

# The Plain Brown Rapper

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*Editor's Note: The ideas expressed in the literature section of the PBR reflect the opinions of the authors of those articles and do not necessarily represent the opinions of the ISO or of the SAA fellowship as a whole.*

*"Hope is knowing that everything is always open, that the future is a present that life offers us, that one can always be transformed..."*

See Page 7

## Crossroads Decisions

By Scotty W.

I just made a crucial crossroads-type decision today, and received a little “nugget” as part of my decision, so I wanted to share with you.

I awoke early this morning, and realized my laptop was powered up and sitting on the kitchen table. I read my e-mail while having my morning coffee, then I experienced some of that “unstructured free time” that gives me such difficulty. Three a.m., nobody around to watch, etc.

My little cursor blinked and blinked on the Address line of my web browser, and I made a decision and began typing. I could

have gone to a toxic site, but this morning I went to the SAA website and read a couple back issues of the Plain Brown Rapper. While reading, I was gifted to receive another one of those little sayings that seem to carry so much power in my life of recovery. I'll keep this one for myself, and share it with you, my partners in recovery:

### MEDITATE, DON'T MEDICATE

My acting-out behavior has for decades been a way to medicate my feelings, to control my emotions, to “soften the impact” of the world. As a teen my behaviors may have been helpful, but as I grew older (and older and older), I realize I

was using the same behavior in an attempt to control the impact of my adult life. I hadn't learned other ways to live and cope, and was using pornography and masturbation as a cure for everything (which failed miserably). I've heard it said “When all you have is a hammer, everything looks like a nail.”

This little saying above helps me realize I have more than one tool in my belt. I'm thankful I made that crossroads decision this morning, the decision to head toward my outer (rather than inner) circle.



## Restoration

By Mike B.

“Came to believe that a power greater than ourselves could restore us to sanity.”

My father was a pitcher in a fast-pitch softball league. He was awesome and one of the most feared pitchers in our city. Some of this was due to the fact that he was fast, accurate and left-handed.

I was nine or ten and we used to go into the backyard and play catch and one day I convinced him that I could catch his fastball. I remember working very hard to win over his confidence. As I crouched down, I began to wonder if it was a mistake as I saw that familiar scowl come across his face as he went into his windup. He fired the ball, a bit high; I jumped, but it was too late. I can still remember the sickening sound of the ball hitting our neighbor's bedroom window and my dad's cursing.

We didn't know it at the time, but there was an expensive antique dresser in the bedroom where the ball came through and the neighbors were on vacation for another week. So, I helped my dad patch the window to keep out the rain, bugs and birds. We could see the scratches and dents on the dresser and the shards of glass imbedded in the wood. My dad would pay for the restoration.

So, what's the point of my

story? Why have I gone to such great lengths and detail to paint this picture?

Because we (you and I) are very much like that valuable dresser. We did not choose to be placed in that room, by the window. Nor did we opt to have a ball come screaming through it, bringing pain, shattering our view and marking us for life. That ball changed our life, forever.



By now, you recognize that the ball symbolizes our addiction. Something we didn't choose, but which affected us still the same. It crashed into our lives, unwanted, unplanned and unsought.

The owner of the dresser was like the person that directed us to SAA. A friend, counselor, relative, member of the clergy, someone in law enforcement. He saw the value in the dresser, despite the damage done to it. He knew it would be hard work. He cared

enough to see through the nicks, cuts, scrapes and gouges to see that the beauty and value were still there, only hidden from view.

The person who attended to our restoration was (of course) our Higher Power. Our Higher Power is the only one that can restore us.

The act of restoration is an act of love, after all. The person doing the restoration must see some beauty, some value, some redeeming quality and worth within the dresser or the dresser would have been thrown out, cut up for firewood or dispatched to spend its life in the basement or garage. Despite the damage, beauty and value were still evident to the eyes of the Restorer.

Sometimes, it seems that our Higher Power is the ONLY one that can see our worth, despite where we've been and what we've done. Many a sculptor has said that the sculpture was always there, it was just hidden beneath the rock. So, then, the Restorer sees the true value of the dresser, beneath the shards of glass, the cuts, the nicks, scrapes and gouges in our lives. All we have to do is submit to the tender care and love of the one who will restore us. (Oops, that is Step 3.) Believing that there is a Restorer is the second step.

Slowly, meticulously, the Restorer takes out the broken glass, smoothes out the dents,

nicks, scrapes and cuts, knowing full well that the dresser will not be like it was before the incident. But then, again, the Restorer also finds the hidden defects that were not evident before the ball crashed into our lives. He fixes those, too. While none of us will be the same as we were before, we are better because of the hidden defects that were revealed and fixed. The Restorer strips away the finish (that thin veneer we shielded ourselves with), exposing the bare wood (rigorous honesty), then files, shapes and works diligently at repairs.

The second step says a power greater than us restores us to sanity. It doesn't introduce us, as though we'd never met. It doesn't replace us, the way you put a picture back up that has fallen off the wall. No, he restores us, like a deposed king who is restored to the throne and given all the title, possessions and authority he had before. His experiences have made him a better ruler for having been deposed.

Because of our recent restoration, our finish is much truer, much deeper, much richer than it had been before the ball crashed into our lives. Hidden defects have now been discovered and repaired and we are even more valuable now, after the crash, than we ever had been, before.

Mike B

A fellow recovering sex addict  
Grateful to God for my restoration

## If I'm Not the Problem Then There Is No Solution

By Bill J.

I am having financial difficulties at this time. I have struggled to keep things going but to no avail. My business kept going more and more in the red and my bills piled up. This exact thing happened to me when I was out there acting out sexually but the difference is that I don't have to act out over the stress. I can see that I have a choice: Either I can try to kill the pain by going into depression or by going back to my old sexual behaviors or I can pray, talk about it in meetings, meditate, journal, bookend with my sponsor and others and come up with a solution.

I heard a person in a meeting years ago say "If I'm not the problem - there is no solution" and that stuck with me. I am a blamer and if there is no one else around I blame God. I learned that habit from my parents as I grew up and it is a hard one to extinguish. I was angry at my adult children for not paying rent on time or for losing jobs when the rent was due, and after meditating about it I had to figure that the solution lies within me. My attitude is the problem and it seems to block the grace of God from coming in and helping me. Yes, there are plenty of external problems and there probably will always be problems but if I stay frustrated, fearful and isolated then I will have a difficult time looking within for the answer. It is too painful.

Now I have come up with a solution because I have now accepted my dilemma and all of its ramifications. I discovered that I was angry with my kids because they were not being responsible enough to pay the rent. I was angry because my business was failing. I was fearful because I couldn't pay my bills and might lose my house. What I didn't look at really was that I was angry and fearful - this was my problem. I began to practice not being angry and I did everything I could to not be fearful; this took practice. When I calmed down enough over a month or so I could see the solution staring me in the face. My children were adults and I had to let them go. When they were gone I could see that I didn't need the big house, so I'm selling it. The business I was in wasn't really good enough to bring in the money I needed to pay the mortgage and all of the bills. I now don't have to participate in that business.

