



# Plain Brown Rapper

THE SAA NEWSLETTER

MAY 1996

Vol.8, No.5

## *In This Issue...*

### **2 Recovery Toolbox**

*In recovery from sexual addiction, many of us finally face the truth about the fact that in our addiction, we had been leading a hidden, double life. Also, we learn to measure our degree of progress rather than perfection.*

### **4 Steps & Traditions**

*When we admit our wrongs to God, to ourselves, and to another human being, we must disclose fully who we are. Member Richard W. shares what disclosure meant in his Fifth Step.*

### **5 Sisters in Sexual Sobriety**

*The Plain Brown Rapper joyfully welcomes a new quarterly supplement: the Sisters in Sexual Sobriety (SISS) newsletter.*

### **14 Forum**

*Making a presentation about SAA in a prison environment can be a daunting and intimidating task. Member Mark N. shares his practical experience with the fellowship.*

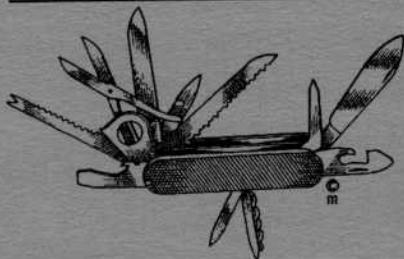
### **16 Announcements**

*The SAA Homepage is now available on the Internet. It is still under construction and your feedback is requested.*

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## Recovery Toolbox

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*Yesterday is history.  
Tomorrow is a mystery.  
Today is a gift —  
that's why we call it the Present.*

### Progress, Not Perfection by Frank M.

**T**here are two ways that I mark my progress in recovery. One is by quantity or frequency, the other is by quality or strength.

I've been in the program now for 21 months. I estimate that in the same length of time before recovery, I acted out in my "bottom-line" illegal behavior perhaps 30 times. Since then, I have only acted out that way one time. That's a 97% reduction of undesirable behavior — a real success!

The other way to mark progress is in such areas as spiritual awareness, attitude, and "middle-circle" behavior. I now have a continuing awareness that my God is helping me solve this addiction. It no longer depends on my own weak efforts and best intentions.

I now look at temptation differently. Before, I saw temptation as an opportunity to act out,

no matter what the consequences were. Now, every temptation comes equipped with built-in warning signs. My emotional "radar," which used to only look for partners to conquer, now sees the dangers that lurk behind every temptation. Truly, God is doing for me what I can't do - providing a way to escape, so that I can bear it.

This program and my higher power have given me the desire to examine my history of my addiction. Now I see, much more clearly, how the addiction started and how it progressed. I realize that I let my fantasies control my life, until I made the fantasies come true, no matter what the cost. The old song says, "Fool around, and you lose your wife. Fool around some more, and you lose your life."

Frank M.,  
Houston

### The Double Life

by Richard W.

**L**ike all human beings, I am a mixture of positive and negative qualities. I have many defects of character and many character attributes. I hope someday the attributes might outnumber the defects!

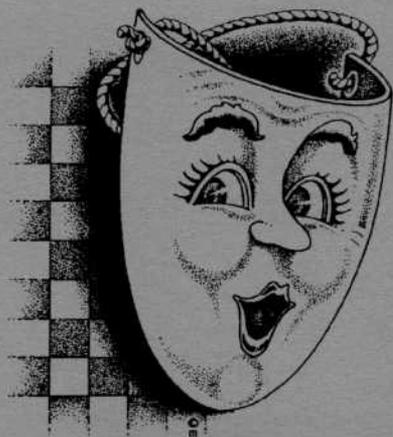
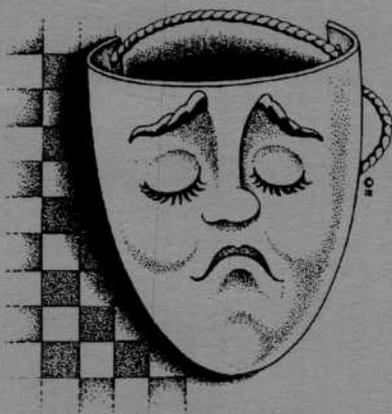
My concept of morality is based upon the principles of the 12-step recovery program. When there is a conflict between this concept and my behaviors as a sex addict, I have no peace. While I remain in recovery from my addiction, I experience the promised serenity. A life in active addiction is self-contradictory.

