



News from the Web...

By: Bob D.

We got through the SAA International Convention and are settled into the Summer heat. (At least for those of use who live North of the Equator.) So while you're thinking about summer vacation and doing as-little-as possible, how about thinking about doing some Service Work for SAA?

"Work!", you say, "That's what I'm trying to avoid!" Well Service Work is supposed to be fun and rewarding. You're giving back to the SAA Fellowship (and your fellow addicts) something of yourself. It's not a "I gotta go to this darn job" sort of a thing; but doing something that feels good when you're done.

There are all types of service work in our fellowship: Chairing a Meeting, 12-stepping a Newcomer, making spaghetti at a SAA social event, or being the SAA Webmaster.

Naturally, I've got a particular sort of service work in mind, since I'm talking about it in this column --- Helping out with the SAA Webpage. Here are some of the jobs that you might do:

- 1. Chairing an on-line meeting.
We have 2 on-line meetings and need more people willing to Chair them. Require at least a year in the program and some experience with Chat rooms.
- 1. Translating. We can use bilingual people willing to translate SAA literature and help create and maintain foreign language versions of the SAA webpage. We have a Spanish version, are working on a French version, and could use all the help we can get.
- 1. Web page design and maintenance. If you're interested, write.

Bob D., SAA Webmaster
PO Box 70949
Houston, TX 77270

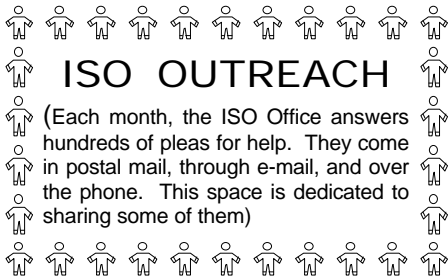
COMING EVENTS

The
Third Annual Michigan State SAA Convention
 will be held:
Saturday,
November 4, 2000,
 in Livonia, Michigan just west of Detroit.
 More details will be sent as soon as they are available.
 For information, contact
Ted M. [734]482-1621
 or e-mail
tdm1@bignet.net

NORTH CENTRAL REGION
"GET ACQUAINTED" GATHERING
 The Twin Cities Intergroup will host this gathering on
Saturday Evening
October 7, 2000
6:00 PM to 9:30 PM
 at the
Salem English Lutheran Church
Second floor Luther Hall
28th Street and Lyndale Ave. So.
Minneapolis, MN

RSVP by September 22, 2000
Twin Cities Intergroup
P.O. Box 50286
Minneapolis, MN 55403
 Dave B. ISO Board member, and Jerry A., LitCom member, and the PBR Editor will be there. Also an SAA historical speaker. Bring spouse, partner, friend or spouse. Join in a regional caucus to discuss interests and issues from the 5 state area. Enjoy a "mini" workshop on Spirituality. AND, entertainment.
 Meet some "new faces" and have some great fellowship!
 For more information call:
Greg B.— 612-859-5797

PANORA, IOWA
ANNUAL RETREAT
OCTOBER 20-21-22, 2000
 This year's events will feature Jeff and Judy H. of Minneapolis, who will present their workshop on:
Spirituality and Healthy Sexuality
 The program includes lecture, sharing, games, guided meditation, and positive affirmation building. The main topics are:
 • Addiction 101
 • Couple recovery
 • Spirituality in 12 Step recovery
 • Healthy Sexuality for couples, singles, gays, and straights.
 • Affirmation Creation
 Singles and couples who are members of "S" groups, "Co-S" groups, and RCA groups are welcome.
IN ADDITION:::
 There will be time for those in SAA who wish to do so, to see and review the first draft of the
SAA LARGE BOOK, SHAME TO GRACE
 Suggestions and feed-back on the book will be submitted to the Literature Committee of SAA.
PLACE: St. Thomas More Center
 Panora, Iowa
TIME: Friday, Oct 20th 6-7 PM to Sunday, Oct 22nd-noon
FURNISHED: 5 meals, beds [separate male/female quarters], showers, meeting rooms, beautiful grounds-lake, for walks.
BRING:
 • Bed linens or sleeping bag
 • towels
 • personal needs articles
 • snacks for sharing
 • musical instruments
 • jacket for cool evenings
COST: \$65.00 per person
PRE-REGISTRATION IS NEEDED FOR MEAL COUNT, MEETING SPACES.
For brochure and registration packet, write, call, or e-mail:
Robert S.
P.O. Box 9181
Rapid City, SD 57709
robson@rapidnet.com
605-341-9260



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)

Ed. note: The following was substituted for the regular column this issue. We hope you find it appropriate to your needs...

WHAT IS HEALTHY SEXUALITY?

