News from the Web... By: Bob D.

Hi again!

It's been a while since this column made it to the PBR and lots has happened on the SAA Webpage!

The big news is that the SAA Store is open for business. Now you can buy all the stuff that SAA sells on-line. Here's how it works: You go to the SAA website, www.saa-recovery.org, and go to the SAA Store page. From there you can now look at descriptions of:

- SAA Literature,
- Other recovery books sold by SAA,
- SAA Conference tapes, and
- Medallions

You can put things in your "shopping cart" by just clicking on them. When you are done, you complete your order by providing a credit card number and your address. The system computes sales tax (if you live in Texas) and shipping charges, so your order will be on its way as soon as possible. You don't have to call the SAA Office, write letters, or anything — You can order via the Web anytime you want!

If you're worried about on-line security, we're using the same encryption systems that the big e-commerce businesses use. And we promise not to sell/give your address to anybody!

So if you've been meaning to get some more recovery books, why not check out the collection on our Web site? While you're at it, take a look at the SAA Literature, there's stuff there you probably never even hear of!

I'd like to take a minute to reflect on SAA's on-line progress and, yes, do a little bragging. The idea for the SAA Webpage started about 4 years ago and an early draft was on-line by January, 1996. At the 1996 Convention meeting, the Board approved going "public", that is indexing the page with search engines and spreading the word in the fellowship of its existence. The month before going public, in June, 1996, we had 96 visitors. Today in a typical month we get 15,000.

We've now become the first "S" group web page to use electronic commerce, we're starting a "Member Functions" page that describes events and workshops sponsored by groups; and we now have most our web page also on-line in Spanish!

All I can add is: Stay tuned — More to come!

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Glenn J. voices opposition to publishing article from Jun-Jul issue of PBR....

TO: Editor, Plain Brown Rapper; P. O. Box 70949; Houston, TX 77270
FROM: Glenn J.; Houston, TX
SUBJECT: "Top Ten Reasons God Created Eve" Article in the Volume 11, Issue 3 PBR.
DATE: 26 July 1999

Dear Plain Brown Rapper Editor:

Please retract or recant the subject article and issue an open apology in the Plain Brown Rapper (PBR) for publishing the "Top Ten Reasons God Created Eve" Article in the PBR.

It is highly inappropriate to include in a recovery publication articles such as this which includes such disparaging and oppressive language.

This article is especially oppressive since the remarks are largely attributed to be God's (or HP's) opinion. Whether this article was attacking men, women or children, it is inappropriate to stereotype anyone with disparaging statements like:

- would always be lost...
- hate to ask for directions.
- needed someone to hand them the TV remote.
- they don't want to see what's ON TV, they want to see WHAT ELSE is on!
- would never buy a new fig leaf when his seat wore out... need Eve to get one for him.
- would never make a doctors appointment for himself.
- would never remember which night was garbage night.
- men would never be able to handle childbearing.
- needed someone to blame his troubles on when God caught him hiding in the garden.

I honestly never expected SAA to disparage anyone (men, women or children) like this and frankly felt betrayed. I should not be afraid to read the PBR for fear of being hurt or oppressed.

I am also offended that the PBR spread this oppression to my many brothers and sisters in recovery who read the PBR. We deserve to be honored for the wonderful complete creations we are. We deserve to be encouraged to see each other that way too.

In closing: thank you very much for your dedication to editing and publishing the PBR. As a whole it is a very good publication and to edit and publish it is a sizable and valuable contribution to the SAA recovery community.

Sincerely:
Glenn J.

PS: In addition to the retraction and apology, I would appreciate you publishing this letter in the PBR as well. Thanks.

---

From Paul W. [prisoner]

Dear Editor,

This letter is in reference to my article in your Feb-March, 1999 issue, "Out of the Darkness", and another article I recently wrote. I would like to apologize for any problem it may have caused. That was my request for pen-pal support since there wasn't and still isn't, an SAA meeting here. There may be soon because the coordinator of the sex offenders program I went through is going to get it going again. He said I could take a big part in it and help get it going.

There was also one response I received from my article, "Out of the Darkness". He is an inmate who recently got locked up for his sexually deviant behavior. We have continued to correspond and share our experience, strength, and hope with each other. It has been a great reward to share with someone outside these walls.

I have written another article. I would like to ask if it could be printed in a future issue. I hope it will be rewarding for those who read it. It helped me, and possibly others, see what it was like, what happened, and what it's like today in my spiritual growth.

I thank you for your time and attention in this matter. I wish you all the best in your journey through life.

Sincerely,
Paul W.

Ed Note: Paul W's article is too long to get into this issue of the PBR, in fact it is long, period. We do plan to include it in the Oct/Nov issue.
Ed. Note: The following is sent indirectly via the ISO office, and shows the outreach benefits of our web-site, where Dave found us.

"My name is Dave. I'm a sex addict."

With those words, I broke a silence of 45 years. As I continued to talk, my voice varied in its inflection and clarity, I paused, I stuttered and started again. I was nervous and exhilarated and slightly embarrassed all at the same time. This was the first time I had ever spoken publicly about my addiction. Finally, I said, "Thanks for letting me share." All around me I read in the eyes of the other men not condemnation and shock, but acceptance and understanding. I felt like I had come home.

After the meeting, a man came up to me and said how unusual it was for a new-comer to share at his first meeting. I took this as a compliment. I was ready. I was more than ready to face my addiction head on and knew I would need the help of a group like this. I was reminded of the joke about the guy who said it was easy to quit smoking - he'd done it many, many times. I, too, had tried to quit my addiction many times without success. At this, my first SAA meeting, I began to see the wall of shame start to crumble. I hoped that maybe this time would be different. Maybe this group was the key to understanding. I felt like I had come home.

