

# “THERE IS HELP !

by Roger D.

I have a reflection that I am sending to you. This article is related to STEP TWO. If you look at the chapter title for STEP TWO in the Hope and Recovery book, it reads, "THERE IS HELP." So the title of this first article is:

## THERE IS HELP

Two years ago, January 1997, when I was driving back to Sioux City, after having been in the Twin Cities over the weekend, I was reflecting on the word HELP. It occurred to me that the small four-letter word was more than I ever thought that it could say to me. You see, I like to play with words and I am a language buff. I have studied classical Latin and Greek, Hebrew, Spanish and sign language over the years.

If you look at the word, HELP, the "EL" is often found in many men's names such as Daniel, Michael, Samuel, and Nathaniel, to name a few... What does the "EL" stand for in these names? All of these names are from the Hebrew language. EL is the short form for the word ELOHIM, just like Dan is for Daniel, Mike is for Michael, Sam is for Samuel, and Nate is for Nathaniel. ELOHIM in the Hebrew language means: "THE God of gods." So, EL means God.

In the word HELP - "God is in it." So when I ask for HELP from a fellow addict in the recovery program (by making a phone call, going to a meeting or reaching out), "God is in it."

This simple reflection blew my mind! I could hardly wait to share this insight or spiritual awareness with a fellow addict. It was and still is a powerful reminder to me that God is there if I let Him be!

**FOR THOSE OF YOU  
ARE TURNED OFF BY  
THE NAME OF GOD,  
PLEASE READ ON...**

For those of you who are turned off by the name God, please read on...

A couple months ago, I had shared this reflection at my home meeting on Monday night here in Sioux City, IA. After I had shared this reflection, a fellow addict responded by asking me a question. "Do you know what HP stands for?" In my honest answer, I said, "No, what?" He responded by saying, "Higher Power."

Wow! Again, I was hit with such awe like lightning that came down from the open sky! In the word HELP, not only is "God is in it" but "the Higher Power is in it" too! H=Higher EL=the God of gods P=Power. There is something for everyone in this simple little word.

Let yourself ask for HELP. The Higher Power is there to guide you and lead you to where you need to be on your journey and God can be there for you, too. HELP is available when I go to a meeting, call someone on the phone in a moment of distress or the desire to act out, or to reach out to someone in need.

The words are endless as I continue to reflect. My mind wanders on and on and on when I think about the word HELP.

WHEN I ASK FOR HELP, THE HIGHER POWER IS IN IT AND GOD IS IN IT.

Roger D

[Ed note:

I've had the privilege of knowing Roger for several years. If you were at the Mpls Convention you saw him in a moving pantomime as a clown. If you've been at the Panora, Iowa retreat, you may have seen him do the song "The Rose" in sign language. He is a master with words, verbal, written, and in sign. A true etymologist, looking for, and finding recovery everywhere.

### Editor's note on this column:

Some time ago a list of contributions to the ISO, by SAA Group, was distributed. This list showed the majority of groups did not support with their 7th tradition collections, the work of the ISO at the International level. The need is there for support! This column will further serve to keep you informed about the DIRECT outreach benefits that the ISO office brings to the Fellowship as a whole. That, in addition to the administrative and other services to you, the ISO Board, and all the Trusted Servants whose efforts continue on behalf of SAA.



### ISO OUTREACH

(Each month, the ISO Office answers hundreds of pleas for help. They come in postal mail, through e-mail, and over the phone. This space is dedicated to sharing some of them)



The first time he called, about two years ago, he said he had just returned from the mountains near where he lived, where he had gone to commit suicide. He had wanted to kill himself because he had molested his two grandchildren.

He did not know what to do. All he knew was that he no longer wanted to end his life. We talked about what he had done, about keeping secrets, about consequences, about the children's need for help, about options. It was a difficult conversation.

At the ISO Office, our job is not to give advice, so we shared our own experience, strength, and hope. He said thank you and hung up.

Later, he called back to tell us he had decided to turn himself in to the police. Still later, he called to tell about the group in which he was participating.

Then, just before Christmas, he wrote to tell us he had spent some time in jail but that it was now over. He was thankful for the tough decisions he had made, grateful that he had taken risks to recover and to help those he had harmed. He thanked us for being there.

Now, it is time to pass his thanks along to you. Without you, his first call would have gone unanswered.

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## Peter B. at Convention '98... Part 2 of 2 parts..

[Part 1, printed in the last PBR, began with Peter arriving at Hampton, VA on May 19, 1998 after riding his BMW motorcycle several hundred miles to get there. We left him in the last article with the words: "...Again, I am struck by how much I love these strange people that I am one of...".

5/23/98

Today, we presented our motion (to put a sticker on the non SAA literature stating non-endorsement). It got amended, then the amendment got tabled and the motion got tabled with it. I thought that was unfair and when the amended motion (that Steve had negotiated) came up again, I complained that it was out of order (which could have scuttled everything). All the presenters (our side) looked at me like I was crazy (and I guess I was). The Chairperson explained the process, but I felt better just having ventilated my feelings (which were that of a 5 year old). The vote was taken, the motion passed and I immediately went over to the presenter, bent over and offered my butt for kicking ("Bleeped" all in parenthesis). Then as quickly as it began, someone said "Motion to adjourn" and with no fanfare at all, the delegates' meeting was over. It was so anticlimactic, it was striking. I hope there's some kind of closure for us. We ( I ) need that. We worked really hard and got a lot done and we need to acknowledge ourselves for that.

After the regional caucus, Patty, Susan, Frank, Steve, Bill & me ("I" is correct however. ED) went to lunch. We got very silly and childlike and it was really nice to see us play. This afternoon I retyped the notes I couldn't resurfect, and printed them. Then it was time for the banquet (which I didn't even know was happening). I went in & looked for Patty & Susan, but couldn't see them. For a minute I had that 5-year-old-lost-in-the-department-store feeling, but stopped and thought: "These people are all your friends and if you sit at a table with people you don't know, you're saying yes to the unknown. So I sat down with a guy I recognized from Colorado Springs and a bunch of people I didn't know. As usual, my mascot self showed through and in short time we were all pretty hysterical, doing our impressions of Old Timers from other programs. Then Patty and Susan sat down at the two last empty chairs. Once again, when you let go, stuff starts to happen. They were dressed to the nines, as were the folks on the dais, so I dashed upstairs and put on my shirt & tie. Hey, I'm not about to be out-dressed by anybody else! A COSA named Ila spoke. She was funny (which I didn't expect) and had a classic moment when she said: "And then I started work in that book... The Gentle Path Through the 12 Steps..."