“An expression of love between two people”

“With nine months of abstinence from my inner circle behaviors, and with the blessing of my sponsor, I started to date. Before my first sober date, my sponsor asked me to write up my thoughts about healthy sexuality. A program friend suggested I submit this to PBR. I hope it helps you to find your own definition of healthy sexuality

Open communication about whatever is going on inside of us before, during and after sex, including talking about all “positive” emotions and also about any insecurities, hesitations, feeling distant, not feeling loving, not feeling turned on, feeling angry, wanting to stop, etc. Talking about this during, and even stopping and talking and then deciding whether to continue or not.

The important part is the connection, the relationship, the love and expression and feeling between us, not the act itself.

Sometimes it can be gentle and soft and sweet and tender, other times it can be raw and powerful and wild. It can be fast or slow. The important thing is that we are both really following what is inside of us and we both are free to stop or change or talk about how it is or is not right for us.

It does not happen in a set way, become rote or habitual. It is spontaneous, changing from moment to moment, day to day.

I love my body, and their body, even when one or both of us does not meet my vision of perfection.

Sex is a natural extension of our lives, and our lives are a natural extension of sex. We are able to be just as ecstatic and loving when not having sex

Some Thoughts on Step Work as it Relates to My Life and Recovery

by Jim H.

I've been in recovery since July 23, 1987 and have had more than a passing familiarity with the 12 steps and 12 traditions. One thing I've found over the years is that it's good to “work” the steps but perhaps more importantly, it's good to live the steps. By working the steps over the years with my various sponsors and friends in recovery I have been able wake up my true spirit enough to stay sober and abstinent. Some times it even comes natural to me, I do it automatically. But most of the time I have to get in real emotional pain before I make an effort to follow the path laid out by the steps.

Recently, I did have an opportunity to work step 9 in a small way. For some reason, memories of one of the girls I had victimized started tugging at the corners of my mind. It wasn't an overwhelming sense of guilt; just a clearer sense of the hurt I had caused and a stronger desire than usual to make amends for my actions. I could have just tucked the thought away, rationalizing that I had already “worked” step 9. Instead, I wrote a little note on a yellow post-it pad “write amends letter”.

Later that week when I was eating lunch with my sponsor (eating lunch with a sponsor is “working the steps” in and of itself!). We were mainly discussing his struggles with the new woman in his life who had just had sex with her old boyfriend.

Right before we left, I shared my realization about this particular woman-child victim, and he was inspired to encourage me to write a letter and send it to Covenant House, a shelter for homeless children. He believes that maybe they will read it to someone who has been victimized by someone like me and perhaps that person will find healing in my words of remorse and apology.

I was really starting to get in touch with my feelings, which come from the recovering part of me who was also victimized and who knows what it's like to have his dignity violated many times over many years.

That part of me weeps and connects with all those who suffer from this disease (both addicts and victims), That part of me wants to keep growing toward the light as outlined in the 12 steps. It wants to let the damaged part heal by maintaining boundaries, practicing the principles of the 12 steps in all areas of my life, and by grieving for those I have hurt and trying to make amends to them in any way I can.

As an additional more concrete amend, I also sent some more money to the shelter and said a prayer for all who have ever had to stay there. By God's grace and my efforts to keep the steps alive in my life, I will never have to victimize anyone again, one day at a time.

Jim H.

as we are when having sex. We are able to be just as aware when having sex as any other time.

There are no walls between us, no secrets, no lies. We are truly naked with each other. I am truly naked with myself.

I have no shame because I have no secrets. I have no secrets because I have no shame.

I do not fantasize about anyone

else when having sex. I do not fantasize about doing something else. I am totally with myself, with the other person and with what we are doing together.

Anonymous by request



SPONSORSHIP CORNER

For the Sponsorship column
From Joel D.

Powerlessness

On October 1996, I started working with my first sponsee. In January 1997, I attended my first Al-Anon meeting. Like most people who come into Al-Anon, I was trying to find the solution to fix my sponsee who wasn't checking in regularly and who had an attitude with doing Step work. And like most people who eventually keep coming back to that fellowship, I learned that I needed to keep the focus on me and that it was not my job to fix my sponsee. So another piece of the recovery puzzle was set in place for me. And this vital piece helped my program and my sobriety in SAA.

I currently sponsor eight people. Having this many sponsees makes my time precious so I began to utilize requirements for my sponsoring members. The most important is Step work. I tell prospective sponsees that if they want me to sponsor them then they will have to work the Steps. If not, then I tell them I cannot sponsor them. And if along the way they discontinue working the Steps, then I can no longer sponsor them. As for Step assignments, I pass along the Step assignments which my first sponsor gave me to work on—I can only give away what was given to me. If sponsees want to do a workbook, which there are plenty of in the recovery scene, they're welcomed to do that, but I tell them to do the assignments that I hand out. Again, this is a matter of giving away what was given to me.