As nearly as I can remember it began when I was 5 or 6. I was a creative and imaginative child, way too sensitive for my own good. I recall a Sunday afternoon. My family and I had been to see a circus movie at the local theatre. When we arrived home, it was time for my nap. As I drifted into sleep, I visualized some of the scenes from the movie. So young a child merely experiences and does not analyze or ask "why?". All I knew was that bringing up images of the leading actress was pleasurable. I had never heard words like "masturbation", "pornography" or "intercourse". To my knowledge, no one ever sexually or physically abused me, although there was verbal and emotional abuse. In any event, addiction had crept into my life in the simplest and most innocent way.

The years went by, the fantasizing continued. As I grew and learned, the storylines for my imaginings became less childish. At 14 I began masturbating. I fantasized to images from magazines, newspapers, record album covers and pinup calendars. A cycle developed. Fantasies of yearning romantic adolescent love alternated with those of hardcore sex accompanied by masturbation. Just after graduating from high school, I got up the nerve to buy my first men's magazine. Through my college years I immersed myself in erotic literature, pornography and XXX movies. By my senior year, masturbation was well entrenched and compulsive. The Garden-of-Eden naivete of the child was long since crushed and buried.

In the vast and thorny outside of fantasy, my relationships with women were anything but healthy. Idealistic, incredibly permissive, but compulsive, I was a young man set on a course for failure. What relationships I did have lasted less than six months. Only a very few were sexual. Because I was frightened of asserting myself, the women pretty much controlled the relationships, whether they wanted to or not. The only good that came from these liaisons was that I tended to masturbate less when I was involved with someone.

The one exception to this was R. whom I met when I was 27. She was 14 or 15 at the time. The prudes and the self-righteous probably thought they had sized me up pretty quickly, out for sex, exploiting young girl. The truth was something else again. I was emotionally stunted for my age, R. was very precocious. She was also smart, down-to-earth and had a great sense of humor. Our relationship was the happiest I'd ever had. During the 4 years I was with her, I matured considerably with the unfortunate result that I became bored as I realized just how young she really was. We drifted apart and she began dating guys her own age. Masturbation and the use of pornography had tapered off while I knew her, but reached new and higher levels after she was gone.

Prior to meeting R., my drug use had begun. Alcohol never really appealed to me. My mother was an alcoholic and I had seen up close what drinking could do. But marijuana, LSD and speed were another story. Drugs added intensity to masturbation and made it possible to prolong my fantasy sessions for hours at a time.

In the late '70s I got a job at an adult bookstore. This was simply one more in a long line of dead-end jobs. Working in the bookstore was Paradise for a drug user and pornography addict. I didn't have to go looking for my fix. Dealers came into the store and offered their wares right there on the counter. Plus, I was surrounded by pornographic magazines and movies. Paradise? Hell, those days were some of the most miserable and depressing I had ever experienced.

While working in that store the other clerks and I were busted 4 times by the police for selling obscene materials. We eventually served 2 weeks in jail. So these were the events that preceded the first meeting with the woman who would become my wife. I was, in a word, a loser. Looking back, it seems almost miraculous to me that I fell in love with B., married her and am still with her. She gave me love and encouragement like I had never had. I grew, I blossomed, I flourished.

B is a remarkable woman. Never had anyone loved me like that. With her I achieved an emotional maturity and stability that had many positive results. My drinking, which had been moderate, was reduced to minimal. I gave up drugs. I went back to college and eventually landed a job, which turned into a real career. I was more confident and poised than I had ever been. And yet, in spite of all my success, I could not give up masturbation and the use of pornography. I tried to conceal my other life, but eventually my wife found out. After many confrontations, many promises broken, and much trust destroyed, I was forced to admit, for the first time in my life, that I was an addict and that I could not control myself. Finally, in April of 1999, I went out on the Web, searching for information about addictions, and discovered SAA.

We have finished reading the 12 Steps. The Leader invites us to begin sharing. The first to speak is one of our younger members. He looks to be on the shy side of 30. I realize that it is his time to speak and that I must remain quiet. But I was nervous and I wanted to steal the show. I found myself jumping up and applauding him. I want to say, "Good for you, son! Face your addiction now. Don't be like me and waste another 20 years of your life in this cesspool." Now one of the older men begins sharing. His voice is soft. He pauses often to choose his words carefully. He leans forward, his elbows resting on his knees. There is a great, heavy sadness in him. I, too, know this sadness, I know whereof he speaks. The sharing passes to the next man. Somehow, this guy always gets us laughing. Using himself as the butt of his own jokes, we easily identify with him. His humor helps to lighten the burden of addiction for all of us. Now a fourth man is talking about compulsive behavior. His story provides a cautionary tale. I thought it was enough simply to stop acting out But as I listen to him, I learn that I must be on guard for other numbing, automatic behaviors that keep me from facing my depression head on. And so it goes. Every man who speaks has something to say which is worth remembering and thinking about later. Every man has been where I have been. Every man could easily be my brother.

The sharing concludes. We all rise. The Leader says, "Whose Father?" And we answer in unison, "Our Father. Who art in heaven." At the end of the prayer, we turn and hug each other. On the drive home, I recall bits and pieces of what I have heard that night - much real, gritty wisdom about life and addiction. Throughout the week I will think back to the meeting and try to apply what I learned from these men to my own life.

Maybe it's too soon to tell. Yet, I do feel more at peace. My relationship with my wife is improving almost daily. For now at least I have quit acting out. I am feeling a new sense of spirituality emerging. And all because I am no longer alone. I now have allies and brothers!!