She stopped, turned and looked at [deleted-ED] and gave him one of the dirtiest looks I have ever seen. Then she turned back to us. Then she turned and gave him another stare. By now, the audience is roaring because we know the punchline. And then, with classic understatement she said:

" That book is not gentle!" I stood up & applauded.

In the end, she talked about the

harm, as addicts, we do children. That started the tears for me. Then Pat C. spoke. He opened with the thought that staying abstinent was the chump [-ED] work of recovery. That the real work started with step 6. My reaction to that was like my reaction to a newcomer saying: "It's not the quantity of your recovery that matters, it's the quality." To which the reply is: "That's absolutely true. And when you've got some quantity, we'll talk about it."

After the sobriety countdown, there was a sing along in the hospitality room. John K. was on guitar & Robert from South Dakota played Mandolin (which I love). Out on the terrace was a spirited debate on political ideology and convention planning. I opted to sing. And sing loudly. It was a mix of self-consciousness and joy. I was quite aware how when the self-consciousness came up, I would sexualize, then catch myself and start singing loudly. Maybe loud singing should be added to the '3 second rule'. The singing broke up around 11pm and I was feeling restless and not ready for sleep. So John B. And I took a ride down to the beach. It was strange because any other time or convention, a ride to the beach would be a prelude to something. On the way, we got pulled over by the police. The usual "License & registration... You know I could give you a ticket, but I'm not going to..." "Thank you Officer. Good night (#\$!%^&^&)."

The beach was unimpressive and cold and we got lost on the way back to the motel (which was the highlight of the trip). We went into the hospitality room and John played minesweeper and I cleaned up. Then off to bed. The girls were awake and we talked a bit. It was a little uncomfortable talking with them in their beds, so I went out to my campsite on the veranda and went to sleep.

5/24/98

Up at 8:30 for the last Board Meeting. It was nice. New officers were elected. Old ones were honored and then (again), as quickly as it started, it was over and I (again) felt that empty feeling of un-closure (is that a word? It is now!). So I made a motion for Patty to put out at the August teleconference: To end all Board and Delegate meetings with the Serenity Prayer. I bet it passes! Then it was off to the Gay & Straights Together workshop.

That was good. There's a feeling of community there that doesn't exist at straight meetings. The meeting was taped and it was strange to share, knowing that people who might recognize my voice would hear me cop to bisexuality (oh get over yourself, honey!) Then lunch and Francie's story. [She had also given it years ago as well!-ED]

Around 6pm, we went on a sunset cruise of the Chesapeake bay. It was nice to be with everyone and no one at the same time. There was a guide that gave a running (as in Marathon) account of the Chesapeake Bay and

the battle of the Monitor and the Merrimac (interesting to hear it from the Southern perspective). Again, I was aware of how I handle uncomfortable social situations with sexualizing. After the cruise, I went to the Candlelight Memorial Meeting (something started in Indianapolis to honor those who have died). It's a powerful meeting. The sign on the door said: Gay and Lesbian -to which someone had added in smaller letters: (and straights too)-Candlelight Memorial Meeting. After awhile I left and went to the dance, which was great-but-strange. I danced with Patty for a bit, then with everybody. The DJ had limited resources (whatever CDs were there), and was open to suggestions, so I put on "Addicted to Love". Good choice for this crowd.

5/25/98

Today was the end. A brunch, a COSA/SAA speaker set, then it was over. Leaving was hard as usual. Patty & Susan left early to catch a plane. I hung around till 2pm when I realized that I was at a convention that wasn't there anymore.

The trip back was great. I got on Skyline Drive (easily the most beautiful road in the east) and wound up camping on the drive instead of high-tailing it back north. That night, I was standing in front of a little fire I had made, doing the all too familiar: "Where's your life at? You're 46 and here you are standing in front of a fire by yourself in the middle of nowhere"-routine, when it dawned on me that I'm living the life I love. Doing my work (a career I love), involved in my recovery (which is really what it's about anyway), riding my motorcycle into the wild to be with God ('cause that's where I think God is easiest to find). It may not be a life that everyone wants, and I like that notion, too. I just know that I'm the most at peace I've ever been even with all the ups & downs & hubris & drama that life brings with it and that I handle all that the best I've ever handled it. So, who cares where my life is at. It's right here. Right now. And that's just fine for me.

Peter B.

### AMEND FROM THE ISO OFFICE TO THE FT. WORTH SAA FELLOWSHIP

The ISO Office regrets its published list of group donations for the period January-July 1998 did not include the \$100.00 contributed by the Ft. Worth, Texas SAA Fellowship. The donation was erroneously credited to an individual's account rather than to the group's and, so, did not appear on the group list. Proper credit has now been made and our gratitude, along with our amends, have been extended to the group.

Jerry B., Office Manager

**Meetings** – Am I attending regularly? Do I need more than one meeting per week? Would meetings of different types or formats, or in another program, be helpful?

**The 12Steps** – What step am I on? What can I do on that step today? Have I signed up to discuss a step in our group?

**Boundaries** – Do I have a written boundary list (have I used The Three Circles)? If so, when was the last time I reviewed and updated it? Have I reviewed it with my sponsor and/or other group members?

trusted servant, our group's Intergroup representative, or plan a retreat or other group activity? How else can I help support our group and our program?

**Prayer** – How am I doing with steps 2, 3, 6, 7 and especially 11? Is daily contact with my higher power part of my everyday routine?

**Contracts** – When I'm struggling, do I make agreements with those around me to help me stay accountable, sober and healthy?

by Mike C<sub>7</sub>.....

**Health** – Am I taking care of my body? Do I exercise and sleep enough (or too much)? Are my eating and drinking habits healthy? Do I see doctors as needed? Am I taking my medications as directed? Do I need to make an appointment about a medical concern?

**Conferences & Conventions** – Am I planning to attend the next program conference or convention? How can I support those who are planning to attend?

**Slogans, Promises, Traditions** – Which slogans make sense to me today? What promises have, at least partially, come true for me already? When was the last time I reviewed the Traditions of our program? Have I said the Serenity Prayer today?

I like to think of these as tools in my recovery toolbox. The more tools I'm adept at using, the better able I am to take care of myself and to deal with problems as they come along.

Knowing about a tool is not the same as using a tool. How many of these tools have you genuinely used in the last month or year? Consider picking one to add to your toolbox this week, or polishing up a rusty tool. It's also important to recognize that different tools work for different people. What really helps me may not feel safe or productive for you. A tool should help, not hurt.

On the other hand, sometimes we need to push outside of our comfort zones to take the next step of progress. Talk about what works for you with group members. How do you use the tools, and how do they help you? Ask your sponsor what tool they think might help you and why.