What a deal, it was me all along. I was the problem. I didn't want to get out of my comfort zone. That was how it was when I stayed in relationships because of the guaranteed sex supply, even though I knew in my gut that I needed to get out.

Yes, I can see now that: If I'm not the problem - there is no solution.

## Hope

By Craig G.

SAA is my primary source for the material supporting my recovery process. I appreciate the opportunity to begin my recovery while incarcerated as the likelihood of doing so upon my release, with no foundation, was not realistic.

I once read that "Living is being born at every moment." One must never lose the power of hope; one must never stop growing up. One must always be able to say, "When I grow up, I..." This touches upon a new definition of old age. A person is old when he has lost hope. A person is old when instead of seeing hope as a door opening onto the future, he sees it opening onto the past. Old age is a nostalgia for hope. It is when one does not have the strength to say, "Tomorrow." Childhood is desire, anguish, tears,

and laughter; it is above all dreaming, the sacred dream of growing up.

Life experiences had stolen the dream and the power of childhood and was modified through acting out. SAA has provided me with the knowledge to retain hope, the dream; telling me that tomorrow will always be possible, even if tomorrow never comes.

Hope is knowing that everything is always open, that the future is a present that life offers us, that one can always be transformed, change direction, invent new routes without being confined in the role of "adults" into which we have shut ourselves or in which others have imprisoned us.

Thank you, SAA, for providing an avenue for retaining (renewing) a state of childhood in all that is constructive in relation to the dimension of the future.

## What's Up with Him?

What is it with my sponsor? I can't figure it out.

Why doesn't my sponsor need to white-knuckle (or at least as much as I do)?

His life is probably nowhere near as chaotic as mine. Lucky chap.

Why does his smile seem so genuine and warm, while mine feels so fake and forced?

He probably hasn't suffered like I've suffered.

Yeah, that's probably it. He's in recovery, but he obviously has-

n't gone through hell like I have in my life. He's never looked as miserable as I feel most days.

But wait a second. If that's the case, why does he still attend meetings? Hasn't he "cracked the code", figured out what must be done to be recovered? Why do his eyes still "leak" when he and I share with each other about our lives and our recovery? What does he have to cry about?

He's "recovered", isn't he?

Isn't he??

## Stay the Course--Live to Recover

By Santi L., Charlotte, NC

Consistency, or the absence of contradictions, is one of the greatest aids to recovery. While variety may be the spice of life, consistency is one of the keys to successfully recover from any addiction.

Let's have a look at a popular dictionary's definition of consistency: "Agreement or harmony of parts or features to one another or a whole: correspondence; specifi-

cally: ability to be asserted together without contradiction."

Consistency will save you time by helping you focus on your step work and it will help you set and routinely meet the goals you and your sponsor have for yourself. And that equals a tremendous positive impact on your recovery.

Whether we want to admit it or not, as creatures of habit, we expect and appreciate consistency.

### The Case for Consistency

It becomes difficult for people and society when their knowledge of things breaks down, when inconsistency is introduced. For example, an American visiting a country with different street signs will inevitably make mistakes until he learns to understand signs that are consistent with the ones that country uses.

Here are a few examples of how a consistent approach can assist you and accelerate the rate with which you become a sober contributing member of SAA.

#### Consistently:

- Show up to meetings on time
- Read recovery and spiritual materials
- Tell the truth and do the right thing
- Honor your commitments
- Be of service





- Take action and avoid excuses and procrastination
- Pursue your passion and purpose
- Help the newcomer
- Make everything you say, think and do count

Consistency is wonderful when used appropriately, because it improves the experience for both yourself and those around you.

### **When Is Consistency Bad?**

Is consistency all there is to successfully achieving any goal? What if we were perfectly consistent and yet our behaviors were unhealthy, our principles incorrect and our values misplaced?

In some cases, consistency can become a self-perpetuating ogre. It has to be used for a purpose. A foolish consistency is one that serves no benefit for us or our beneficiaries.

Foolish consistencies include:

- Lying and cheating
- Sharing about things we've heard or sound good but have not experienced
- Being late
- Being negative- "I thought that meeting sucked!"
- Speaking ill of other members
- Criticizing others' efforts
- Disregarding commitments to ourselves and others
- Procrastinating
- Avoiding responsibility by making excuses

Consistency in recovery is great, because people like predictable things. Family, friends and coworkers feel comfortable when they can rely on you to do exactly what they think you will do and have done in the past.

This appears to be almost like a law of human nature. We have a strong preference for consistency in our lives. We want things to work the same way every time they happen. When we wake up in the morning, we want to find the floor under our feet, the sun above our heads and coffee in our cups. And just as we expect these kinds of physical consistency, we also expect psychological consistency. If we had marriages, families and jobs yesterday, we expect to find them in pretty much the same condition today. And the glue that holds all these relationships together is consistency.

Once you have committed to be consistently pursuing a life in recovery, allow yourself NO other alternatives.

In dealing with addictive behaviors the real obstacles to freedom of choice are those which arise from hesitation and doubt. When you refuse to accept anything else but Life in Recovery, every obstacle becomes merely a stepping stone to reaching your spiritual goals. It's all about overcoming, and when you allow for nothing less, your ultimate destiny, to be united with Our Creator, is assured.

## **Sex Addiction Recovery as a Courageous “Mythic Journey”**

By Dean L.

Are you amazed and inspired by the shares you hear at SAA meetings? It is because you are hearing the oldest and grandest story of civilization, the story of people fighting to save their souls and in the process turning their struggle into gifts for others.

The great mythologist Joseph Campbell inspired the world with his books and his PBS series “The Hero’s Journey” in which he described the “Monomyth” (single or core myth) of western culture that keeps showing up throughout literature of all times including Greece, Rome, The Court of King Arthur and the American Frontier.

In this myth the hero battles external forces such as bad guys, monsters, angry gods, seductive and dangerous lovers, stormy seas and more. These are metaphors for the hero’s--and for each human’s--self-doubts, the anger provoked by our bad behavior, our lust, our pride, our resentments, the ups-and-downs of life, and so on. Subconsciously we connect with the hero’s inner battle and we thrill to the struggle. The hero’s journey usually includes themes that addicts identify with, such as a “descent into hell” or some terrible wound that just won’t heal.

The storytellers of Hollywood quickly turned Campbell’s mythic journey into a winning formula for movies including Star Wars, The Lion King, and The Matrix. People love these movies because of the hidden mythic themes that run through them. .

### **Lessons for Addicts**

Even if you don’t consider yourself a hero, you can be on a hero’s journey. The addict’s recovery journey through the “ritual passage” of the 12 steps can certainly be a grand and life-changing event. Remember too that at the beginnings of their journeys many popular “heroes” had undistinguished backgrounds or terrible flaws. They certainly were not saints. Luke Skywalker was a country bumpkin who didn’t want to leave the farm. He refused “the call to adventure” until his home was burned down and he had nothing to lose. Odysseus the Greek was a crafty warrior who conquered Troy only to kill all the men and enslave the women. Neo, the hero of the Matrix movie, was a self-satisfied worker drone in an office cubicle who had a hard time deciding to wake up and join the humans. Simba the Lion King was a childish and self-absorbed oaf playing, eating and sleeping all day. Prometheus was a willful man who stole fire from the Gods to elevate his personal status.