The second requirement I need from a sponsee is regular check ins. This was one of my

saving graces in my first year of sobriety. I called my sponsor every-day just to check in. This behavior was so habitual that during an acting out dream I wanted to call my sponsor—and, yes, I memorized his phone number in the dream. Calling my sponsor became a good habit because when I was sexually triggered I would call him and check in with what had happened. This dissipated the reaction as well as the feelings of guilt and shame. I tell my sponsees that if you're unwilling to check in when nothing is going on, then you're more likely not to call when something does happen, placing you in a very slippery and often times dangerous place. Making regular check ins is a practice in taking care of ourselves.

Lastly, I require my sponsees to attend meetings. This is very basic. Not only can they listen to other members' experiences, they have an opportunity to carry the message of recovery and sobriety to others as well. As an SAA member and a sponsor, I'm a major proponent of Step Twelve, "Having had a spiritual awakening as a result of these Steps, we tried to carry this message to other sex addicts and to practice these principles in our lives," and Tradition Five, "Each group has but one primary purpose—to carry the message to the addict who still suffers." I suggest to sponsees to share about the topic and how it relates to your recovery. "Don't dump at meetings," I would caution them. Then I would add, "That's what you have me for." In this way, we are contributing to the group recovery by practicing Steps Twelve and Tradition Five.

In closing, though I have these requirements, I know, as well

as my sponsees, that we each work for our own sobriety. I remind my sponsees that whether they want to work the program or not, it is their recovery and their sobriety that's being affected, not mine. I often share at meetings that if I'm honestly working the First Step of Sex Addicts Anonymous, "We admitted we were powerless over sex addiction—that our lives became unmanageable," I better believe, feel, and know that I am also powerless over other people's sex addiction. I love my sponsees, but I know I cannot "get them sober." They'll have to work for it, one day at a time, just like myself by calling my sponsor, working the Steps, attending meetings, doing service work, and making a lot of mistakes. Making mistakes and not acting out over them, I feel, is a hallmark of sobriety.

Joel D. 5-11-00

OF SPECIAL NOTE

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If you are an SAA member, and are getting this "hard copy" of the PBR, you will note that certain information having to do with items specific to SAA are included.

HOWEVER

If you are downloading the PBR, whether or not you are an SAA member, you will note that such information is NOT, repeat, NOT, on the Website copy.

This is so that a certain anonymity be maintained, for the well-being of the Fellowship. As a member, you may wish to consider how you get your copy of the PBR...



POET'S PAGE



"Behold, what great a matter a little fire kindleth".

The above is from an old book that is sometimes available for a little enlightenment occasionally. Perhaps the saying is appropriate in these days when nationwide fires are consuming some of our wooded resources.

I doubt, however, that's what the saying, above, was referring to. The reference was however, to how great a conflagration might begin with such a little blaze. And what a "firestorm" might be unleashed by the tongue.

A similar reaction was recently released by a poem that was received from a prisoner, through his "outside sponsor", for printing in the Plain Brown Rapper. The poem was, in the minds of some, not only suitable for publication, but was of some literary quality. The "flip-side" was that it was not only penetrating, but was quite "evocative" in its reality. And it was about a problem of sexual addiction, without a doubt.

In seeking some advice on whether to publish it, your PBR editor [me] sent it to all the Literature Committee members, and a few others in the Fellowship. There were many replies, from nearly everyone who got a copy. And even a couple for, some against, publication.

And then the issue got to the item of "POETRY" in general, as an appropriate vehicle to express aspects of one's life story.

The comments seemed to speak of the diversity of our Fellowship even though they were received from only a dozen or so persons. In my not-necessarily-humble opinion, they also spoke to individual levels of recovery where each of us might find ourselves on any given day, in any given situation.

In my recovery process over

these years, I see myself as moving from the ridiculous to the sublime on a moment's notice, using some of my old mentality to respond to the issues of today. I'm not so sure I'm alone in this area, but that's purely subjective.

What I'd like to do is open this issue once again [since it has come up some time ago] to the Fellowship for feed-back. Answer a few questions:

- 1 Does, or can, poetry have a way of speaking to you about recovery?
- 2 Should there be restrictive guidelines on the use of poetry, if it is to be used?
- 3 Does poetry [as has been printed in the PBR] seem to focus only on the "problem", rather than the "solution". Is this a concern for "guidelines"?
- 4 Have you ever benefited by reading a poem, or any other writing, even if it didn't "feel right"?
- 5 Do you feel that a poet is any less "sober" than any other writer?
- 6 Have you ever been "triggered" by a poem, or any other writing? How would you identify such a writing?

Well, get your pencils out, or start your e-mails singing, and let us know where you stand on this page, if it should be continued, and your views on its improvement, if it is continued.

The one comment the PBR did receive that moved me, personally, the most, was, "...This poem bothers me. I could give you ten reasons why it bothers me and maybe ten reasons why not to print it. That said, I would print it".

