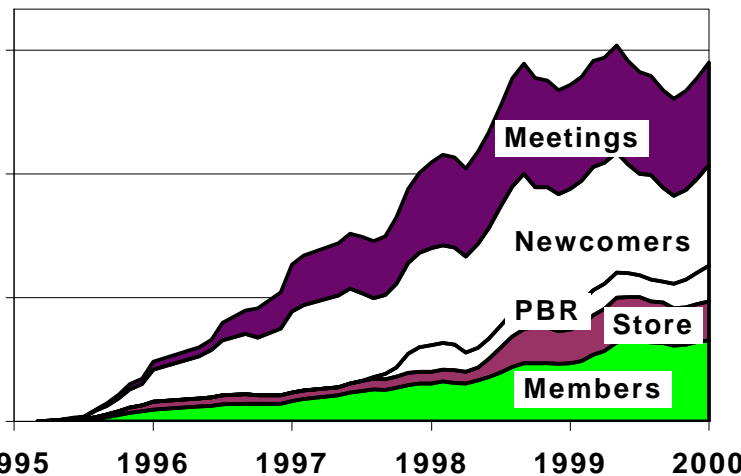




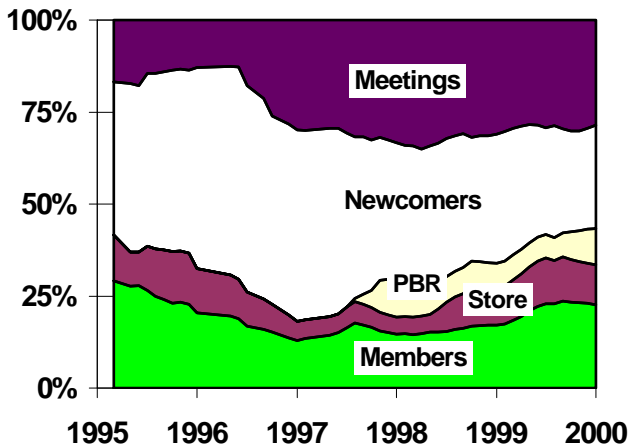
\*\*\*\*\*  
 \* **EVERYTHING IS COMING UP DAISIES !! REASON ????** \*  
 \* **Bob D. is a master at the computer and producing our Website!! Including** \*  
 \* **the graphics he sends for his column here. The MIRACLE is, that the PBR** \*  
 \* **Editor has had the good luck to be able to load it into the program that is** \*  
 \* **used to print the Newsletter !!!** \*  
 \*\*\*\*\*

I've spent some time recently looking at numbers. Specifically the statistics on accesses to the SAA Web Page.

This chart shows accesses over the last 5 years divided into categories, with the peaks reaching about 45,000 accesses **per month**. The different shaded areas are for the Meeting lists on top, followed by Information for Newcomers, the PBR, the SAA Store, and on the bottom Member Area and miscellaneous. Conclusions: 1) People look at different parts of the web. 2) Business is good.



Looking at this same data another way I see that the interests of people who visit the page is gradually changing. Let me show you that graphically:



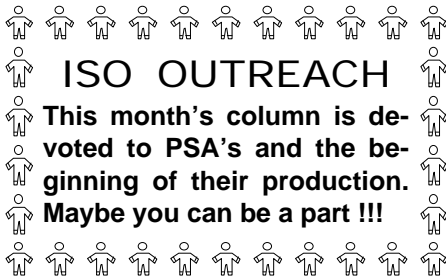
This graph plots the same data, except that instead of plotting the number of accesses, it's broken the categories down by percentage. For example: The left-most data for December of last year shows Member Area accesses accounted for about 25% of the total. The SAA Store added about another 10% and the PBR a little less than 10%. Newcomers take up about 25% and Meeting lists the remaining 25%.

If you go back to the winter of 1997, these percentages are different: Member accesses are about 15%, the Store (actually the book list at that time) added only about 5%, we hadn't started putting the PBR on-line, Newcomer accesses were over 50%, with meeting information accounting for the remaining 30%.

Notice that Newcomers are taking up less and less of the accesses by percentage. Even though the previous charts shows that the number of Newcomer accesses continues to rise, accesses to other parts of our web page, especially the Member area, is rising faster.

Maybe you'll just say "So duhh." But I think the data shows that the web is gradually changing roles – From a tool aimed mostly at outreach into one that really servers the entire fellowship.

Bob D. SAA Webmaster



## ISO OUTREACH

This month's column is devoted to PSA's and the beginning of their production. Maybe you can be a part !!!