"Thanks for letting me share." Dave
FALL RETREAT
OCTOBER 22-24, 1999
BY:
“CHOICES” AND “SERENITY”

The place will be at St. Mary of the Pines, Chattawa, MS. The Retreat Title is: “Mother”-Acceptance, Forgiveness and Letting Go.

Register by October 10, 1999. Make Checks payable to Ronald Fournet, retreat treasurer. Send to Sharon T., P.O. Box 359, Lawtell, LA, 70550.

For additional information, call, and/or leave message: 318-543-8957. E-mail: cajun_magic@att.worldnet.com.

Fee are $60 per person, Double [semi-private]-[You may indicate your roommate when sending registration] $75 per person, Single [private room]. Retreat T-shirts are $11 L, XL, XXL only.

Meals and room are included, bring snacks for sharing. Supper WILL be served Friday night.

Please bring a photo of your mother for sharing.

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5th Annual IISAA RETREAT...
Step Two:
“In Search of a Power Greater than Ourselves”
October 29-31, 1999

The Indiana Intergroup Fall Retreat will be held at Camp Pyoca in Brownstown, IN [between Indianapolis and Louisville, off I-65].

“A ‘Hands on’ Retreat”. Whatever your experience of a higher power is, it can help someone else to “come to believe” in a power greater than himself/herself.

A Spaghetti dinner will be held Friday night. A hayride, scavenger hunt and pumpkin carving are also planned.

Registration forms available from Mike C., Retreat Chair, at 317-636-6010 or from Indiana Check-In, 317-545-9783.

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COSA/SAA FALL RETREAT
September 17-18-19, 1999
Columbiere Center
Clarkston, MI

“ABANDONMENT”
The cost for this retreat is $97 and includes all workshops, lodging, meals and linens.

For additional information contact Ila D. at P.O. Box 502, Mt. Morris MI 48458. 517-624-9893.

New Mailing address for MICHIGAN INTERGROUP
Michigan Intergroup
P.O. Box 25133
Lansing, MI 48909

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Dear Robert,

I really appreciated the article “Thought Abstinence: A Vision of Sobriety” in the June/July issue of the PBR. Please extend my sincere thanks to the anonymous inmate who submitted it. In reading the article, I found myself identifying with the author’s struggles, particularly the problem with sexual fantasies and the acknowledgement that sexual addiction is “like a drug that brings intense stimulation.” I also understand all too well the terrible, depressing feeling described by the author of being “all used up on the obsession.”

Beyond the bond of identifying with the author’s struggles, I also wish to thank the author for the practical suggestions included in the paragraphs addressing thought substitution and replacement. As a direct result of reading this article, I have recently begun my initial 90-day period of abstinence from masturbation. More importantly, I’ve made a commitment to my group in this regard. For the first time in over three years I believe I’ve finally stopped talking the SAA program and have hopefully begun to live it. And for the first time I’m truly hopeful. The program and the PBR give us the tools for recovery, the responsibility for using them lies with us.

Sincere Thanks,

Ken
SAA of the Black Hills

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**TRANCE BUSTERS**

By William D.

1. “Hey, ________, you had better get dumb real fast or you are going to die!”
2. “If you cannot obey a simple sign on the wall that says ‘No Smoking’, how could you ever expect to recover from the disease of [alcoholism, sex addiction, ….]?”
3. “It takes one to know one” [cross talker]
Dear SAA,

Hello! A while back I sent you “The Hunter” to publish on the poet’s page. I send two more to share with you and everyone else. Enjoy! Sincerely, Terry K.

“Ode to a Daughter”
I once was a hero
In somebody’s eyes,
Who thought I could lighten
And darken the skies.
She gave me her love,
Rarely asked for a thing,
But disappointment was all
To her life I did bring.
When I took what I wanted,
I lost all that I had,
Now I’m nobody’s here,
And I’m nobody’s dad.

“Life”
Once you go through the edge
And out into the empty
There’s no way of getting back
To where you started.
And the loneliness becomes greater
Than that of a lost mitten.
The telephone becomes only an echo
To an empty room.
And you discover -
That the worst sores in life,
Are caused by crumpled rose petals...
Not by the thorns!
Terry K.

Huffing rock bottom for me was a fright filled experience; however, it was not as frightening as the tasks involved in recovery. My first lesson was that the Piper always demands:

“Payment”
Wandering, wondering, a life with no cares.
Seeking, not finding, just roam everywhere.
Is this the fate I’ve dealt for my days?
No other enjoyment on this trouble filled way.
Time is the culprit, it never slows down.
We see only peace in this tangle we’ve found.
When time with its weapons leaves us in fear
These friendships engendered need to be near.

Can we ever be sure of our ultimate fate?
To complete this journey would really feel great.
The mountains we face are rugged and tall.
As we struggle for conquest, sometimes we fail.

Into the abyss - this hell we have wrought
Because we want the pleasures our addiction brought.
First for our egos we kept that within
Then for the hate over which we will never win.
Today begins the payback. Just watch our smoke.
When the air is cleared, our resolve will not be broke.
Not beaten, no pain, on a new path we choose to turn,
Away from the fires of Hell leaving our addiction to burn.

Get it???
[Wherever you go, There you are. by Jon Kabat-Zinn]
WHAT A DIFFERENCE
A DAY MAKES....
24 LITTLE HOURS
[Times 365 & 1/4, that is]

Dear PBR Editor[s],

I’m an indigent inmate in the Department of Corrections for committing a sexual abuse crime. I am also in recovery and could really use the support of the PBR. Therefore I humble request to be added to the mailing list. I also grant you permission to include my story and/or poem in the newsletter. Thank you very much for your time and efforts. Many Blessings! K.D.

And his story...