Thanks to Francie for her presentation on this topic at a recent National Convention.

Mike C<sub>7</sub>

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The Incomplete List Of....

# TOOLS of the PROGRAM

**Abstinence** – Am I sober today? Have I claimed medallions I have earned? Am I committed to staying sober for the next 24 hours?

**Phone calls** – Do I have a phone list? Do I call other group members, both when I'm struggling and when I'm not?

**Sponsors** – Do I have a sponsor? If not, am I talking about what's in my way?

**Anonymity** – Do I respect the confidentiality and anonymity of every person in the program? Do I avoid gossip?

**Literature** – What program literature am I reading? What types of literature are most helpful for me (pamphlets, books, tapes, etc)? Am I using the public library, PBR, SAA Literature List, our group library, and group members as sources of recovery material?

**Service** – How can I offer my time and talents back to the program? Am I willing to be an Intergroup telephone volunteer, in a new-member 12th-step group, a

**Therapy** – Am I in individual or group therapy? If so, am I participating fully, being rigorously honest, and doing my homework?

**Journaling** – Do I have a journal? Is it in a safe place to protect my anonymity? Am I willing to do some writing today to help me explore my feelings and my situation?

**One-on-ones** – Do I meet with my sponsor or other group members outside the meetings? Can I schedule a breakfast, lunch, dinner, walk, or other activity today?

**Retreats** – Do I attend program retreats? How can I help make one happen?

**Fire Plan** – Do I have a relapse prevention plan? When did I last review it?

**Financial Support** – Do I contribute faithfully to our weekly group collections? Am I able to give more for special collections? Am I able to directly support our local or national organizations financially?





# POET'S PAGE



From the Workshop Book of Poems by George S. [given at the '98 Convention]

As I fell deeper into despair, the reality that I would never experience the joy of having a loving, caring family finally sank in. When I questioned God, the only response I was ready to hear was my own:

"Echoes"

Why is my heart wracked with pain?  
Why must I suffer again and again?  
Having a family who loved and cared  
Was the dream of my life. Yet no one is there.

I devoted my life to this noble quest,  
Forsaking all others for those I loved best,  
Never asking just giving all from my heart,  
Not enough? Not enough? What tore us apart?

At first, all my thoughts - Oh where did I fail?  
"I'll fix it", "Don't worry!" I began to wail,  
"Don't leave me!", "I need you!", "Don't walk away",  
And the echoes I hear day after day.

Time is the great healer I've heard people say,  
Just be patient, they'll come home to you someday.  
These words of comfort only left me with fears  
That could never be overcome by living with my tears.

I know now how empty this life can feel  
Without those I cherished. Yet this is real.  
Are they gone forever from all I hold dear?  
Sadly, the echo returns my greatest fear.

At night all alone in that empty bed  
My emotions and feelings are quite far from dead,  
I feel all the hurt and now I dread  
That I'll be doomed to loneliness until I'm finally dead.

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More poetry by George...

My entry into the life of a sex addict began quite early for me. As I look back on incidents and experiences, I realize that at the age of 12 I passed through:

"MY GATE"

With this story, I've opened my gate  
To a life filled with horror, dominated by hate.

A life that feels useless, I know you see  
The two faces of evil and both belong to me.

Look into my eyes and feel all the fear  
That comes from the failures year after year.  
I've finally tumbled, I fall through the air.  
I have no one to catch me, no one is there.

Believing that this life could be worry free  
Kept me adrift on life's empty sea.  
Never understanding how to nurture a love  
That was freely offered from somewhere above.

Mistakes came easily, yet I could not see  
Why anyone got angry, especially at me.  
My addictive behavior I learned as I grew,  
Acting out sexually was natural and all that I knew.

Please listen to these words, hear my plea.  
Be kind to your loved one, don't emulate me.  
Find happiness and joy in this life that remains  
We will never return to the past.  
Never again.

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From the pen of Bill R.....

POEM #6

My epiphany, such as it was, and, yes, I really do relate to this biblical character.

Prelude (Luke 8:27)

Venial honey gathers in the wound,  
staining memory,  
cloying despair,  
disorienting members,  
while cloven amber combusts in the veins of my burgeoning desire.

A cacophony of pleasures cannot obscure the din of the unheard voice.

Where in this agony of living meat is there any room for dignity?  
All choice and chance and change,  
Discordant harmonies prevail,  
as I,  
annoyed and indistinctly,  
join in a rhapsody of pain and pain  
and pain again.

Today is here too soon.  
What has been done must be done again,  
to me by me,  
rhythm of my sorrow,  
pattern in the marrow played out in brittle bone.

A flood from un-remembered origins still destroys.  
Is a hand that holds no feeling still a hand?

Where is the gentle touch of child's cheek  
or the lover's hug?

A heart that knows no fear,  
knows no God  
The root is not the tree  
but still it holds its promise,  
but a tree that has no root cannot survive

And what am I?  
Shallow tree or thriving root?  
Chained in my naked truth  
I rage among the tombs of memory  
in the company of swine  
and howl refusal at the moon.

Whose boat is this that scrapes against my shore?

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***There's one more bit of poetry on page 8, along with a letter of great appreciation from Tony J. check it out !!***

**SPIRITUALITY  
AND  
HEALTHY SEXUALITY  
WORKSHOP  
MARCH 26-28, 1999**

The Twin Cities SAA Intergroup is sponsoring this workshop for virtually any person recovering from sexual addiction or codependency who wants to expand their conscious contact with their Higher Power and to open new pathways to Healthy Sexuality. Presenters will be Jeff and Judy H. who have given this program to over 200 people on six occasions.

Cost is \$90.00, and covers double occupancy room for 2 nights, 5 meals, and all handout materials.

Program will begin at 6:30 PM Friday evening, March 26th, and close about 2:30 PM Sunday, March 28th. Location is at Silver Lake Camp and Conference Center in Minneapolis, MN. For information, call Jeff at 612-471-0086 or Bob at 651-699-2812. Brochure and registration information will be provided.

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**THE POWER TO CARRY THAT OUT**  
By Chris D.

Recently I shared at a meeting that I believed, once we had been sober for a while, that we all had a choice whether to act out or not, and that we only lost that choice once we did act out.

I have a tendency to say these "we" statements instead of "I," which gets me into some trouble. Another member of long standing shared that she had recently relapsed, and that it didn't feel like it was a choice. After the meeting she told me: "I am powerless over this disease. I can't forget that. The only thing I can do is surrender to God. I'm not in control."

The truth of what she said hit home to me when I reflected on the Eleventh Step. It says that we asked only for knowledge of God's will for us - \*and the power to carry that out.\* In other words, not only do I need knowledge of God's will for me in order to live a sober life, but I need God's power to carry that will out, because my will won't be able to!

