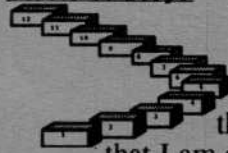




Plain Brown Rapper

THE SAA NEWSLETTER

Circle of Steps



Circle of Steps

I am convinced that this program works — for others. I have come to believe in a power greater than us that can restore sanity — to others. I am afraid that I am different—so defective (Page 2)

RAP AROUND - We are still waiting on you - send us your groups' check-in! Check the Announcements! (Page 3)



Living in Recovery on the Internet The group never meets face-to-face, there is still the familiar closeness. Though most discussion takes place through posted messages, every Thursday night a "chat" session takes place where members can dialog in "real-time." (Page 3)

The Corner of Tradition

For our group purpose there is but one ultimate authority -- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Rhythm of Recovery.

You know you say you want me to write a song for you
Paint a pretty picture-an ode to you.....(Page 7)

Just an Opinion

Needed: Experience, Strength and Hope (Page 6)



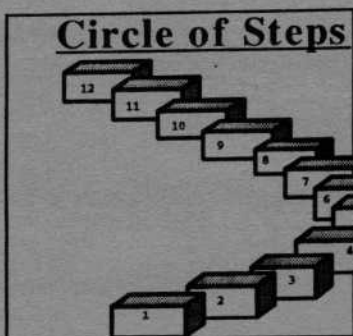
The Key

(Page 10)

If there is any way you can
- attend the SAA Convention in May.
It may change your life -- It did
mine!



Happy Valentines Day!!



Step 2
Came to believe that a
Power greater than ourselves
could restore us to sanity.

Fear and Faith:
Taking and Retaking the
Second Step

"Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who will not or cannot give themselves to this simple program. They cannot develop a manner of living which demands rigorous honesty." These words from "How It Works" scare me. Am I capable of rigorous honesty? Am I one of "those" who do not recover? Will I, can I, give myself to this simple program?

I am convinced that this program works — for others. I have come to believe in a power greater than us that can restore sanity — to others. I am afraid that I am different—so defective that there is not power that can restore my sanity. In this fear, I tell myself that the power of SAA, the power of the group, the power of my wife's love, the power of psychology and psychiatry, the power of medicine and even the power of God are powers inferior to my addiction. My inflated ego and deflated self esteem work in concert to convince me that I am so special, so especially sick, that I am one of those rarities who will not or cannot recover.

I recently experienced a period of freedom from sexually compulsive behavior. Then one day, for not particular reason I could identify, I "went cruising" for about thirty minutes. For me cruising does not represent a slip, but it does represent the crossing of a very serious boundary and it is frequently part of a ritualization process that leads me to a slip.

I met with a psychologist immediately after my cruising episode. Talking with him revealed (once again) my fear that I would not or could not recover. I left his office with that fear. I met my wife and told her about the cruising and the intense fear I was feeling. She

Rap Around



The Gulf Coast Region Intergroup will sponsor an SAA retreat, April 7, 8, and 9, at St. Mary's of the Pines, Chatawa, MS. The theme will be **"Open YourHearts."**

For more information and reservations:

Call Frank B. at 504-861-8984

or Write him at:

3300 1/2 Nashville Avenue

New Orleans, LA 70125

RAP AROUND

Send news for Rap Around to PBR, NSO of SAA, PO Box 70949, Houston TX 77270. Include a phone number. Remember that the PBR goes out by bulk mail, so send news of events well in advance. (or Email to pauldavid@aol.com)



Living in Recovery On the Internet



Using the Internet as a Tool of Recovery

About a year ago I got an account with Delphi, a firm that allows me to dial a local number with my computer's modem and send electronic mail messages to people all across the country. It also allows me to join groups where each member of the group can send a message to a central location (again using a local call) and the message is multiplied and sent electronically to all other members of the specific group.

I originally joined because there is a group associated with my profession, and it can be a great tool for learning new techniques in my field and for networking. What I learned when I first went into Delphi was that there is also a group for people who are dealing with sexual addiction! So, I joined up!

