



# Plain Brown Rapper

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# Recovery Toolbox

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## Waiting

by Jimmy P.

Waiting for loneliness to go,

for happiness to show.

Waiting.

I wish I was someone I loved

or even liked.

I could be as playful as a kitten

fly like a kite.

My heart is heavy,

I have a bevy,

of questions,

unanswered.

I want Love

I want so see love

be love

and be loved.

I need affection

direction

and protection

from God above.

Where has my life gone?

Thirty nine years and I feel as if I'm still waiting to be born.

Is my inner child dead?

He was tortured and tormented enough.

Did he die?

Did I die inside?

Will he wake if I call?

Should I trouble him at all?

I need you, want you, won't let them hurt you at all!

Come to me show me how to be.

I can't do it all;

alone.

### A Native American Prayer

**O Great Spirit**, whose voice I hear in the wind and whose breath gives life to all the world, hear me! I am small and weak, I need your strength and wisdom.

**Let me walk in beauty** and make my eyes ever behold the purple sunset.

**Make my hands** respect the things you have made and my ears sharp to hear your voice.

**Make me wise** so that I may understand the things you have taught my people.

**Make me learn** the lessons you have hidden in every leaf and rock.

**I seek strength**, not to be greater than my brother or sister, but to fight my greatest enemy - myself.

**Make me always ready** to come to you with clean hands and straight eyes.

**So when life fades**, as the fading sunset, my spirit may come to you without shame.



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## Twelve Steps

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### Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it.

#### Cleaned And Ready For Immediate Occupancy

**M**y name is Scott, and I am a sex addict. That statement sums up the best that I can achieve when operating on my own will. As evidenced in the work that I did in the fourth and fifth steps, my character is riddled with defects that I gratefully gave over to God in steps six and seven. Steps eight and nine busied my consciousness with cleaning up the wreckage of my past.

Cleaned and ready for immediate occupancy. This is the condition that the steps left my spiritual being in after the amends process. The question was: How do I keep it this way? Looking at my fourth step inventory, it was very apparent what no longer fit: selfishness, dishonesty, resentment, and fear. Before sharing my fifth step with my sponsor, I did not see these as character defects. They were simply part of me. Just as my acting out behaviors had been a part of me. It was new and liberating, after my seventh step, to have God take away these defects. But these character defects had so filled my being that I was used to their presence. How do I remain free of their grasp?

The owner's manual for this new being, free of character defects, gave the first of the three

"Maintenance" steps. They keep me from slipping back into the patterns that I described earlier as "the best that I could do on my own will." Step ten instructs me: "Continued to take personal inventory and when we were wrong promptly admitted it." This short charge rolls steps four through nine into a neat little package that I could call upon throughout each day and in each event in my day. Yet another element in my spiritual tool kit.

The four-column written format of the fourth step is a great means for writing out an inventory, but when I used it as a tool throughout my day, I soon found it rarely necessary. The character defects that I had previously just accepted as part of me were now so blatantly obvious that I sensed the discomfort of their presence almost immediately. Once detected, I share them with God and with a brother or sister in the program, ask God to help me to get rid of the defect, and if I had injured anyone, make amends promptly.

This short course of action helps to keep my spiritual house "Clean and ready for immediate occupancy."

Scott B.

**Tradition Ten: Sex Addicts Anonymous has no opinion on outside issues; hence the SAA name ought never to be drawn into public controversy.**

### Focus

**T**he tenth tradition calls us to remain focused on why we are members of this fellowship: to refrain from engaging in sexually compulsive behavior and to help other sex addicts. As individual members of S.A.A., we are called upon only to live as God directs us, and to show those that will surely come after us how to find such a life. As a whole, the fellowship of S.A.A. is available to help us achieve these two goals.

Living daily with this focus, the outside world and its issues can be met with the same serenity and neutrality that God has afforded us in dealing with our addiction. Whether O.J. is guilty or innocent, whether our elected officials are representing their constituents, or whether a triggering influence is about to enter our conscious attention; all of these are things over which we have no control. What is important is what we do about them.

