasted years. I have clinical
obsessive/compulsive disorder and may never
be free of drug therapy. I have the emotional
maturity of someone in my mid-twenties. There
are many years of my children's lives that are
virtual blanks to me. It wasn't just my face that
was smothered for seventeen years. My entire
existence lacked the breath of life.

If your sex life involves some habitual
dangerous behavior I want to tell you that there
is hope through the fellowship of SAA.

Hunter C.

"A SMOTHERED LIFE..."

By: Hunter C.

At age 19, my wife and I lost our first child. She took it real hard but I dug right into my work as a
grocery clerk and seemed to get over things quickly. I was glad that I still had a life and that sorrow wasn't
my master. Looking back, my lack of grieving might have been what pushed me headlong into my addiction.

At age 21, my wife was bedfast with our second child. I "needed" sex often despite my wife's
condition. I started to experiment and found that putting a pillow over my head brought me to climax whether
or not my wife could fully participate. I was instantly hooked on autoerotic asphyxiation.

I was drawn toward religious service and at age 30 was appointed as an evangelist. Of course I
had been trying for nine years to quit my suffocating habit to no avail. The longest I could go without was
three weeks. But I had a life to live, even if I did have a secretive sex life. Other people needed the gospel,
and I would give it to them.

Through the years my pillow habit grew to about everything I could think of pressing against or
tying to my face, whatever I could pull over my head, and whatever I could find to cinch around my neck.
There were probably two dozen times that I was alone in a motel room, struggling to get out of my
apparatus, not sure that I would succeed in time, pleading with God to help me, and promising that if he
would help I would never do such a stupid thing again. To this day, the mere sight of a plastic garbage bag
starts my mental process of acting out.

At the height of my addiction I was asphyxiating at least once a day. I tried scolding myself,

NO MORE BRASS RAILS TO SHINE !!!

Dear PBR,

Greetings to you! I Love you and all the Staff there. I finally made it home - - - *A long way from the Old Brass Rail* of Mt Pleasant and Rockwell and F.D.C.F.* I'm still kicking dirt. Ha Ha!

I thank you for the support for the PBR while behind the walls. I'm not working yet so I ask if you would continue to send the PBR to my new mailing address which is _____.

I thank you; I will be in touch more... God Bless

Your friend, [Sonny] Carrol W.

[*Old Brass Rail" story, published Dec/Jan PBR 1995]

[Ed note: CONGRATULATIONS SONNY! How thankful we all are that you are at home. We hope you will be joining an SAA group in your area and continue recovery. We hope you will take part in the work of the SAA Fellowship from the "outside"! And yes, stay in touch!]

"THOUGHT ABSTINENCE" ??

A Vision of Sobriety ...anonymous

Submitted by an anonymous inmate, sent to the PBR by a Prison Outreach volunteer...

One of the AA promises says that no matter how far down the ladder we've gone we will see how our experiences can benefit others. I hope the following thoughts about a relapse of mine will help someone.

I've recently noticed a pattern in my sexuality that's similar to one I was addicted to before [beginning] my recovery. I've got a tendency to sexually fantasize about young girl imagery, get very aroused by it and then feel bad after masturbating. Early in my recovery I saw that this tendency linked me to more destructive forms of acting out in the downward spiral of my addiction. I could not stop this initially. Even later, when experiencing periods of abstinence for over a year, I still had urges in this direction. It's like a drug that brings intense stimulation. I enjoy being sexually aroused and the fantasies or acts they represent are more stimulating than other kinds of sex. But when I indulge in this, things get so unbalanced that I can't appreciate more healthy sexuality, because I'm all used up on the obsession. I truly am a sex addict who is powerless over this disease. I can't maintain the disease in a way that suits me so I can enjoy it without suffering the consequences, some of which include being a

prisoner to obsession, feeling bad about myself and on the downward spiral that brings harm to myself and others. These and other kinds of life unmanageability have resulted from my addiction to sex.

You'd think that this unmanageability would be enough by itself to make me stop. I've had to spend most of my adult life in prison, having lost houses, cars, jobs, a family, my friends and everything else to the addiction. But that hasn't kept me from being a sex addict. I can only stay clean by accepting the responsibility to do so myself and choosing it. Even if I've done that for years, there's a potential for relapse every day. Finding myself in a relapse made me realize a few things.