When I got here, I thought to myself, I’ve endured too much in my life to let a little thing like going to the penitentiary break me, bodily or otherwise. Twenty-five years of active drug/alcohol addictions, three broken marriages, countless broken hearts, broken dreams that lay scattered in the wake like the wreckage of a plane crash. “This” will be nothing in comparison. And anyway, life is just a “bitch” and then you die.

Oh, don’t get me wrong, I am a very emotional type of guy. In fact, I barely kept the sheen of tears that glossed over my eyes from beading and running down my cheeks. But then again, they’re just life’s little insults, heaped one on top of another, that seem to sink in and get at me.

And then it happened. The of major catastrophe - getting dumped and dragged through the mud by yet another woman that I’ve pledged to love until death. But shoot, I can take it! I’m a trooper; I’m a fighter. I continued to back up my beliefs; that I had shackled myself, one more time, to a woman who valued status above all. I question myself as to why I haven’t learned my lesson about women and answered it, “I just like the domestic life too much.” So much that I continue risking experiencing this pain that I always feel when, the woman I think is mine, trades me in for another. Then to get over my anxieties of abandonment instead of picking fights, blaming, screaming, and slamming doors to push people away, or threatening to leave if I don’t get my way. I’m so thankful for the insight that the program has given me and very glad to know that you all will continue to look after me.

Many blessings!

Kristopher D.

Dear Rob,

I want to pass along to you something I am working on and need feedback from the rest of the fellowship. I am trying to develop some kind of a list of tools to strengthen groups. Below is an article I wrote that will go into the Indiana Check-In and which I am offering to you for the PBR if you choose to run it.

Chris C.

SHARING OUR GROUP STRENGTH
by Chris C.

At one of our recent intergroup meetings, we talked about the need to help strengthen new and struggling meetings. I felt particularly challenged by this need since I have lived in different areas where the program was having difficulty getting off the ground. After praying and reflecting on Twelve Step literature, I realized that if we help groups carry the message more effectively then their collective Higher Powers will strengthen them.

So I started making a list of tools that would help groups pass on recovery. Then I realized that there is a lot more wisdom in the collective experience of the fellowship than I can muster. So I need all of you to help.

I am tentatively calling this collection “101 Tools Groups Can Use To Advance Recovery.” So far, I have come up with about 40 tools. Here are a few of the items on my list: study the Traditions in meetings; hold occasional open meetings and invite affected others; create more trusted servant positions as the meeting grows; seek larger quarters as the numbers grow; any group tends to level off around 80% of its room’s seating capacity; start new meetings in jails/prisons, HIV/AIDS resource centers, hospitals, etc.

Here are a few other comments about “101 Tools Groups Can Use To Advance Recovery” to trigger your thoughts. First, the emphasis here is on GROUPS, not individuals; while we each have the responsibility and opportunity to reach out, is in and through groups that recovery happens. Second “advancing recovery” can mean many different things. It could focus on spirituality, Step work, the Traditions, running meetings, formation of meetings—and on and on. It could happen within groups, between groups, within the broader fellowship, or through outreach to addicts within the community. It could be activities that would ordinarily fall to an intergroup but that a single group might do if it is the only one in an area. No idea is too small or too large. Third, the point of this collection is action, what groups can DO, not just say or believe.

So please, send me a note on what you have done or have seen that helps advance recovery in our groups. I will compile, edit and offer the list for feedback. In keeping with the Twelfth Tradition, no names will appear in the collection. I ask only a couple of things: If your submission comes from written material, list the source and page number. Also, send me a return address so that I can ask you any questions that may come up.

Send your suggestions to me at: cknm@netdirect.net; write “101 Tools” in the subject box. Or snail-mail it: 101 Tools/ c/o Indiana Intergroup of SAA/ P.O. Box 20834/ Indianapolis, IN 46220.
## ISO FINANCES - JANUARY 1, '99 - JUNE 30, '99 - "CONTINUING TO SERVE"

### FINANCIAL SUMMARY

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<th>Month Budget</th>
<th>Over/Under</th>
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| Cost-Goods Sold | 8,758        | 4,194        | 4,564      | 64,685     | 58,156     | 6,529      |

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### The financial summary:

**Highlights:**
- The 1999 ISO Convention was a success on all fronts, including financially, netting over $8,900 and enabling the ISO to fully fund its Operational Reserve (although this will not show up until August after the convention checking account is closed and the money can be deposited into savings). On the other hand, the workload at the office has reached the point at which has become necessary to add a part-time employee which will increase our expenses about $12,000 annually. The new staff will be added by September 1.

Love,

Jerry B., Office Manager, ISO of SAA

*Editorial Assumption: It appears that these two lines might be exchanged with each other since the 1999 Convention Income should appear somewhere. The expense lines reflect Convention expense.

### No Monuments, Empires, Fancy Buildings

At the right under the balance sheet you’ll see a picture of what the ISO of SAA is **NOT!** The funds received from you by way of contributions, PBR donations, or purchases of literature is for one reason and one only: To Reach Out To The Addict Who Still Suffers! You know how it works, from the ground up. One to one support, individually, through our groups, through the intergroups, and through the consolidation of efforts through the SAA Foundation, its ISO Board, the Literature Commitee and all other Trusted Servants working together on whatever committees or sub-committees. Your continued support is appreciated!! Thanks!!