It's a profound surrender that is

outlined in our Steps. Even my ideas about "choice," insofar as they came from an idea of my own will being able to direct my recovery, were misguided because true recovery only comes through the direct working of a Power greater than myself.

This is not to say that choice is not involved - and in fact I was speaking more to myself than to anyone else to remind me that in the moment when I am about to act out, there are other options I can take, just as calling someone or going to meeting or turning to my Higher Power for help. But on a deeper level, it is exactly as my fellow member said - I can only surrender to God.

This is not a doctrine of hopelessness or an excuse to act out, it is simply a recognition that the miracle of recovery is not up to me and my willpower, it happens through a letting go which is more radical than words can express. When I truly let that Power carry out Its will, I get out of the way and let recovery work in my life.

Chris D.

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**InterFellowship Forum.**

The InterFellowship Forum met in Boston the first weekend of November. Harry S. of Michigan and Penny K. of Texas represented SAA. The Forum has met each year except one since 1992, and has grown in the number of participating groups each year. This year, five fellowships were represented. The delegates represented SCA, SAA, SLAA, SA, and SRA; it was pretty exciting to recognize the growth of the Forum.

We reaffirmed the statement of purpose adopted at the IFF in Ann Arbor in 1997: to promote a spirit of cooperation between our fellowships. We established that since the members of the IFF come as delegates from their respective fellowship, they continue to serve until the next year's forum.

Several steps were taken to ensure the IFF's continuity. As in the past, a crucial conclusion is that we can cooperate without endorsing each other. In a motion worded by SAA delegates, the IFF suggests that each program produce literature out of their own experience, rather than to borrow and modify literature from other fellowship. The IFF further suggests that each fellowship acknowledge and consider making available the literature of other fellowships, with appropriate disclaimers.

The IFF again encourages the fellowships to invite observers from the other fellowships to be present at their national and international meetings.

Harry S., Delegate

**MICHIGAN  
RETREAT !!!  
Mar 19-21, 1999**

**"SERENITY PRAYER"**  
[Realize The Things I Cannot Change]  
[Change The Things I Can]

SAA/COSA will host the retreat which will be held at COLOMBIERE CENTER, Clarkson, MI. Cost for the week-end will be \$92.00 per person and will include sleeping room, linens, meeting rooms and five meals. In order to guarantee rooms, a \$30.00 deposit will be required.

For additional information and address to which to send registration, please call Ila D. at 517-624-9893.

Space is filling at this writing, register as soon as possible.

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# THE INVITATION

.....from Carl Y.

## The Oriah Mountain Dreamer (a Native American Elder)

It doesn't interest me what you do for a living. I want to know what you ache for, and if you dare to dream of meeting your heart's longing. It doesn't interest me how old you are. I want to know if you will risk looking like a fool for love, for your dreams, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon. I want to know if you have touched the center of your own sorrow, if you have been opened by life's betrayals or have become shriveled and closed from fear of further pain! I want to know if you can sit with pain, mine or your own, without moving to hide it or fade it or fix it.

I want to know if you can be with joy, mine or your own, if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, be realistic, or to remember the limitations of being human.

It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself; if you can bear the accusation of betrayal and not betray your own soul. I want to know if you can be faithful and therefore be trustworthy.

I want to know if you can see beauty even when it is not pretty every day, and if you can source your life from God's presence. I want to know if you can live with failure, yours and mine, and still stand on the edge of a lake and shout to the silver of the full moon, "Yes!"

It doesn't interest me to know where you live or how much money you have. I want to know if you can get up after the night of grief and despair, weary and bruised to the bone, and do what needs to be done for the children.

It doesn't interest me who you are, how you came to be here. I want to know if you will stand in the center of the fire with me and not shrink back.

It doesn't interest me where or what or with whom you have studied. I want to know what sustains you from the inside when all else falls away. I want to know if you can be alone with yourself, and if you truly like the company you keep in the empty moments.

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about her anger on receiving a suggestion from her therapist that she might consider other career options rather than her present course.

Yesterday, a recovery buddy sent this thought, probably inspired by his recent holiday chaos. "Also, staying in the now is very hard for me too. I sometimes forget altogether about even trying to stay in the now. I just get too caught up in my own disease to try to have some wellness. I'll spend weeks worrying about the past or spinning long scenarios about how I will probably fail at work or as a husband. Then, for some reason, it comes to mind to try to stay in the now. And when I make an effort to do it, there is much relief."

Many are finding the best use of the internet via Juno and the other free email services that provide service for email communication but not web access. With this service, they are able to maintain communication and connection, often across great distances, and still avoid the "smoky bar" aspect of the Web.

For those who wish, one member provides a daily "Answers in the Heart" reading via e-mail free to anyone who wishes. This is a great way to keep in the present. E-recovery is something that Bill W. would probably have embraced as he witnessed the innumerable recovery chat rooms, endless distribution of recovery material, and untold help for those traveling away from home - anyone who finds meetings, friendship and recovery via the Web.

Bill W. would probably use the Web and put the URLs in hotel copies of the Big Book. Perhaps he would even add it to the list of tools of the program... Hey! It could happen

Going off line,  
Carl Y.

## e-recovery <

While much has been written in the recovery community about the perils of the internet, I have seen some good sides as well. Many of us want to be protected from the slime available but still have all the freedoms we feel we deserve. Apparently recovery doesn't work quite that easily.

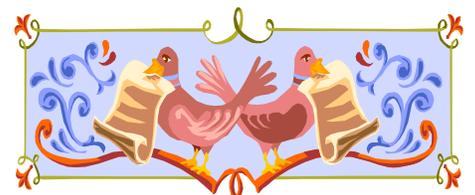
After one SAA meeting where everyone was checking in with tales of new "porn blocking software", I discussed this issue with my therapist, a recovering alcoholic. Actually, I had recommended some of the software for his other SAA clients.

He quickly cut through to the core. He reminded me that nowhere

did Bill W. suggest that recovering alcoholics should live in a world where no booze was ever served. Rather, he suggested that by staying in a fit spiritual condition, we could come to realize that the name of the game is not so much to stop drinking as to stay sober.

Now, what has this to do with the internet? Probably little, but it has a lot to do with the opportunities opened up through e-mail. In the last seven days in my inbox, I have received daily installments from a brother who has created a journal to keep himself honest as he begins a separation from his wife and family, a separation brought on by his continual acting out.

A sister in the program wrote



# From Tom S...

.....“If I miss a few meetings, I tend to get a little “squirrely”...