I recognized that because I'd been sober before, it was possible for me to do it again. There is something called "Abstinence Violation Effect" which I once read about in the sex-offender treatment literature. A mental thing occurs when you have a slip. You begin to think of yourself as a failure who can't stop and that you are doomed to act out and offend. To counter this tendency, it's important to have some kind of vision for yourself about not having to fail; a vision of sobriety.

For me, this came with reviewing the ways that my Higher Power had helped me to get sober in the first place. These include making a decision to be-

come abstinent from reinforcing my tendency towards deviance by masturbating when stimulated by sexual imagery about young girls. I know that I can do this if don't entertain thoughts or images about it as soon as it becomes apparent that I am beginning to do so. The earlier I stop the easier it is. If the same sexual thought crosses my mind more than once and it relates to this, I know it's time to apply the brakes.

The other thing that helped was my initial decision not to masturbate for 90 days. I read in a Patrick Carnes book that sex addicts had found this helpful to discontinuing obsessive or compulsive sexual behavior so I tried it for myself. That was when I got my first real taste of sobriety. It made me feel so good and clean I later decided to continue with abstinence for up to a year.

It was while trying to reach those 90 days or 1-year periods that the value of thought abstinence became clear. If I didn't abstain that way then abstinence from masturbation involved a lot more struggle. Not masturbating despite intense arousal is much more difficult.

Thought abstinence is easier when I just avoid certain stimuli. Prayer or replacing and substituting thought content could also help. I don't have to keep obsessing. I can pick up a book or begin to jog in place while singing praises to God in my mind instead. And whatever I do or think I can always know that the time of lust or obsession will pass. If I wait it will go away without my having acted on it by masturbating. Every time that happens, I feel good about myself. The longer this happens, the better I feel.

Remembering this has helped to counter the effect of my abstinence

"Then a Voice said: "All over the universe they have finished a day of happiness." And looking down I saw that the whole wide circle of the day was beautiful and green, with all fruits growing and all things kind and happy.

Then a Voice said: "Behold this day, for it is yours to make. Now you shall stand upon the center of the earth to see, for there they are taking you." -"

From the Great Vision of Black Elk
[Black Elk said the mountain he stood upon in his vision was Harney Peak in the Black Hills. "But anywhere is the center of the world," he added.]
[As told through John G. Neihardt [Flaming

ISO BOARD - FUTURE FOUNDATION FUNDING - -THREE LEVELS OF NEED ADDRESSED- NEW ENDOWMENT FUND FOR FUTURE OUTREACH

ANNUAL FUND

What is it? The everyday fund that's absolutely necessary to keep the ISO Office operating, to answer the phone, the letters, the e-mails, in reaching out to those still hurting. For providing services to all Fellowship groups, sending literature, tapes, medallions. Coordinating the work of Prison Outreach and other

At the 1999 Delegate Convention, based on the needs of the fellowship, a Fund Raising Committee came into existence. The following is a brief explanation of the items that the committee will be working on during the coming year and how you can help. At this time, the most important thing you can do for this committee is to get a clear understanding of the work ahead, and prayerfully consider the part you can play.

Before we begin, it is important to make clear that the only person who sees the amounts that any individual SAA member donates is Jerry B., the office manager. No board member or other member of the fellowship will ever know how much or how little you contribute financially. We do this in accordance with the 12 traditions and the 12 concepts.

1. The Annual Fund

Several months out of every year the ISO of SAA needs to withhold payment of bills (including Jerry's paycheck) because it does not have sufficient funds to pay them. By waiting a few weeks, usually enough money comes in from groups and individuals to cover the bills, but this year the office had significant shortfalls during the first six months of 1998. The office has already reduced its expenses as much as is possible (according to a detailed analysis by the Office Oversight Committee) without cutting essential services.

The answer to this problem lies in an increase in regular funding from the membership. For those familiar with non-profit fund-raising, this can be thought of as the annual fund - funds which will be spent in the year they are given to carry out the day to day busi-

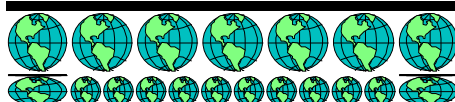
CAPITAL GIFTS

What is it? Those that are donated over and above the Annual Fund. These provide for special projects such as the \$20,000 needed for [4] high quality TV spots for use in any ISO Region. And this need is for NOW; there is a great need to begin this project. The new limit an individual SAA member can contribute per year

ness of the organization. The most obvious vehicle for this type of giving is the Lifeline Partners program whereby a member or group commits to support the ISO each month with a check. It doesn't take much - if each registered group would commit to \$10, or even \$5 each month it would have a dramatic effect on the office's ability to carry the message. Currently there are only about 30 individual lifeline partners. Again, if only one person in even half the registered groups committed to \$5 each month it would have an amazing impact.