Use the PBR e-mail address as listed on page 12 to respond. Or send snail mail to PBR, c/o the ISO Office at the Houston address.

O PERSISTENT GOD,
 Deliver, me from assuming your
 mercy is gentle,
 Pressure me that I may grow more
 human,
 not through the lessening of my
 struggles
 but through an expansion of them
 that will undamn me
 and unbury my gifts.
 Deepen my hurt
 until I learn to share it
 and myself
 openly,
 and my needs honestly.
 Sharpen my fears
 until I name them
 and release the power I have locked
 in them
 and they in me.
 Accentuate my confusions
 until I name them
 and release the power I have locked
 in them
 and they in me.
 Expose my shame where it shivers,
 crouched behind the curtains of propriety
 until I can laugh at last
 through my common frailties and
 failures—
 laugh my way toward becoming
 whole.
 Deliver me
 from just going through the motions
 and wasting everything I have
 which is today
 a chance / a choice,
 my creativity / your call.
 O persistent God,
 let how much it all matters
 pry me off dead center
 so if I am moved inside
 to tears or sighs
 or screams or dreams,
 they will be real and I will be in touch
 with who I am
 and who you are
 and who my sisters and brothers
 are.
 AMEN

Sarah H

The Great Paradox of Early Recovery

Robert

I have often thought that the workshop that Judy and I put on should have something in it that can be put into a few hundred words for printing in the PBR. This is an attempt to put some of that into a form you can use. Jeff H.

We have found that at the most basic level this is an addiction to feeling better while having sex, or being distracted from our real life problems and pain by obsessing about sex when not actually acting out. The steps help us to get enough sobriety that we can begin to replace the addiction as a distraction from our pain and problems with healthy alternatives to these self destructive coping strategies. We learn to connect with other addicts, talk about our pain, and join a community of recovering people. That process reduces our need to be distracted from our pain and problems, which loosens the power of the addiction over us.

When we succeed in spending less time (and money, and life energy) on our addiction, that leaves a hole to be filled with something. We often just switch addictions, filling the gap with some other drug of choice. When that other drug is less damaging, (say switching from dangerous sexual acting out to over eating) we make progress in a sense, but the next addiction is just killing us slower than the first one was.

With help of sponsors, therapists, and others who offer us helpful feedback, we notice the secondary addictions, and begin to work on them. Success in that effort again leaves a hole to be filled. Eventually we all have to fill the hole left by

addictions we no longer use with something healthy.

That's where our personal creativity has to come in. Some of us fill the gap with spiritual pursuits, service work, creative hobbies, better parenting of our children, being better friends, and being better spouses or life partners in our primary relationship. After we find the balance of healthy things to replace the addiction with, our recovery becomes much easier.

The great paradox of early recovery is: THE PAIN GETS WORSE. After we quit acting out, we have to face our pain and problems without our drug of choice for comfort. We see the chaos we have created in our lives more clearly, and often get very depressed. Meanwhile the tools of recovery we are

"The great paradox of early recovery is: THE PAIN GETS WORSE".

learning are not yet mastered. How good were you at using your drug of choice?. How long have you practiced using it? All your adult life? Many of us were sublimely good at administering our drug(s) of choice just when we need a distraction from our problems, doubts, fears, or whatever old ghosts may haunt us. Some of us we able to go years with out ever feeling anything. Then when we get into recovery, we can no longer use our old ways with the same unconscious, reckless abandon. Even when we do slip and use again, it doesn't work. So we start feeling our feelings, fears, doubts and pain; straight with no crutches. It can be awful.

Meanwhile the new tools of recovery that we are being taught are not yet in place. We are a novice at recovery. How does feeling like a novice feel? It's usually not much

fun for me. Ever try learning a new physical skill late in life? Imagine learning tennis late in life. You want to practice in a sealed room. You feel awkward, off balance, totally inadequate. You can read books about playing tennis, listen to a lecture, talk to experienced players, but eventually you have to get out on the court and play. With tennis you can tell people you are just learning and people will give you a break. With recovery how do you tell all your friends, family and associates that you are just learning how to live your life?

All the meetings, books and tapes help but you still have to react to life as it comes at you, in real time. Does it seem reasonable now that the pain has to get worse at first? How else could it be? This is a dangerous time for an addict. We interpret the increase in pain as evidence that recovery doesn't work for us. The reality is the increase in the pain we feel early in recovery is evidence that our recovery is working, just as it should.

This is the time for faith. We have to find the faith to believe that the new tools of recovery we are learning will eventually work for us, reducing the pain and trouble in our lives. When we are overcome with despair we have to find comfort in a higher power. That's why its so critical to "come to believe that a power greater than ourselves can restore us to sanity". Take a moment now and meditate on these questions. How does it feel to have read this? Does this make sense and fit with your own experience? Where are you now in this process of recovery? Are you sponsoring someone who is going through this now and needs to read this article?