This situation is demonstrated by the "double life" of the typical addict. There is me, and there is the dark side of me, the addict within me, not unlike

another personality. It's more like the story of Dr. Jekyll and Mr. Hyde than the old cliché of a devil on one shoulder and an angel on the other, giving conflicting advice.

I can choose to be secretive or honest, arrogant or humble, greedy or generous, seductive or respectful, etc. My higher power will remove from me the worst aspects of my personality, if I'm willing to give them up and ask humbly. Hating the addictive part of me and wanting to be entirely rid of it forever is not realistic. Gaining the strength to acknowledge, modify and integrate those residual negative qualities is the best I can truly hope for.

Richard W.



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## Steps & Traditions

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**Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

### **Personal Revelations on Disclosure by Richard W.**

**A**s a child, I learned to lie. Feeling unlovable and "less than" I feared rejection and abandonment if I were to tell others how I truly felt. Gradually, I even lost self-awareness of my own emotions. I did not trust the adults in my life, given the examples I witnessed. As my sexual behaviors became more addictive and harmful to myself and others, these core myth-beliefs only strengthened. By the time I hit bottom, the web of lies was a dense tangle. The potential consequences of "fessing up" seemed impossibly severe to my impaired mind. It's no wonder that it took three months in a treatment center to break through my defenses and convince me to be rigorously honest.

Rigorous honesty is, after all, a most important recovery principle. Disclosure of my sexual addiction is an honesty issue. To be intimate is to be informed. If I want to experience intimacy within relationships, I must learn to trust others. This means letting them see who I am, and risk their rejection of me. Telling a lie is dishonest. I believe failure to disclose pertinent information to someone I am in a close relationship with is just as dishonest.

The fifth step is about disclosure. We admit to God, to ourselves, and to another human being the exact nature of our wrongs. This was a most lightening and freeing experience for me. After presenting a comprehensive formal fifth step to a psych tech at the treatment center in November, 1993, I felt as if two tons of weights had risen off my shoulders. He listened carefully, without running away, and gave me gentle positive feedback after I was through. I shall always be grateful for that.

Early in recovery, I rode the "pink cloud" and enthusiastically told my story to many people, in an indiscriminate "shotgun" fashion. This was not entirely bad, because I was able to reduce my shame and let out a lot of my secrets. Many handled my catharsis well, although there were some who judged and rejected me. Some weren't ready to learn about this mental illness of mine, some didn't understand my intentions. That hurt my new capability to feel my feelings. I accept the loss of my relationship with them as another of the many consequences of my sexual addiction.

*(continued on page 13)*

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# Sisters in Sexual Sobriety

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***Sisters in Sexual Sobriety* (SISS) Newsletter Now  
Published as a Section of the *Plain Brown Rapper* (PBR)**

Because "Sisters In Sexual Sobriety" is growing, costs are escalating, and we desire to reach more women in SAA, the National Service Office (NSO) is being asked to print and mail the *Sisters In Sexual Sobriety* (SISS) newsletter. Additionally, seventh tradition donations have not kept up with the costs of producing and mailing the publication.

This issue was on the agendas of the November 18, 1995 and January 20, 1996 National Service Board teleconferences. Mark N., who is an At-Large Board Member, and whose focus is Outreach, championed this issue for SISS. The proposal was that Barbara K., current SISS Editor, will continue to produce original copy, and send it to the NSO for printing and distribution.

The SISS editor will also be a member of a sub-committee of the NSO Literature Committee and will be responsible to that Literature Committee. In this way, the SISS newsletter becomes an official publication of the National Service Office of Sex Addicts Anonymous.

SISS will be sent out (quarterly) with the *Plain Brown Rapper* (PBR) to each registered group, and individuals will have to subscribe to the PBR in order to receive the SISS publication. The

people who were receiving the SISS newsletter will have to subscribe to the PBR to continue to receive the SISS news. There is no additional cost of the PBR subscription which includes the SISS section.