2. Capital Gifts

Although keeping the office open is clearly the top priority, the Board of Trustees, in conjunction with the national delegate conference, has authorized spending up to \$20,000 to produce four high quality TV spots for use by groups in any region of the country. Capital funds are those donated above and beyond the Annual fund - not in its place. In order to begin production, the cash must be in hand, so the fellowship is looking primarily to those individuals within the fellowship who have the ability to make one time gifts of \$1,000 or more. Each of us has been given gifts by our Higher Power, and as we work through the steps, opportunities appear for us to give back to the fellowship. Maybe you give back through your organizational gifts, maybe by speaking regularly, maybe through teaching and sponsoring, maybe by reaching out to newcomers and helping them to feel welcome. Maybe you have been given much financially and this is your chance to give some back. Only you know what is right for you, but the fellowship has clearly identified another opportu-



ENDOWMENT GIFTS

The ONGOING FUTURE FUND that assures outreach to those who still suffer. A special funding arrangement with a community foundation. The principal is never spent, only the interest. And only for outreach. A mechanism for larger gifts and bequests. Leave a living memorial. Read below for an immedi-

nity for those who feel led, to make a difference in the lives of millions of struggling addicts. (The current limit an individual can donate to the ISO of SAA in any one year is \$12,000.)

3. Endowment Gifts

The board, as is its charge, has considered the future needs of the fellowship, and in particular the need for funds to be available for outreach. To meet these needs, after a careful study of the options and an even more detailed analysis of how these options fit into the 12 traditions, they have decided to set up an endowment at a community foundation. Gifts to this endowment would not go through the ISO of SAA, but go directly to the endowment, and it would have no tie to SAA except that 80% of the interest on the funds in the endowment would be distributed to the ISO of SAA for outreach purposes. The remaining 20% would be reinvested in the principal, and that principal could never be touched. This fund will allow individuals to make larger gifts, either outright or through bequests, to a fund that will eventually ensure that no matter who or where, or when sex addicts reach out for help, the hand of SAA will always be there. The only catch is that in order to start the fund, the foundation needs \$24,000 before 12/31/99. Again, the fellowship looks to those who have been blessed financially to help make this vision for our future a reality. If twelve individuals make \$2,000 gifts, the endowment can begin.

If you have questions about the funding for any of these projects or if you would like to become involved, either financially or organizationally, please let us know. You can reach us through Jerry at the ISO Office in Houston, and he will put us in touch with you. The committee, which reports to the

Keystones to Freedom '99 was my first SAA convention. I was impressed with the facilities but more impressed by the fellowship. The care with which controversial matters were addressed in the delegate meeting was inspiring. The workshops gave new insights into recovery. My dream is to continue the communication.

I was disappointed that the Abstinence Pamphlet was passed containing language which I feel does not represent the whole fellowship. I was impressed with the gracious ease with which Penny chaired the delegate meeting. The attention to hearing objections fulfilled the letter and spirit of the by-laws. Regardless of my feelings, we have a pamphlet that has taken years to finally pass. Additionally, we have a means of distinguishing approved literature from that which is seeking approval.

was obvious and the joy in recovery was infectious. People really mean what is said in the serenity prayer.

Workshops were rife with diversity. The individual was held comfortably in the commonality of this disease. Leaders drew interesting questions and answered humbly from experience - what's not to like?

Abundanza was a fitting description of the groaning board set before attendees in the hospitality suite. Food, music, but best of all, fellowship was always available.

For me, it's always hard to say goodbye. Tucson will surely be great, but before that, I want to thank the committee from LA that made this convention "home" to me.

Jerome[Jerry] A.

discussed important business matters affecting SAA.

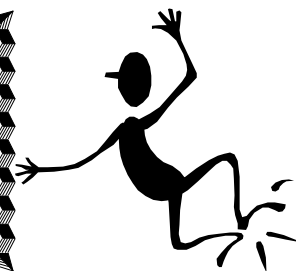
The opening of the convention was so exciting and it was truly wonderful to see all of my friends that I have made at previous conventions. I really treasure seeing all of the familiar faces every year. Three years ago I had attended the convention alone from SF. So many people went out of their way to make me feel welcome but the Portland fellowship literally adopted me. Thanks again Steve and Arne.