What I found was a great resource. It enabled me to connect with people who had a vast array of experience - experiences that were different from those I found in my own meetings in Louisville. Spoke to "new comers" almost every week and frequently was able gain



(Continued on page 8)



The Corner of Tradition

Tradition Two:

For our group purpose there is but one ultimate authority -- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

This extraordinary tradition has two parts; let me address the one about "leaders" first. A few months after I had joined SAA and had given my first step, my group nominated me as a trusted servant. I was stunned. Did it mean that I was an exemplar of recovery? Did it mean that people looked up to me? Did it mean that administrative decisions were mine now?

I was clear enough to figure out that my delusions of grandeur were misguided, but I was not wise enough to know that the success or failure of the group had nothing to do with how I functioned in the job of trusted servant. I assumed, for instance, that the weekly attendance depended on how I ran the meetings, that it was solely my job to make newcomers feel at ease, that it was solely up to me to fill or find a replacement if someone who had volunteered for a presentation couldn't make it. The trusted

(Continued to page 5)

The purpose of the Plain Brown Rapper is to be a voice of the SAA Membership, published by and for those recovering from compulsive sexual behaviors. We strive to be informative, sensitive, and responsive in expressing the experiences, strengths & hopes of recovering sex addicts. Unless otherwise noted, the content of the PBR reflects the opinions of the writers & editors & not necessarily of the NSO, Literature Committee, or Sex Addicts Anonymous as a whole.

Contents ©SAA.

*NSO's PBR Subscriptions are available for \$12 (\$18-international) for 12 issues from:
PBR Subscriptions
NSO of SAA
PO Box 70949 Houston TX 77270.
713-869-4902*

DavidG

Editor:

The Corner of Tradition

servant before me had been witty and well-liked; I thought I had to measure up. I must have conveyed my anxiety, because finally an old-timer told me to settle down; the group was going to be fine all by itself. What a revelation! Basically all I had to do was be sure we covered the agenda and had enough time for presentations and check-ins. (I also found out later that my group had a long tradition of nominating newcomers; my recovery had nothing to do with it.)

In the eight years since that time, the group has had many trusted servants with lots of different styles. Occasionally I see someone as nervous as I was; sometimes someone comes in who is more gung-ho and authoritative than I like. (That's when I learn about patience!) They usually settle down to. The group has survived no matter who been on the post. I attribute that remarkable fact to something other than their "leadership". More likely it results from service. Most obvious to me, however is the power of a group of recovering addicts compared to the strength of any individual. As trusted servant, I learned something about humility, and this brings me to the first part of Tradition Two, the manifestation of God in our group conscience.

One time at a speaker meeting, I heard someone say, "When I was acting out, I was operating with only part of a brain. So I look around this room and figure that all of us addicts put together probably come up with one good brain."

My brain is usually just a fragment of a perfect one. Like a loose light bulb, it has good days and bad ones. All in all, it is much steadier than it used to be, but sometimes I need the help of others. I look around the faces of my group. Some reflect serenity and confidence, some are troubled. Some are learning to let go., others are afraid of being out of control. Some are willing to make the leap of faith; others are afraid there will be no safety net. Further more, no one's light bulb is perfectly constant. Yet light always emanates from the group and in that group I am safe.

Substitute "spirit" for "brain" and we have something even more astonishing. The whole is greater than the sum of its parts. Put the small spirit that resides in each of us in the presence of others like it and it flourishes. To me, that is the meaning of "a loving God, expressed in our group conscience." I count it as another occasion for humility and gratitude.

John D * Mpls

JUST AN OPINION

Needed: Experience, Strength and Hope

Make copies of this page of the PBR and hand it out.

Send it as a flier to all our SAA members!

Make announcements at each meeting!

Write an article yourself!

Your PBR needs articles on the following topics:

4th Step	4th Tradition
5th Step	5th Tradition
6th Step	6th Tradition
7th Step	7th Tradition
8th Step	8th Tradition
9th Step	9th Tradition
10th Step	10th Tradition
11th Step	11th Tradition
12th Step	12th Tradition
Other tools -	The Phone
	Other 12 Step Fellowship Meetings
	Books
	Journaling
	What keeps you sober?

