

The Plain Brown Rapper

THE SAA NEWSLETTER

Volume 10, Issue 2

Carrying the message of hope
to the Sex Addict who still suffers

April - May, 1998

IT'S HERE:

FIND IT ON: Page:

ISO BOARD	7
LIT COM	6 - 7
NEWS-VIEWS	1
LETTERS	2
ARTICLES	
Outreach to Women ... by Chris D.	2
Ten Rules for Confronting a Sponsee.... by Rich W.	5
Update: Sex Addiction and the Internet ...by Joel D.	7
Honesty - The Biggest Gift of Recovery ...by Chuck H.	8
Daily Renewal Pledgeby Perc	10
PRISON	
OUTREACH	
FROM INSIDE ..by Tim C.	9
FROM INSIDE ...by Jerry A.	6
LETTERS	1
FINANCIAL REPORTS, MARCH & YTD	12
GROUPS	1
POETRY	4 - 5
Steps - Traditions	10
LITERATURE- MEDALLION- TAPE CATALOG	Call ISO Office- 713-869- 4902
SUBSCRIPTION and LIFELINE PARTNERS	11

FROM PAGE 1 LAST MO..

Don't forget !! Pat C., in writing the "Large Book" for us, with the help of the Literature Committee, NEED MORE STORIES!

There has been some response but more are needed. What about YOURS? Get out last month's copy of the PBR to see again what is needed. For sure many of you can find something there to write on from your experiences in recovery. Write a brief descriptive letter about what you wish to contribute, including your name, address, phone and/or e-mail, and send to "Large Book", ISO of SAA, P.O. Box 70949, Houston, TX 77270. You will be sent instructions to help with your writing.

NOTES FROM GROUPS, WHERE ARE YOURS?

It's nice to hear from old friends and let others know what's happening. And we'd really like to hear from MORE groups!! We did get another letter from fellow member Ali from India who reports he is planning to come to Convention at Hampton to represent his group IF he can get a visa. To help that issue, send him a letter of invitation. Ali, P.O. Box 1337, Malakpet, Hyderabad-500-036, India.

+++++
We hear from the Black Hills Area SAA Group at Rapid City, SD: Looks like the group will have as many women as men as of April 2nd. And this is no April Fool. It's a milestone. The group is a safe place for all!

+++++
Good wishes to all readers from a former ISO Board member and Chairman of the Board, John B. of Minnesota. Great to talk with him again!

HOW GREAT TO HAVE "STUFF" ALREADY HERE FOR NEXT ISSUE OF THE PBR

Yes, it's true, true - Articles and letters are already in the computer ready to insert into the next issue of the PBR !!!

We here on the LitCom are encouraged that you are responding to the need for sharing your ESH for the benefit of the fellowship, and for others, still hurting. Please keep it flowing as we all move toward the light.

And just for the record, some things you'll see next issue:

1. "Passion"..... by Joel
2. "First Rule of Self Defense". anon
3. "Addict Rimes/Sordid Reasons" [poetry], "5 1/2 years with the Grace SAA @ Coffield Unit of TDCJID." by Bill R. [see his poetry in this issue.

4. "Constructive and Restrictive Motivation". by Joel D.
5. "Challenges and Insights" by Louis D
6. From the Inside, "...the Perverse".....by Jim Z.

And we hope by publication time we will have a full issue's worth and some left over.

KEEP THOSE CARDS AND LETTERS COMIN' IN!!

A FEW REMINDERS ON SUBMISSIONS TO THE PBR

First of all, thanks for the many submissions we have received for publication in the PBR; it is truly gratifying! But, being we have a lazy Editor, who doesn't do well at editing anyway, it would help us out immensely if you would be as concise as possible in your writing, without losing the character of your story. We do NOT wish to edit if it can be avoided since it is a story of YOUR experience, strength, and hope. And since it is YOUR story, use "I" language, especially when speaking of YOUR "feelings". Also, unless really necessary, could you keep your submissions to 600 to 900 words? There are about 300 words in one column with only a little left for headline. An article of 1300 words takes about 1-1/2 pages. We don't want to lose any of our readers. Thanks for helping make this publication WORK!
Ed.

GET THOSE CONVENTION REGISTRATIONS IN !!
YOU'VE STILL GOT TIME TO SAVE SOME \$\$\$\$\$!!!

OUTREACH TO WOMEN - WHAT'S THE PROBLEM ?

Hello, my name is Chris D. and I'm submitting below a piece for the PBR.

OPINION

In discussing the membership of SAA, I have heard one thing come up time and again, something which bothers me very much. I hear about women members of SAA who are virtually alone in their areas. More than once I have heard of women who are the "only" SAA members in an entire city's fellowship, and these are major cities.