### THANK YOU, THANK YOU, THANK YOU

In the spring of last year, when the ISO of SAA Fund Raising Committee set a deadline of October 1 to raise \$15,000 - \$2000 to finance production of public service announcement (PSA) videos, the goal and the time frame appeared daunting.

In past, for emergencies, the fellowship had once raised \$3,000, another time \$5,000, and a third \$7,900. But \$15,000 - \$20,000? By October 1?

The record shows that, by October 1, individual members and groups had responded to the appeal with \$15,698. The lower end of the goal was reached on time and, by year's end, the upper end had been reached as well. When the books closed on 2000, the campaign had received a response of \$20,156.

What a tremendous outpouring of love and concern for the sex addict who still suffers! Nothing else can explain such an achievement in so a short time.

**So now, with the money in the bank, it is time to move toward actual production.**

**[Request for Proposal for Scripted Storyboards included in the following]**

If you are interested in submitting a proposal, you can use the PBR form or obtain another from the ISO (800-477-8191) or download a copy from the SAA website (www.saa-recovery.org). If you know of someone else who might want to submit a proposal, please pass along the form or the information on how to get one. **Proposals will be accepted from members and non-members, from individuals and from companies.**

The Board approved the following timeline for all phases leading to production of the PSAs:

#### PSA Timeline

November 18, 2000 Approval by Board of request for scripted storyboards

December 3, 2000 Mail request for scripted story-board proposals to individual members, groups, intergroups, and other interested parties

January 20, 2001 Approval by Board of request for production proposals

March 21, 2001 Approval by Board of contract form to be executed for selected scripted story-board

March 31, 2001 Deadline for receiving scripted storyboard proposals

April 1, 2001 Scripted storyboard proposals to LitCom

May 23, 2001 Approval by Board of contract form to be executed for PSA production

May 24, 2001 Selection by LitCom of SAA PSA scripted storyboard for production

May 25, 2001 Announcement to delegates of scripted storyboard selected for production

May 27, 2001 Appointment by Board of subcommittee to make recommendation on production proposals

June 10, 2001 Execute contract for scripted storyboard

June 15, 2001 Mail request for production proposals to individual members, groups, intergroups, other interested parties

September 30, 2001 Deadline for receiving production proposals

October 31, 2001 Selection by Board subcommittee of PSA producer(s) and recommendation(s) to Board for approval

November 17, 2001 Selection by Board of PSA producer

November 30, 2001 Execute contract for PSA production

December 10, 2001 Approximate target date to begin PSA production

**Please note the various deadlines and two-part process leading to final production.** First, all proposals for scripted storyboards will be solicited and received by March 31, 2001. Then, in June, requests for proposals to produce the selected storyboard will be distributed, with all proposals scheduled to be received by September 30.

By this time next year, the ISO hopes to be getting the PSAs placed nationally and sending copies to groups and intergroups for airing locally. As promised, each group that contributed at least \$100 to the campaign will receive one copy of the videos for each \$100 donated. The ISO Office will publish a list of qualifying groups in a future issue of the PBR.

#### **REQUEST FOR PROPOSALS FOR SCRIPTED STORYBOARDS**

The International Service Organization of SAA, Inc. (ISO of SAA, Inc.) is seeking proposals for a scripted storyboard to be used for production of public service announcements (PSAs) for airing on national and local television.

The ISO of SAA, Inc. is the non-profit corporation that acts in business and legal matters on behalf of Sex Addicts Anonymous'.

Background Sex Addicts Anonymous' is a twelve-step program of recovery based on the principles of Alcoholics Anonymous. Our primary purpose is to stop our addictive sexual behavior and to help others recover from their sexual addiction. The only requirement for membership is a desire to stop addictive sexual behavior. Our fellowship is open to women and men regardless of religion, race, ethnic background, marital status, sexual orientation, or profession. Our members define their own sexual boundaries with the guidance of their sponsors and other group members. We encourage our members to discover and explore what healthy sexuality means to them.

**Objective** Our objective is to produce tasteful and effective public service announcements of high quality for placement with television networks and stations. Our premise is that PSAs meeting these stan-

dards will have the greatest chance of being accepted for airing.

**Process** To achieve its objective, the ISO of SAA, Inc., has chosen a **two-part process** consisting of

- 1) a request for and selection of a scripted storyboard and
- 2) a request for and selection of a producer of the selected script. The request for production bids will not be made until a script has been selected. Individuals and companies are welcome to participate in both parts of the process, with the understanding that each submission will be judged separately on its own merits.