What is the value of comparing the addict's journey to the hero's mythic journey?

1. Suddenly literature and movies show how addicts are struggling with inner battles that are as old as civilization.
2. These struggles feel (and are) epic.
3. Great struggles can produce great gifts.

### **The Three-Part Journey**

Joseph Campbell said the mythic journey had three parts: separation, initiation and return. You can see how this is similar to the 12 steps' journey of "what we were like, what happened, and what we are like now."

- Separation: The hero's separation from family and loved ones may cause him to wander in a strange and inhospitable land where he has to fend for himself. This is similar to the intense personal isolation caused by addiction.
- Initiation: This begins when the hero encounters a mentor or teacher who guides him on the dark inward journey to overcome fears. In recovery the "sponsor" plays the unique role of the lighting the path.
- Return: After conquering himself inwardly, the hero returns with a "boon" (gift) that has a positive change on people around him. The last of the 12 steps calls for addicts to "carry this message" of hope and recovery to other addicts.

### **Events Along the Path**

Campbell said every mythic journey had certain steps:

- First comes the "call to adventure." For a sex addict this might be getting caught by a partner, fired from a job, getting an STD, or just knowing life must change or it is not worth living.
- "Crossing the threshold" for an addict can be walking into the first recovery meeting.
- "The road of trials" for an addict is the repeated struggles to get sober.
- "Help from without" for the addict is the phone calls and the advice coming from fellow addicts.
- "Crossing the return threshold" is returning to a new way of living after the ninth step.
- "The master of two worlds" is staying sober even while being an addict. It includes using our experience to help others.
- "The Freedom to Live" is captured directly in the recovery promise "We will know a new freedom and a new happiness."

### **Common Elements**

Campbell identified common elements within the hundreds of hero myths. There is always a mentor such as Obi-wan Kenobi in Star Wars or Virgil in Dante's Divine Comedy. For the addict the mentor is the sponsor. And a mythic journey always includes a

## **“Mythic Journey” Continued**

prophecy like “Luke will overthrow the emperor.” For addicts our prophesy is a glorious one, declaring “we will know a new freedom and a new happiness. We will lose interest in selfish things and gain interest in or fellows. We will comprehend the word serenity and we will know peace.”

### **The Inner Battle of a Space Warrior**

Still not convinced the mythic journey of a hero is an inner battle? The greatest battle for Luke Skywalker came in the movie “Return of the Jedi” and it had little to do with light sabers and blaster guns. He stood at the threshold, sword in hand, able to kill Darth Vader who lay at his feet. But this was exactly what the Evil Emperor wanted Luke to do; to give in to his anger, fear and resentment. These are central issues the AA Big Book says addicts must overcome. What did Luke do? He laid his sword on the ground and said he’d rather die (go to any lengths) than to give in and act on these dark forces (no matter how justified they felt or how gratifying the impulse).

What happened next? Luke’s demonstration of conviction, courage and faith summoned up in Vader “The Force” (of love) and Vader rose up to save his son and consequently save the external world from evil. The Star Wars story doesn’t end there just

like the story of recovery doesn’t end with a single personal triumph, no matter how spectacular. More soul-saving adventures await us all.

### **Seeing the Mythic Story Every Day**

When you read good stories or watch meaningful movies see how the characters fight their inner battles against fear, anger, resentment and pride. Feel in your body the joyous release when they do the right thing.

Listening to shares at your next meeting hear the heroic actions: the breaking of the spell by picking up the phone instead of acting out; the humble act of breaking down in tears and admitting needing help; the mundane but necessary act of “carrying the message” in the form of steadfastly delivering the literature box; an ambitious act such as starting a new meeting; the generous act of taking a morning off work to accompany a fellow to court; the courageous acts of setting the date for a first step, or getting honest with a son or daughter, or contacting an ex-wife after 15 years of silence to make amends.

Just showing up for a meeting (crossing the threshold) is an act of courage, especially for newcomers. Look around and appreciate the many courageous and even heroic acts of your fellows. And appreciate the heroic soul-saving journey you’ve chosen for yourself by choosing recovery.

## My Journey

By Mike B.

How can I make up for wasted years  
I thought as I laid upon my bed  
The pain and misery I've inflicted  
All the tears I've caused to be shed

What can make amends for these wrongs  
Where do I begin, what shall I do  
I've learned to take one day at a time  
And "to thine own self be true"

I start each morning with a simple prayer  
To know only God's Will and His Way  
Resolved to live better than before  
I can now go out and face the day

No longer burdened by mistakes I've made  
I'm free to live the way I'm meant  
Fully present to myself and others  
Is how each moment should be spent

I'm gentler on myself these days  
I can only do the best that I can  
No longer striving for perfection  
Has allowed me to be a better man

September 4, 2005

## Step 8 Worksheet

Submitted by Anonymous

*[Editor's Note: The following article represents a method of working Step 8 that has worked for some members of our fellowship.]*

### **Step Eight: Made a list of all persons we have harmed and became willing to make amends to them all.**

1. Make a list of all persons you had harmed. Do not limit the list to those harmed only by your sexual addiction - a list of ALL persons you harmed. This is just a list of people you had harmed. Do NOT worry at this point about the amends. Do not let the fear or embarrassment of having to make amends keep you from listing certain individuals. This is just a list of ALL the people you had harmed. The issue of amends actually comes in step 9. This is not just a list of people you are willing to make amends to - Not just a list of people who were harmed by your sexual acting out - but a list of ALL people you harmed. (Leave space behind each name for up to 4 letters—see item 3.) (Hint: abbreviate names just in case you misplace this list and someone else picks it up)

2. There may be some you have not thought about adding to your list. Is your name on the list? Did you list close friends and relatives who were shocked or dismayed to learn of your acting out? Is your immediate family on the list? If not, why not?

3. To keep it simple and manageable, think about how you injured each person. Use the letters, E for Emotionally, F for Financially, S for Spiritually, R for Relationally and P for Physically and put at least one letter next to each name on the list. Note there is no letter for harming someone sexually because the actual sexual harm may be one or more of the ones listed above.

4. From your lists above, list each person you are already ready to make amends to if it were possible. This is a list of those, if amends were possible, that you are willing to make amends to. This step is not dependent on how or when or where you will make amends, it only about your willingness to make amends.

5. List all the people from points 1 and 2 who you are NOT willing to make amends to and give a short reason why you are not willing to make amends to them. (Examples: Joe N. - He's not ready to hear what I have to say. Wanda W - She's still acting out sexually. Jim K - owes me money)

6. Now go over each name of those you are not willing to make amends to and ask yourself these questions. Did I harm them emotionally, spiritually, financially, physically, or relationally? Is my unwillingness to make an amends to them based on what I did or misplaced on what they have done or may be thinking? Is my unwillingness based on being harmed by them? List the names of those you are still unwilling to make amends to and why.