In the context of the fellowship, our only responsibility is for our own sexual behavior. The rest of the world around us is to be left in God's control. This is not to say

that we should relinquish our rights or responsibilities within our human community, but that we undertake those activities as citizens of that corporeal existence—not as a recovering sex addict in name, and not as a member of this fellowship.

By experiencing neutrality on the issues of the outside world, as individual members of this fellowship, and carrying this serenity to the level of the groups in which we participate, we will find that opinions on these issues are rarely formed. When issues do arise, the ability to place them in the focus of why we meet in the first place will almost always result in an immediate end to the discussion, and preclude the formation of a group or fellowship level opinion. "...hence the S.A.A. name ought never be drawn into public controversy."

Scott B.

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# Feature

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## Daddy

by Susan L.

Daddy I believe you when you say  
that you will get better again someday.  
I stand behind you all the way,  
and I continue to hope and I continue to pray  
that soon you will be home to stay.

It has been hard for us these past few years.  
We've had plenty of trials and tons of tears.  
I've looked into your eyes and seen the fears  
of loneliness and hopelessness and jeers,  
from your family, friends, and peers.

I've seen you look at your frightful fate  
and wonder if it is now too late  
to wipe all your mistakes clear off the slate  
and come back home to your first mate —  
back to your loved ones where life is great.

When will this terrible trial adjourn?  
Must life always follow this awful pattern?  
Will the pain continue to sting and burn?  
From these tests and hardships we must learn  
that to God we must always turn.

I believe you when you say  
that you will be home again someday.  
I stand behind you all the way,  
and I continue to hope and I continue to pray  
that soon you will be home again to stay.

I do this for one reason 'tis true  
cuz Daddy I sure do love you.

## **No Longer Crazy After All These Years**

by **Bill P.**

**T**hough I have told some of my story in the June, 1993 PBR, I wanted to write a short postscript. Having come into S.A.A. two and a half years ago, my simple prayer was, "If I never see another item of pornography for the rest of my life, I'll die a happy man." Somehow the simplicity of that moment has faded as I realized that pornography was just the tip of the iceberg that was ominously close to capsizing my life boat.

When it got overwhelming, I was reminded to "just keep going to meetings and stay in touch with your feelings." Small request, big job. My feelings were acting like thunderbolts and lightning one minute and midnight in Antarctica the next. I was stone cold depressed some days, leaving a now permanent body print in my sofa.

Another day I would find myself in a fetal position on my tear-stained oriental rug clutching the sunsuit I wore at one year old, crying, "Someone please hold me," or screaming "Stop hitting me, I'll be a good boy."

Then I would find myself at the cemetery kicking my father's tombstone and hollering in reference to his suicide, "Why did you leave me with those three crazy women?" At other times in

relating to an attractive woman, I would be totally overwhelmed with obsessive erotic fantasies around the clock. Stay in touch with my feelings? I'd sooner stick my tongue in a light socket. But I did it.

No wonder the psychiatrist in 1965 thought that shocking my brains for two months was preferable to letting that bag of tricks ever see the light of day. Besides, he was too obsessed with Duke basketball to want to listen to my story.

Last year I started reading. Pat Carnes, John Bradshaw, Robert Bly, Gershen Kaufman, Murray Bowen, Harriet Lerner, Pia Mellody, Bill W., Dr. Bob, and finally everything that Alice Miller has written. With Alice Miller, the roof on the world as I had known it collapsed.

If this life script strikes a responsive chord with anyone out there, God bless you. I'm asking for help and correspondence. There are days now when I begin to catch a glimpse of that sunrise on the S.A.A. coin.

Bill P.

Bill P.  
P.O. Box 52452  
Durham, NC 27717

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## On the Topic

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### Prison Outreach Program Update

by Arnold D.

I would like to update our *PBR* readers about our Prison Outreach Program. The progress that has been made within the last year is to say the least, "awesome." We went from a one man show to a worldwide network.

To start out with, our largest number of people in the whole program are the "Volunteers," who do the rewarding task of carrying the message of our recovery program to the men and women in prison. This number is in excess of one hundred and fifty (150) volunteers, and we can use more.