The conference was very well organized. I truly appreciated all of the efforts that I can only imagine went into this convention. LA truly knows how to throw a convention and the entire event seemed to flow seamlessly. The hospitality room was incredibly welcoming and felt like an ongoing party, not to mention the wonderful food.

The Saturday nite banquet was such a beautiful event. The three speakers were all incredibly powerful and their recovery will remain an inspiration to me. One of the highlights of the nite was the sobriety countdown. I had never experienced this event in an "S" fellowship function before. It was amazing to see the amount of sobriety in the room and the collective courage that it takes to be in recovery. Thank you everyone for helping me to stay sober in this



From
"Keystones of Freedom"
Comments - Impressions - Friendships
Programs - Recovery



Only conference approved literature will carry the SAA logo. Hopefully, this will encourage members to read pending literature with a critical eye and send feedback to the committee. Literature that has been disapproved has been removed from the catalog and returned to the authoring group for revision. The integrity of SAA's written word is being honored by not selling disapproved literature.

The Pacific Region has decided to ask its intergroups to earmark donations to a fund that will meet the need for travel expenses of the Board and the Literature Committee Reps and Alternates. As our fellowship grows we all get to share expenses in our business of recovery.

Speakers at the convention inspired me with years of sobriety and stories matching my experience of isolation. The spiritual remedy

Reflections on the L.A. Convention.

Frank B. San Francisco

Travelling to LA. for my third SAA convention felt like more of a pilgrimage this year. SAA started in San Francisco 4 and one half years ago because of an LA. SAA member's chance meeting with 2 SF members at another sexual recovery fellowship meeting. That meeting lead to the formation of SAA in San Francisco. In four short years SAA has grown to 20 meetings in San Francisco. I was anxious to meet the LA. men and women that had influenced the growth of SAA here.

I drove down with Jerry A. and Bruce M. and during the ride we listened to taped speakers from past SAA conventions. In addition we had a wonderful SAA meeting in the car. The seven hour drive went by so quickly as we fellowshipped the entire way down.

We arrived early in order to participate in the delegate meeting. I was so proud of the commitment I saw in all of the men and women who participated in this meeting. The process of group conscience unfolded beautifully and I could feel the recovery of the individuals as we

program!

One of the events that remains special in my heart is the annual Gay candlelight meeting that was held both Sat. and Sun evening in the meditation room. It is truly a spiritual experience for me every year to share and connect with my Gay brothers and sisters. I hold your shares dear to me and will be thinking of you throughout the year.

Thank you again to the many members of the LA. fellowship that made this convention possible. I can only guess at the hundreds of hours that went into the preparations that made this convention such a wonderful experience. Your service, fellowship and love was totally appreciated by me. See you all in Tucson next year!!!!

MORE COMMENTS ON NEXT
PAGE - ABSTINENCE
PAMPHLET, BIG BOOK, OF
CONCERN.



MORE FROM CONVENTION '99

Hi, Robert--

Well, I'm on the Literature Committee now (alternate for the South Central Region), so we may be working a little more closely together.

Also, the Prison Outreach Committee is up and running again after a year of being rather sick, and another member of the committee (I believe his name is Jeff R.) is going to be writing the standard letter asking for volunteers.

I hope you are feeling better. Peace and friendship,

Mike L. [Houston]

Ed Note: Thanks Mike! I am doing well. Wish I could have been with you and the others at Glendale!!

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ABSTINENCE PAMPHLET DRAWS SOME FIRE

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The debate over approval of the "Abstinence" pamphlet was by far the most contentious issue at the International Delegate Conference in Glendale. The primary objection was that the pamphlet contained lists of specific behaviors which are considered "acting out" by our fellowship. I find this to be in direct conflict with the principles of SAA. Each person must decide for themselves what behaviors are addictive.

General characteristics of addictive behaviors are described in the "Three Circles" pamphlet, as well as in "Hope and Recovery" (p.78), and this is appropriate as a helpful guideline. When listing specific behaviors, however, qualifying language should be used to avoid the impression that SAA dictates the definition of sexual sobriety to its members. "Three Circles" handles this well with the phrases, "Many of us may list behaviors such as:" and "Some examples of actions which may be defined as boundary behaviors are:" Unfortunately, the language in "Abstinence" flatly states, "Some examples are:" and "Examples include:" This leaves

no room for individual differences. Even if all of the delegates, or even all SAA members, agreed that the behaviors listed are addictive for them, we still have no place telling newcomers what their definition of sobriety must include.