7. Do you believe the steps work if you work them? If so, do you think that your unwillingness hinders your progress? Is your getting better less important than your ego and unwillingness to make amends? Note that willingness to do something like making amends does not mean that you embrace the action that you are enthusiastically looking forward to making the amends. Willingness means that you have committed to making the amends to the best of your ability. In many cases, willingness means that we will take action regardless of our fears or embarrassment. List only those names of those to whom you are still unwilling to make an amends.

8. Of those names left, what would you need to do in order to very strongly consider making an amend to them? List what you feel needs to happen for each person. (Example: Steve B - needs to sober up) Is this the same reason as listed in 6 above or is this a new reason? Explain.

9. List only those names of people you are still not willing to make amends to. (If there are no names listed in 9 then you are done and can skip points 10 and 11 below.) **KEEP THIS STEP FOR USE IN WORKING STEP 9.**

10. Are any of these people listed in 9 above because you don't think you will ever be able to make an amends? This step is not about making an amends. It is about making a list and being willing. It is not about the ability or inability to make an amends. Some on your list may have died. Some may not be locatable. The question for those left in 9 above, if you could make an amends to that person, would you? If so, cross their name off the list in 9.

11. Are there any names left in 9 above? If so, take each name or the group and ask your Higher Power to make you willing to make amends. If that is too hard, ask your Higher Power for whatever you need in order to become willing to ask for the willingness to make amends.

## From the Editor

By Mike L.

Welcome to 2006! It was a wonderful holiday season for me. Following are a few random experiences I had this season.

For the first time since I left my childhood home many years ago, I actually put up lights around the garage door. Well, I bought the lights one evening and my partner put them up a couple of afternoons later while I was taking a nap. We talked about getting a tree also, and never quite got around to it. While my partner is all for going out and getting a (formerly) live tree, I myself hate to see a tree be killed just for a couple of days' worth of decoration around the house. Plus, the cats will try to eat anything green I bring in the house, so I stopped bringing in plants some years ago. (I was convinced that I had seen everything when I saw the cats trying to eat a cactus that had taken the precaution of protecting itself with numerous needles.) I was really not in favor of getting a live tree, as I kept thinking back to the wonderful aluminum tree that we had for several years when I was young. Still, with both of us being quite busy around the holiday season, I decided just to be happy with the lights and to let the question of what kind of tree to get take care of itself until next December.

I did pause some this holiday season to actually give some thought to the raging battle going on between different factions over what is the correct way to refer to the holiday season when greeting others. In recent years, I had given in to the common politically correct thought pattern that dictated that the correct and indeed only way to greet anyone was the all-purpose "happy holidays." And certainly I have always referred to our office gathering at this time of year as the "Holiday Party," since after all a couple of different faiths are represented among the people with whom I work. The prevailing thought pattern has become so ingrained in me that I even had to stop and think before greeting "a man of the cloth" with words a little more specific than "happy holidays," and it still felt strange when I did. So I figured this was the perfect time to stop and consider if I wanted to continue down the politically correct path or return to the words that I used without thinking all the time I was growing up. I asked myself if I would be offended if somebody unwittingly greeted me for the holiday season with words that were of a different faith than the one I grew up in, and I had to tell myself "no." So I made the decision that for the rest of this season, what little there was of it, I would actually use the C-word to refer to the holiday when greeting others.

I did indulge in my usual holiday tradition of watching my two favorite Christmas programs, *A Charlie Brown Christmas*, which we happened to catch on television so I didn't have to dig up the video I bought



for \$3.99 some years ago as a promotional gimmick from one of the gasoline manufacturers, and—and don't laugh—my favorite Christmas program, *The Muppets' Christmas Carol*. Both of these always bring a tear to my eye. With the Muppet version, it can happen just about anywhere, although it normally happens during the Christmas Past section and the ending. In the Peanuts version, I always know when it's going to come, and that's when Linus has the stagehands bring down the lights and he starts retelling the familiar story one more time.

I also had a chance to look at my perfectionism over the holidays. My partner had never been to San Antonio before and he wanted to go see the place, especially since he, like all of us of a certain age, had Davy Crockett for his hero when he was growing up, and he wanted to see the Alamo. We also visited the Riverwalk. I hadn't been to either of those places in about 30 years. The Riverwalk has certainly changed from the quiet, peaceful, bucolic place it was back then. It is all developed, with businesses lining both sides of the San Antonio River. I fought the temptation to keep going back to the way it was and comparing the present Riverwalk unfavorably to it. After all, this was his first time to see the place and he thought it was just wonderful the way it was. And with the Alamo being closed for the holiday, I would have ordinarily just pooh-poohed the notion of even going to see it at all. As it was, he wanted to see it anyway, since we could at least wander on the grounds. And it turned out to be a very nice experience, even without being perfect the way I would have wanted it.

Finally, I was reading in one of my mediation books on January 1, and it reminded me that the first day of the year tended to take on a lot of importance as a big opportunity to make changes in my life. It also pointed out that if the changes I chose to make on such a significant day did not stick, then I would have to wait to the beginning of another week, month or year to try again. Finally, it reminded me that I always have the opportunity to make those changes one day at a time, with the help of my Higher Power, anytime I choose.

Happy 2006 to all of you and I will see you next issue.



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## **Your Secrets Aren't Yours Any More**

By Charles J.

When I feel lost and all alone  
And I run off to my secret corner to hide  
And I feel no one can see me  
No one knows what I'm doing  
You are always there with me  
Your words ring forever louder in my ears

Now no longer is it a secret  
No longer is it a place to hide  
No longer can I go and lock myself inside  
No longer am I alone there  
In my deepest darkest place

For today the sun shines brighter than ever  
And the treasures are greater than before  
Life is not just another day I must endure  
But instead is full of excitement and things to enjoy  
Secrets to uncover  
And recovery to be had and enjoyed by all who want it  
Not for all who need it because they don't all want it  
For if we all wanted it the rooms would overflow

So break down the doors my friends  
And let the lies go  
Because your secrets are not "your" secrets any more  
Because we all already know!



# ISO News



## **Board Approves ISO Office Reorganization**

### **Background Information**

In 1997, the Board of Trustees approved the first of three phases of the ISO's structure as an organization. Phase I dealt with the kinds of regions there are within the ISO - Autonomous, Developing, and Outreach – and set the minimum number of registered groups required within a geographical area for classification as being an autonomous or developing region. Phase I also clarified Board and Literature Committee representation.

Phase II of the organizational structure was approved by the Board in 1998, but to date only one of its provisions has been approved for implementation. Phase II envisions the day when the number of delegates becomes so large it is impractical to conduct an orderly annual business meeting. At that time, following the example of AA, the ISO will have to limit the number of delegates. Phase II details how this will be done so that each region's delegation will be proportionate to its number of registered groups. There is also provision for delegate representation for groups that are not aligned with any of the autonomous regions. Full implementation of Phase II would require a change in the ISO by-laws.