Jeff H

PRISON OUTREACH FOCUS GROUP MINUTES - FROM THE TUCSON CONVENTION...

By: Tim E., Acting Chair.

As part of the delegate convention in Tucson in May, the Prison Outreach Committee had its annual in-person Focus Group meeting. Mike L., Chair, could not attend the meeting. There were four members in attendance. Two of the four are fairly experienced in prison work and the other two were newer to the task.

Following are some of the topics that were discussed:

The San Francisco Bay Area fellowship, through the recently formed Prison Outreach Committee in the Bay Area, is working toward its first prison visit. They have received a packet with application forms from one of the state prisons and they will be submitting these shortly in hopes of actually starting visits in the very near future (the visits may have actually started by the time you read this).

The number of women inmates who get in touch with SAA is much lower than that of men inmates. The ones who do write, however, are often looking for a recovering woman sex addict to correspond with. Hence, there is a need for a woman prison outreach coordinator to handle this kind of correspondence. Volunteers to write letters are also needed.

Another suggestion was that there be more material in the PBR around prison concerns, and of course there is always a need for more help on the prison outreach committee itself. There was an article in the last PBR [or "there is an article in the current PBR"] concerning where the specific needs lie. If you are interested in working in prison outreach in any capacity, please get in touch with:

Mike L., Prison Outreach Chair
P.O. Box 27544

Houston, TX 77227-7544,
or:

mike.l@puertorico.com

He will find something for you to do!!!

The prison outreach committee will be meeting again at Convention this coming May. Hope to see you there!
Tim E.

have access to a Post Office box that you can use for return mail. Do not use your street address. If you have no personal box, perhaps you

PRISON OUTREACH <<<< ISSUES >>>>

Dear Member in Recovery,
My name is Mike L. I am continuing as chair of the Prison Outreach Committee.

I NEED YOUR HELP!!!

Over the years, SAA has developed several means of reaching out to the sex addict in prison who is still suffering. These include group meetings similar to those on the outside and one-time presentations by an SAA member to a group of inmates, similar to what are known on the outside as "speaker meetings." Another powerful and very personal means of doing this kind of twelfth-step work is by writing letters to individual inmates. This basically involves maintaining a correspondence with a prisoner or prisoners over a period of time.

The experience, strength and hope that a recovering SAA member can share with someone behind the walls can give an individual inmate a real potential for recovery. This is particularly true in situations where prison regulations or lack of availability of volunteers may make it impossible to reach out to the inmate in any other way. It is exciting for an inmate to receive a letter, especially if the inmate's family members have turned away. And for me, I find it exciting to hear from these folks, listen to their stories and watch them progress in the program.

If you want to participate in this rewarding work, please write to me at the address in the left column. I will put you in touch with the regional coordinator for your region and will send you a short list of guidelines for writing to prisoners. The first guideline you should observe is that you

can use your group or intergroup box. If no other alternatives are available, have mail sent to you at the ISO office; they will forward it to you.

We are also in need of one person to serve on the prison outreach committee in charge of meeting development. This is a low-profile job and basically involves following up on possibilities of starting meetings in prisons or initiating such possibilities if the person is interested. We also need prison outreach coordinators for the following regions: Intermountain (Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Utah, Wyoming); Northeast (Connecticut, Delaware, Kentucky, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Ohio, Pennsylvania, Rhode Island, Vermont, Virginia, West Virginia—not as busy a region as this long list of names might make it appear); and South Pacific (southern California, Hawaii and the British Isles).

If you have questions or concerns about how you might participate in this new experience, please write; we'll help you get on with this important work. Thanks.

Mike L.

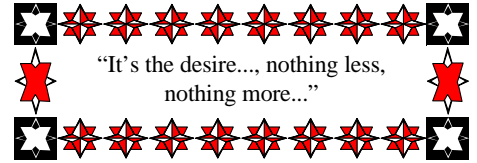
PS... We are also in need of a women prisoner coordinator who would be in charge of letters from woman inmates around the country. This is a small but active group.

That's it for now.

Mike L.

SEXUAL ANOREXICS - ARE THEY MEMBERS ???

by Chris D.



Recently SAA groups have faced a new challenge. People are joining the meetings who are identifying as sexual anorexics. And sometimes they are identifying only as sexual anorexics, not as sex addicts. This has, understandably, begun to cause controversy. Some areas are having difficulties deciding how to include the sexual anorexics, or even whether they should be included in our fellowship at all. I offer here my own view, as well as the experience of my area, on this topic.

It is, of course, customary for Sex Addicts Anonymous members to introduce themselves as sex addicts. It is only natural, then, that it would be disconcerting to some of us when people identify differently. But it is important not to be too distracted by this issue of how we identify.