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### ASSETS

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### LIABILITIES & EQUITY

| Current Liabilities |              |              |              |              |
| Accounts Payable    |              |              |              |              |
| Vendors             |              |              |              |              |
| Health Benefit      | 1,488        |              |              |              |
| Total Accounts Payable | 1,488 |              |              |              |
| Other Current Liabilities | 94 |              |              |              |
| Total Current Assets | 5,790          |              |              |              |
| Fixed Assets        |              |              |              |              |
| Furniture & Fixtures | 47           |              |              |              |
| Office Equipment    | 2,335        |              |              |              |
| Total Fixed Assets  | 2,382        |              |              |              |
| TOTAL ASSETS        | 47,440       |              |              |              |

### EQUITY

| Opening Assets | 34,066 |              |              |              |
| Opening Liabilities | 1,665 |              |              |              |
| Opening Equity   | 32,401 |              |              |              |
| Current Equity   | 45,858 |              |              |              |

### NET INCOME

13,457

TOTAL LIABILITIES & EQUITY

47,440
I attended my first SAA Convention in 1991 at Grand Rapids, MI. I was in the program about 9 months. I remember being so afraid of being recognized as a Sex Addict by people I had never met before. I also remember attending a workshop entitled "Healing the Family". This workshop enabled me to admit to and address an incest issue that had occurred in my youth. I was able to bury a family ghost that I had been unable to deal with for thirty years. A miracle. I also met Jeannie 0., and heard her story. This was so very important to me, as I had been a life-long woman-hater, and didn't like feeling that way. Her story helped me relate to the female perspective, and I was able to start stopping my woman hating at that time. I still remember that convention with great affection.

I missed the great conventions of Tucson and Louisville, due to finances. I will always regret not having seen the passing of the hat that paid our fellowship's debt to the hotel in Louisville. I can only marvel from this distance of time at that miracle. Phoenix was my second convention, and was the beginning of a string that has continued through the present, at Los Angeles. At Phoenix, the most memorable event for me was taking part in the delegate convention as a delegate for my home group. That was the convention that set the standard of carrying literature for sale that is not produced by SAA in our fellowship office, to better serve the still suffering sex addict. The second most memorable event was the award of the 1995 convention to Ann Arbor, MI.

I was not involved in the bid for the Ann Arbor convention, and had no real idea of doing any work on the convention, other than as a possible presenter; so, of course I got involved as the program chairman, a job I really had to grow into. We who worked on the 1995 Convention are still gratified by the comments of participants who come up and affirm their own very warm memories of Ann Arbor. I consider it the high-water mark of my own service to SAA. I was also selected to serve on the ISO Board as an at-large trustee, an honor (and a HEADACHE) I always get Good Orderly Direction from my Sponsors. He gave me a list of options regarding transportation home. He gave me a friendly voice to listen to. Most importantly, talking with Bill G., got me out of my own head, so I didn't have to settle in Spanish Fork after all. A nice town, really, and I hope to visit it again someday, but it has nothing on LA or GR.

The twelve-step programs give us the tools we need to get through stress—times. If I can remember to work my program, I am always gratified, for the program has never failed me. It's up to me to remember to work it.

I hope to see you in Tucson!

Mark N.

Every Convention Is An Adventure

compliments from women very well (I am getting better at it) and I was speechless at the time, thought I was triggered, etc. No! In truth' I was smitten by what She said to me. I left Minneapolis walking on air, and have always remembered that compliment as one of my great moments. I can see now that at that time, my stunted self-image was still starving for honest affection and appreciation. How I love (and treasure) what she said to me.

Houston was next on the path, and I recall a very fine time indeed, for while there was some unpleasantness at the delegate convention (I felt picked on, crying towel please), our fellowship did very well financially, and I got to visit our service office, and even pack some literature for the convention bookstore. MI in all, an excellent convention.

Hampton Beach reminded me in one way of the Ann Arbor convention: The layout of the hotel was very similar, and the feel of the place was very laid-back and comforting. I was again par-boiled at the delegate convention (My crying towel, again, if you please) but as I went off the board immediately following adjournment, I felt alright about it. The outstanding thing I remember about the conference was the tour of Hampton Harbor we took. Seeing Hampton College, seeing the site of the civil war battle between the Monitor and the Merrimac, seeing where Blackbeard the Pirate's head was displayed after his death, and seeing Norfolk Naval Yard, including the USS Enterprise; Whew! What a tour!

I lived in LA in 1979. I lived in Pomona, in Santa Ana, and in Anaheim. I worked in La Mirada. When I attended our convention this year, I was able to lay several personal ghosts to rest, for in 1979, I was still an acting out sex addict, who, while he wasn't always drunk, was never entirely sober either. I also visited several Marine bases I was stationed at in the "long ago". I stayed with a dear friend who very generously granted me a room in Her home for a week, while I made like a tourist. The convention itself was very upbeat, and the workshops I attended were very beneficial. I also was able to conduct some personal business, and I have high hopes for that endeavor. I left the convention on Sunday, said goodbye to my friend, and started the long drive back to Grand Rapids.

I got into Utah that night, slept over in some small town, and took off again the next morning. At approximately the same time as our convention was breaking up in LA, my truck was breaking down in Utah, just about 10 miles south of Provo, in a charming community called Spanish Fork. As this was Monday, I was indeed fortunate that the local constabulary happened to be running a speed trap just where my transmission gave up the ghost. I was helped out by the Police, who called a wrecker, which dropped my truck off at the local dealership, and dropped me off at a motel. I counted my lucky stars that my good old Dodge, which had carried me from Phoenix to Ann Arbor to Minneapolis to Houston to Hampton Beach to LA (Again; Whew! What a tour!) had the good grace not to die in the desert. I finished my trip home with a good new Chevrolet.

However, while I was vegetating in my motel room, waiting for the verdict on my old vehicle, the thoughts that crossed my mind weren't healthy ones. I considered briefly the possibilities of connecting with a potential sex partner. I even had a fleeting thought of drinking. The action that I took: I called one of my Sponsors. I always get Good Orderly Direction from my Sponsors. He gave me a list of options regarding transportation home. He gave me a friendly voice to listen to. Most importantly, talking with Bill G., got me out of my own head, so I didn't have to settle in Spanish Fork after all. A nice town, really, and I hope to visit it again someday, but it has nothing on LA or GR.