Let me encourage you to send your articles to the PBR % National Service Office or send to pauldavid1 on America On-Line (for other services pauldavid1@AOL.COM). If you have suggestions or information about what your group is doing -Please send it! We need all information about what is happening in recovery. Please do not judge your work as "good" or "bad". I was recently in a meeting when someone shared their experience of shame for the first time. Though this person had been in the program a long time, this sharing opened up possibilities that were not there before. It also provided a link between us that was not there before. When I came in the program initially, someone told me we were only as sick as our sickest secrets. The more I am able to share my story, the more I am able to recover, the more I am able to share my story the more I am able to recover the more I am able to share my story the more etc. We hear enough about the disease through the media. Please use this space to share your experience strength and hope. Our groups have but One Primary Purpose after all "to carry its message to others who still suffer." Being silent kills.

David G., Editor, PBR

February 1995

Page 6

A FATHER AND A MAN

You know you say you want me to write a song for you
 Paint a pretty picture-an ode to you
 Well before I can draw a happy scene,
 I need to hear the truth
 And I need to hear it straight from you...



You know I do respect you, as a father and a man
 But I need to hear reality, so I can understand
 I want to know you better, now,
 and I'm reachin out my hand
 Then I can write for you....the leader of my band

Over the years, you know, it has changed
 It's gone from nothin, to very, very, strange
 I know it may be hard for you
 to understand what I'm tryin to say
 But please sit and listen now, and let me explain...

You know I do love you, as a father and a man
 But I need to hear reality, so I can understand
 I want to know you better, Dad,
 and I'm reachin out my hand
 Then I can write for you....the leader of my band

There is a lot of hurt you know, and a lot of pain
 And I hope you can hear me, there is no one to blame
 It just is...what it is
 And if it's talked about, there'll be no more shame...

You know I do love you, as a father and a man
 But I need to hear reality, so I can understand
 I want to know you better, Dad,
 and I'm reachin out my hand
 Then I can write for you....the leader of my band
 Then you can be...the leader of my band...



Eric C.

like when I was little, hold my hand
 like when I was little, hold my hand
 like when I was little, hold my hand
 like when I was little, hold my hand.....

(Continued from page 3)



Living in Recovery On the Internet



wisdom based on the messages sent out by some of the "old-timers." I got perspectives from people in SAA, SLAA, and SA. Also, just like in regular meetings, I heard recovery speaking from years in other 12 step programs.

On the other hand, almost half of the people who participate have no 12 step group. They are in areas or on schedules where it is not possible to get to an "S" group meeting. One member was in the military and stationed overseas. There are also some members who are simply afraid to go to meetings. For many of these people, this group is the first dose of recovery they have ever had.

One way the internet group was useful to me and my local meetings was when the controversy concerning felonious behavior/child abuse was brewing. I put a message out asking how others had handled the problem and got several useful perspectives along with some creative wording for a felonious behavior statement. I heard from NY, CA, CO, and TX.

For me it is also useful to be able to check-in late at night. Sure, in a situation where I am in immediate danger of a slip, a telephone call is a lifeline. But many times I just need to check in my feelings and/or trials of the day. For these times, even after midnight I can post them to the group and feel like I am taking care of myself and working my program. In the past year several of us have even shared our first steps. Although the group never meets face-to-face, there is still the familiar closeness. Although most discussion takes place through posted messages, every Thursday night a "chat" session takes place where members can dialog in "real-time." (I understand that they are very good, but I have a prior commitment Thursdays.)

Unfortunately, all the news is not good. To start with, many of the

(Continued on page 9)





Living in Recovery On the Internet



people who stumble across the group are involved in what is called "cybersex." They have become addicted to relationships with other people that they communicate with via the internet. **Others have become addicted to the pornographic images available at certain places on the internet. It is great to see them recover,** but usually one of their first positive steps is to get off the internet. This keeps the membership in the group turning over pretty quickly. There are only four or five of us that have been active in the group for more than two months.