**Desired Elements** The desired scripted storyboard will embody the following elements:

- 1) The proposal will strive to reach the unrecovering sex addict who is experiencing consequences of addictive sexual behavior and has tried unsuccessfully to stop the behaviors.
- 2) The proposal will consist of a production-ready scripted storyboard, with at least three production-ready variations that can be produced simultaneously with the main video.
- 3) The main PSA and each of its variations will not exceed thirty seconds in length.
- 4) The script of the main PSA and each of its variations will be such that the soundtracks can be used as effective radio spots.

**Undesirable Elements** The proposal will not depict explicit scenes of sexual behaviors or images meant to shock, e.g., clanging prison cell doors. Undesirable also are images of extreme progressions of the disease, e.g., child molesting, cross-dressing, swinging, etc.

**Specifications** The proposal should be prepared as follows:

- 1) Proposal will be professional in appearance and submitted on 8 1/2" X 11" paper.
- 2) The proposal will be accompanied by a cover letter that includes name, address, and contact information. The cover letter will also specify what payment is expected in return for the script, should it be accepted. If the script is offered as a donation, the presenter is asked to indicate whether or not he or she is an SAA member.

#### **Selection Process/Final Disposition**

- 1) Only the scripts themselves will be submitted to the ISO Literature Committee, which will make the selection to be produced. The Literature Committee will be given no information about script presenters.
- 2) All non-selected proposals will be returned to their presenters.
- 3) The presenter of the selected script and the ISO will enter into a written agreement that will include arrangements for any payments agreed upon and will also provide for the transfer of script ownership to the ISO.
- 4) Proposals are to be sent to:  
ISO of SAA, Inc.  
P.O. Box 70949  
Houston, TX 77270
- 5) Deadline for receiving submissions is March 31, 2001.
- 6) Selection results will be available through the ISO Office after May 29, 2001.
- 7) Direct all questions to Jerry B. at the ISO Office at info@saa-recovery.org or 800-477-8191.

# SPONSORSHIP CORNER ....

## HELPING SPONSEES USE THE TELEPHONE.

Chris C.

So many of the people I know in the program say they have a hard time using the phone as part of their recoveries. After we get past the jokes about how heavy it is, I acknowledge that I know what they mean: I was three years into the program when I recognized the benefit of making phone calls every day. It happened this way.

About two and a half years after I started into the program, I moved to a new city where there were no meetings. Fortunately, someone else with a few years in SAA also had just moved to that city; we got in touch and started a meeting. There was a helpline in town that was happy to give out my name and number as a contact for SAA. In one unusual Spring week, four newcomers called for information. I spent a great deal of time on the phone daily with each of them before our next meeting and noticed something. For the first time since long before I entered the program, I wasn't having any addictive fantasy. That's when I recognized that this phone thing works.

While I am very patient about their resistance because of my own experience, I urge my sponsees to use the phone daily. "Call me or call someone in the program. Call if you feel addictive, or call if you don't. Call no matter what the circumstances are and please don't wait until you have an emergency. And if you do have an emergency, call at any hour of the day or night."

The thing that I try to get across is that calling is an exercise in willing-

ness which allows the Higher Power to bring about recovery. What it says is, "I am willing to reach out to get help, to give help or both. I am willing to cut into my aloneness. I am willing to examine my life a little bit and to tell someone else what I find." As an expression of willingness, making phone calls is a powerful spiritual tool.

The next question is usually, what do I say? While just picking up the phone is a big step for many, the greatest benefit comes when the conversion includes recovery work. What follows are suggestions for basic things to discuss with another recovering person each day. Tell your contact.

About any acting out. Not just slips or "inner circle" behavior, tell of any actions that were on the way to acting out like: going out on the net with no specific purpose, looking at the magazines in the rack next to the porn, etc.

- Your feelings since the last call, especially any times of intense emotions.
- About any times of addictive thoughts or fantasies.
- Your recovery actions for today: praying, reading 12 Step literature, going to meetings, calling recovering people, doing 12 Step work.
- Your addict's plans or schemes for the near future (if any).
- Your recovery plans for the rest of today (or for tomorrow if this is an end of the day call).
- If this is your sponsor, ask: What do you want me to do next?
- Your gratitude for the person sharing recovery with you.

All together, covering all these points in a phone conversation might take five or ten minutes.

Reviewing the first six points can be a mini-Step Ten before the

call is even made. A person can write out the answers before making the call if that helps. Telling someone about these things can easily become a comfortable habit for sponsees, and any one of these points can be the starting point for an emergency call.