[Oh don't we all?!?!?..Ed]

I was writing a reply to someone on an internet list server the other day, and when I got done I was surprised at what I had written. I have a question for you:

Would it be OK to put something I had originally written as a reply to someone else in the PBR?

If so, the text is below.....

Thanks, Tom S.

I want to share with you my experience and hope. You see, I had many of the same behaviors you describe, and some even worse. I now have over three years of sobriety from them.

The way it worked for me, I first started with 90 meetings in 90 days. The benefit of this is that, first of all, it kept me too busy to be acting out. Second, it is a constant reminder that I had a PROBLEM, and that the problem was SOLVABLE. I could see it in the people around me at the meeting.

If there aren't enough S-fellowship meetings in your area to make one every day, try substituting AA or something like it. Its all the same problem - a hole in your soul - just a different drug of choice is all. Just keep in mind that some of the people you meet in AA will be sex addicts who have not realized they have a problem yet.

You say that you had attended S-meetings before, but have not been to one for several years. This is, perhaps, part of the problem. We have a chronic, but controllable disease, like diabetes. Diabetics don't stop taking insulin after a while once they feel better. If they do, they die. I find that it is much the same with us. It is all to easy, if I let myself, to remember only the "high" of acting out. I can romanticize the experience, and forget about the shame, the loneliness, the overwhelming

sadness of it all. Meeting with others reminds me of what I went through, and that I have a problem. In a way, I use the voices of the others that I hear to drown out and counteract the inner voice of the addiction. This disease will always be with me. The memories of what I did will always be with me. I will always need meetings to remind me of the reality of the situation, and to keep me true.

Let's face it. If I miss a few meetings I tend to get squirrely.

Let's see now, other things that helped....For one thing, I found that I had an unhealthy relationship with orgasm/sex as a whole. (Actually, my therapist found out and told me about it. Almost the same thing.) On the advice of others, who were thinking more clearly than I was at the time, I went into a celibacy period. No masturbation, no nothing, including sex with my wife. The point was, it wasn't just the acting-out sex that was unhealthy, it was all of it. including the "licit" sexual relationship with my wife. Keeping complete celibacy for a while helped to break the old patterns. I was able to come back and re-learn sexual relations in a healthy way. It also got my head clear.

The process is not unlike sending a drug addict or alcoholic to detox. I was "detoxing" from unhealthy sexual patterns.

By the way, the chemicals released in the human brain by orgasm are pretty potent stuff. We have a lot more similarity to drug addicts than some would credit. Crack and heroin have nothing on home-grown endorphins and adrenaline.

The odd thing about the celibacy was, part way through it I started having odd emotions just pop up out of nowhere. 20-odd years worth of emotions that I had medicated with

sex were finally being felt. What a trip!

The next thing I did was to get a sponsor and start working on the steps.

Being a typical male - even worse, a typical engineer-type male - I am a doer. I needed a concrete set of things to do to start getting better. The steps provided that. Of course, it helps that they are designed to repair that hole in the human spirit, and to bring us closer to God. Whatever. All I know for sure is, it worked.

From what I have read, it sounds to me like you are still trying to NOT do something. You have a thought, and then you undergo an internal battle about whether to do this thing you have thought about or not. You know you should not. You don't want to. You try not to. But all this while, you are still thinking about acting out, because you must still have the act in mind to think about NOT doing it. No wonder it feels inevitable. If you put that much mental and emotional energy into something, you will eventually do it.

I find the trick is to stop focusing on the PROBLEM, and start thinking about the SOLUTION. It's easy not to do something when you are so busy with other stuff that you can't spare it energy or attention. The steps help with this. So does going to meetings. You start to live in the solution, not the disease.

One more thing. Keep in mind that you are a creation of God, and you deserve better than this. Acting out involves cheap and tawdry interactions that leave us feeling shamed, used, lonely, and worthless. We sell ourselves short by this. We are not worthless. We are all God's creation, and are therefore inherently worthy. We deserve to have relationships that are fulfilling, life affirming, and joyous.

I hope this helps. May the L o r d bless you and keep you.

Tom S.

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**More Poetry...from Page 5**

**"THIS...IS A SAD POEM  
I'M FEELING A LOT OF  
SORROW TODAY"**

To: Jerry B, ISO of SAA  
From: Tony J., Grateful SAA member

Dear Jerry,

This is just a brief note to say hello and send you a poem. It is a sad poem. I am feeling a lot of sorrow today. Maybe another day I'll feel more joy and send a happier poem.

Somehow, I feel as though I should apologize for sending a letter that seems so personal. I've never met you. But I have been getting kind notes from you on receipts for so long now that I feel we know each other. Thank you for the notes. They mean more than you might think.

I also read of your burglary in the PBR. I am moved by your ability to see things through the eyes of recovery. Thank you for sharing that gift.

I have 50 days with no acting out behavior, as of today. I am beginning to feel my feelings again. That always seems such a mixed blessing. Especially on days like today when the feelings are mostly sad.

Well, anyway, thank you for all your service. You are saving lives everyday. The poem is enclosed.

Love Tony J.

PS Please share the poem with the PBR editors. They can use it if it's helpful.

++++

**"I Love You"**

by Tony J.

The tears flow freely today,  
But not the same as other days.  
Today, the tears are for another.  
The one who felt the pain of:  
"I don't love you anymore

The line I've used so many times.

The line that really means:  
"I'm a cheater".  
"I'm a liar".

I can't love you because I can't love me

I've done it so many times.

Same old story.  
"I love you  
"I love you  
"I love you

But then the day comes.

Here I am  
In an acting out place  
Touching another  
Not thinking of you.

I don't ask for your forgiveness.

I feel your anger.  
I know your pain.

I hate myself a little more each time.  
God, help me to stop.

+++++

**FROM "DOWN-  
UNDER" ....**

**Shane H. writes....**

[Ed note: The following is excerpted from Shane's last letter just received. The last one of his in the PBR was back in August of 1995. Glad to have you back, Shane!

Greetings fellow SAAs,

Tis I Shane. Ye Gods, I have just clocked over 10 years of chemical free sobriety, and I will soon be reaching 9 full years of sexual abstinence; and at 34, this is not a bad thing, though on some days even Madge Simpson [Ed?] looks good.... I think I need rooting.

Today I am spending a hot Aussie Christmas at home in my tiny little flat, in a tiny little country town, with its assortment of [expletives deleted].

My nearest regular meetings are a 220 km round trip from here. There being one NA and one AA meeting in the same building on the same night right after one another.

I am currently quite "sort of in love" with a woman who is three years drug free who attends there, but we are both sexual abuse survivors and sex addicts, and I am having to put my money where my mouth is, and devolve the sexual energy between us and look our real feelings and our real needs, instead of acting out.