I have faith in the process of recovery through the Twelve Steps. Through meetings, sponsorship, literature, and honest self-reflection, members can determine boundaries that are meaningful and appropriate for them without being handed a list of acting out behaviors. In fact, we run the risk of driving away suffering addicts by trying to dictate to them in this way, or they may stay and accept a definition of sobriety that doesn't fit for them, making success in the program difficult or impossible.

I have proposed to my Intergroup Committee that we do not purchase or distribute any more copies of "Abstinence" until it can be revised and approved with the kind of near-unanimity and consensus that is characteristic of Twelve Step fellowships.

Tom (Corvallis, OR)

Delegate, Eugene Friday
Night Beginners Meeting

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Excerpts from Jim H. -Big Book....

I attended the convention as a delegate for my Tues., Men's Montclair meeting in the So. Cal. Area. I really enjoyed the meetings and was delighted to meet so many recovering sex addicts who also shared my interest in the preservation and growth of our fellowship. To me the most interesting part was our discussion and deliberation over the fate of SAAs "big book".

Many members had conflicting opinions but they were shared with respect and love. Other members felt that the process had stalled and wanted to take the project more into the hands of the fellowship. It was proposed that we form a temporary committee appointed to study the project, find out why nothing has been produced in the four years of its existence, and decide what, if anything, could be done.

The vote was close with the

formation of the special committee being approved by a narrow margin. This writer and sex addict did not stay around for the committee meeting which was held just after the delegate meeting adjourned for lunch. Maybe someone else will write in to the PBR about that meeting.

Where it stands now is that the Large Book is somewhat on hold but capable and motivated members continue to shepherd the project.

May God bless us all in this fellowship and may His (or Her or Its) Love and Peace fill our hearts as we each continue on our paths of recovery from the ravages and dissipation of acting out sexually.

Your brother in recovery,
Jim H.

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GROWING....

LOUIS D.

Robert,

It has been quite some time since I have written to you. I have been GROWING....I'm sure that you can understand. Growing does not come without its pains and disappointments, because we go from a place of comfort to a place that is not familiar. Growing is what recovery is all about. We go from point A to point B, then to C. As we are challenged in the transition, I find that I have to let go of old ideas and ways of living from day to day. Proper boundaries, a change of interests, change in daily routines, and keeping in touch with a Higher Power are needed for the Daily Reprieve of Recovery - One Day At A Time. I've heard many times, from many members that It's An Inside Job and that I Have To Take Care Of Myself. I'm finding that I have to remain TEACHABLE in recovery. In other words, I have to stay OPENMINDED.

In our active addiction, Acting Out was the one connection that felt right no matter what the situation. I look back at the time when I was in a state of denial, and realise that I would Act Out when I was Hungry, Angry, Lonely, or Tired. But, I would also Act Out when I wanted to treat myself, or to celebrate. Acting Out was my Higher Power, but I could not understand that in denial. As an addict, I had to turn MY WILL over to A POWER GREATER THAN MYSELF to keep from acting out...I could not do it alone. In recovery, we not only make the connection to a

(Continued on page 10)

Jeff W., New LitCom Chair, Reports on the Convention Activities of the Committee....

[He's done it better than your editor could have done it, especially since the Editor was not there... Thanks Jeff!!!]

First, let me give everyone a recap of what happened at the convention. This is an overview for those who missed any of it. John has sent me the minutes already and you will receive them soon. The minutes will contain the detailed report. If I miss anything, I apologize. I didn't sleep well at the conference and do not remember everything.

It was a wonderful convention; the LA groups deserve credit for hosting a good event. It was a difficult time at times. I felt as though people didn't always appreciate the hard work the Literature Committee does. On the other hand, I made some new friends and welcomed onto the committee some wonderful new members.

We accomplished a great deal. The Abstinence Pamphlet won conference approval. To my knowledge, it was the first piece of literature to gain conference approval status since the Three Circles did almost a decade ago. However, it was not smooth sailing. Many members expressed deeply felt convictions that the pamphlet was confusing with regard to the Three Circles, that it advocated positions not held by the entire membership, that it adopted a moralistic tone, and that it was inappropriate for the fellowship. There were even more delegates who showed up at the convention with copies that had editorial marks on them hoping to give their input on the draft before the vote. The former were a concern that the pamphlet didn't represent the fellowship as thoroughly as I would want. The latter was a concern that, despite the request for feedback on the cover, that delegates didn't see or read it and weren't aware that we were seeking input on the pamphlet. We will change how we label our pamphlets in the future to gain more and earlier feedback. As to the people who disagreed with the message of the pamphlet, the controversy had a very positive side-effect: many people spent a great deal of time discussing and debating the meaning of abstinence and how we define it in the fellowship.