The twelve-step programs give us the tools we need to get through stress—times. If I can remember to work my program, I am always gratified, for the program has never failed me. It's up to me to remember to work it.

I hope to see you in Tucson!

Mark N.
Editor, PBR,

Paul V here, in McKinney TX. Hey, my DW is very interested in providing a column for the PBR from the CoSA point of view. Would you have any interest? Do you think that it's appropriate? I believe that it would give a new perspective to some of the people in the fellowship, as to the intertwining of the problems of a sex addict/co-sa sex addict relationship. There is certainly some confusion among the SAs that I am acquainted with about how much of their spouse’s pain they need to own. I am in NO WAY abrogating my responsibility in the deterioration of my marriage while I was acting out, but there is a healthy body of knowledge about co-addiction, and it has been instrumental in my personal recovery to have a mate who is responsible for her own recovery, and knowledgeable about the dynamics of co-addiction and codependency. It seems to me that this kind of perspective may be very helpful in assisting some SAs as they try and lift their eyes from shame to grace. My wife and I have also considered submitting a kind of He Said/She Said column, to illustrate the dynamics which I have mentioned. Let me know what you think.

Peace, Paul V

+++++++++++++++++++++

Here ya go! I hope my first contribution to the Plain Brown Rapper meets with your approval.

Thanks for the opportunity to contribute. I’m a long-time member of other 12 Step programs, and one thing I really miss in COSA is the fellowship enjoyed in older groups like AA and Al-Anon. I understand the somewhat different dynamics, of course. But I know that for myself, and having heard the same sentiments echoed in the email list groups I administrate, understanding each other is an invaluable part of the recovery process. And I hope, too, that the partners of your readers may be gain a different perspective on the interrelationships between the Co and the SA. In my humble opinion, mutual recovery is definitely the way to go!

L’illette V

I am a co-sex addict. Sometimes I can even say I’m a grateful recovering Co-SA. That’s been a long time coming! It was easier when I was “just” an alcoholic and drug addict. Easier, too, to deal with overeating, overspending, family of origin issues, rape and physical abuse… well, you get the picture!

I am grateful for the opportunity to join you as a voice of the co-addict. I speak from my own experience and not for co’s as a whole. However, I find that I am not so unique as I once thought! I offer you my own experience, strength, and hope. Nothing more...

My father was a sex addict. My husband is, too. No surprise that I’d be drawn to relationships offering growth opportunities in that area. Thank God that I had benefit of several years of 12 Step recovery before I tackled this disease. “Co” recovery is not so clear a path. It’s not about just stopping codependent behaviors like snooping, controlling, mothering, quietly accepting the unacceptable, judging. A lot of “don’ts”...

and all of them either necessary components of my survival arsenal, or the legacy of my family of origin. To successfully work my program, I have to bring to light every aspect of who I am and how I move through this world - to explore, try on for size, and then eliminate those parts of myself that no longer protect me, but instead cause immeasurable pain and grief. Destroy those parts of myself that perhaps even define who I am.

Scary stuff! Definitely not something I can do alone. Hello, God! Hello, 12 Steps! Hello, RECOVERY!

In the beginning of this recovery process – March 1998 – I blamed my husband for garbage he brought into our marriage, for hurting me, for being irresponsible and uncaring, for causing the problems we faced. But I had too long been involved in 12 Step recovery to really believe it was all about him. Still, I was angry with myself for entering this relationship knowing what was involved.

I was ashamed that I had no better grasp on my own recovery than to fall into destructive rages and emotional withdrawals. I was embarrassed and appalled at my own lack of control. I truly did not believe I would ever be able to deal with all this, or that our marriage had any chance of surviving.

The good news is that I finally quit blaming, started focusing on my own recovery. And things are better now. Ours is a dance – we SAs and Co-SAs have the steps down so well that to change them is to risk a death of sorts. But the dance must change if we are to save our marriages, save our selves. Are we so very different from one another, the SA and the Co? We dance the same steps, to the same music of addiction. We are partners in the disease. Addiction is not a solo activity. Families are involved. Recovery cannot be a solo activity. My husband is a part of my life, and part of my recovery. I want to understand him. And I want him to understand me.

God bless you and your loved ones. May they also “come to believe”...

and to understand...

L’illette V

+++++++++++++++++++++

WE GET A LITTLE FLAK SOMETIMES...

There’s nothing like a little “feed-back” from the readership to awaken us from the doldrums of somnambulism. And we need the stimulation.

What happens is: We print something in the PBR which activates the mental acuities of our readers. That’s the “good” part. That’s the intention; from the mind comes subsequent action, or inaction, as the case may be. Hopefully that’s advantageous to Fellowship recovery, in whatever fashion. And sometimes we get “attaboys” for printing it.

The “flip-side” is when there’s not consensus on the value of portions of a given article, or when there’s differences of opinion as to whether or not our PBR material is consistent with SAA Steps and Traditions. Sometimes the feed-back is gentle and uplifting, sometimes a bit more “vigorous”.

We appreciate ALL of it; gives us an appreciation for generally acceptable standards we apply to the PBR.

Keep it up.

HOWEVER... If you have interest enough to read and respond, perhaps you’ll have interest enough to send us YOUR Experience, Strength, and Hope so we can share it with other readers. It will also give you an opportunity to measure your own recovery by looking at others, if that’s important to you. We make our own way but when “we take what we can use, and leave the rest”, we really do use the ESH of others as a tool of measurement for ourselves.

It might even help us learn more about the principles we espouse as those used for our recovery. How do we look at the Steps? And work them? What do the Traditions mean to us, as individuals? We may even have some issues where total agreement gives way to “consensus”. That means we might think, even act differently, but be respectful of others who see it THEIR way.