I have to be loving of myself and her, and work hard on what I really want out of life by working this program of recovery and not feeding into each others addictive delusions.

It's hard, cuz she is really a top sort, intelligent, articulate, assertive and as honest as she can be. And the way I feel about her as a person and having been single and celibate for 9 years, boy sometimes its really tough, but... either I am working a program of recovery or I am not.

So I have to face my inner pain, my sadness and grieve my losses and [ask] her to do this also; instead of working at having an addictive, dysfunctional and destructive sexual relationship, to try and fill the emptiness.

I will have to pray, meditate, inventory, talk with others, and communicate with her about this.

Perhaps the sanest thing is expose the addiction and see how we go just being friends on a long term basis before making up our minds.

Shane H.

**BETTY C.: 4 GENERATIONS  
OF HURT - TWO SIBLING  
SUICIDES. AND NEW HOPE**

I was addicted - I am addicted. But for right now I don't hurt. Nor am I acting out. One could hardly call it a spontaneous remission. I'm coming up on my first anniversary of staying within my first and major boundary. My group has seen me through a lot. It's so useful [if not always comfortable] to see myself through their eyes.

I noticed a couple of articles on suicide in Oct/Nov issue of the PBR. My family has passed down a legacy of major chronic depression and other mental illnesses coupled with sexual addiction for at least four generations. We hope to break the cycle, at least for the part of our sadness, for the fifth generation.

Do I believe in suicide? Oh, yes! Am I suicidal? No. I have two siblings who have chosen that route - one just a few months ago. Those of us remaining have done our best to add to our lives so that we can avoid running out of options. I believe that our siblings who did kill themselves would be proud of us.

I miss my dead siblings. But I don't miss suffering along with them, being unable to find medication that works, unable to help them fight their way through the darkness. My flashlight wasn't bright enough to find the end of the tunnel for them.

I don't judge them or those of us who fought beside them, a [or consider us a] failure because they died.

I honor their memory by taking my medication, by counting my blessings, by trying not to be a nuisance to my children, with my petty troubles. And by "keeping on keeping on" through the dark times because I survived long enough to be able to remember times when I suddenly turned a corner, and there was the end of the tunnel!

For this moment, I am sober, happy more often than sad and lonely. Sometimes the Promises we read about in Hope and Recovery really happen. For that, I thank God. I guarantee nothing for tomorrow. But I won't worry about tomorrow either. For today, I'm OK!

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Ed. Note: Betty's letter, sent from Choices, P.O. Box 2655, Lafayette, LA, 70502, announced their 1999 FALL RETREAT, to be held at St. Mary of the Pines Retreat Center at Chattawa, MI. The date was NOT listed. She also asked for suggestions for their year 2000 Fall Retreat. Her letter expressed the hope that persons from other regions might join them. We suggest you write the above address for information.

**We're Sorry...**

You will have noted that there is a lot of material in this issue of the PBR. Most is what we all need; the Experience, Strength and Hope of our SAA brothers and sisters. And the announcement about this year's convention. We also have so much more at this time we could put in print, but just don't have the space. *THEREFORE*, you will find only a small amount of information on Page 10 about the ISO Board, LitCom, and Administration. We have at least 2 pages of items, including the year-end financials, that *could* added. Perhaps in the next issue. BUT, don't stop sending your letters and articles. Recovery FIRST!!

**PAUL W.** writes from the inside. SAA group no longer there. Needs Pen Pal support

December 09, 1998

Dear Editor,

My name is Paul and I am a recovering sex addict, alcoholic. I am enclosing my address at the end of my article in case another recovering sex addict would like to correspond with me. I am also working to get an S.A.A. meeting started here at this institution. Any assistance you could give me would be greatly appreciated. My article is called "Out of the Darkness", and it goes like this;

I've been free from my sex and alcohol addiction since 1990. Even though I have been incarcerated since 1990, and as strange as it may sound was a blessing, I have been free.

I often think back to the time when I could not say I was a sex addict. To the times when I was covered in the shroud of darkness, not understanding who I really was and what my purpose in life was to be.

My journey to being the person I am today began 37 years ago. I am the eldest of (5) children. My primary caregiver was my mother because my father worked most of the time. She was my protector and kept me safe from my father, who was somewhat of a tyrant. My father was an all or nothing kind of guy and it was either his way or no way.

I had what you would consider a chaotic lifestyle. We moved frequently from city to city. I learned many faulty thinking styles from my father, who would use coercive measures to isolate me, while my mother used avoidance to stabilize herself, emotionally. This led to a great deal of entanglement in our family system.

Since I was the oldest, I felt responsible to care for my brother and sister's needs. There were times when I would prevent my father from verbally or physically abusing them. I would distract my father's attention by being the scapegoat or family clown.

When I was about 8 years of age, I started staying with my relatives and my cousins taught me how to use drugs. I was even forced to engage in oral and anal intercourse. As I found myself enjoying this experience, I began to act out sexually with some of my other cousins.

It was about this time that my father was punished for molesting my oldest sister. He received probation and there was a restraining order put in place so he could not have any contact with my brother and sisters. As I reflect back on this time, I never remember my father telling us that he loved us, rather, he would buy us things or do things for us to show his affection.

I continued my drug use and my sexually deviant behavior well into my teens, which is when I came into contact with the law. I was in and out of juvenile detention and jail for various destructive behaviors, and was further "shamed" by those I loved by being called "worthless" or being told "that I would never amount to anything".

I continued my deviant behavior while going through detox's, alcohol and drug treatment, a psychiatric ward, and 12 step programs in dealing with my alcoholism. It was during this period that I came to believe that if I did what others wanted, they would forgive me and I could start drinking again. Boy was I into some faulty thinking.

I remained abstinent from alcohol for approximately one year, met a woman named Ann, and got married. I brought a number of things into my marriage, including all of my problems. I had started drinking again just before we got married and continued on until I was given an ultimatum by my wife, which was to choose my family or the alcohol. Being the addict I was, I chose the alcohol because I felt no one had the right to try and tell me what to do (boy did I have some messed up core beliefs).

I thought sex was love and treated females as objects for my own selfish, self-centered desires. If someone acted like they loved me in some way, I would want to have sex with them. I preferred women I met in bars, or 12 step meetings because I thought they were just like me, and it was a way for me to feel powerful and in control over them, while escaping reality.

And then in 1990 I sexually victimized a child and was placed in prison, a place I had only seen through the eyes of the media.