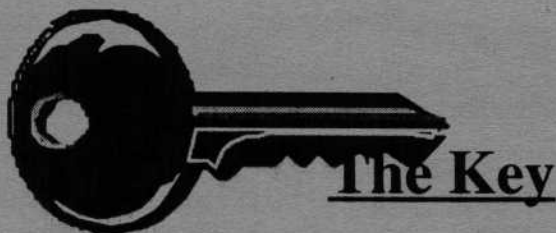
Another problem is that not everyone has access to the group. Unlike many groups on the internet, this group does not stand-alone; it exists along with many other interest groups on Delphi. The advantage to this system is that costs are low and most system maintenance is done by Delphi. It also makes it easy to keep the list safe. The disadvantage is that only people who subscribe to Delphi can access the group.

To change this would take some money, but most importantly it would take volunteers to help "12 step" individuals prior to giving them access to the group. Without this process, the group would not be a safe place, but it already takes a great deal of time to accomplish this with just the limited traffic on Delphi.

Currently the person maintaining the system and doing all of the work is Chuck D. He was the friendly "voice" who welcomed me to the group last March. He has the expertise to set the system up as a stand alone, but is reluctant to do so until there is a strong pool of volunteers and sufficient interest from "S" group members. If you are interested in becoming part of this group, and/or would be willing to commit to doing some volunteer work, please reply to the PBR with your home address and your internet address. Someone will either get back to you, or you will hear from us through a future PBR notice.

Bruce B.





In 1993, I attended the SAA National Convention and can't conceive of forgetting the experience. The possibility that I could be in the same room with 300 plus sex addicts was phenomenal! The fact that I could feel safe - unbelievable. The experience, strength and hope that was shared is irreplaceable.

This year I have another commitment and will miss each of you - but, I will be thinking of you during the weekend of May 26th, 27th and 28th. This program has made it possible for me to be reconnected with the mother of my children (16 years after we were divorced) and extended my relationship with both of our children (though they are far from childhood today). Because of the program, I will be able to attend my 18 year old daughters graduation during that weekend. Because of the program, she will have both of her parents supporting her during this special celebration. This event has even greater significance because of a question she was able to ask me recently - "Why did you two divorce right after I was born?" Telling her it was not her fault just wasn't enough. I felt very uncomfortable with the question. But even more uncomfortable with the answer. It was much more than "not her fault". The disease that, while raging, kept me from them, now, while healing brings me closer to them. The 1993 Convention had a significant role in the healing process, thanks to the wonderful and loving people who were there. Heal-

ing comes from being with others who share in the healing of our disease. The

healing comes from being focused in the steps and being willing to change. The healing comes

from being willing to grow along spiritual lines. I can't tell you what you will experience this year at our convention, but I can ask you to be in

Willing to Grow
Along Spiritual Lines

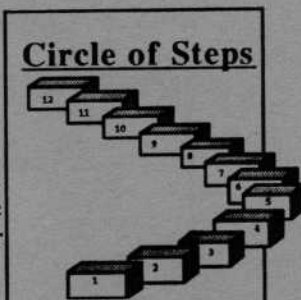
Ann Arbor for the 8th Annual SAA National Convention. I can ask you to be there not for yourself, though you will greatly benefit, but for the other suffering addicts. I will be with you in Spirit.

DavidG

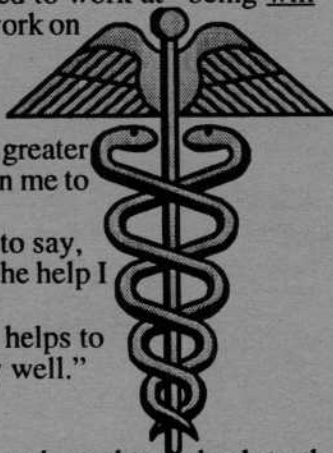
(Continued from page 2)

helped me deal with the fear but I was determined that "dealing with it" meant not stuffing it, but feeling, experiencing and living it.