After seeing the controversy around the Abstinence Pamphlet, we de-

cided to ask for a straw poll about the Women's Pamphlet in order to get some early feedback. The response was overwhelmingly positive! We'll need to beat the bushes for some critical editing, but next year's vote on the Women's Pamphlet looks promising.

We hammered out a self-definition statement in time for our meeting with the Board. It took us two hours to debate eight sentences, but it is of how we define ourselves, so it comes with the territory.

We worked through David B.'s new proposals on how to manage translations. We made substantial progress both on how to proceed as well as in facilitating some actual translations getting published.

We met with the Board and discussed a wide range of topics including what to do about the Large Book. Penny, the Chair of the Board reported that she had been in contact with Pat C. She reported that the Board had decided to send Pat a registered letter requesting that he reply with a specific schedule as to when he would complete the book. She explained that if the Board does not receive a timely reply or isn't satisfied with his response, that it would consider discontinuing the contract with him.

We read through the five essays that make up the first draft of the Literature Committee Handbook. We were reading the essays for their ideas, not for the wording. The committee made a number of valuable suggestions. We appeared to be in consensus about the ideas in the essays. We will put these ideas into practice this year. I will present revised drafts of the essays themselves this year.

Lastly, we got to meet the new members of the committee. Several of the emeritus members stayed around to orient the new members. Dave handed out essays to all of the new members to help them orient.

We elected me to be the Chair of the Committee, which is why I am writing you, David B. to be the Second Chair, and new member John H. to be Secretary. Congratulations to everyone.

If we had accomplished any of these things this convention, I would have been proud to serve on it. I am amazed that we accomplished all of them as well as some other things that I was likely too tired at the time to remember. On top of that, we finished our business on Saturday before the ban-

quet.

On top of that, David B. held several workshops introducing members to how to write for the fellowship. And the delegates, impatient waiting for Pat, used that last new item of business at the convention to brainstorm on ideas of how the fellowship could write the book. They produced an outline as the first product of their efforts

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More from the Editor on the LitCom...

Jeff W., as the new Chair, had also included his leadership philosophy, goals, meetings, etc., for the coming year. There is much work outlined already, much having been brought forward from previous years.

Jeff's report reiterates the LitCom's dedication to the service to the SAA Fellowship and the obligation to receive their input, opinions, ideas and comments. And consensus as the best expression of group consciousness.

The first teleconference of the new year is August 29, 1999 at 5:00 PM CST.

New members and alternates are listed on page 12 of this issue.

(Continued from page 9)

Higher Power, but to a fellowship of men and women that understand and relate to one another. We turn our will and our lives over to the care of God, and we get the support of others that understand and help us along the journey.

No, recovery is not easy. I have heard that the Worst Day In Recovery is much better than The Best Day Acting Out. I have found this to be true. We have to stay Honest. Honesty does not always agree with the addict. Much of the addicts life is built around lies, fantasy, and deceit. Honesty is something that has to be developed, and not always without growing pains. In recovery, I find that I cannot ALWAYS BE RIGHT. I have to be willing to see the other side.

In short, recovery means working a program with Honesty, Open-mindedness, and Willingness...not ALONE, but with A POWER GREATER THAN OURSELVES and with Others that join us in the healing process.

Louis D.
SE Region

[Ed note: Louis D. is a former member of the Literature Committee and a frequent provider of experience, strength, and hope for the Fellowship through his submissions to the PBR. We appreciate his succinct and timely writings.]



ISO BOARD ATTENDS TO FELLOWSHIP BUSINESS THE ESSENCE OF 12 STEP SERVICE

The ISO met in session on May 26, 27, 28th and 30th. The following are highlights and/or actions from those meetings.

As usual in the meetings of Trusted Servants at all International levels, self-care is important. Moments of silence, the use of the Serenity Prayer, appropriate attention to the 12 Steps, the 12 Traditions, as adapted from AA, and the short form of AA's 12 Concepts of World Service, are necessary for the conduct of ISO business. These tools are used before, during, and after sessions. Personal "check-ins" are generally used at the initial session as well.