Why does this disturb me? Because I feel if there are so few women in Sex Addicts Anonymous, then we're doing something wrong. Our primary purpose is to carry the message to the still-suffering sex addict. If SAA is only carrying this message to men, then we are not fulfilling this purpose. If there is an area, for instance, in which there are few women members, or only one, or none at all - and if the intergroup of this area doesn't consider this a problem, then forgive me, but that intergroup is not doing its job. I believe that is irresponsible for us to accept this state of affairs as the way it should be. What can we do? First of all, talk about it. I hope that by bringing up this issue I can stimulate some dialogue. In addition, I have two concrete proposals:

1) If your area's meetings are primarily for men only, start mixed meetings, and if possible change some of the men's meetings to mixed meetings. I believe that the tradition we've had in SAA of gender-specific meetings was born out of fear and that it's time to change it. There are two main justifications I have heard for restricting meetings by gender. The first is that having the opposite sex at the meeting would "trigger" us, in other words we need to be safe from that

possibility at meetings. Besides the fact that this reasoning ignores gay members, I believe that experience has proven it to be untrue. Mixed meetings in my Tucson area have helped members of both genders to recognize the similarities we share as addicts, to see each other as human beings rather than sexual objects, and thus immeasurably helped our recovery. The second justification is that members will feel safer sharing with people of their own gender. Again, experience in Tucson has shown that this is not true. By opening up in a mixed setting, we are able to become more honest with people in general rather than reinforcing a separate gender mentality.

Please understand that I'm not saying that we should never have men's meetings or women's meetings. But I do believe they should be the exception rather than the rule. Our third tradition says that the only requirement for membership is the desire to stop compulsive sexual behavior. Restricting meeting attendance by gender goes against the spirit of our traditions.

2) Women who do approach the fellowship should be welcomed, and outreach efforts should be made by Public Information or Outreach committees to carry the message to women. Women who are in other fellowships as well as SAA can carry the message to female members of those fellowships who reach out to them for help. Once networks of sponsors and co-sponsors are created, female membership will grow. But I believe it will only thrive in a primarily mixed meeting fellowship.

I'm sure there are other more subtle reasons for the problem, some having to do with social assumptions about gender and sex addiction. But I firmly believe that we are

abrogating our responsibility if we just ignore the problem. I don't mean to present my area as one that has no problems - we certainly have our share. But I am proud to say that lack of female participation is not one of them. Time and again visitors express amazement at the number of women at our meetings. I believe the reasons lie partly in the two suggestions I have made. All of our meetings are mixed, and we stay conscious in our service structure of the need to reach out to sex addicts of both genders. I sincerely hope that SAA as a whole can face this issue, discuss it, and deal with it in a way that serves the needs of all sex addicts.

Chris D. Tucson

SORELY NEEDED !!!

Rich D. recently called me for some assistance. Not me, but the PBR. On February 12, 1998, just weeks ago, his wife committed suicide. I would imagine all of you know what problems he might be having now, on top of doing his program in SAA. When he called the pain was obvious.

What he would like besides your general prayerful concerns, is to hear from another male member of the fellowship who has lost a wife to suicide. Although he didn't say it, I would imagine he would appreciate a letter from anyone who has lost a family member in such way.

He asked the PBR to call for letters to be sent by e-mail to rdegarmo@bess.net or to the ISO office at P.O. Box 70949, Houston, TX 77270. Mark your envelope: Attn: Personal, Rich D. The mail will be forwarded. After that initial mailing we presume an exchange of safe addresses and mail to be sent directly to those addresses.

And for you Rich, on behalf of the Fellowship, our condolences, and then our best wishes, for your well-being, today and everyday. "This too, shall pass".

POETRY - THOUGHTS - JOURNEYS - RHYMES - MEMORIES

Journey to the heart

there is a wall around my heart
 it is made of shame
 it was a gift when I was young
 it kept me hidden-the wall protected
 nothing got through
 loneliness snuck in and strangled
 my heart
 addiction came in and battled the
 loneliness
 but addiction brought more stones
 for the shame wall
 more stones-higher wall
 higher wall more lonely
 more addiction to battle loneliness
 more stones-confrontation
 HP said, "I know your shame, let it
 go"
 gave him a stone
 light broke through-warmed heart
 knew unconditional love
 fear said, "keep stones, stones pro-
 tect"
 HP said, "trust"
 gave up another stone
 voices broke through, "your shame
 is welcome here"
 heart cried-tears melted walls
 flood of love and acceptance from
 men flowed in
 love drowned loneliness
 HP said, "I love you"-
 voices said, " We love and accept
 you"
 "I do now love and accept myself"

Jim F.

+++++

TOGETHER

We speak one pain with
 separate mouths,
 We cry communal tears.
 We fill this holy place with love,
 We touch each others' fears.
 I will help you ease your pain,
 You will give me sight.
 Together we can start again,
 And make it through this night.
 No one can walk this walk but me,
 But I can't walk alone.
 We'll keep each other company,
 And find our way back home.

Bill R.

FROM A NEW-NEW MEMBER

Sometimes the obsession of im-
 pulse takes over
 The good thought of pleasure from
 the moment...
 Can ruin the chances of tomorrow
 Even when I'm sober
 Living Life for its enjoyment
 Can be more than I can bear
 The Committee in my head - or -
 Perhaps the devil on my shoulder
 My thoughts wandering...how can I
 get this guy in bed?

My heart numb from pain
 While my addiction takes over.
 Controlling my life
 In the path of destruction
 Mutilating everything I touch
 Will my life ever be under re-
 construction?
 Maybe I should go through with this
 hunch.

It's hard to stand on my own two
 feet
 Especially immersed in the quick-
 sand of addiction
 Maybe I should admit defeat.
 I wish I had a magic wand
 To heal the pain I've caused
 Those I have con'd.