Calling oneself a sex addict is a custom, but our Traditions do not mention it as a requirement. According to our Third Tradition, the only requirement for membership is a desire to stop addictive sexual behavior. It is clear, then, that anyone with such a desire is a member, regardless of how he or she identifies.

The question then arises - is sexual anorexia an addictive sexual behavior? As a fellowship, we have not officially established a definition

on this matter. All I can say is that in my area, after a gradual process of discovery, there is an unofficial consensus that sexual anorexia is in fact an addictive sexual behavior. Keep in mind that not doing something is just as much a behavior as doing something. For instance, following the analogy with food that is implied by the word "anorexia" - not eating is as much an eating disorder as overeating. Similarly, then, a compulsive and obsessive avoidance of sex is an addictive behavior, just as a compulsive and obsessive desire for sex is an addictive behavior.

Once it becomes clear that sexual anorexia is an addictive sexual behavior, then the answer to the question of whether sexual anorexics are members also becomes clear. If they have a desire to stop their addictive sexual behavior, they are members. Period. Regardless of how they identify in meetings. We have found that most sexual anorexics identify as both sex addicts and sexual anorexics. They feel it is important to state their identity as sexual anorexics because of the long history of denying and minimizing this behavior. A few sexual anorexics only identify as such, and not as sex addicts. It is not for us to question this. How members identify is up to them, and differences often

reflect special needs that should be respected.

The only situation I can see in which a sexual anorexic would not be a member would be if he or she declared that sexual anorexia is not an addictive sexual behavior - in other words, that it is a separate disease rather than an aspect of the same disease, and that therefore he or she had no desire to stop. But if such a claim was made, it would be impossible to imagine why a sexual anorexic would want to attend a meeting of Sex Addicts Anonymous. This would be like a diabetic wanting to attend a support group for epileptics, which makes no sense. It is our group experience that if the idea of sexual anorexia as an addictive sexual behavior is presented clearly, sexual anorexics quickly grasp the connection and understand how their desire to stop their anorexia qualifies them as members of SAA.

By keeping our Third Tradition, in its beautiful simplicity, vividly in mind, I believe we can avoid unnecessary confusion and controversy on this issue. Sexual anorexics are members if they have a desire to stop addictive sexual behavior. Nothing less is required, and nothing more.

by Chris D.

We need some articles on the Twelve Steps and the Twelve Traditions! Who's been doing some work on them, and can strengthen some of the rest of us? Help!

Some items to look for in the next issue of the Plain Brown Rapper.....

- Integration of Multiple programs - Louis D.
- My Greatest Fear - Clark K.
- 4 column method for doing a Fear and Resentment inventory - Jim [and Edan]
- From the inside - in Brazil - Heath
- From the inside - Shane C.
- I Am Not Wrong Always - Joel
- Others as may be received....

ISO Board Actions - August 16th Meeting

[Editor's Note: Although the following list of items may seem tedious reading, each is important to the Fellowship as a whole. The Board has followed through on every item raised at the Tucson Convention, and the report of those actions are herein contained. In addition, the funding of the Literature Committee's work on the SAA Large Book is particularly important to the continued growth and recovery of the entire Fellowship. We encourage you to read it in its entirety.]

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The following items were acted upon at the most recent meeting of the ISO Board. Several of the actions were as a result of issues raised at the Tucson Convention, and approved by the SAA Fellowship.

That beginning in 2001 and for all future ISO conventions, each workshop presenter will have the option to make their presentation closed to all except registered members of SAA or open to registered members and their paid guests.

Approve a change in ISO office procedures so that any two of the following persons can open the mail one or more days a week, they being the office manager, the assistant office manager, and members of the OOC.

That the Board instruct the SAA Webmaster to post a list of all SAA meetings giving each meeting's Country, State/Province, City, Meeting Day, and Meeting Time along with an indication if the meeting must re-register by a certain date.

That the Literature Committee, under the guidance and monitoring of the ISO webmaster, be authorized to create a website for the sole purpose of facilitating proofreading and

correction of the Large Book manuscript, with the stipulation that access to this website be secure and accessible to those designated by the Literature Committee to participate in the proofreading and correction process.

That \$7,000 be appropriated for use by the Literature Committee during the next twelve months, beginning in August, 2000, for the purpose of holding initial face-to-face meeting(s) for the purpose of editing the Large Book manuscript, with the funds to come from those Publication Reserves that have been generated by the ISO and in no case with funds from those Publication Reserves that have been designated for production of Public Service Announcements.

That the Board authorize the treasurer and office manager to pay the full Non-Profit Organization Liability Insurance premium of \$1,389 in one lump sum from daily operating funds, if possible, or from the Operational Reserve, if necessary, with a 12-month pay-back.

To raise Jerry B.'s salary to \$33,000 per year retroactive to June 14, 2000.