Previous minutes were approved; Audit Report approved. During the approved oral Office Report, Board authorized inquiry into a method of improving the office voice mail system. '99 Convention Planning Committee report was approved.

Three motions relating to the Interfellowship Forum failed.

A resolution creating the **OUTREACH ENDOWMENT FUND** with the Greater Houston Community Foundation was approved [see page 7 for story]. Additional information on Policy and Procedure for Grant Recommendations and other information concerning this important development will be forthcoming. [Ed note: There is a minimum of \$24,000 needed by the end of 1999 to effectuate the start-up. **Large gifts of \$2000 or more** each are being solicited to reach this goal. These members shall be forever known as **Founder or Charter Members of the Outreach Endowment Fund.**]

Public Service Announcements [see Delegates page 3].

The Board Chair is to write a letter to persons violating the ISO trademark, "Sex Addicts Anonymous", for the purposes of having those persons cease such use.

A Board appointed sub-committee to evaluate "Sexuality in Perspective" as a book to be sold as outside literature. After receiving the majority report from the committee in favor, the Board voted by a 6-1 majority to approve the item for sale if economically feasible.

SPECIAL REGISTRATION REQUIREMENT FOR SAA GROUPS !!!

The Board approved the following: After January 1, 2000, all groups not registered with the ISO will be dropped from the ISO mailing list, the Fellowship Directory, and the ISO Website. During the interim period from now until January 1, 2000, Regional Board Representatives will attempt to contact all groups not presently in compliance with the registration requirement. The action was approved unanimously.

Motion to allow each Convention Committee to establish guidelines for presenters failed. Passed unanimously was a motion to establish one year of continuous sobriety as a guideline for presenters.

Intergroup Communications Committee was authorized a budget of \$500 for teleconferences for the remainder of the year.

The status of the Latin America Region will be determined by the number of groups it has registered in May of 2000.

Medallion prices will now be \$3.25 for bronze and \$2.25 for aluminum.

The new Office Oversight Committee [OOC] members for 1999-2000 are: Claude E. as Chair; Leo H., Vice Chair; Jerry O., Secretary; Bill H., and Gerald J.

An "At-Large" member for the Literature Committee was approved.

A sub-committee of Norbert B., Penny K., Rob V., and 2 members of the Literature Committee are to review an independently produced film on sex addiction for possible sale as outside literature.

ture.

Recommendations to be returned by the August meeting.

The OOC was directed to create a recommended plan for additional ISO Office staff. Report to be in by the Midwinter Meeting; staffing to begin in January 2000.

Approved locating 5 Spanish speaking persons to review an audio tape of a Spanish language SAA meeting and to return with a recommendation to the Board.

There was a joint session with the Literature Committee. Eighteen persons were in attendance.

Marie L. presented the Tucson, AZ bid to host the ISO Convention of 2000 using the theme "Serenity in the Desert". The Board approved the bid.

The Board will contact Pat C. about the contract and schedule for the Large Book.

The May 28th meeting was to determine whether certain convention events were to be open or closed.

At the May 30th meeting **Puerto Rico** was made a part of the **Southeast Region**.

Bob D. reported on the **SAA Website**. There will be a **Spanish Version Website**. Members of Spanish speaking meetings are asked to comment on the site within 90 days.

The **"STORE"** will be posted on the Website as soon as it is ready. [See page 2, "News from the Web"]

The **new officers** are as listed on page 12 of the PBR.

Public Service Announcement: The Board approved a motion which would give a group one free copy of the Public Service Announcement for **each \$100** donated toward the production thereof.

Meeting [or teleconference] schedules for the coming year were approved: August 14, November 13, 1999; January 22, March 18, and May 23-24-25-28, 2000.

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TRUSTED SERVANTS

What does it mean to be a **Trusted Servant** at the International level? Have you aspired to serve at this level? Each Region is empowered to select a Board member and a Literature Committee Member. Others may be elected at large. There are other needs. Committees and Sub-Committees are constantly at work. These might be Prison Outreach, Interfellowship, Intergroup, Fund Raising, Office Oversight, Audit, and special as appointed by the Board. The Literature Committee has several subcommittees. The Webmaster makes our electronic outreach more effective. Consider the work of Convention Committees. All these serve, and willingly share their recovery with the Fellowship, and re-inforce their own. Consider your service future.