I know what I need to do,
 But things have a tendency to get
 in the way
 Now, here I am feeling blue
 What's the greater price I must
 pay?
 I've had my life of play through hell-
 with all the sorrow
 I try to rest in his arms
 Hoping the moment will last all the
 way - through the next tomorrow.

I use my charm
 to get what I want
 Not caring who I harm
 It's their sex I sought.
 Misplacing my goals and dreams,
 Into another human being.
 Now to awaken,
 That I must be the one to quit tak-
 ing.

I need to trust in a Higher Power -
 to get me through this
 Sometimes I really feel like jumping
 off that high tower
 But no, I'm living for his kiss.
 Letting go is hard to do

But hanging on will kill me
 If I can't accept it's through.
 I want to be with someone
 Where it's not you and I, But ME.

Time and money wasted - with
 nothing to show
 I want to start over and be -
 as clean as the fresh fallen snow.

I guess what I'm getting at - is
 God I need your help
 Please help me to stop acting out
 I'm turning things over to you now
 again.

I can't control or manage anything
 So in your care may I receive
 Healing you will bring
 Thank you for opening my eyes and
 allowing me to see.

by Kristin K, Rapid City SD. The
 day before my third SAA meeting

+++++

The Top 10 Signs That You're An Adrenaline Addict.

1. You and your body feel pressure to perform or produce.
2. You arrive at appointments just in the nick of time or late.
3. You over-promise results.
4. You procrastinate and then rush to deliver.
5. You are impatient.
6. You speak quickly and can't slow yourself down without lots of effort.
7. You don't maintain a healthy reserve of time, money and space for yourself.
8. You are always on to the next project before this one is done.
9. You demand an immediate response; delays, even expected ones, upset you greatly.
10. You seek out professions or situations which will feed your addictions.

Who sent it??



POETRY - THOUGHTS - JOURNEYS - RHYMES - MEMORIES

CONTINUED.....



Dear PBR,

Last week I had the pleasure of meeting Ken B. [of empty chair]. He came to our SAA meeting here in prison, I was "antsy" for a meeting as we hadn't had one in 4 weeks! They [the administration] had been talking about terminating our meetings but Ken B. informed us he had found some more volunteers and renewed his own credentials there and our meetings will continue!!! I shared with him and our group a poem I had written a couple weeks earlier about addiction. He asked me to share it with you and the readers of the PBR. He suggested I enclose the introduction I gave for you too. So, here it is:

I started thinking one day about addictions. About how we chase them for extended lengths of time and give up things that are precious to us to get them. Like the fox hunters who chase the fox with the hounds. The fox is the addiction and the hounds are the vehicles we use to chase that addiction. With that in mind, allow me to introduce you to.....

"THE HUNTER"

Life is always full
of little ups and downs,
So pick up your hankie,
Release the hounds!
Dry your eyes,
And wipe your nose;
Pull up your bootstraps,
And be on your toes.
The fox - it's a running,
It's way in the lead,
There's so many things,
That I feel that I need!
Avarice, greed,
Fortunes and fame,
I wanted it all,
So I playe at the game!
We zigged to the left,
We zagged to the right,
We were running in place,

Through the long, cold, dark night.
The hounds went on barking,
The sun reappeared,
But strangely we'd aged,
Not by days, but by years!

Life's stage is so big,
Have I been deceived?
It matters not now,
'Cause I'll get no reprieve.
I followed the fox,
Where it willed me to go,
It was cunning and baffling,
But all that I did know!
Still I ran 'round in circles,
While the others stayed clear,
And I gave up the things,
That to me were so dear!
Now my hankie is threadbare,
My hounds are all dead,
Time to turn out the lights,
Time to move on ahead.
And all of those things,
That I felt must be mine,
Don't mean nothing at all,
As you run out of time.
When did they announce,
The last curtain call?
How could I have missed it?
I heard nothing at all!!

Terry K.

A SPONSOR'S TEN RULES ON CONFRONTING A SPONSEE

...by Rich W.

As an addict, my response to confrontation about my behavior was dysfunctional, driven by my shame and fear I would lie and deny all accusations. I would attempt to distract my accuser in any way possible. I would blame and counter-attack, even making false accusations. I would expend huge energies with minimization, rationalization or justification. When truly

caught without even a lame excuse, I would make empty promises merely to placate. While sometimes I "got away with it", these gains were often short-term, in the long run ineffective and harmful.

With recovery came more healthy choices. I have made mistakes and had relapses. Confrontation is now an opportunity for me to grow. When confronted, I am able to listen, reflect upon myself and my behavior, and admit my wrongs. Amends are quick and easy. I no longer feel ashamed and fearful. I no longer have such a huge ego to maintain. I don't have to exert myself by finding or inventing another's sins. This is freedom!

With long-term recovery, I am confronted less often because I'm not acting out. As a sponsor, I'm confronting more often than I am confronted. I confront as a response to what I perceive as impaired thinking. This is different from giving advice. I have developed a set of rules about confronting a sponsee, and wish to share them here.

1. Always be gentle, caring, loving and supportive.
2. Wait and listen carefully first.
3. Ask permission to respond.
4. Always be gentle, caring, loving and supportive.
5. Reply based on personal experience.
6. Reply based on the 12 steps and 12 traditions.
7. Always be gentle, caring, loving and supportive.
8. Be specific about an issue; do not respond to details.
9. Remember the goal is to help, build up and guide.
- 10 Always be gentle, caring, loving and supportive.