This is one way to to help sponsees who find it difficult to use the telephone. Are there sponsors who would be willing to tell what you do to help them? Will some of the people who have had this problem share what your sponsors suggested you do? Please send contributions, questions or any other feedback to:

Sponsorship Corner  
PBR/ISO of SAA  
P.O. Box 70949  
Houston, TX 77270  
or e-mail to: PBR@saa-recovery.org

### BOARD ACTIONS..

[continued from page 1]

- ◆ Accepted report from the 2001 Convention Committee. 3 scholarships have been awarded, 12 to 22 still available, first come, first served basis. Presenters are still needed.
- ◆ Authorized the Office Oversight Committee to determine the disposition of certain office equipment. [Mac Quadra computer, two printers]
- ◆ Authorized action to stop the unauthorized use of the SAA domain name now being used by two organizations.
- ◆ Approved business meeting procedures for the 2001 Convention
- ◆ Voted to present the 2002 Budget to the Convention Delegates.
- ◆ Directed the ISO Office to present proposals in May for upgrading office phone answering procedures and phone systems to prepare for response to increased calls following the use of Public Service Announcements.
- ◆ Authorized the Office Oversight Committee to investigate office needs in three years.

[continued, column 3, page 5...]



# POET'S PAGE



I wrote to my inner child that I have tried to reach for the past 4 years. As a Sex addict I am aware of the struggle to deal with the comprehensive issues behind the scenes, so to speak. I have the symptoms and suggestions of abuse etc. but I am unable to validate anything because of apparent blocked memories. I offer this as a suggestion of the importance of that connection with the inner child (self).

### A CALL TO THE CHILD...

He wanders through this worldly haze,  
Seeking the affections of the others' gaze,  
The answer sought, the question who,  
Am I here, what must I do?  
Comes the child in a warm embrace,  
Found in want of a smiling face,  
Bearing the solemn subtle contempt,  
In search of love, his heart's exempt.  
The soul bears the music of our dreams,  
Should he hear beyond our screams.  
Warmth of the heart, the endless love,  
Lost somehow from that power above.  
Paddle that canoe and force that blade,  
Seek the ring of a golden shade,  
Form the dance of ages old,  
His is the story long untold.  
The longing sadness deep inside,  
Seeks the child who still resides  
Within the depths of that lonely hole,  
That once held a warming soul.  
Out of the darkness, turn about,  
See the light and hear my shout,  
I see you now and hear your plea,  
Don't let me down, don't give up on me.  
Hear me now, my song of love,  
As I reach for you from up above,  
The heart aches for you O tender elf,  
Shall we walk together self and self?  
Together now, one on one,  
We embrace that long lost trail undone,  
The story now to be retold,  
With love's embrace, we both unfold  
The moment now is almost here,  
May we wipe away that lonely tear  
As we sing our song in harmony,  
Let us dance together, you and me.

Curtis F

### Editor's Note:

**The fact that Peter B.'s letter is on the "Poet's Page" in no way implies that it's "POETRY." Always poetic, never a poet...???**  
**Words of wisdom, nevertheless!**

10/30/00

### Stuck in NYC with Winter on the Way.....

I never met an emotion control I didn't like. Those little things I do to make my feelings "go away".

Today I've used coffee, cigarettes, reading, TV, crossword puzzles, sugar, and probably 20 other devices that I'm unaware of. And it's not even 2pm yet.

I'm probably on day one of about a dozen 12 step programs. Good thing I don't attend any of them... Yet.

So what's up? What's the feeling that's so scary that I would go to such lengths to avoid it? I have no idea.

I do know that from time to time, these 'states' descend on me and I'm quite powerless to stop them. Once they're here however, there's an entire toolbox of things I can do to deal with them. Meetings, phone calls to sponsors, phone calls to sponsees, literature, meditation, writing, the list goes on.

And I do know that I'm headed for a meeting tonight. And that I'll see people that believe in me and want to help me in my recovery. And once I'm there (as usual), after 10 minutes I'll begin to feel better, as the spirit of "whatever it is" that's always present at a meeting starts to displace the "whatever it was" that's chasing me now.

And even leaving the messages ("hey, it's just me and I'm

crazy today. Nothing serious, I'll catch you at the meeting") on the "recovering answering machines" I've reached, helped. At least there's evidence somewhere of my effort at staying abstinent.

Because in the long run, that's all there is: the daily effort at staying abstinent. And, lest I forget, that power greater than myself that can relieve me of my obsession with myself and let me laugh at my "foolproof plans" to make my feelings go away.

See? I feel better already!

Peter B

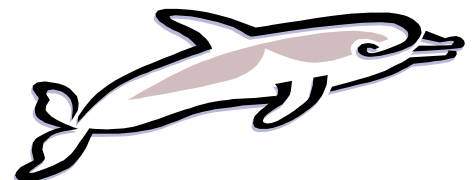
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### BOARD ACTIONS...