Surely, *Sisters in Sexual Sobriety* has come of age and is ready to be "out there" in order to reach more women in Sex Addicts Anonymous.

Thank you, NSO Board Members!

Barbara K., SISS Editor  
420 Allen Street  
Lansing, Michigan 48912-2602

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## Living on the Edge

I've always lived life on the edge of the cliff, with my toes hanging over, to get the maximum rush possible, and when it would erode, I would slip to the bottom. I just accepted it. My belief was that balance meant that for as high as I could live life, there must be a low as deep also. So I welcomed crises with open arms, waiting for the next high in my life to happen. All these highs are now my addictions and they ended up feeling like lows.

*(continued on page 11)*

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# Sisters in Sexual Sobriety

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## SISS Gets New Group Secretary-Coordinator

On March 3, 1996, Lorene B. of Virginia Beach, Virginia accepted the position of Secretary-Coordinator of Sisters in Sexual Sobriety, a group within Sex Addicts Anonymous whose purpose is to network and address the special needs of women in SAA. SISS also has had its own newsletter which effective immediately will be a section of the *Plain Brown Rapper*. SISS members meet annually at the SAA national convention and elect a delegate to vote at the delegate's convention.

Lorene, who is a six-year member of SAA, brings dedication and enthusiasm for service to

women in SAA. "I just wanted to make a place for women in SAA," she said. "When I went to the SAA convention in Louisville, I just wanted to connect with and talk with other women. There weren't any other women active in SAA in my area at that time and nothing was offered just for women in Louisville." At the reentry session, Lorene and Barbara K. met for the first time and decided to work together in formulating the Sisters in Sexual Sobriety network.

Lorene will be responsible for networking and programming and Barbara will continue to edit the SISS newsletter.

## Program Enriches Life

I was reading in an old journal of mine and thought this entry might be inspirational. I sat on the beach one day and wrote this about how the program has enriched my life. I was two months sober at the time. I've got 4 years now!

"I'm rich in my better understanding of my higher power. I no longer feel I am rotten because I fail and therefore I am unacceptable to my higher power.

"I realize I fail in my own efforts. I am powerless over my addiction, but when I turn it over,

my higher power does for me what I am unable to do for myself. I am wholly accepted by my higher power. I need him and there is no shame in that. When I fail, I have the program to help me see where I have faltered and I cast myself back into the loving arms of my higher power, accepted, beloved, caressed and cared for more than anyone could ever be for me.

God is good to me. I see it in every circumstance of my life."

Lorene B.  
Virginia Beach, VA

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# Sisters in Sexual Sobriety

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## SISS Demographics Update

**N**inety-nine women from Phoenix, Tucson, Burbank, Long Beach, Venice, West Hollywood, Windsor, Boulder, Denver, Lakewood, Colonia Paseos de Churubusco, Washington, DC, East Sussex, London, Miami, Miami Beach, Orlando, Norcross, Monmouth, Sycamore, Bloomington, Indianapolis, Lexington, Louisville, Ann Arbor, Brighton, Coldwater, Dearborn, Dewitt, East Lansing, Flint, Grand Rapids, Holland, Howell, Lansing, Ludington, Milford Twp., Monroe, Pinckney, Rockford, St. Joseph, Troy, Warren, Ypsilanti, Minneapolis, St. Paul, St. Louis, Henderson, Las Cruces, Santa Fe, Burlington, Jamestown, Bismark, Bartlesville, Waterville, Houston, El Paso, Lufkin, Midland, San Antonio, Chesapeake, Norfolk, Virginia Beach, and Hortonville have eagerly awaited the SISS newsletter, our meeting in print.

The SISS section of the *Plain Brown Rapper* will appear at least quarterly, more often if we get enough articles on a regular basis from the women in SAA.

Do you realize the potential here for connectedness and the power of recovery? As editor and a woman I am exhilarated by the fact that women all over the country are reaching out to you and I and are hoping for a respite

from the drudgery and pain of addiction.

What do we have to offer each other? The routes of our addiction have been circuitous in getting each of us to recovery, but with other women to relate to I feel a bond, a strength, a unity of purpose.