One part of Phase II that has been approved for implementation is the part that requires annual renewal of each group's ISO registration.

In 2001 the Board approved but withheld implementation of Phase III of the organizational structure. This third, and so far last, phase consists of an organizational chart that projects what the ISO Office will look like many years down the road. When fully implemented, it calls for an Executive Director who will supervise two other directors and their staffs. There will be two divisions within the ISO, one called the Service Office and the other called the Business Office. In the original document, the heads of these two divisions are the Service Director and the Business Director.

As each phase of the organizational structure has been approved by the Board, it has been made available to the ISO delegates in the year of its approval.

## **ISO Office Reorganization Continued**

### **Phase III Implementation**

At its meeting on January 21, the Board approved an initial and limited implementation of Phase III. This decision was approved in principle at the Board's face-to-face meeting during last year's convention in New Orleans. At that time, Jerry B., the present Director of Fellowship Services, told the Board that, even without adding to the scope and quality of the ISO's service and outreach, his job had grown too big for one person to handle effectively without consistently working extra hours. He also noted that his age made it prudent for the organization to plan for his replacement.

The Board appointed a subcommittee comprised of the officers of the Board – Ken S. (Chair), Shelley K. (Secretary), and Don K. (Treasurer) – and Jerry B. to draft a plan which the Board has now approved for implementation in stages during 2006, provided qualified candidates are found to fill all positions.

If all goes as planned, four full-time and two-part-time employees will staff the ISO Office by the end of the year. The full-time positions will be Director of Fellowship Services, Director of Business Services, Administrative Assistant, and Information Technician. The part-time positions will be Outreach Specialist and Business Services Assistant.

Jerry B. will continue to serve as Director of Fellowship Services until August 1. At that time, a new Director of Fellowship Services will be hired, and Jerry B. will become Director of Business Services.

Applications will be accepted from now until May 12 for the reconfigured position of Director of Fellowship Services. The Board will select the successful candidate during its meeting scheduled for May 24-25 for employment on August 1. Information about applying for this position can be found on page 30. In addition, the same information, printed on a separate sheet, has been enclosed with this issue of the PBR. Members are encouraged to copy the enclosure for local distribution. Finally, information about applying is posted in the Members Area of the ISO website ([www.saa-recovery.org](http://www.saa-recovery.org)).

The position of Administrative Assistant is being filled temporarily by Carol Ann R. Applicants to fill this position permanently will be taken from now until May 12. A permanent Administrative Assistant

will be selected on May 25 for employment on August 1. Information about applying for this position can be found on page 32. In addition, the same information, printed on a separate sheet, has been enclosed with this issue of the PBR. Members are encouraged to copy the enclosure for local distribution. Finally, information about applying is posted in the Members Area of the ISO website.

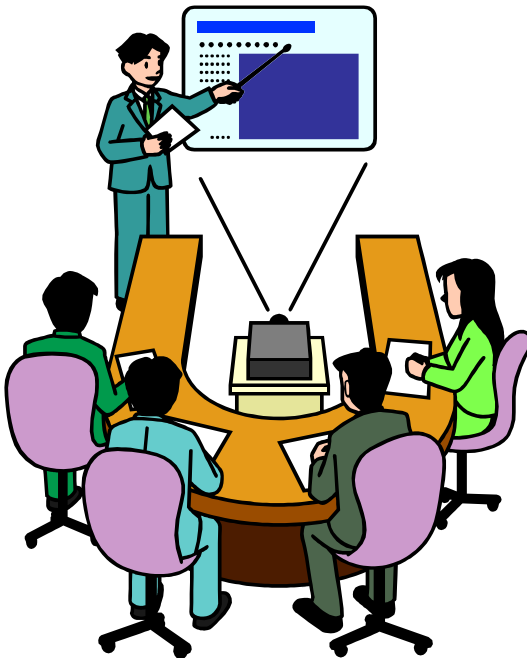
Carol Ann R. will continue to temporarily fill the position of Administrative Assistant until August 1.

Jonathan C., presently a full-time employee, will switch from his present job responsibilities to the new position of Information Technician on October 1.

Klaus P., now a part-time employee, will switch from his present job responsibilities to the new position of Outreach Specialist on August 1.

A new part-time employee will be hired on October 1 to fill the position of Business Services Assistant.

The plan outlined above can be found in its entirety in the Members Area of the ISO website.



## ISO Board

The Board of Trustees of the ISO of SAA, Inc.,  
met by teleconference January 21, 2006.

The following is a report of significant actions taken.

- Approved: A motion to establish a reserve fund for future printings of Sex Addicts Anonymous and to increase the prudent Operational Reserve from three months to four months.
- Approved: An ISO staff 4.1% cost of living allowance pay increase as provided in existing job descriptions. (Note: The ISO COLA is tied to the one announced each year by the Social Security Administration)
- Approved: An hourly pay increase of 2.5% for Carol Ann R. (Note: The increase results in an hourly rate of \$11.20)
- Approved: The Phase III ISO Office reorganization as amended. (See page 19 for a story about the plan and for information about how to review the plan in its entirety)
- Approved: The proposed 2007 ISO Budget for presentation to the 2006 Delegates for their approval.
- Approved: The addition of wording about delegate conduct for inclusion in future editions of the *Call to Convention* and the *Delegate Orientation Handbook*.
- Approved: A motion to respectfully decline an invitation from Sexual Compulsives Anonymous (SCA) to send a representative to its business meeting but to offer alternative ways for the ISO to share its experience by being available via teleconference, by sharing pertinent organizational documents, by communicating via phone and e-mail, and by inviting an SCA representative to visit the ISO Office and to attend the Board's annual face-to-face meeting.
- Approved: A binder containing information about how to establish SAA meetings for teens.
- Approved: An ISO guideline for carrying the message to teen sex addicts. (See page 23 for the complete guideline)

## **ISO Guideline**

### **How to Carry the Message to the Teen Sex Addict**

Although according to SAA's Third Tradition the only requirement for membership is a desire to stop addictive sexual behavior, SAA as a fellowship cannot ignore the fact that the presence of underage teens in adult meetings raises serious safety concerns – even dangers. Therefore the ISO encourages individual autonomous meetings not to allow underage teens to attend regular adult meetings, but instead, to form SAA Teen Meetings with adult co-sponsors certified by a process established by the ISO.

The ISO commits to provide at no cost to any ISO registered group the materials and services needed to establish SAA Teen Meeting(s). This includes a binder with suggested Minimum Safety and Behavioral Requirements and other guidelines, a sample parental consent form to be adapted for use in accordance with local state child abuse statutes, sample “Twelfth Step” and other meeting materials, outreach materials, and criminal background check services for certifying adult co-sponsors through the ISO office.

In this way, the ISO supports each registered SAA meeting to be in greater integrity with the Fifth Tradition – to carry the SAA message to the sex addict who still suffers – with safety for all.