MY LIFE IS BUT A ROW BOAT ON THE OCEAN OF LIFE...

by JERRY A.

I was blessed with life and also the knowledge and materials to build myself a nice row boat. Oh, in the wee hours of life I just floated on a magical cushion of air since I was too young to use the materials given me. That was short-lived, however, and real soon I was using my knowledge [without experience - therefore instinct] and putting my materials together into a sort of rowboat.

It was a haphazard affair and quite leaky so I moved things around to patch leaks. I also bailed like hell! With the leaks I fought for a long time but I had to learn to row. [What's a row boat without rowing?] So row I did, aimlessly at first, but then doggedly toward an unknown distant shore. I was young and, "Hell was for children", and all that. I wanted to grow up. I acquired more knowledge and some experience. I got tired and was tossed materials. Some of it was junk and meant to hamper my task. Other stuff was good, like pitch, and a little bit I just tacked on though it didn't fit no where.

My boat got bigger and I started to focus on the other boats out there, wanting to sink my boat. I paid less attention to my leaks. I threw rescue lines to folks whose own boats were sunk or sinking. Some of these folks would help me bail, but most wanted to show me how not to see the need to bail. So, at times I wouldn't bail or row or watch. It was wonderful bliss!

The years went by and I found it easier to drift with the current. My "helpers" began bailing out of my boat. They said I was going to sink. Knee-deep in water and I laughed them off. Soon I was on my own. Then I noticed the water. Too much, oh God, make it go away. I started bailing.

I was a dead man adrift on the ocean of life. All else lost its

appeal. I answered no call. My whole focus was to stay afloat. I didn't even heed the warning call of a ship named "JUSTICE". At the last moment I looked up to see its ramming keel. Then I was hit and tossed to sea. Justice was the only ship in my part of the ocean. It was dark and foreboding. Its discipline is tough but its decks seemed dry.

I wandered aimlessly aboard this ship [sort of like "Hotel California"]. Then deep in the bowels of this ship, behind some crates and junk, were some boat builders. They were feverishly at work trying to build rowboats and even helping each other.

The seas got rough and a "mayday" went out. Some of us would be transferred to a bigger ship called "Sobriety". Most of the passengers feared the tiny little life-line draped taut between the bucking ships. All of us in my new found group eagerly abandoned the ship called Justice. Some, I saw them, lose faith, and were swept away. Some, the loafers, were weak and lost their grip on the rope. A few of us made it over to the ship called "Sobriety".

The discipline was still tough but they had a bright, well-lit [and easy to find] workshop set up for building rowboats. The builders shared materials, knowledge, and experience [for what good is knowledge all by itself?]. The Master Builder kept telling us to keep our designs simple and focus on building rugged boats. We were told, and I believe, that with just a little work our boats would carry us safely and dryly to that distant shore.

+++++

LIT COM CHAIR CALLS !! WHO ? YOU !! WHY ME? READ AND SEE !!

As time comes for another convention and many of you are not aware of what goes on at a convention, let me tell you why I would like to see you at a convention. My name is Dave R and I am a sex addict. I've been to a couple of conventions starting with the Phoenix convention. I was amazed at the healing I experienced at that time. I came back tired but happy that I went. These conventions are not just boring business meetings. If that were all that happens, then I doubt that I would go.

Conventions are a get together of a whole bunch of people in recovery. If you go to a group that has trouble getting more than a few people together for a meeting, you might be surprised at the energy of having 300 recovering people together. The convention is much more like having 5 rooms of meetings going all day long for the full weekend with one on one support-happening around the clock. A person can overdose on this. One year, I was getting up early to use the Jacuzzi at a safe time for me and was joined by someone who hadn't gotten to bed yet and he was high on the recovery interactions.

Together, we are more than the sum of the parts. Together, we are growing as a fellowship and reaching out into new states and countries. Together, we are sharing our struggles, experiences and hope. I hope to see you at the convention.

Last year, I got voted into the chair of the Literature Committee at the convention. This committee is in charge of making sure that the PBR is published and of editing the literature that you produce so

(Continued on page 7)

DAVE R. CONTINUES....

(Continued from page 6)

that it fits all parts of the fellowship. Last year, at the convention, we on the Literature Committee hardly got out to see the rest of the presentations. We were in session most of the time revamping how the PBR was being done.

We have a dynamic editor now (Robert S, take a bow.) and the issues are getting out on a timely basis. I urge all the groups to purchase a number of subscriptions so that the new member and visitors can see a copy. I also urge sponsors to encourage people to send in their first step work to be published. We are also looking for prison related material.

Last year, we got the Abstinence pamphlet out just before the convention. We have a number of other pamphlets in progress including one for women. Over the last year, we have worked with the authors to make the language better and to include viewpoints from other regions. Sometimes, we have had to say no to some work as it didn't fit the full fellowship. This year, the Literature Committee has been much more active with three active teleconferences and a three issues of an internal newsletter and a number of phone calls. I expect more works will be approved for your review soon. The committee plans to meet one day before the convention to see what we can get done by the convention.

We have been working with Pat C. on a Large Book project. If you read the PBR, you would have seen the request for stories. We are already getting stories in. (If you want your story to be considered, please send it to the ISO.) We expect that this year's convention will be bubbling with activity on this issue.