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*Ninety-nine women from  
Phoenix, Tucson,  
Burbank, Long Beach, Venice,  
West Hollywood, Windsor,  
Boulder, Denver...*

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What do you want to tell the new woman who walks into a mixed meeting but who may never return because of fear and shame? I want to tell her it doesn't mean she is bad or is too sick for recovery. I want to tell her I can relate to her because of our womanhood. I want to say "Here is a safe place to experience recovery. Here I can risk sharing things I might not in a mixed meeting. Here I can risk telling the truth, about me, and my past." "Here" to me means this SISS meeting in print or the women's meeting I attend each Sunday at noon. So pull up a chair and share!

Barbara K.  
Lansing, MI

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# Sisters in Sexual Sobriety

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## The Story of Sisters in Sexual Sobriety (SISS)

Ever since the convention in Louisville, Kentucky in May, 1993, it seemed like a good idea to start a network of women in the program. Many who attended the convention were the only women in their group or in Lorene's case, the only woman in her state to be attending meetings. Some of us felt very much alone and others were fortunate enough to have a group made up of women only. All women to whom I spoke felt the need to connect with other recovering women and thought it essential to our recovery from sex addiction and our growth as women.

So how were we to do this since many miles separate us? A meeting in print via a monthly or bimonthly newsletter seemed to be a good place to begin. At the convention, the editor, Barbara K., began to network with the other attendees and gathered names and addresses of eleven other women. She met other women from Grand Rapids and Ann Arbor and soon the list grew to twenty-seven in the network. Those first women were given a list of the others, so truly a network could begin. It didn't feel or appear to be a network if only one woman had the contacts. Access to and connectedness with other recovering women was the whole point of establishing a network. To date, forty-six women are networking

via this newsletter. Phone calls and requests for copies of the newsletter have been received from twelve states and Canada. Clearly it was time for SISS.

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***All women to whom I spoke felt the need to connect with other recovering women and thought it essential to our recovery from sex addiction and our growth as women.***

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If you have other ideas about how to network with other women write SISS and let us know you are out there.

Reprinted from the January, 1994 SISS newsletter.

[SISS Editor's note: As of 3-7-96, Sisters in Sexual Sobriety has 99 female members of SAA who reside in 20 states, The District of Columbia, and four countries. We know we have barely scratched the surface of work to be done for women in SAA.]

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# Sisters in Sexual Sobriety

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## What Females in SAA Mean to Me

I was a woman-hater for most of my adult life. Perhaps the most agonizing aspect of this was the fact that I also had a desire to fall in love with a woman who was in love with me. I didn't know that my belief system (that all women hated me; that women were to blame for all my problems; that all women were out for themselves) was faulty, or that there were reasons why I felt this way, reasons originating in my youth, reasons that prevented me from even asking for help. I was on a path that led from loneliness to isolation to life-threatening behavior, for I could easily have contracted H.I.V. due to my acting out. It was only when A.I.D.S. cases started to show up at the Health Department in Grand Rapids, that I was able to see that I needed to make some changes, or die.

In the fall of 1990, at the advice of my doctor, I sought psychological help for my problem. I knew nothing about sexual addiction, but I knew that I had made many vows to stop my behavior, had many times promised myself that this would be the last time, and of course—it wasn't the last time at all. I just thought that I was over-sexed, and needed help with moderation. The psychologist that I met with gave me a referral to Sex Addicts Anonymous. I attended my first

meeting on Sunday, September 15, 1990. It was a bit of a shock.

I walked into the basement room of a church rectory in Grand Rapids at 4:00 PM. At first, I thought that there was no one else there; then, I noticed that there was one other person in the room, sitting very quietly on a sofa.

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*I believe that the best  
is yet to come.*

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A woman. I made some clumsy remark, and went to find the SAA meeting, but I couldn't locate any other person, so I went back and asked the lady if there was a "meeting" here today. She told me that there was, and asked me specifically if I was there for SAA. After I stammered that I was indeed here for my first step, we waited for fifteen minutes to see if anyone else would arrive. When no one came, she told me her personal story, talked briefly about SAA and invited me to share my story with her. If you can remember the relief that your first step brought to you, then you can imagine how I felt. My feeling of relief was augmented by the courage and compassion that the SAA member showed me by first-stepping a male whom she had never met before, by herself. I could have been anyone; I could

*(continued on next page)*

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# Sisters in Sexual Sobriety

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## Kudos From a Woman in SLAA

Recently I have been told about your publication, and as a woman member of SLAA, I feel that anything touching my recovery is worth inquiring. Please add me to your mailing list. Also, I have been told that you have no objection to having your newsletter photocopied. Please confirm it for me and I will gladly share SISS newsletters with as many women as I can [Ed. note: Yes, it's okay. SISS would appreciate being cited as the source if copied for other publications.] I'm grateful that SISS took the initiative to endeavor such a

project. My best wishes for continued success.