**Note:** SAA members, groups, and intergroups interested in starting teen meetings in their area are encouraged to contact the ISO for further information.

## Meeting Formats and the SAA Basic Text

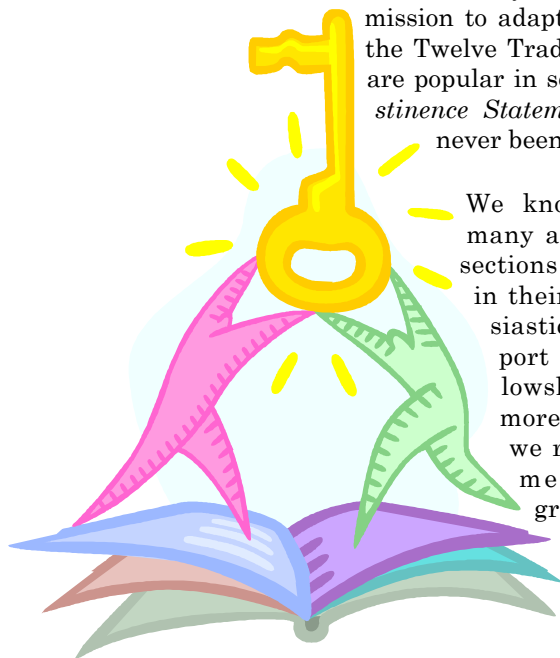
Elizabeth S., Literature Committee Chair

### Why is there no meeting format in the Green Book?

Several of you have asked why our new book, *Sex Addicts Anonymous*, doesn't include a meeting format. Many of you have suggested we include a meeting format in the next edition, so that any group of sex addicts gathering together will need only a copy of the book in order to hold a meeting.

One reason why the current edition of the Green Book doesn't include suggested readings for a meeting format is because our current *Group Guide* is outdated and in need of a major overhaul. Therefore, the Literature Committee rejected the idea of simply reprinting readings from the *Group Guide* in the book.

To name a few common examples: Although many groups read a version of "How it Works" adapted from the Big Book of Alcoholics Anonymous and reprinted in the *Group Guide*, SAA does not actually have permission to use this material. In fact, the only readings AA has given us permission to adapt are the Twelve Steps and the Twelve Traditions. Other readings that are popular in some areas, such as *The Abstinence Statement* or *The Problem*, have never been SAA approved at all.



We know that many groups in many areas are already adapting sections of the Green Book for use in their meetings, and we enthusiastically encourage and support these efforts. As the fellowship as a whole becomes more familiar with the book, we rely on you, our individual members and member groups, to share with us what new meeting formats, based on the book, are working in your regions.



## Guidelines for adapting material from the Green Book for meeting formats

At its November 13, 2005 teleconference, the Literature Committee passed a motion suggesting guidelines to the fellowship when adapting the book for meeting formats or other readings. The following guidelines are suggested:

- Whole paragraphs should be excerpted whenever possible, in the order in which they appear in the book
- Sentences should be deleted only when necessary for the group's specific purpose
- New wording or revisions should not be added

We recommend these guidelines in order to keep to the Fifth Tradition and maintain the integrity of the SAA message from meeting to meeting and region to region. In this way we preserve and build unity as a fellowship. If every group rewrites portions of the book to suit its understanding, the message will be diluted and confusion about our message could arise.

## Call for comments and suggestions

However, we also understand that our basic text is in a period of intense fellowship scrutiny and review. *Sex Addicts Anonymous* will almost certainly undergo many revisions before it is conference approved. If your group has issues or questions about some wording in the Green Book, rather than changing it in your group format, we ask that you **send us your comments and suggestions** instead. As fellowship feedback comes in, the Literature Committee has a subcommittee in place to revisit key points and make revisions in line with the conscience of the fellowship as a whole.

Also, please **share your successful meeting formats with us**. If your group develops an opening or closing based on the book that works, we want to know about it and pass it on.

Eventually, if we all work together, we will indeed be able to add suggested meeting formats to a future edition of the SAA book!

*Send comments or suggested formats to the Literature Committee, c/o of the ISO of SAA Inc., P.O. Box 70949, Houston, TX 77270. E-mail: [info@saa-recovery.org](mailto:info@saa-recovery.org)*

## *Healing at the Crossroads*



The 2006 ISO Convention website is now operational. Contact the ISO for the web address, user ID and password needed to log on to this site. Once there, members can register online or use the registration information to register by phone (800-477-8191). For those who prefer to register by mail, the registration form can be downloaded. A special convention mailing went out in September. This was sent to all groups and individual members on the ISO mailing list. If needed, addition registration forms can be obtained from the ISO Office.

### **Speakers and Workshop Presenters Needed**

Now is the time to be thinking about serving the fellowship as a speaker or workshop presenter.

The Convention Committee is looking for SAA members to share their recovery stories with SAA Convention participants and their guests. Speakers are needed for the opening and closing ceremonies, for the Saturday night banquet, and for the Sunday lunch. The ISO Board has established the following speaker requirements:

- ✓Two+ years abstinence from inner circle.
- ✓Ongoing participation in SAA.
- ✓At least one SAA meeting per week attendance.

- ✓Completed Twelve Steps with sponsor.
- ✓Service at some level (meeting, sponsorship, intergroup, international).
- ✓Endorsement by sponsor or group.
- ✓Use standard “what it was like, what happened, etc.” format.
- ✓No speaking from the level of “professional/expert.”

A special committee will interview each potential speaker by telephone.

There are also inspiring, and knowledgeable SAA members in every region who are too modest to promote themselves as international speakers. Please help find them! (Please get their permission before you nominate them.)

Speaker forms can be downloaded from the convention website or obtained by calling or e-mailing the ISO Office.

Workshop presenters are needed as well. Topics should relate to the Twelve Steps or to elements of the SAA program, e.g., sponsorship, sobriety, tools, etc. For workshop presenters, the ISO Board has established one-year of continuous sobriety as a suggested guideline. Again, the form needed to apply as a workshop presenter can be downloaded from the convention website or obtained from the ISO Office.