And WE DO NEED SOME STEP AND TRADITION ARTICLES!! NOW!! [Ed.]

PAGE 9
Dear Sir:

I am a sex addict beginning my fifth year of recovery with no bottom line violations. Critical to my recovery has been SAA group meetings in Dadeville, AL.

My years of acting out culminated in a prison sentence during which time I was introduced to group meetings. I learned three important lessons: 1) That my addictive illness was terminal, that is, it could not be cured, 2) That it could be successfully controlled, and 3) That I could not control it alone. That was the beginning this wonderful second half of my life.

One day following a meeting, I reflected on those difficult years of trying to deal with my addiction alone and I remembered the arguments I had with my addict, although I didn’t know what it was back then. I recorded this typical dialogue in hopes it might help others understand the power of the addictive dysfunction that enslaved me. The dialogue has never been published and I offer it to the PBR if you think it might be useful to your readers. The event took place in a foreign country where I lived at the time. Women often worked alone in the fields and pastures. I call the story:

**CHRONICLE OF A DRIVE IN THE COUNTRY**

A:=addict D=me

---

**A:** Hello there! It’s me again!

**D:** What are you doing here?

**A:** Aren’t you glad to see me?

**D:** Not really.

**A:** You were the last time. Women often worked alone in the fields and pastures. I call the story:

**CHRONICLE OF A DRIVE IN THE COUNTRY**

A: = addict D = me

---

**A:** You’re feeling better already.

**D:** I do, too.

**A:** You’re feeling better already.

**D:** Yes, but let’s keep things under control.

**A:** You’re good at that.

**D:** Don’t be facetious!

**A:** Nothing really bad has ever happened.

**D:** I usually lose control.

**A:** You won’t this time.

**D:** How can I be sure?

**A:** We’ll test your resolve.

**D:** How?

**A:** Let’s take a little drive in the country. You’ve been working too hard lately and you need to relax.

**D:** I don’t have time.

**A:** You can make it up later.

**D:** Okay. Just a short drive. Thirty minutes.

**A:** That’s fine. Thirty minutes should do the trick.

**D:** What did you say?

**A:** Oh, ah , I said thirty minutes will be enough time for you to prove yourself.

**D:** Oh.

**A:** Let’s take that road we enjoyed so much before.

**D:** And test my will power.

**A:** Yes. If she is there this time, we are in business.

**D:** She never really looked my way.

**A:** But we pretended she did.

**D:** She wasn’t there today.

**A:** Sure she will. This is the same time of day she was there before.

**D:** It ended wrong.

**A:** You were the last time. We had lot’s of fun.

**D:** Not really.

**A:** You don’t mean it.

**D:** I decided not to invite you back.

**A:** Of course I do but I always end up hurting.

**D:** You’ve said that before, but you always open the door to the right.

**A:** You’re feeling good aren’t you? Let’s stop and stretch in the shade of that tree.

**D:** I’ll be careful.

**A:** Isn’t this fun.

**D:** Better than ever.

**A:** I said you would enjoy it.

**D:** And you were right.

**A:** You don’t mean it.

**D:** A: You were the last time. We had lot’s of fun.

**D:** You really didn’t mean it.

**A:** Well I know.

**D:** You were the last time. We had lot’s of fun.

**A:** Let’s play some innocent games. I feel so warm and secure when we’re together.

**D:** I loose my desire for her.

**A:** Don’t drive so fast! You scare me.

**D:** I’ve had enough.

**A:** Do you want to drive this road again?

**D:** I just know I ache. I’ve got to get home.

**A:** Thats no test. You really need to prove yourself this time.

**D:** I didn’t notice.

**A:** I had. That’s why I came when I did today.

**D:** Okay. This will be my test.

**A:** And a good one. You’ll see.

**D:** Here’s the stretch of dirt road where we turn.

**A:** And there ahead is the pasture.

**D:** I don’t see the cows.

**A:** Strange. I don’t either.

**D:** I’m going home.

**A:** Just keep on driving.

**D:** I ought to go home.

**A:** That was no test. You really need to prove yourself this time.

**D:** I guess you’re right. We’ll drive for fifteen more minutes.

**A:** Fair enough.

**D:** If no one is out there, I’m going straight home.

**A:** You got a deal.

**D:** I’m feeling relaxed.

**A:** I told you that you needed some fresh air.

**D:** Time’s up. I’m going home.

**A:** Just ten more minutes. Turn up that new road to the right.

---

Sincerely,  
Dennis H.  
P. S. Enclosed is $15 to help defray the publication costs of the PBR.
from Scott T.
Letter of thanks
[and thanks from the PBR...!]

From Scott T.
ISO of SAA:
Dear Sirs:

Greetings!
I hope this letter finds you all doing well. I was privileged to read The Plain Brown Rapper, Dec’98-Jan’99 issue, and I was completely amazed. What a fantastic issue! It was truly a great newsletter, and to think that it gives those bound with sexual desires a place to vent thoughts, ideas, and obtain support. I really enjoyed your issue. Though I am not incarcerated on a sex offense, I do have a past offense from 1985. I can say that I have been victim free for 14 years. I am eligible for parole this year, but since I do have a past criminal record, I don’t know if I will make first parole or not. However, I have been given the opportunity to assist in the Sexual Perpetrators Anonymous group here in the institution.

...I understand that you have a Prison Outreach Committee and I would like to hear from them and possible obtain copies of the PBR for myself. My prayers are with everyone of you and I look forward to hearing from you soon. There is ever anything I could do, just ask. God Bless!!

Thank you! Scott T.

[Ed note: We have printed about half of Scott’s letter here. We understand the ISO office has already placed him on the PBR mailing list and has given his name to the Prison Outreach Committee.]