Nicole J.  
Miami Beach, FL

Reprinted from the Feb/Mar 1994 SISS newsletter.

[SISS Editor's note: The SISS newsletter will now be a section of the *Plain Brown Rapper*, the monthly newsletter of SAA. To receive both, send \$12 for a one-year subscription to the Plain Brown Rapper, NSO of SAA, PO Box 70949, Houston TX 77270. A separate subscription just to the SISS section of the *PBR* is not an option at this time.]

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## What Females in SAA Mean to Me

*(continued from previous page)*  
have been dangerous. She saw me through, though, and I entered SAA in a way that was truly a gift for this sex addict, because this was the first time in my life that I shared the intimate details of who I was with anyone, and was the starting point for the end of my woman-hating period that had lasted for twenty years. I am not a woman-hater today.

I have gone on to experience the only sharing, intimate, caring relationships that I have ever known in my life. I believe that the best is yet to come. I also believe that if there had not been

anyone at my first meeting, then I might have walked away from recovery. I'm glad that the lady attended that Sunday.

Since that time, I have always tried, wherever the best interests of SAA would permit, to do whatever I could to enhance the recovery opportunities for women in SAA. Anything I have ever done on behalf of females I have considered to be only an installment on an old debt, and it seems to me that it is never enough. So, I will keep trying.

Mark N.  
Grand Rapids, Michigan

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# Sisters in Sexual Sobriety

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## Women's Sanctuary Meeting Restarts in Lansing, Michigan

In the eleven years that SAA has been in Lansing, we always had mixed groups. Women rarely came back after one meeting because they were so triggered by the men in the group and felt shame about talking about their sexual addiction in a mixed group. Recently, a female friend of mine in SAA told me she felt shame because I, another woman, was in the room with her and the male group members.

Most women who did share seemed to have multiple affairs, serial relationships, infidelity, and promiscuity as their main ways of acting out sexually. I couldn't relate because that had not been my pattern and I rarely reached out to other women because I thought they wouldn't stay anyway so why bother? Masturbation, exhibitionism, pornography, and fantasy were my addictions and I identified more with the men in the group than the women. I had never met another woman who had the same problem, so I thought I was different and didn't need other women. Little did I know that I was perpetuating a pattern that had started in me as a child.

Other women began attending regularly, so we started our own women's sanctuary group, named after the former Ann Arbor Women's Sanctuary Group.

I looked up the word "sanctuary" in the dictionary and the last definition is "A place of refuge and protection ...where predators are controlled and hunting is illegal." One night at the women's meeting in Ann Arbor, Theresa said she felt that she was "in the sanctuary of women's pain and healing." What a gentle, healing, compassionate statement.

Barbara K.  
Lansing, MI

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## Living on the Edge

*(continued from page 5)*

I'm still walking the cliffs but I see its beauty now. I'm looking up and ahead, not down the cliff to see what's going to happen next. I can breathe serenely and look at each of you and see in your eyes that I'm okay today. When I slip or lose my footing, there's a room full of hands to help me climb back up and assure my steps. All it takes is for me to keep my eyes off the floor and to look at each of you to help me stay off that treacherous mountainside.

Love to all SAAs.  
Jeanne S.  
Dewitt, MI

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# Sisters in Sexual Sobriety

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## News From Former SISS

Dear SISS,

I just received your newsletter once again and thought I would drop you a line.

I have had a wonderful "recovery." About a year ago—in therapy of course, I remembered a very traumatic event from my childhood. Immediately afterward I completely stopped all of my destructive behaviors! Since then, my therapist and I have continued to work through these and other issues. I am now a fully functioning, healthy, happy person! It has been a long, bumpy ride but I am finally free from all that was so destructive before. I believe that my good therapist is the reason for all my progress!