## ISO Income/Expense Summary

### As Of December 31, 2005

(This report does not include designated income  
which is earmarked to be spent on specific projects)

|   | Monthly<br>Average | Year<br>End    |
|---|--------------------|----------------|
| <b>Operating Income</b>                   |                    |                |
| Net Sales                                 | 8,228              | 98,741         |
| Undesignated Donations                    | 11,650             | 139,800        |
| General                                   | 8,679              | 104,151        |
| LifeLine Partner                          | 2,971              | 35,649         |
| Miscellaneous Income                      | 215                | 2,574          |
| <b>Total Operating Income</b>             | <b>20,093</b>      | <b>241,115</b> |
| <b>Operating Expenses</b>                 |                    |                |
| Wages/Benefits/Taxes                      | 9,151              | 109,817        |
| Wages - Outreach Related                  | 1,959              | 23,511         |
| Wages - Other                             | 5,201              | 62,413         |
| Benefits                                  | 1,389              | 16,671         |
| Taxes                                     | 602                | 7,222          |
| Insurance                                 | 187                | 2,243          |
| Depreciation                              | 252                | 3,025          |
| Board/Committee Expense                   | 996                | 11,950         |
| Postage                                   | 136                | 1,626          |
| Communications                            | 485                | 5,823          |
| Rent/Utilities                            | 1,173              | 14,078         |
| Office Related                            | 665                | 7,979          |
| Financial                                 | 773                | 9,277          |
| Plain Brown Rapper                        | 832                | 9,988          |
| Translations                              | 449                | 5,385          |
| <b>Total Operating Expenses</b>           | <b>15,099</b>      | <b>181,191</b> |
| <b>Operating Surplus/Shortfall</b>        | <b>4,9944</b>      | <b>59,924</b>  |
| <b>Convention Surplus/Shortfall</b>       |                    | <b>4,686</b>   |
| <b>Delegate Meeting Surplus/Shortfall</b> |                    | <b>-2,367</b>  |
| <b>Board/LitCom/Staff Travel Expense</b>  |                    | <b>-15,560</b> |
| <b>Net Surplus//Shortfall</b>             |                    | <b>46,683</b>  |

In the year end financial report above and throughout this article, the term “undesignated donations” is used. This is because undesignated donations, along with net sales, are what keeps the ISO operating. The fellowship has always responded when given a specific need, for example, funds to print the Green Book. Such gifts cannot be spent on any-

thing other than their designated purpose, e.g., to pay rent or electricity or payroll or any of the other dozens of operating expenses. With this in mind, here are some observations about the year just past.

Certainly 2005 was a financially successful year. Boosted by the publication of *Sex Addicts Anonymous*, net literature sales were \$98,741 derived from sales of \$189,544 and \$15,262 in shipping and handling fees.

Undesignated donations for the year were \$139,800, with \$58,923 coming from groups and \$80,877 from individuals. When broken down, these numbers contain interesting information about the fellowship's giving.

As of the end of the year, there were 762 SAA meetings and 30 intergroups. Out of all the meetings, only 239 contributed directly to the ISO, giving a total of \$39,896. This computes to an average of \$13.91 per month per contributing meeting. It also means 69% of SAA groups did not directly support the ISO during the past twelve months. Had each of these groups contributed \$13.91 per month (\$3.48 per week), they would have added \$87,299 in support.

Of the intergroups, half of them supported the ISO by giving a total of \$19,027. Groups and intergroups combined gave 42% of all undesignated donations.

At the beginning of 2005, there were 100 individual members and four groups enrolled as LifeLine Partners, a program through which SAA members and groups commit to monthly support of the ISO. By December, the numbers had diminished to 85 active individual and two active group participants. Individual LifeLine Partners donated \$35,309, while the groups gave \$340. Individual LifeLine Partners accounted for 44% of all individual contributions. In fact LifeLine Partners were responsible for one fourth of all undesignated donations. Although the ISO does not know exactly how many active members there are in SAA, it is conservative to estimate that through the LifeLine Partners program 2.5% of the membership provides 25% of all undesignated donations.

Individual donors who were not LifeLine Partners numbered 116 and gave \$45,228 in undesignated donations. Of this amount, \$16,296 was given all in one day during Giving Thanks III held in the San Francisco Bay Area, accounting for more than one third of all non LifeLine Partner individual donations.

Without a doubt, *Sex Addicts Anonymous* has been a wonderful gift financially, as well as spiritually. Yet, even with the book's impact, net sales provide for only 54% of ISO operating expenses. The rest must be paid with undesignated donations, as do travel expenses in years when the convention does not cover them and delegate meeting expenses in years when delegate fees fall short of expenses.

## **Request for Applicants**

### **for the position of Director of Fellowship Services**

The International Service Organization of SAA, Inc. (ISO) is seeking applicants from within the SAA membership to fill the full-time position of Director of Fellowship Services.

This position, presently filled, will be divided into two positions on August 1, 2006. At that time, the current Director of Fellowship Services will assume the position of Director of Business Services, and the new hire will fill the position of Director of Fellowship Services, which has been reconfigured to include expanded outreach and service responsibilities.

### **Compensation**

This is a full time position with a salary range of \$30,000 - \$50,000 annually. The starting salary being offered is in the \$30,000 - \$35,500 range, depending on qualifications and experience. Compensation also includes an automatic cost of living allowance (COLA) increase each January 1 (tied to the annual Social Security COLA) and the possibility for two merit increases during each of the first two years of employment and once per year thereafter.

### **Benefits**

Benefits include eight paid holidays annually and six days of sick leave per year accruable up to twenty days. After six months, one week's paid vacation will be allowed during the first year of employment. Two weeks of vacation will be allowed after the first year and continue through the fifth year of employment. Three weeks of vacation will be allowed beginning with the sixth year of employment.

This position also includes an employee benefit of \$248 per month which can be used for personal or family health related expenses or, at the employee's option, for additional income. If used for verified health related expenses, this money is not taxable as personal income. If used for additional income, it is taxed. The monthly employee benefit can be accrued without limit.

### **Qualifications**

Director of Fellowship Services applicants must be members of SAA with at least three years in the program and must have at least two years of continuous sobriety. They must have a thorough knowledge of the Twelve Steps and Twelve Traditions of SAA and at least three years experience working in a managerial capacity. Experience in working for or with a board of directors or similar governing body is desirable.

In addition, applicants must be willing to permanently relocate to Houston, Texas, in time to be on the job on August 1, 2006. (The ISO will negotiate compensation for moving expenses.)

### **Required Skills**

Required skills include a working knowledge of computers, standard office equipment, and Microsoft Office software; the ability to organize and prioritize a variety of activities and tasks; to maintain accurate records; to communicate well orally and in writing; to interact with a wide variety of personalities and styles; to motivate and supervise employees and volunteers; to conduct business openly and honestly; to network with individuals and groups both within and outside the organization; to work without direct supervision.

### **Application Process**

Those qualified will submit an application that includes the following:

- Applicant's name, mailing address, telephone number, and e-mail address.
- A letter from a sponsor or from an ISO registered group attesting to the applicant's time in the program and continuous sobriety.
- A history of 12-Step service work including all levels of service (e.g., sponsorship, group, intergroup, international), services performed, and fellowships served.
- A paragraph on each of SAA's Twelve Traditions explaining the applicant's understanding of each Tradition.
- A statement about the applicant's vision for SAA as the fellowship moves forward.
- Education history including degrees or certifications awarded.
- A work history that includes job titles, job responsibilities, employers' names, addresses, telephone numbers/e-mail addresses, and the names of immediate supervisors with their telephone numbers/e-mail addresses.

All applications received by May 12, 2006, will be considered. Applicants must be available for telephone interviews at ISO expense from May 15 through 23, 2006. The ISO Board of Trustees plans to make its selection during its meeting held on May 24 – 25, 2006. All applicants will be notified no later than June 2, 2006.