In setting up our new structure for the "Prison Outreach Program," we can see how our program has grown in the last five years, and we expect it to continue to grow as we spread the word of recovery. With this in mind, we also put in our structure a space for a "State Facilitator." We do not have anyone filling this position at this time, but we can see where it will be needed in the not too distant future.

We now have a "Coordinator" for each Region in the United States. The Coordinators distribute all the letters from Prison Inmates to our list of Volunteers. Doing this task we have Rick S. for the Northeast Region, Tom S.

for the Southeast Region, Dale W. for the Great Lakes Region, Doug W. for the North Central Region, Mike L. for the South Central Region, Pamela L. for the Southwest Region, and Charles A. for the Pacific Northwest Region. I would like to recognize Bernard B., who started out as Coordinator for the Southwest Region and who is unable to continue at this time. Bernard B. was replaced by the Alternate for that area who is Pamela L.

We now have a "Prison Outreach Committee," which consists of Rick S. from Virginia Beach, VA, in charge of "Volunteer Recruitment," Paul W. from Houston, TX, in charge of "Literature Procurement," and Mike C. from Indianapolis, IN, in charge of "Prison Meeting Development." Last but not least is myself, Arnold D. from Michigan. I am in charge of "Letter Writing/Temporary Sponsorship."

We now have a Board Member, Mark S., the Pacific Northwest Region Representative from California, whose full time job is liaison with the Prison Outreach Committee.

I am so proud to be a part of this wonderful team and so happy and thankful for all the recovery and sobriety that I have received

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## On the Topic

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from this type of spreading the word about our program.

I hope this will give you an idea of how our program is growing to meet the needs of the many addicts who still suffer and who need our program. They are so thankful to hear from our many and much needed "Volunteers." For many inmates, this is the only connection they have with the outside world. It is also my hope that if you have a need in the line of Prison Outreach information,

you will know who to contact in your area, or you can call the National Office in Texas (713-869-4902) for help in who to contact.

I would like to thank all the wonderful people mentioned here and all the people, groups, and intergroups who send money to support our growing needs. Thank you all for your support!

Your Friend in Recovery,  
Arnold D.  
Prison Outreach Committee Chair



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## Fellowship Forum

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### Sex Addiction in Mexico

by Mar

I was born and live in Mexico, and I'm a sex addict.

I was 18 and married to a man ten years my senior. When we came back from our honeymoon and I had sex with his best friend, who was married to one of my best friends. My newlywed husband found out, broke with his friend, and forgave me. We cried a lot together, but that didn't make me stop.

The marriage lasted nine painful years, and we had two babies. He left me, and for two years, I acted out with no restriction. I had a different lover every Friday, didn't wear any protection for pregnancy or diseases, lost my job and my reputation, and all my neighbors would call me and my daughters names. I then got married again, mainly to restore my place in society and to stop my acting out behavior. I remained faithful for two years and started all over again.

This addiction of mine has isolated me from myself, from God, from my children, my spouse, the rest of my family, from my neighborhood, my church, and my society. Recovery puts me in contact with my body, my feelings, and my intelligence. Through recovery I am also physically and emotionally available for my children and my husband. Now I even have girl-

friends! I was not interested in women before. They were boring. Anything that didn't have a direct relation with sex or romance was boring and didn't call my attention.

As I work the program, I'm here and now. My house is clean, my job done, my name respected. I'm part of this family, of this neighborhood, of Mexican SAA. I'm also part of a larger living body, SAA. I truly belong on this planet.

While I was reading "Exploring Healthy Sexuality," I kept asking myself: "Is there something like universal, eternal love? A healthy expression of sexuality that's in perfect harmony with the natural flow of the living universe? Are there certain universal and eternal guidelines for sexual behavior?"

I only know that I live in Mexico. We, as a people, have very strong family ties. Most of us are Catholic Christians. Some of our spiritual leaders were celibate a lifetime.