Just recently I met a wonderful caring man who is supportive of me and all I do. My grades in school are greatly improved. I made MSU's dean's list last semester and should graduate in a couple more years.

I hope this finds you well, and I hope the [Lansing Women's SAA] Group is still going strong. Thank you all so much for being there for me when I needed you! I pray that you all can be as happy as I have become. Keep looking for the answers. I'm proof that they are out there! Please pass this on if you feel it is appropriate. I hope you continue to help people with your love and support.

Love, Corinne,  
East Lansing, MI

## Letters to the SISS Editor

Dear Barbara,

Thanks for all of your work on SISS. I always enjoy reading it. Please find enclosed a 7th tradition to help defray costs. Please forward this letter to Bev...

Dear Bev!

I think your idea about a monthly closed women's meeting [in southwest Michigan] is great and oh so necessary! Of course I am partial to Ann Arbor as a meeting place, but would be willing to make a short trip if necessary to find it. The only suggestion I have is to not do it at 4:00 PM Saturday just in case people want to attend the COSA/SAA meetings at 1st Baptist. I think Saturday AM would work best for me. We usually have church things going on Sunday AM & PM. Thank you so much for volunteering to organize this. It's so important for all of us to connect. Please call soon—looking forward to hearing from you.

Love, Maria S.-E.  
Ann Arbor, Michigan

P.S. I had a boy 3 weeks after the conference! June 17th, Samuel S.-E., 8 lbs 51/2 oz.

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## Steps & Traditions

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*(continued from page 4)*

As I grow in maturity and spirituality within the recovery process, I choose a disclosure approach with a more selective "rifle" fashion. On a case-by-case basis, I decide who needs to know about my sexual addiction, to what degree and what level of detail. My sponsor and therapist help guide me during this process. I'm not the best judge whether someone is ready to hear about this part of me.

Selecting what to tell whom regarding my sexual addiction is also an exercise in setting boundaries. A curious casual acquaintance may probe, based on rumors. I have a right to privacy, but secrets keep me sick. I may choose not to disclose personal details about myself to someone I barely know. A casual dating partner doesn't need to know about my sexual addiction. If the relationship were to blossom, then disclosure would be mandatory prior to sexual relations. Any potential lover must be able to decide whether to be sexual with me, knowing my past history and the current status of my recovery. To explain this adequately is difficult. In this situation, I must guard carefully against my tendency toward manipulation, intrigue and hidden agendas. I must be as open and honest as I can be whenever and wherever possible.

Here is my current disclosure list, which has gradually grown

over time with experience. My therapist and sponsor know everything about me. My SAA 12-step group has heard my first step more than once. My close friends who are also addicts catch on quickly. My close non-addict friends need help overcoming their tendency to minimize. Those who care about me, and are open and ready, will cue me toward the level of detail they are comfortable with. My professional colleagues also guide me as to detail in this manner. I have disclosed my sexual addiction to my family of origin. This was in part to give the shame and guilt that wasn't mine back to my perpetrator. It also aided me in giving up the "hero" role.

I have an innate fear of authority figures. I need the help of my therapist as regards disclosure in this arena. These authorities might include an employer, the legal system, probation officer, licensing boards, or other regulatory bodies. I must be honest here, even though accepting the consequences is hard at times. I consult my therapist when filling out insurance or employment applications. The wording on these applications vary, and the potential stakes are high.

I am learning to seek wise healthy ways to show myself to others, including the fact of my sexual addiction. I know truth revealed releases me from the binding ties of hidden shame.

Richard W.

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## Forum

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### Presentations For Prisoners (And Others)

by Mark N.

I first wrote these guidelines for presentations for prisoners in the state of Michigan, but this model for carrying our message could also be used for addressing any large group regarding our addiction and our recovery. This is a useful tool for Outreach in general.