Through successfully completing many self-help programs, especially a sex offenders program, I have come to understand my inappropriate behaviors that were not dealt with from the past. To continue learning about my sex and alcohol addiction, I have taken an active role in A.A. meetings here, along with an S.A.A. meeting which used to be here before there was limited staff present. I have also pursued an associates degree in applied technical studies, and this will enable me to successfully re-integrate myself back into the community upon my release.

Though I am not proud of what I did, I AM grateful that I can now share with others my experience (Step 12), with the hope that other recovering sex addicts will gain strength through the sharing of my recovery, COMING INTO THE LIGHT! ! ! If you have been in the darkness, and have now seen the light, I would like to correspond with you. My address is; P.W., 223-267, P.O. Box 740, JD-125, London, Ohio 43140-0740  
"Happy Holidays & God Bless"  
Paul W. 223-267  
Ma.C.I., P.O. Box 740, JD-125  
London, Ohio 43140-0740

### ISO BOARD - LITCOM STUFF OF INTEREST

The last Board meeting was held by teleconference on Jan 23, 1999. We report here only the highlights of that gathering.

> Delegate Call to Annual Meeting: To be mailed to groups/delegates in Feb. Convention plans moving in timely way.

> Interfellowship Conference proposals [4] to come before the Board in May. The five "S" Fellowships are SA, SAA, SCA, SLAA, and SRA.

> The OOC's 2000 Budget recommendation

approved by Board. For Fellowship adoption.

> Two [2] requests for use of the ISO Letterhead and "Sex Addicts Anonymous" Trademark were approved for the Scotland outreach letter and the Twin Cities Intergroup for use on their Public Service Announcement Tape.

> Upon OOC [Office Oversight Committee] recommendation and Board approval, Jerry B. will implement a CREDIT/DEBIT CARD ACCOUNT for receiving payments and donations. HOORAY!! Easier purchasing - donating !!!

> Board approved INCREASE IN INDIVIDUAL DONATIONS PER YEAR. From \$4000 per year to \$1000 per month or \$12000/year.

> The Board, to accommodate the need for continued, even expanded, OUTREACH, approved action to immediately create a Trust Fund Agreement with the Greater Houston Community Foundation so as to form the OUTREACH TRUST FUND. This fund would receive donations and bequests so that interest on these funds would be used to expand SAA Outreach.

> Board approved a one year pilot program using an "800" number [toll-free] for inquiries about SAA. This as a result of a study of other "S" groups using such a number.

> Board approved policy on the use of ISO Registered Trademarks on local websites. This in response to possible violation, however un-intentional, of the ISO owned property. All Groups should obtain copies of these policies before using any wording which may compromise SAA trademarks. [Ed note: The PBR would publish such policy except for limitation of space at this time.]

> Board noted that one city in the Southwest had made a commitment to bid on the 2000 Convention.

> Board approved of local groups who have lending libraries to make one "back up" copy of SAA tapes for the purposes of replacing those not returned or damaged by users, but they are NOT to be duplicated for sale or other distribution.

> Note was made of the lack of Board representation from the N.E. Region since the resignation of John R. No alternate was available to fill the vacancy. The Region's delegates, at the annual will have opportunity to fill the vacancy.

> Next Board Teleconference to be Saturday, March 20, 1999.

#### LITERATURE COMMITTEE:

> Next teleconference this month. [Feb]

> Translations [Spanish] are moving ahead and much should be in place by the May meeting. Thanks to David B., Joe T., LitCom members, and to Hispanic groups and persons for getting the Spanish translation layout of the Introduction Pamphlet ready for printing and sale, with an appropriate imprinted statement concerning availability for review pending SAA approval, and need for feedback on the document. Other member/translators have volunteered to do other languages. We persist!

> An extensive proposal on approval and acceptance of SAA literature is under continuous study; probably will receive final action at the Convention meeting. An important need !!

Ed Note: We apologize again for the lack of more specifics regarding the work of these Trusted Servants, including the Financials!]

**FUNDS APPEAL  
for  
BOARD - LIT COM  
Expenses  
Annual Convention  
Business Meetings**

From personal experience last year, and in previous years, I can tell you that travel reimbursement for expenses incurred as a part of Board/Lit-Com travel to the Annual Meetings at the International Convention, was almost Nil. Reasons are many and varied, but primarily there was no available money in the ISO coffers.

Again this year there will be appeals to each region of the Fellowship to send in special gifts for the express purpose of reimbursing their Board and Literature Committee member for a portion of their travel expenses to the Annual Meeting. Members "At Large" and the PBR Editor have no regions from which to solicit. So, in addition to sending a contribution for your particular region, you can send an additional amount for general travel and expense.

What you contribute to this special appeal will conserve the ISO general and reserve funds for Outreach and other services.

There was a time when it was almost impossible to expect ANY reimbursement for such expenses. Unless, of course we could extract it from our own group or intergroup. Otherwise we paid it out of our own pockets. Many found it impossible to serve at this level for financial reasons.

We've grown. Hopefully this growth has brought us to realize the blessings of having trusted servants who are willing to serve, and then to become aware that we must support that work. We don't get paid for 12 step service at any level, but expenses should be paid.

How about it? Got your pledge? THANKS !! -Ed-



# Jim H. Speaks of Recovery Changes And Recovery Words.....

## Changes in Recovery

Hello everyone.

My name is Jim H. and I'm a sex addict. The Promises say "sometimes quickly, sometimes slowly... but they will always materialize if we work for them." Well, I've been in sexual recovery for the past 9 years with many days of sobriety and many days bingeing in the bubble in between. I've wandered in public places, bleary-eyed, wondering where to find my next "fix", my next victim. Consciousness of the program drifted through my mind but with insufficient force to turn me toward home. I've wondered many times over the years if I was making progress.

I've definitely established that my addiction is progressing because almost every time I've slipped, my acting out has become worse.

Throughout this decade:

>> I haven't stopped going to meetings. (OK, so maybe I've been inconsistent at times and did stop altogether for a few short months at a time.

>> I've kept a sponsor (OK, so maybe I forgot to call him until after I acted out or maybe I failed to disclose how I was really doing, or just called to check in only rarely).

>> I tried to be of service (OK, so maybe I turned into an egomaniac as Intergroup rep and hogged all the meeting time, actually creating more controversy than recovery).

>> I journalled (OK, so maybe I was inconsistent and perfunctory at best, so what if I rarely reread my journal and looked for patterns or clues to my slips, or wrote with a purpose).

>> I prayed (sincerely that God help me on my time schedule with little spiritual sacrifice on my part).

>> I read the literature (one time through without a second thought).

I've wondered many times why I was having such a difficult time of it. I've discovered part of the answer. My recovery is not based on just quantity of actions but also on the quality. Rather than maniacally and mechanically perform the suggested "program actions", I can concentrate on a few and try to bring to them the humility, tenaciousness, and sincerity that is required to truly set me free.