We have seats available on the Literature Committee and on the subcommittees. The Southeast, North East, and North Central regions all have open seats on the Literature committee. If you would

like to help out with any of these efforts (even if you can't get to the convention) please send your name, recovery history, and contact information to the ISO. Your region can vote you into the Lit. Comm. and you can then participate in teleconferences through out the year. We have many opportunities for people who just want to help with one area of literature. Again, either show up at the convention or send your information to the ISO.

Thank you

Dave R

+++++

**JOEL D. UPDATE...
SEX ADDICTION AND THE
INTERNET**

Dear PBR reader,

In the Dec/Jan, 97-98 issue of PBR I wrote an article about my dealings with my sex addiction and the Internet. I feel moved to update what has happened since I wrote that article. Being a sex addict, it got worse (surprise!). So many things were going on in December that I repeatedly crossed my middle circle boundaries until I couldn't take it anymore. I realized that I was, and still am, powerless and that my life was getting unmanageable.

I have been out of my inner circle boundaries since June of '96 that I have considered it sacred, and to place a boundary of not searching and viewing pornography would mean that my "sacred" inner circle would be marred soon. But I got desperate enough to take the action and place it in my inner circle...I didn't know what else to do with it. I also called my sponsor and told him what I had decided. He said that this was good. This was in December.

On December 20th, my partner and I watched the movie "Titanic". After watching the movie, I realized that placing this boundary in my inner circle was a very, very small price to pay for my life: giving up pornography on the Internet is worth my life. Later, I felt that I was

actually scared to place this new boundary in my inner circle for fear that it would actually work. And you know what...IT DOES WORK!

I went down to Southern California for Christmas and I attended some meetings there. At the close of their meeting they say, "Keep coming back it works...if you work it...and it won't if you don't." Thank you guys for the reminder!

Joel D.

**BOARD MEETS LAST TIME
BEFORE CONVENTION**

The Board teleconference was held on March 21st. Synopsis of majorbusiness items are as follows:

Due to lack of cash flow [less sales, fewer contributions], no additional funds will be placed in BOTH reserve funds. TAKE NOTE!

The 1998 Convention Report was presented by Bruce L., Convention Chair.

Delegate registration fee was set at \$15 for this year.

The Board revoked the award for the 1999 convention and appropriate notice to be sent to the "Crossroads of Independence Committee". No funds from that group will be requested nor accepted.

Jerry B. Office Manager, was appointed to the Corporate Board as Recording Secretary.

The Latin American Region was authorized to hold a special caucus to elect a representative to serve on the Board from 1998 to 2000.

Items to be taken up at the Annual Meeting Wednesday, May 20, 1998 are: Guidelines for Dealing With Minors, Policy on Group Registration, Policy on Use of SAA Logo and of "Sex Addicts Anonymous", and protection of ISO copyrighted material.

The Board will meet all day on the 20th and 21st at the Hampton Convention.

HONESTY - THE BIGGEST GIFT OF RECOVERY ...by Chuck H.

One of the most important things in my life is honesty. I've often said that I could live in a marriage without love if I had to, but I could never stay in a marriage without honesty. That's not to downplay the importance of love, but I truly believe honesty is the most important ingredient in any relationship, including the relationship with ourselves.

From the time I was very young I tried hard to practice honesty. The times where I was dishonest it would eat away at me until I had to come clean. I sometimes carried this too far. I remember driving back across town to return the 75 cents I realized a clerk had overpaid me. I've also driven back as far as twenty miles to return the pen I accidentally took when writing out a check at the grocery store. I never wanted anyone to say that I wasn't an honest person.

As I started recovery, the topic of honesty would come up from time to time. I always felt good inside because I knew that there was at least one subject that didn't apply to me - and I really believed this! Then one day, several months into recovery it hit me like a ton of bricks. Someone was reading those words I had heard hundreds of times before about "rigorous honesty". My first layer of denial was shattered. I had not always been honest. I could remember a few white lies I had told my wife about where I had been. Still, I was nothing like those others in my group.

Over the next several months and even years I had new realizations and memories about my dishonesty. It was very much like the analogy of the onion. Layer by layer my denial was peeled away and underneath was the ugly truth about my lack of truth. It wasn't that I was pretending or hiding. I had hidden this character defect so deep within me, I just couldn't see it.

I remembered the many stories I told to justify my numerous hours of cruising. I remembered all of the flat tires I had over the years - I've had one in my entire life and my wife was with me. I had to help my friends jump start their car, put in their dock, give them a ride, paint their porch, etc, etc. The truth is I had driven my friends away to make more time for my acting out. As my illness grew my stories grew as well. They become large, detailed, and elaborate.

"I COULD TELL A BOLD FACE LIE AND PREACH THE EVILS OF DISHONESTY IN THE SAME CONVERSATION....."

I lied to my employer to justify why I was away from work in the middle of the day; Why I missed a meeting; Why I couldn't remember the seminar they sent me to. I lied to my kids why I was late picking them up; Why I didn't have time to take them places; Why they were left alone sleeping in the car if front of a bookstore. I lied to my friends, my co-workers, my clergy, my counselor, perfect strangers, but mostly I lied to the person most close to me - my wife.