This episode of "feeling my fear" revealed some things to me and reminded me of some things that I need to recognize over and over again:



- Some days the Second Step is no problem for me. Some days it is.
- Feeling fear of failure in the program indicates I lack faith in the program, the power of love and the power of God
- Lack of faith is not a thinking problem as much as it is a feeling problem.
- "Came to believe" indicates a process more than a decision.
- "Faith does not come all at once, not once and for all."
- When fear is with me, I need to work at being will ing to believe before I can work on believing.
- When I am feeling fear, it helps to say, "I want to come to believe that a power greater than myself can restore even me to sanity."
- When I am afraid, it helps to say, "I have all the time and all the help I need."
- When I am feeling fear, it helps to say, "All is fundamentally well."



My recent experience with feeling fear brought me back to the Second Step. It's not a bad place to be. I bet I'll be there again.

Michael
Greensboro, NC

Friends of the Literature Committee (FOLC)

The Literature Committee is made up of elected representatives an alternate from each region, up to three at-large representatives, and the editor of the PBR. We want to involve more SAA members for literature work. Fill the form out to connect to the network of people interested in creating and distributing recovery literature. Send it to **Friends of the Literature Committee, c/o NSO of SAA, P.O. Box 70949, Houston TX 77270.** (or email DavidG at pauldavid1@aol.com)

Name	_____
Address	_____
City	_____ State _____
Zip	_____ Phone _____ Fax Number _____
Email Address	_____ Intergroup _____
Do you have a computer?	__ Mac __ PC __ Modem? _____
Friends of the Literature Committee (FOLC)	



Some projects we are working on:

- **Plain Brown Rapper** — increase the distribution of PBR in local areas and intergroups and finding local group or intergroup news contacts
- A booklet on **sponsorship**
- A short guide to **working the 12 Steps**
- **A book on the 12 Steps** (to be published in 1997)
- **Translations** of our literature into **Spanish** and **French** (We are looking for translators and reviewers of material already translated)

Do you have ideas for new literature? Send us your ideas or literature you have published for use by your meeting or intergroup.

NSO of SAA P.O. Box 70949 Houston, TX 77270.
713-869-4902 - Messages can be left any time
Office hours are between 10 am and 6 P.M.. Central Time

Subscribe to the Plain Brown Rapper \$12(\$18-International) for 12 issues. It includes news of the worldwide fellowship of Sex Addicts Anonymous, stories of recovery, practical advice on working the steps, & more. Enclosed is \$_____ for _____ subscriptions to the Plain Brown Rapper.

Name _____

Address _____

City _____ State _____ Zip _____

Send to: PBR Subscriptions
c/o NSO of SAA P.O. Box 70949 Houston, TX 77270.
713-869-4902 - Messages can be left any time - Office hours are between 10 am and 6 P.M.. Central Time (To send a message directly to the PBR editor email to pauldavid1@aol.com)





NATIONAL SERVICE ORGANIZATION of S. A. A.

P.O. Box 70949

Houston, TX 77270

(713) 869-4902

Hours: 10 a.m. - 6 p.m. (CT)

NSO NEWS INSERT

Convention Reminders

Delegate Certification Forms Last month every person and every group on the NSO mailing lists was sent a copy of the Call To Convention. One of the items included was a form for certifying delegates and alternates. A copy of this form is also enclosed with this issue of the Plain Brown Rapper. For those who will serve as a group delegate or alternate, please remember:

- Without being certified, a delegate cannot attend the delegate meetings. The completed form is the only acceptable proof of certification.
- The certification form is to be mailed to the national office before May 12. The office manager is responsible for bringing all completed forms received to the convention. Forms mailed after May 12 might arrive too late, since the last day the office will be open before the convention will be May 19. If not been mailed by May 12, **do not mail the form.** Bring it personally.

Focus Groups The Delegate Meeting schedule calls for Focus Groups to be held from 5:00 p.m. to 6:30 p.m., Friday, May 26. Delegates and non-delegates are encouraged to attend one of these meetings. Outreach and Intergroup Development in particular cry out for revitalization.