That a safety deposit box be obtained with access by any two of three of the following: Leo H., OOC chair, Jerry B., and Klaus P; and the keys be kept in the office in two separate places.

(A lengthy resolution of authorization required by the bank was then passed).

That the Office Oversight Committee be authorized to prudently manage ISO savings in accordance with the ISO of SAA, Inc. by-laws to maximize income through instruments

such as certificates of deposits.

That the Board authorize the movement of ISO savings from Bank of America to Union Planters Bank, Houston, Texas, and that the signers on the new account be Roger B., president of the corporation, Leo H., treasurer of the corporation, Jerome B., recording secretary of the corporation, and Klaus P., assistant office manager, and that two signatures be required in order to make withdrawals from this account.

That the Board report back to the Delegates that, after review of the findings and conclusion of an attorney who is a member of SAA, it has decided that SAA's Fourth Tradition and the nature of our fellowship's structure make it impossible for groups and intergroups to come under the corporate umbrella of the ISO of SAA, Inc. and that this report should include Karl W.'s report as an attachment.

(The attorney's report will be attached to a report to the delegates which will be forthcoming, along with the minutes of the 2000 Delegate Meeting.)

That the Board report back to the Delegates that it has instructed the ISO Office staff to make concerted yet reasonable efforts to ensure that all PSA donations, as well as all other donations to the ISO, come from individuals and groups that are members of SAA, always bearing in mind that, according to our Third Tradition, the only requirement for individual membership in SAA is a desire to stop addictive sexual behavior.

That the ISO add key-chain tokens to its inventory and offer them for

(Continued on page 10)

ISO BOARD ACTIONS - AUGUST 16TH - CONTINUED

(Continued from page 9)
sale.

That the key-chain tokens be priced the same as other ISO plastic chips, that is, at fifty cents each.

That the Board report back to the Delegates that the ISO's agreement with the Greater Houston Community Foundation provides that the ISO will be informed of the names of all donors to the Outreach Endowment Fund and that the ISO Office staff has been instructed to insure that all such donors are members of SAA, always bearing in mind that, according to our Third Tradition, the only requirement for individual membership in SAA is a desire to stop addictive sexual behavior, and to report further to the

Delegates that, in cases in which the donor wishes to remain anonymous, the Greater Houston Community Foundation has agreed to require from the donor assurance that he or she is a member of SAA before accepting the donation.

That the Board approve the following vacation policy revision: One week paid vacation leave will be allowed after six months during the first year of full employment. Paid vacation leave of two weeks will begin after the first year and continue through the fifth year of full employment. Paid vacation leave of three weeks will begin with the sixth year of full employment.

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"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our *twelfth suggestion*: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill."

Big Book of AA
Chapter 7
Working with Others
Page 89

Literature Committee Works on Large Book

To meet
in October
in New
Orleans for
continued
evaluation-
editing....

The LitCom met in teleconference on July 23, 2000, where the 2 1/2 hour meeting brought out initial reactions, even feelings, about the Draft Copy of the SAA Large Book.

In chairing the meeting, Chris D. presented a possible process for proof-reading and editing the manuscript, which was ap-

proved by the Committee. Elizabeth S. is Chair, and Susan W. is Co-Chair of the "Large Book Subcommittee", and they will guide the processes of review.

There are copies in the hands of all LitCom Members and Alternates. Each person has been charged with the responsibility of reviewing the document and submitting recommendations on it. Due to budget limitations, LitCom Alternates have not been on the Teleconference, and will not be at the face-to-face meeting in New Orleans. Their input will be in writing, by whatever means possible.

Many problems arise because of the difficulties of communication between members and alternates. E-Mail has been a most useful tool in this process. The integration of approved changes is another of the problems.

The "face-to-face" meeting

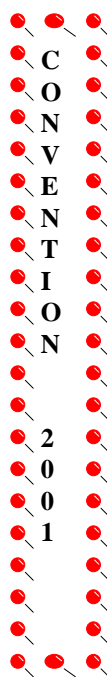
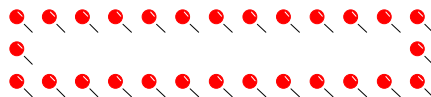
will be one of long days and nights, and intense work. The Committee clearly has a challenge ahead of them in getting this project moved along the road to completion.

They would appreciate your kind thoughts and support in these coming months!!!!
[continued in column to the left.<<<]

The regular meeting of the LitCom will be [was] held by teleconference on Sunday, August 27, 2000. The agenda calls for reports on the PBR, Translations, Guide to the 12 Steps, Internet Pamphlet, Errors in the Introduction to the SAA Pamphlet, The Large Book, Plans for Large Book Retreat [in New Orleans], Group Guide, and Our Problem/Our Addiction. These items will be discussed and acted upon. Report in the next PBR...