Some of my lies created other worries. Like the time I told my wife I had been working so hard I feel asleep at the wheel and put her car in a swamp on my way back to my motel room. The truth is I had been cruising all night long, put over 500 miles on the car and fell asleep at the wheel at 5:30 in the morning. For years she worried herself sick whenever I was tired and had to drive somewhere.

Some of my lies were needed to cover up my other lies. As someone would find a flaw in story number one, I would look them in the eye and calmly explain story number two or three or four. Many times I never even had to use the lie, but believe you me I always had one prepared. I became very good

at lying. It slowly became a power of its own. Those closest to me never even suspected. I could tell a bold face lie and preach the evils of dishonesty in the same conversation.

Was I scared of being found out? I was terrified. I lived my last few years before finding recovery in constant fear. I was afraid I would be discovered and lose my wife, my kids, and my career. In the end, it was these constant fears that drug me to the bottom and forced me into recovery.

Very slowly, in the safe arms of recovery, my dishonesty was made known to me. Little by little I was able to share with my

sponsor and my group my lies and deceit. Because I had always held myself above reproach in the area of honesty, this process was particularly difficult and extremely painful. Down the road, as I began my amends I told some of those closest to me about my dishonesty. I'll never forget the deep pain in my wife's eyes as I recounted many of the stories I had told and confessed that they were a fabrication. I still feel the hints of anger about all the needless worrying that she has done regarding my falling asleep at the wheel.

With many people in my life, but my wife in particular, the trust has come back ever so slow. I've had to prove myself all over again. I've had to simply understand when there **was** doubt and mistrust. I've had to **keep** telling the truth and quickly confess during the times that I have been unable. The trust is slowly, ever so slowly, growing to be a part of our relationship again.

The stress level in my life today, is only a fraction of what it was prior to my recovery. The primary reason is my newfound honesty. I no longer have to struggle to keep my private world from my everyday world. I no longer have to

(Continued on page 9)

HONESTY....
.....**Chuck H.**

(Continued from page 8)

worry every time the phone rings. I no longer have to have a plan "b" and "c" just in case story "a" is found out. I no longer have that wrenching ache in my gut knowing that the words coming out my mouth do not match the values within my soul.

Today, I try to take the daily inventory suggested in step 10 and when I find I am dishonest, promptly admit it. You know, I no longer drive across town to return the 75 cents or the store clerk's pen. I've realized that was a pious, self-righteous honesty. Today I have a real honesty. Not one I have to point out to other people, but one that I know about deep within my heart. I have been given many gifts in this program of recovery. None have been as profound as the gift of honesty.

Chuck H.— Fargo, ND

+++++



Tim C. writes from "Inside the Walls"....He says it's much better to attend a meeting than be in a prison cell.....Listen up !

Dear ISO:

I've been wanting to write a letter for the PBR for a long time. I have not done so because I have never been a great writer and I've never wrote poetry either. But, I do hope that you can use my letter, hoping that someone out there can find some comfort in knowing there is hope for an addict. And, too, I'm hoping that if anyone is interested they'd write to me, to share their story. If you decide to print this letter please print my address as well, I do have a P.O. Box

My name is Tim. This past Tuesday night I watched a movie about a girl addicted to gambling. It

brought me to tears, seeing how that movie portrayed my life as I have been. I don't know how or why I have this addiction, but I do know that it doesn't "play around."

Seven to Nine years ago I was referred by court to see a doctor [one that would understand sexual offenders] concerning my Indecent Exposure charge. I would either receive probation or I'd have to do my time. I did go see the doctor, and he said I was probably and addict. He offered to treat me through group therapy, which could last as long as 2 years. Two years sounded like eternity to me! No way would I give this doctor my hard earned money just to attend a group session I thought! I lied to the court, telling the judge I would attend the group, therefore he granted probation.

As I grew up I never thought my life would have turned out this way! Where did it start and why? I had been raised in a hard working, loving family. I didn't even realize I had a problem until I was around 17. The few people I questioned about my problem, told me I'd grow out of it, it was normal. But instead, it continued to get worse as the years passed. The double life was killing me! I was living in a dream

world on the streets and trying to live a normal guy around my family and friends, and church. Masturbation was my way of escaping feelings of loneliness, emptiness, etc. I brought to me a sense of contentment. Not only masturbation, but my addiction progressed into "cruising", peeking into windows, sitting in women's restrooms for hours, etc., etc., hoping for that "FIX". My acting out led to several car accidents, arrests, loss of jobs, fights with parents. Now I have a 10 year sentence, instead of 2 years of therapy.

Today, 2 years seems like a very short time. Last night as I lay

on my bunk, thinking about all the hell I've put myself through since that time, I wish I could go back into time so I could be honest with myself and that Judge that gave me a chance to get help. Of course I can't go back into time.

I've been locked up since February 1993. Life in the big house is NOT FUN! I have to live with fear, praying for my protection that I can just make it through another day! Sex offenders very seldom are paroled in Tennessee.

In my sentence hearing I confessed my problem, knowing it wasn't in my best interest to do so, but I realized that my acting out was unbearable any longer. I prayed to God relying on my faith and his strength to get me through another day.

Within the first month of my incarceration I read "OUT OF THE SHADOWS" [the chaplain at the facility gave me the book], it totally shocked and uplifted me! I had thought I was the "only" man alive who felt the way I did. In the book I found the address for SAA; I wrote a letter, had it in the mailbox that following morning. SAA has been faithful to send the PBR and literature. Arnold D., Prison Outreach, as well as others, has written to me.