ISO BOARD — ALTERNATES

Area	Member	Alternate
SC	Penny K[Chr]	Rodney R.
At Large	Claude E [Treas]	
Latin Am.	Octavio E.	Jesus F.
Pacific	Peter B. Frank B.	
GL	Rob V [Sec'ty]	Roger B.
Intermtn	Charles S.	Bob D.
NC	Dave B.	Lonnies S.
NE	Peter M.	Paul S.
SE	Frank B.	Kent I.

Staff

Jerry B. Office Manager

Office Hours [Central time]

[Staffed] 10:00 AM - 6:00 PM
 [Phone calls taken in Person]
 M-T-W-F 10:00 AM - 2:00 PM
 Thurs 2:00 PM - 6:00 PM

ADDRESSES

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 web: http://www.saa-recovery.org
 PBR: PBR@saa.recovery.org

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 Houston, TX 77270

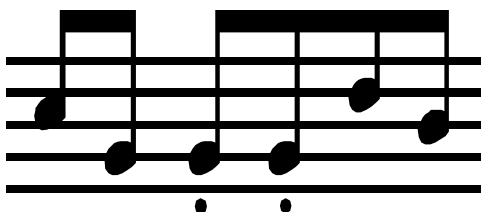
PHONE

713-869-4902
 1-800-477-8191

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LITERATURE COMMITTEE

Area	Member	Alternate
SC	Greg G.	Mike L.
Pacific	David B.	John H.
NC	Sunni W.	Steven L.
GL	Jeff W.[Chr]	Elizabeth S.
SE	Joseph T.	David G.
Intermtn	Chris D.	Kenton J.
NE	Vacant.	Vacant
At Large	None	None
PBR Editor/Member		Robert S.



ISO BALANCE SHEET MARCH 31, 1999

ASSETS	
Cash In Banks	
ISO Checking	-221
1999 Convention	4,420
ISO Savings	
Capital Reserves	2,896
Operational Reserves	18,121
Health Reserves	744
Total ISO Savings	21,761
Total Cash In Banks	25,960
Accounts Receivable - Trade	975
Accounts Receivable - Others	0
Total Accounts Receivable	975
SAA Literature	2,824
SAA Medallions	1,413
Non-SAA Literature	865
Total Product Inventory	5,101
Operating Supplies	400
Prepaid Postage	298
Prepaid Security	62
Prepaid Equipment Leases	138
Prepaid Insurance	610
Total Prepaid Expenses	1,108
Office Security Deposit	375
1999 Convention Hotel Deposit	500
Data Card Terminal & Printer	300
Total Deposits	1,175
Undeposited Funds	266
Total Other Current Assets	8,050
Total Current Assets	34,985
Furniture & Fixtures	47
Office Equipment	2,265
Total Fixed Assets	2,312
TOTAL ASSETS	37,297
LIABILITIES & EQUITY	
Vendors	0
Health Benefit	744
Total Account Payable	744
Sales Tax Payable	124
Total Other Current Liabilities	124
TOTAL LIABILITIES	868
EQUITY	
Opening Assets	34,066
Opening Liabilities	1,665
Opening Equity	32,401
Current Equity	36,429
NET INCOME	4,028
TOTAL LIABILITIES & EQUITY	37,297

Notes on the Financials:

Only the Balance Sheet is included in this issue although we had intended to include the Earnings - Expenses Summary as well. Because of the lateness of this issue due to Convention "stuff", the figures are a little old anyway. And due to the '99 Convention income/expense distortions of the summary at the end of the first quarter, the "end of June" summary will more accurately reflect "where we are" financially. We'll run that next issue, OK?

ALSO NOT AVAILABLE

Convention Tapes

We are sorry that at this time the list of Convention Tapes of the sessions is not available at the time of posting this on the Website or at printing.

If you have noted the **NEWS FROM THE WEB** column by Bob D., you may have noted that the "store" will soon be listed there. That means that not only will the tapes be there, but all the other SAA Literature as well. Even the "outside literature" that is available from the ISO Office.

If the "store" is not on the Website before the next PBR issue is there,

LOOKING TO THE NEXT ISSUE

-".Drive in the Country....Dennis H.
 -Poetry Bill R - George S
 -"No Further Authentication"...[?]
 -A couple "Trance Busters"William D
 -And others.....
 -Looking for some more.
 [From those of you who went to the "99 Convention workshop on writing your stories]

Now!!

You can order materials and make donations, using your VISA, MC, Discovery or AMEX !!!!

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, yes only one, 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!