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CONVENTION PLANNING. DO YOURS NOW !



in Your Recovery by Jeff H.; Rapist/Rape by John C. Incest: What Comes Afterward by Clarence E.; Tools of the Program by Francie; Prison Outreach by Arnold D, Bill G, Mark N.; and Recovery and the Internet by Bruce and Ruth B.

1998 - Stepping into the Light

Anger by John R; Couples and Recovery: Rekindling Intimacy by Bill S.; Creating a New Life Vision in Sobriety by Frank B.; Relapse Prevention by Tom K.; Recovery Poetry by George S.; Stopping Addictive Behavior: What works by Jack F.; Healing Emotional Wounds by Lorene B., Lisa A.; and many more.

I've only listed a few here to whet your appetite for what other members have to share at the conventions. I've been to the last four and a few more. Some excellent networking among the women also occurs as does a strong feeling of recovery.

In the future issues of the Plain Brown Rapper, there will be more information on plans for convention that could expand into vacation plans. If you have access to the Internet, we may have on-line registration available.

I remain,
Francie E.
A grateful recovering sex addict.

by: Francie

As an old-timer, I like to reflect on past conventions, and part of my recovery plan has been to attend the annual convention. Many of us have not had a chance to attend even one. For various reasons, some of us have travel restrictions because of the consequences of our addictive behavior (either we are incarcerated or could not leave the state). Some of us have financial difficulties (yet, when we were acting out, we always found the money needed), some of us don't plan (our minds try to focus on the here and now). But if we are willing to go to any lengths, now is the time to plan, budget money for the next Convention. The dates are almost always those over The long Memorial Day Weekend. Just for remembrance sake, here are a few reflections on some of our past conventions :

1997	10 th annual	Living in the Light	Houston, Texas
1998	11 th annual	Stepping into the Light	Virginia Beach, Virginia
1999	12 th annual	Keystones to Freedom	Glendale, California
2000	13 th annual	Serenity in the Desert	Tucson, Arizona
2001	14 th annual	Pending...	

Did you know that all of the workshops are taped and the tapes are still available? Some of these are listed in the columns to the right. You can still order them from the ISO office.

1997 - Living in the Light
 Founding of SAA by Pat C.; Tools of Recovery by Bob W.; Gays & Straights Recovering Together by Mike L.; Putting Spirituality To Work

ISO INFORMATION

BOARD - LITERATURE COMMITTEE - OFFICE - STAFF - WEB - EMAIL

Area	Board Member	Liason Function	Board Alternate	Liason Function	Litcom Member	LitCom Alternate
Great Lakes	Roger B[chr]	Intergroup Communications	Ken S.	Intergroup Communications	Elizabeth S	Vic K.
South Pacific	Peter B[Sec]	International Development	Bill S.		Susan W.	Thom C.
At Large	Leo H.[Treas]	Oversight/Fund Raising	none		none	none
Inter-Mountain	Carolyn L.	Internet Serv/Internat. Dev.	Steve H.		Chris D	Kenton J.
North Central	Dave B.	Outreach	Lonnie S.		Jerry A	vacant
South East	Francie E.	Interfellowship Relations	Bruce B.	Fund Raising	Joseph T	David G.
North Pacific	Frank B.	Outreach	Joel D.		John H.	Tom B.
South Central	Judy N.	Literature	Claude E.		Greg G.	Mike L.
North East	Peter M.	Prison Outreach	vacant		Tony Z.	vacant
					Robert S	n/a
					PBR	

Staff

Jerry B. Office Manager
 Klaus P. Asst Office Manager

Office Hours [Central time]
 [Staffed-M-F] 10:00 AM - 6:00 PM

Phone answered at all times except when staff is on the phone. Leave Message; call will be returned, usually within the hour.

PHONE - ADDRESSES

713-869-4902
 1-800-477-8191

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

WEB SITE - EMAIL ADDRESSES

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



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 time/one half time, 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 !!

SPECIAL PROJECT NOTICE - LOOKING FOR HELP AND FEED-BACK

A draft of A Guide to the Twelve Steps of SAA is being circulated for feedback. This book is a grass roots project that has been in process for over six years. It is similar in concept to Hope and Recovery and the first half of Twelve Steps and Twelve Traditions.

SAA Groups and intergroups have permission to copy this manuscript for the purpose of giving critical feedback.

If you would like a copy, please request one by writing to Harry S., 25245 Maplebrooke Dr., Southfield MI 48034 or e-mail harry@eaglesolutions.com.

If you would like to work on the committee receiving feedback, please contact Vic K., PO Box 1258, Bay View MI 49770 or email at Vknowl@aol.com

The draft manuscript includes instructions on how to give critical feedback.

Now!!

You can order materials and make donations, using your VISA, MC, Discovery or AMEX !!!!