The stories in the PBR are awesome!

I want to end with this; If you have any of

the acting out behaviors I described as having, PLEASE, PLEASE, don't hesitate to contact a sponsor, or a faithful SAA rep! A few minutes a day, to attend a group would be much better than spending day and nights in a lonely prison cell, hoping that one day your loved ones will trust you again.

Please write to me if you are interested; I need all the support I can get.

Your Friend in Recovery,
Tim C. #152717
P.O. Box 279
Clifton, TN 38425

+++++

STEPS 4 AND 5

"Made a searching and fearless inventory of ourselves."
"Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs."

If we look in the 12 and 12, we find that the Step Four chapter is nearly twice long as the one on Step Five. Perhaps for those of us who have passed this milestone, at least once, it is quite understandable how difficult the "uncovery" process really is. Consider some of the descriptive terms used in the chapter: "instincts, survival, security, companionship, power, blindness, drive, domination, ruling, desires, misdirection, assets, liabilities, anger, jealousy, revenge, demands, guilt, self-loathing, pride, grandiosity, sobriety, emotions, envy, lust, gluttony, sloth, willingness, bluffing, cheating, lying, worry, depression, dependency." Quite a list of terms, eh?

It will take a while to connect our past and present lives honestly with issues described by these terms. Just getting to know the meanings, and hopefully getting to "feel" how they have affected us, is a job in itself. It is not a step to be done only once. And not to be done without some help, like a sponsor. And not without sharing, at least in part, with group. It is not done without writing, and reviewing. And listening, opening ourselves to investigation based on others' stories.

Step Five is to be undertaken with some degree of solemnity, and surely with humility. It may be easier to admit it to God as we know God, than to admit it to another human being. All of it, that is. Prudence is a term used in the 12&12, when selecting a person in whom we will confide. This is a very important decision. This person must be one who can "handle" the truth of your message, maybe one who has lived through, and passed the tests of sobriety, and other of life's difficulties. But do it we must, to make way for the next seven Steps.....

TRADITIONS 4 & 5

"Each group should be autonomous except in matters affecting other groups or SAA as a whole." "Each group has but one primary purpose - to carry its message to the sex addict who still suffers."

"The right to be wrong" is the way it's described in the 12&12. It's no secret that in SAA there is plenty of discussion about group practices, even about the individual practices of group members. Seems that Tradition 4 and 5 might ought to be turned around. So that the "primary purpose" be ever before the "autonomous conduct" of the individual group. Perhaps it's the way it is so that some, or all, of the "wrong ways" get ironed out so that the precepts of Tradition 5 might be accomplished. Maybe all the grandiosity should be pretty well expunged from the group [and from the individuals within who want to ramrod it] before the real mission is undertaken.

What about new members? It's pretty sure that once the "raw recruit" gets a modicum of sobriety, some of the *willingness* [mentioned in the "Step" column] begins to emerge as *desire*, then to *dominance*. Looking for a "better" way, like the jingle says. And certainly there may be "better ways" to conduct some parts of our business, our outreach. Maybe that's why there are forms available at the ISO office called "Group Inventory". Notwithstanding we can conduct our own affairs, an "eye opener" sometimes is really in order. To what degree do groups use these methods of self-analysis? Who knows, we're autonomous!

We are told by "old timers" we do walk a fine line. Between "carrying the message" to preaching the sermon; between "dry" and "sober", between leading and overpowering, between humility and shamefulness, or despair. Between "reaching out" and "dragging in". "Gentleness", a quality for all times, all persons, all groups.

I'd like to submit the following to the Rapper as one of the 12 step tools to use:

DAILY RENEWAL PLEDGE

1. Are you willing to admit you are powerless over lust?
2. Do you desire sobriety for the next 24 hours, freedom from the actions and obsessions of lust?
3. Are you willing to do anything to protect this sobriety?
 - Ask God for help?
 - Call on others?
 - Go to meetings?
 - Read literature?
 - Refuse all hits as toxic?
 - Brutal honesty?
 - Forgive resentments?
 - Physical care of the body?
 - Set boundaries? Don't cross them?
4. Do you realize this pledge does not keep you sober, God does, but it does help you be more aware of yourself and accountable to God and another person?
5. Do you realize this pledge is for this 24 hours only and then you are free to go another way?
6. Have you done anything in the past 24 hours that you are ashamed of?
7. Are you planning to do anything in the next 24 hours that you are ashamed of?
8. Are you willing with me now to turn your life and will over to the care of God, the one who kept you sober yesterday and protected you from the full consequences of your lust in the past?

Third Step Prayer

God, I offer myself to Thee to build with me and do with me as Thou wilt. Relieve me of the bondage of self that I may better do Thy will. Take away my difficulties the victory over them may bear witness to those I would help of Thy power, Thy love and Thy way of life. May I do Thy will always. Amen.