As part of my recovery, my husband and I have tried periods of celibacy. Forty days. Four months. One of these days, we will be able to explore a full year of non-sexual love. SAA allows me to define personal boundaries

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# Fellowship Forum

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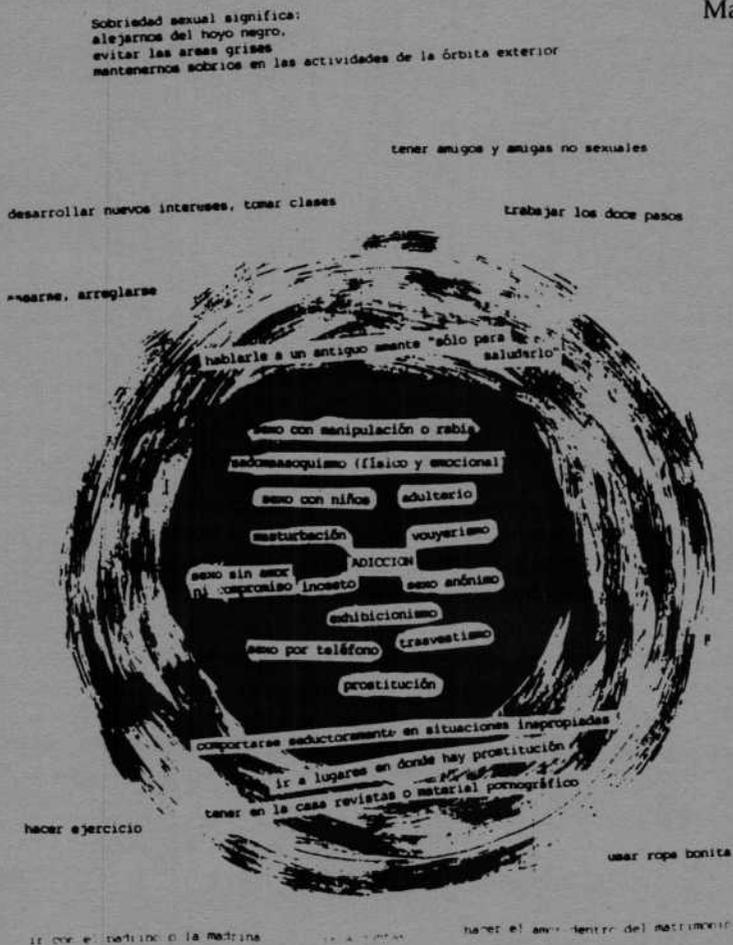
of recovery. Now, it's important to me to honor my people's values in what I call "healthy sexuality." It's important to me to feel that I'm part of a living process that involves thousands of people

through the history of time. While exploring healthy sexuality, my husband and I found celibacy. Celibacy has been one of the most exciting adventures in healthy sexuality I've every had.

Mar

I made this graphic short version of the three circles and it immediately took on a life of its own during our meetings.

Mar



# Announcements

## 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 in literature-related work. Connect to the network of people helping to create and distribute recovery literature. Fill out the form below and send it to:

Friends of the Literature Committee,  
c/o NSO of SAA, P.O. Box 70949, Houston, TX 77270.

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: (____) _____ - _____ FAX: (____) _____ - _____
E-Mail Address: _____
Intergroup: _____
Do you have a computer? <input type="checkbox"/> MAC <input type="checkbox"/> PC <input type="checkbox"/> Modem?
Friends of the Literature Committee (FOLC)

### Some projects we're working on:

- *Plain Brown Rapper*—increase the distribution of the *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 as well as reviewers of material already translated)
- Do you have any ideas for new literature?

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

## SUBSCRIBE TO THE *PLAIN BROWN RAPPER*

The *PBR* includes news of the worldwide fellowship of Sex Addicts Anonymous, stories of recovery, the experience of the fellowship in working the 12 Steps, outreach, service work, and more. The *PBR* is our journal and a vehicle for communication. In its pages, through the shared experience, strength, and hope of our fellowship, we aim to provide gifts for your recovery and serenity. \$12/year (\$18/year outside the U.S.)

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