Presentations to large numbers of prisoners is an excellent way to carry our twelve-step message. We will, for the foreseeable future, have a limited number of people who will be willing to act as volunteers in prisons, and also a limited number of people who are willing to act as letter writers. As a consequence, most of the people in prison who are sex addicts will never get the opportunity to experience SAA either in a group or one-on-one in a pen-pal relationship. Presentations of what SAA is about to large numbers of people will allow these people to hear firsthand testimony from recovering sex addicts as they speak about their own personal recoveries, and about SAA in general. In a sense, such presentations are "first-step" meetings on a grand scale.

It is also advisable to pass out, for general information, post office addresses of local groups that inmates may write to as they approach their release date. It is

important to include only P.O. box numbers for groups — no personal information should be included. This will enable the inmates to find our fellowship once they are released without compromising any individual's anonymity or confidentiality.

A necessary step is to contact a given prison about the possibility of conducting a presentation at their facility. Remember that people who work for the Department of Corrections do not generally look favorably on dealing with "aliases." Therefore, it is best to give your full name to any official you're dealing with to expedite your request. I have given away my anonymity on numerous occasions, and I have never suffered any personal embarrassment as a result. However, I can only give away my own anonymity. An over-eager member of SAA once gave out my full name and home address to a prisoner advocacy group of private citizens in the state of Michigan, an organization that he had contact with. He wrongfully assumed that I would also be interested. I must stress: do not make any decision regarding the anonymity of anyone without their approval. This can only lead to an unfortunate result.

Once a facility has been contacted, the next step is to

identify who at the facility is responsible for actuating programs for prisoners. In Michigan, this can be a Chaplain, a Special Activities Director, an Assistant Deputy Warden, a member of the psychological staff, or a guard. If the responsible party at the facility agrees to allow our fellowship to make a presentation, then you need only establish a date and time that is amenable to all concerned.

A good format for these presentations is to give an introduction of the presenters to the audience, to speak in general about SAA, how it compares to other twelve-step groups, and to stress certain points: we are a spiritual fellowship; all religious beliefs are welcome to participate; SAA will not help an inmate shorten his sentence; our fellowship has no interest in getting people out of prison, but we do hope to help people avoid returning to prison once they are released; membership is open to all who share a desire to stop their compulsive sexual behavior; and participation is free, as we have no dues or fees.

Once these points, and any other pertinent information, is passed along, then it is advantageous to have two or more people tell their stories. Support for the presenters is very important because none of us can remember every aspect of our fellowship and our recovery at a moment's notice,

and it is easy to become tongue-tied. Worse yet, people who become flustered sometimes try to "cover up" with grandiosity. This can be avoided by working with other members of our fellowship. Work in pairs. There is strength in numbers.

Once the personal stories have been shared, questions and answers may follow. Be prepared for a variety of questions. What is familiar to us is often unfamiliar to the newcomer.

When the presentation is concluded, I always make a point of shaking each man's hand. I do this not only for fellowship's sake, but also to thank each of them for allowing me to carry the message in a way that I find very fulfilling. I also thank the facility for letting us come in and present. I always try to remind all concerned that it is the Department of Corrections that allows us, and in some recent cases, asks us, to come in.

We have established a good reputation as volunteers in the state of Michigan. In fact, at a presentation for staff at the W.J. Maxey School for Boys, I mentioned our excellent record of service to that staff, and I told them that we were indeed very dependable as volunteers, both in attendance and quality of our meetings; that we are in fact compulsive about it.

Yours in Recovery,  
Mark N.

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# Announcements

## FRIENDS OF THE LITERATURE COMMITTEE (FOLC)

### Your Feedback is Requested

#### SAA Homepage Available on the Internet

<http://www.sexaa.org>

The SAA homepage is in a developmental stage. We need feedback from the fellowship of SAA to assist the Literature Committee, and the entire SAA fellowship, in carrying our message of hope.

If you are able, please surf on over to the WorldWideWeb site listed above. Remember that the site is still under construction and only with your feedback and input can we give it shape and direction as guided by the conscience of the fellowship.

You may e-mail comments to:

Jerry B., NSO Office Manager ([JerryB1012@aol.com](mailto:JerryB1012@aol.com))

or

[webmaster@sexaa.org](mailto:webmaster@sexaa.org)

You may mail comments to:

Jerry B, NSO Office Manager

P.O. Box P.O. Box 70949,

Houston, TX 77270

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