Submit application electronically as an attachment in Microsoft Word to [Resume@saa-recovery.org](mailto:Resume@saa-recovery.org), with Subject Line: Attention Jerry B.

Submit application by postal mail to ISO, Personal: Jerry B., P.O. Box 70949, Houston, TX 77270.

## **Request for Applicants for the position of Administrative Assistant**

The International Service Organization of SAA, Inc. (ISO) is seeking applicants from within the SAA membership to fill the full-time position of Administrative Assistant. This position reports to and is under the direct supervision of the Director of Fellowship Services.

### **Compensation**

This is a full-time position with an hourly pay rate in the range of \$10.00 - \$16.00 per hour. The starting hourly rate being offered is in the \$10.00 - \$12.00 range, depending on qualifications and experience. Compensation also includes an automatic cost of living allowance (COLA) increase each January 1 (tied to the annual Social Security COLA) and the possibility for two merit increases during each of the first two years of employment and once per year thereafter.

### **Benefits**

Benefits include eight paid holidays annually and six days of sick leave per year accruable up to twenty days. After six months, one week's paid vacation will be allowed during the first year of employment. Two weeks of vacation will be allowed after the first year and continue through the fifth year of employment. Three weeks of vacation will be allowed beginning with the sixth year of employment.

This position also includes an employee benefit of \$248 per month which can be used for personal or family health related expenses or, at the employee's option, for additional income. If used for verified health related expenses, this money is not taxable as personal income. If used for additional income, it is taxed. The monthly employee benefit can be accrued without limit.

### **Qualifications**

Administrative Assistant applicants must be members of SAA with at least two years in the program and at least twelve months of continuous sobriety. They must have a thorough knowledge of the Twelve Steps and Twelve Traditions of SAA and at least two years experience in office administration and records management.

In addition, applicants must be willing to permanently relocate to Houston, Texas, in time to be on the job on August 1, 2006. (The ISO will be open to negotiating compensation for moving expenses.)



## Required Skills

Required skills include a working knowledge of computers, standard office equipment, Microsoft Office software, and records management; the ability to organize and prioritize a variety of activities and tasks; to maintain accurate records; to communicate well and in a professional manner both orally and in writing; to interact with a wide variety of personalities and styles. Especially desirable is the versatility and flexibility to carry out a wide range of projects and, when called on, to assist other staff members in carrying out their duties.

## Application Process

Those qualified will submit an application that includes the following:

- Applicant's name, mailing address, telephone number, and e-mail address.
- A letter from a sponsor or from an ISO registered group attesting to the applicant's time in the program and continuous sobriety.
- A paragraph on each of SAA's Twelve Traditions explaining the applicant's understanding of each Tradition.
- A history of 12-Step service work including all levels of service (e.g., sponsorship, group, intergroup, international), services performed, and fellowships served.
- Education history including degrees or certifications awarded.
- A work history that includes job titles, job responsibilities, employers' names, addresses, telephone numbers/e-mail addresses, and the names of immediate supervisors with their telephone numbers/e-mail addresses.

All applications received by May 12, 2006, will be considered. Applicants must be available for telephone interviews at ISO expense from May 15 through 23, 2006. The current Director of Fellowship Services plans to make his selection by May 25, 2006. All applicants will be notified no later than June 2, 2006.

Submit application electronically as an attachment in Microsoft Word to [Resume@saa-recovery.org](mailto:Resume@saa-recovery.org), with Subject Line: Attention Jerry B.

Submit application by postal mail to ISO, Personal: Jerry B., P.O. Box 70940, Houston, TX 77270.

## Post Katrina and Rita: Louisiana SAA Fellowship Back on Track

For all of the caring SAA members who expressed concern and who were wondering how the fellowship is doing in Louisiana after the twin assaults of Katrina and Rite, the news is good.

No doubt strengthened by a great meal of seasoned cabbage rolls and spaghetti sauce prepared and served by Pam H. and Louise B., the Gulf Coast Region Intergroup (GCRIG) met and planned its Annual Spring "Serenity" Retreat.

**"After the Storm, There is a Rainbow,"** is the theme of the retreat, which will be held in Roseryville, LA, April 7 – 9, 2006. The intergroup meeting was attended by representatives from Baton Rouge, Lafayette, Lake Charles, New Orleans, and Slidel. Each group volunteered to do a workshop based on the retreat theme.

The fee, which includes meals, is \$110 for a single room and \$105 for a double. For those who wish to attend only one day, the fee is \$38.

All SAA members are invited. Transportation can be arranged for anyone flying into New Orleans or Baton Rouge.

More information about the retreat can be found at the GCRIG website ([www.gcrig.org](http://www.gcrig.org)) or by contacting the following individuals:

New Orleans:

Joe T. 504-884-9708,  
[jtardo@cox.net](mailto:jtardo@cox.net)

Baton Rouge:

Richard S. 225-932-9734

Slidell:

Paul P 985-643-6498  
[oots@bellsouth.net](mailto:oots@bellsouth.net)

Lafayette:

Bill P 337-296-4983  
[wdp7840@cox.net](mailto:wdp7840@cox.net) or  
Ben S. 337-981-6392  
[cajunmagic@cox.net](mailto:cajunmagic@cox.net)



## How to Submit a PBR Article

### ***First:***

Write from your experience, strength, and hope. Others may need to hear exactly what you have to say.

### ***Second:***

Send your article by e-mail to: PBR@saa-recovery.org

or mail to: ISO  
P. O. Box 70949  
Houston, TX 77270

### ***Third:***

Send the **Article Release Form** below. Download an extra from the SAA website if needed or feel free to make copies.

“Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other sex addicts...” Step 12

### **Submission deadlines:**

**Dec. 1, Feb. 1, April 1, June 1, Aug. 1, Oct. 1**

**Release Form:** I hereby give this newsletter, its successors, assignees, and those acting on its authority permission to copyright and/or publish any articles, poems, other written material, or art work pertaining to my personal story of recovery from addiction and my personal experience with or opinions about the SAA fellowship or program. I understand that additions may be made to my written material and that it may be changed or edited. I further understand that every effort will be made to assure my anonymity. I possess full legal capacity to exercise this authorization and hereby release the ISO newsletter from any claim by myself or my successors.

**SIGNED:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**WITNESS:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**Mail to: ISO, P.O. Box 70949, Houston, TX 77270**

3890-D North Freeway  
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*Sex Addicts Anonymous is a twelve-step program of recovery based on the principles of Alcoholics Anonymous. Our primary purpose is to stop our addictive sexual behavior and to help others recover from their sexual addiction. The only requirement for membership is a desire to stop addictive sexual behavior. Our fellowship is open to women and men regardless of religion, race, ethnic background, marital status, sexual orientation, or profession. Our members define their own sexual boundaries with the guidance of their sponsors and other group members. We encourage our members to discover and explore what healthy sexuality means to them.*

### Region

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### Board Alternate

### Literature Committee

### Lit. Com. Alternate

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