Perc

The Plain Brown Rapper-Carrying the message of hope to the Sex Addict who still suffers-Apr-May-98

INTERNational Service Organization Of SAA Inc.						
Financial Summary		over/		YTD		over/
March 1998 & Year To Date						
	March	March	under	YTD	budget	under
	Actual	Budget	Budget	Actual	Budget	Budget
Income						
Sales	4447	3235	1212	10493	9705	788
Donations 2628	3900	-1272	10211	10316	-105	
COSA Payments	0	60	-60	0	60	-60
Interest Earned	0	0	0	87	80	7
1998 Convention	1124	5550	-4426	1367	7787	-6420
1999 Convention	0	60	-60	80	180	-100
Other Income	0	0	0	0	0	0
Total Income	8410	13161	-4751	22997	29204	-6207
COGS	2329	1653	676	6390	5877	513
Gross Profit	6081	11508	-5427	16607	23327	-6720
Expense		y				
Wages	2168	2127	41	7565	7735	-170
Health Benefit	248	248	0	744	744	0
Payroll Tax	166	167	-1	579	584	-5
Sales Tax	0	0	0	0	0	0
Depreciation	0	0	0	0	0	0
Insurance	48	49	-1	145	147	-2
Travel/Meals	0	0	0	86	0	86
Meeting Expense	53	25	28	53	50	3
Postage	261	204	57	578	678	-100
Phone	705	484	221	1608	1499	109
Utilities	48	60	-12	206	250	-44
Prof.Fees	0	66	-66	0	98	-98
Office Exp	1190	538	652	1462	1215	247
Equip Leases	78	79	-1	234	239	-5
Rent	350	350	0	1050	1050	0
Advertising	0	0	0	50	50	0
Comm Expense	114	113	1	374	442	-68
Hampton Conv	55	620	-565	176	1640	-1464
Future Conv	0	20	-20	0	60	-60
Bank Charges	0	0	0	0	0	0
Bad Debts	0	25	-25	0	75	-75
Other Expenses	0	0	0	43	0	43
Total Expense	5483	5175	308	14952	16556	-1604

ABOUT THE FINANCIAL STATE OF AFFAIRS AT ISO.

CLOSE BUT NO CIGAR ...

Remember the old "Carnie" who wanted us to "ring the bell"? Had a big mallet and it looked so easy. Sort of like when we began recovery, Soooeasy. But you had to hit the apparatus "just right" or the bell wouldn't ring, no matter how hard you hit the damned thing. And...no cigar.. Sort of like the reserve funding the ISO Board has been putting away for many years now, trying to gather at least 3 months operating reserves, plus capital reserves for new equipment. You will note in the minutes however, on page 7, that there is not enough CASH coming in order to continue.

A look at the Financial Summary indicates a first quarter deficit in "Donations". Not a real good start, eh? Sales are better than expected. Is that a "first quarter" splash? Hope not. We also hope that those donations will hurry up to what's needed for operations and reserves.

Does your group pledge 40% of its income to International work.? Do you give 10% of what your addiction was costing you, at its peak? Perhaps something for ALL OF US to think on, and MOVE ON.

International Service Organization of SAA Inc.		Balance Sheet
As of March 31, 1998		
ASSETS		
Cash In Banks		
ISO Checking		243
1998 Convention		2630
1999 Convention		80
ISO Savings		
Capital Reserves		2016
Operational Reserves		16186
Health Reserves		744
Total ISO Savings		18946
Total Cash In Banks		21899
Accounts Receivable		
Accounts Receivable - Trade		293
Accounts Receivable - Others		0
Total Accounts Receivable		293
Other Current Assets		
Product Inventory		
SAA Literature		2307
SAA Medallions		1722
Non-SAA Literature		1013
Total Product Inventory		5042
Operating Supplies		400
Prepaid Expenses		
Prepaid Postage		295
Prepaid Security		60
Prepaid Equipment Leases		139
Total Prepaid Expenses		494
Deposits		
Office Security Deposit		350
1998 Conven. Hotel Deposit		250
Total Deposits		600
Undeposited Funds		0
Total Other Current Assets		6536
Total Current Assets		28728
Fixed Assets		
Furniture & Fixtures		547
Office Equipment		3291
Leasehold Improvements		182
Total Fixed Assets		4020
TOTAL ASSETS		32748
LIABILITIES & EQUITY		
Current Liabilities		
Accounts Payable		
Vendors		730
Health Benefit		744
Total Accounts Payable		1474
Other Current Liabilities		
PBR Subscription Obligation		1712
Sales Tax Payable		66
Total Other Current Liabilities		1778
TOTAL LIABILITIES & EQUITY		3252
Opening Assets		32415
Opening Liabilities		-4574
Opening Equity		27841
Current Equity		29496
NET INCOME		1655
TOTAL LIABILITIES & EQUITY		32748

FOOD FOR THOUGHT

CHOICE..Ours or

From Poet Richard Wilbur...

"I read how Quixote in his random ride... Came to a crossing once, and lest he lose... The purity of chance, would not decide...

Whither to fare, but wished his horse to choose, For glory lay wherever he might turn.

His head was light with pride, his horse's shoes...Were heavy, and he headed for the barn." Ah, yes.....++++++

From "BrainDroppings" by George Carlin...

How can crash course and collision course have two different meanings??

The mai tai got its name when two Polynesian alcoholics got in a fight over some neckwear.

Why aren't there rye pancakes? Grapefruit cookies? Fig Ice Cream? Cantelope pie?

Words we should have:

- Un-park=to drive away
- Re-go=to return somewhere.
- De-have=to lose something
- Re-get=to find it again
- Firmth=firmness