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## Recovery Words

I was reading the Big Book of Alcoholics Anonymous page 82-84, the part leading to and including the promises. I thought it was interesting that Bill W. uses the word **painstaking** to describe the attitude and effort required to find the grace of God in **recovery**. I decided to explore the meaning of painstaking and share this list of adjectives with my fellow brothers and sisters in recovery. The words come from my computer's Thesaurus. I also used the Thesaurus to find words related to words. Here is the list. I hope you enjoy and take some time to reflect on what adopting these attitudes might mean to your recovery. I will do the same.

**Painstaking:** conscientious, meticulous, careful, carping, cautious, ethical, exacting, fussy, heedful, punctilious, scrupulous, unrelenting, deliberate, methodical, dilatory, diligent, leisurely, meticulous, patient, procrastinating, slow, thorough, un-hasty, unhurried.

**Critical:** fault finding, captious, censorious, hair-splitting, nit-picking

**Captious:** critical

**Unrelenting:** tenacious, persistent, adamant, ferocious, fierce, zealous

**Dilatory:** easygoing, unconcerned, relaxed

**Patient:** merciful, tolerant, sympathetic, restrained

**Thorough:** rigorous, exhaustive, unabridged, complete

**ISO BOARD — ALTERNATES**

Area	Member	Alternate
SC	Penny K[Chr]	Rodney R.
At Large	Claude E [Treas]	
Latin Am.	Octavio E.	None
Pacific	Patty F.	Peter B.
GL	Rob V [Sec'ty]	Roger B.
Intermtn	Charles A.	Bob D.
NC	Dave B.	Lonnie S.
NE	Vacant	Vacant
SE	Frank B.	David G.

**Staff**

Jerry B. Office Manager

**Office Hours [Central time]**  
 [Staffed] 10:00 AM - 6:00 PM  
 [Phone calls taken in Person]  
 M-T-W-F 10:00 AM - 2:00 PM  
 Thurs 2:00 PM - 6:00 PM

**ADDRESSES**

e-mail: info@saa-recovery.org  
 web: http://www.saa-recovery.org  
 PBR: PBR@saa.recovery.org

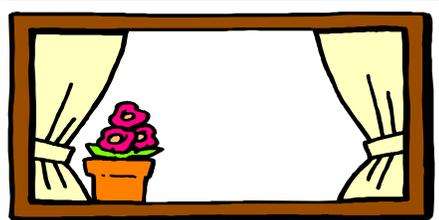
Office: International Service  
 Organization of SAA, Inc.  
 P.O. Box 70949  
 Houston, TX 77270

**PHONE**

713-869-4902  
 ++++++

**LITERATURE COMMITTEE**

Area	Member	Alternate
SC	Dave R[Chr]	Tom S.
Pacific	Frank A.	David B.
NC	Sunni W.	Vacant
GL	Jeff W.	Elizabeth S.
SE	Joseph T.	David G.
Intermtn	Norman S	Marie L.
NE	Peter S.	Vacant
At Large	None	None
PBR Editor/Member		Robert S.



**“KEYSTONES TO FREEDOM”  
 THEME FOR THE TWELFTH ANNUAL  
 SAA CONVENTION**

**Friday-May 28**  
 Open Newcomer Meeting  
 Convention Opening Celebration  
 Keynote Speaker  
 Evening Workshops

**Sat - May 29**  
 Workshops:  
 “First Awareness”  
 “Looking Inward”  
 Banquet and Keynote Speaker  
 Dance and other Entertainments

**Sunday-May 30**  
 Workshops  
 “Finding Connection and Fellowship”  
 Noon Chili Fest and Entertainment  
 Workshops  
 “Breaking Free into Grace”  
 “Power to Transform our Lives”  
 Variety Show

**Mon - May 31**  
 Open Meting: Where to Next?  
 Brunch/Speaker  
 Closing Ceremony  
**OTHER CONVENTION AMENITIES**  
 24 hour room for meditation  
 24 hour marathon meetings  
 Hospitality Suite  
 T-Shirt-Gift-Book Shop  
 Specialty workshops and meetings

**MAY 28th thru 31st, 1999**  
**The Red Lion Hotel**  
**100 West Glenoaks Blvd.**  
**Glendale CA 91202**

**DELEGATE CONFERENCE**

SAA members appointed by their home groups as delegates to the business conference need to be onsite beginning early Friday morning through Saturday afternoon. Delegates must register for this portion separately through SAA’s International Service Office. If your group has not received the official documents from the ISO office, make contact by using the phone or e-mail [on left of this page]

Register Early and Save !	By Mar 30th	By Apr 30th	At the Door
<b>SAA MEMBERS ONLY</b>			
FULL 4 DAY PLAN	\$80	\$90	\$100
FRI-SAT-SUN PLAN	\$65	\$75	\$85
FRI-SAT PLAN	\$47	\$57	\$67
SUN-MON PLAN	\$48	\$58	\$68
SUNDAY ONLY	\$33	\$43	\$53
<b>YOUR INVITED GUEST</b>			
SAT BANQUET - DANCE	\$32	\$32	\$42
SUN CHILI FEST - SHOW	\$18	\$18	\$28

**Hotel**  
 Make your reservations before May 7th!!  
 Single/Double rate:  
 \$80.00 per night  
 818-956-5466

**Air Discounts**  
 5% [OR 10% on 60 day advance purchase]  
 American Airlines  
 800-433-7300

—OR CALL—  
**Travel Agent**  
 Airline-Hotel-Auto Rent  
 “Justin” 800-304-5100

—NOTE—  
**When making reservations, be sure to mention Keystones to Freedom !!**

**ALSO NOTE:**  
 If you need more information or a registration blank, contact the ISO office as at left.

When you register early by mail, you’ll receive a registration packet with both a personal phone contact and a coded-access Internet Web Page where we’ll post the latest convention information and address any special needs you make known to us.

Donations needed for Scholarships - Some Scholarships are available. Ask.

**TRAVEL FUND NEEDS! See Page 11**

**WILL YOU PLEASE?** Remember the needs of the SAA Fellowship at the international level? This newsletter was provided for you by those doing their own Step Twelve and Tradition Five work. And by one, yes only one, paid staff member. There are important programs of outreach, many of which are represented in this publication. Outreach of all kinds, prison and all other. Materials are provided free to those who cannot afford them; i.e., prisoners. It costs dollars to maintain the central facility through which our efforts are maintained. For you who downloaded this, or have received it via “snail mail”, we hope you will strongly consider sending your periodic contributions to the ISO office. **YOU** are the answer to total Outreach! Thanks !!