STEP EIGHT

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

“Oh?”. Got it done? Started? Oh...

“This Step is the beginning of the end of isolation from our fellows and from God” [from the AA 12&12].

TRADITION EIGHT

“SAA should remain forever nonprofessional, but our service centers may employ special workers.”

YELLOW NOTEPAD PAPER... STILL USED FOR MESSAGES OF HOPE!! ESPECIALLY ON THANKSGIVING DAY!!!!!

The following came in on yellow notepad paper with green lines titled:

NO FURTHER AUTHENTICATION ...

I began my recovery in 1990 as a result of PAIN. My wife of twenty years decided to leave me. I was desperate; I went into therapy, attended Alanon meetings and CODA meetings. I also attended AA lead meetings. I read countless self-help books, went to inner child workshops, served on the board of my church. I became a black belt know-it-all. I doubt if there is a human being on this earth that knows as much about recovery matters, dysfunctional behaviors, or twelve step programs. I was a co-dependent super supreme, not only did I have to figure everything out, I figured it out. Other people’s inventory, that is...

At the age of 53 years I had become chronically depressed as a result of my sixth severely dysfunction dependency relationship.

Sixteen months ago I left a family gathering to attend an 8:30 PM Alanon meeting. Why I did this I will never know. It was Thanksgiving Day.

I stayed there after the meeting until 2:30 in the morning. A man was obsessing and ruminating, obviously experiencing pain. His partner of five years had just dumped him two days before.

He mentioned something about SAA. I asked him where the meetings were held. Before he drove off, he wrote them down on a yellow piece of notebook pad paper and handed it to me.

I went to this church and walked through a door. I could see the faces of all my abusers in their eyes.

I could hardly breathe. I felt nervous, afraid, scared.

When my turn came, I said my name is Bill, I am a sex addict; I need help! They simply looked at me and smiled.

I am a multiple obsessive compulsive addictive personality disorder person that was sexually molested, abused and incested as a child. I was psychopathic, totally cut off from feelings. I had used 38 sexual bottom line behaviors, 47 though disorders, 16 hobbies and interests, 7 chemical substances, food and hunger, and many other thoughts and things to lessen my pain or augment pleasure. A hopeless case, indeed!

A person that [I thought] could not have recognized his higher power even if... , hands me a yellow piece of notebook paper and God takes me out of denial and delusion, rescues me and saves my life - at 2:30 in the morning, on Thanksgiving Day, at a place I was not supposed to be.

Need I say more? Sixteen months ago I left a family gathering to attend an 8:30 PM Alanon meeting. Why I did this I will never know. It was Thanksgiving Day!

STEP NINE

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

“Above all, we should try to be absolutely sure that we are not delaying because we are afraid. For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.” [AA-12&12]

TRADITION NINE

“SAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”
ISO BOARD —— ALTERNATES

<table>
<thead>
<tr>
<th>Area</th>
<th>Member</th>
<th>Alternate</th>
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<tr>
<td>SC</td>
<td>Penny K[Chr]</td>
<td>Rodney R.</td>
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<td>At Large</td>
<td>Claude E [Treas]</td>
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<td>Latin Am.</td>
<td>Octavio E.</td>
<td>Jesus F.</td>
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<td>Pacific</td>
<td>Peter B.</td>
<td>Frank B.</td>
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<td>GL</td>
<td>Rob V [Sec/ty]</td>
<td>Roger B.</td>
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<td>Charles S.</td>
<td>Bob D.</td>
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<td>Lonnie S.</td>
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<td>NE</td>
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<td>Kent I.</td>
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CONVENTION 1999

26 AUDIO TAPES AVAILABLE

$6.00 EACH OR $99.00 FOR SET

CONVENTION SPEAKERS PRESENTERS        Tape #’s
Jim W. [Welcoming]                     084
Alice C                               
Don B.                                 
Larry B.[Banquet]                      085
Art F.[Closing]                        086

CONVENTION WORKSHOPS
Steps 1-2, An overview
Myel J.                                088
Step 1: Are you a REAL Sex addict
Deborah F.                             089
Step 2: Coping with Withdrawal
Myel J.                                090
Step 2: Meditation Meeting
James R.                               091
Steps 2&3: Prayer Experience
Francie E.                             092
Steps 2&3: God Accepts Me as a Gay Sex Addict
Thorn C.                               093
Step 3: Gays and Straights Recovering together
Mike L.                                094
Step 3: Recovering With Depression & Anxiety
David W.                               095
Step 4: Recovering with Honesty & Accountability
Edan E.                                 096
Steps 6&7: Self Esteem
Tom R.                                  097
Steps 6 & 7? Healthy Perspectives on Sexuality
Jim M.                                  098
Steps 8 & 9:The End of Isolation
Seam M.                                 099
Step 10: Relapse Prevention
Frank B.                                100
Step 10: Triggers: Reality Or Illusion
Steve L.                                101
Step 10: Working Steps 4-9 Everyday
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Step 11: Affirmations
Bob R.                                  103
Step 11: Toning and Chanting As Tool in Recovery
Alice C.                                104
Step 11: The 12 steps & Other models of Spiritual Growth
Harry S.                                105
Step 12: Special Literature Workshop
David B.                                107
Talent Show                             108
Top Ten List for Achieving Serenity and Peace
Rob V.                                  109

ORDER FROM THE ISO OFFICE, BY PHONE AND CREDIT CARD, OR SEND CHECK. BE SURE TO INDICATE TAPE NUMBER [S].

[NOTE!! Shipping is $3.25 for the first $25.00 and $.75 for each $25.00 thereafter - include it, eh?]

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 full/one half time, paid staff members. 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!!