According to the Fifth Tradition, outreach is the "primary purpose" of our fellowship. To go another year without an active Outreach Committee would be a sad commentary on our dedication as an organization to the addict who still suffers. A good turnout at the outreach focus group is sorely needed.

The members of S.A.A. have a treasury of hope, strength, and experience to share, but communicating those assets is difficult. No matter from what angle the problem is studied, it becomes apparent that communications will not significantly improve without strong, vital intergroups. Intergroups themselves can benefit from sharing successes and failures. How to get these spheres of influence and energy to communicate is a challenge. The focus group on Intergroup Development needs grass roots input and support to form a committee willing to take up that challenge.

Travel Appeal This mailing marks the third time the convention travel appeal has been circulated. Members of the Board and the Literature Committee perform services essential to the fellowship. The Board will meet for three days before the delegate meetings and once after, while the Literature Committee will meet the day before and the day after the delegate meetings. Like any cross section of sex addicts, it is not uncommon to find among the trustees and committee members people who are not wealthy. They need your help to pay the cost of carrying out their duties at the national conference. They need your help to ensure that national service does not become limited to those who can afford it. They need your help because S.A.A. is responsible for the legitimate business expenses incurred by its trusted national servants.

March Board Meeting

The next meeting of the Board of Trustees is scheduled for Saturday, March 18, the final time the Board will teleconference before its pre-convention meeting May 23-25. The March agenda follows:

Old Business (As Prioritized by Board Members)

- a. Use of Charge/Debit Cards and Bank Drafts (Claude E.)
- b. Literature Sales at Convention (Harry S.)
- c. California Concerns RE: Pricing of Literature (Jerry B.)
- d. NSO Name Change (Harry S.)
- e. Intergroup Handbook (Frank B.)

- f. Distribution of NSO Mailing Labels (Jerry B.)
- g. Adaptation of Twelve Concepts (Harry S.)
- h. Solutions to Communications Problems (Jerry B.)
- i. Board Promotion of SAA (Bob R.)
- j. Computer and On-line Expense for Board Chair (Jerry B.)
- k. (Tie) Gay-Lesbian Issues (Frank B.)
- k. (Tie) Simplification of Materials Read at Meetings (Jerry B.)

New Business (If Adopted as Part of Agenda/Sponsor in Parentheses/Arranged Alphabetically)

- a. Annual Report (Jerry B.)
- b. At-Large Board Member Nominees (Harry S.)
- c. Financial Assistance for London Delegate (Harry S.)
- d. Interfellowship Dialogue Committee Communication (Harry S.)
- e. NSO Australia Request to Duplicate Tapes (Claude E.)
- f. Office Audit - OOC Recommendations (Claude E.)

Office Activities

During the first two months of the year the National Office responded to 277 phone calls from members, helping professionals, and addicts still suffering. Literature orders filled tallied 141. There were 120 items of written correspondence and 159 contributions acknowledged.

Financial Summary/January-February¹

INCOME

<u>Description</u>	<u>Amount</u>
Sales, Literature.....	3,869
Sales, Plain Brown Rapper.....	668
Shipping & Handling.....	289
Donations, Individual.....	2,343
Donations, Group.....	2,856
Interest Earned.....	18
Other Revenue (Refund).....	472
<u>Convention.....</u>	<u>2,786</u>
Total Income.....	13,301

EXPENSE

<u>Description</u>	<u>Amount</u>
Cost of Goods Sold/Freight.....	1,685
Wages/Benefits/Payroll Taxes.....	4,264
Office Insurance.....	105
Postage.....	1,101
Phone.....	792
Rent/Utilities.....	705
Office Expense.....	1,162
Equipment Leases.....	90
Committee Exp (other than phone/postage)....	12
Plain Brown Rapper.....	527
<u>Convention.....</u>	<u>496</u>
Total Expenses.....	10,939

Surplus/[Deficit].....2,361

**Jerry B.
Office Manager**

¹ Financial data is unofficial until approved by Board of Trustees.