[continued from page 4]

- ◆ Two communications were received which requested posting the name "Sex Addicts Anonymous" at the end of movies to be made. The first was a screenplay titled "Sex Addict." The Board denied the requests made by its author. The second was a TV movie titled "Sex, Lies, and Obsession" that is scheduled to air on the Lifetime Channel, tentatively on May 7th. Contingent on recommended changes by the Board, approval was given to use the SAA medallions as props, and to list the name "Sex Addicts Anonymous" following the film, along with the ISO phone number and the website address.

+++++



\*\*\* Prison Outreach Chair Looks to Increase Correspondence With, and Between, Inmates \*\*\*

Fellow Recovering Sex Addicts:

I am encouraged by the constantly increasing number of letters I receive from men and women in prison who are beginning to look at their sexual addiction, some of whom are there for crimes not directly related to sex addiction but who have nevertheless heard of our program. Because of this growth, I am constantly on the lookout for members of the fellowship to write to our members who are behind bars.

I have been active in prison outreach in this fellowship since 1993. I still find writing to a prisoner to be a very rewarding experience and a good way to get out of myself and focus on what I can do for another. I encourage you to join in this aspect of recovery as well.

I am coming to you once again to ask you to write to a prisoner. If you will get in touch with me, I will send you some guidelines for writing (one of the big ones is of course to have a P.O. box rather than a street address), and the name and address of one or more prisoners, depending on how many you request. I suggest that you start with one, and if you find you are able to handle that correspondence and want to increase it, just let me know. If you prefer to write to a prisoner in a different part of the country, I will be more than happy to put you in contact with a prison outreach coordinator for a different region.

And for those of you reading these words who are behind bars, I am, as prison outreach chair, in the process of instituting a program where prisoners write to each other as well, which I hope will increase the flow of letters to and from prisoners and provide additional support for you. I am doing this on a trial

basis for the moment to see how it works out.

If you are interested in this program, please check to be sure that your unit permits you to receive mail from other prisoners. Some units do not permit any such mail at all and others put restrictions on the receipt of such mail.

Please be aware that if you are a man, I will put you in contact with another man, and if a woman, with another woman. This is partly because the overwhelming majority of the prisoners I am in touch with are men anyway, and I want to keep our very few women available to connect with each other. It is also partly because my judgment is that people of the same gender are more capable of being supportive of each other, and there is a lesser possibility of the "stuff" that sometimes arises when a prisoner is of a gender different than who he or she is writing to.

This next part is very important: If you are interested in participating, please let me know if you are willing to have your name and address given out, if you just want to receive the names and addresses of others, or both. If you don't provide me this information, I will write back to you and ask you for it before getting you active in this program.

My address is:

Mike L.  
PO Box 27544  
Houston, TX 77227-7544

I look forward to hearing from you and thank you for your assistance in the SAA prison outreach program.

Mike L., Chair  
Prison Outreach Committee

JEFF F. WRITES ON N.C. PRISON OUTREACH

Jeff's letter of invitation to those in the NC Region, and particularly in the Twin Cities Intergroup area of Minnesota, is that which encourages volunteers to come forth to work with Prison Outreach. His letter explains "How it Works", in terms of volunteer participation, the "nuts and bolts" of "how" you get a name, a referral, how assignments are matched with persons of similar experiences, and how these correspondences are handled.

He refers to the "most asked questions" by inmates, and what they need. He lists 6:

◆ "I would like someone to write while I am here since I can't talk to anyone about this."

To which he responds, "This is the most common request. And what you share, how much, and how often, are up to you. He suggests keeping it simple, experience, strength, and hope, from your own recovery experiences. Be selective too.

◆ Do you have any literature I could get to read?"

Answer: WE DO! And it's free for the most part. Recommend sending a small bit at a time.

◆ "I would like to start a meeting here."  
Answer: Great. Ask a prison staff person involved [with an address] to whom we can send a Group Guide and other materials. Get a TRUSTED staff person.

◆ "I need a sponsor."

"This is sometimes difficult. A volunteer might be willing to write but not ready to be a sponsor. Let them know this, and be of assistance to the best of your ability. There is currently NOT a list of persons to be inmate sponsors. Don't be surprised, however, if they ask for more.

◆ "Is there anyone willing to come visit me or speak at our prison SAA meeting?"

We have no program for visiting [in MN, at least] at this time. A few other areas do have one or more. If a group wishes such a program, there are those who can help. [Jeff, Mike, Arnold, Joe, and others]

◆ "What about meetings when I am released?"

Answer: Contacts can, and currently are, made with groups close to the area of future residence. The ISO Office can be of assistance in locating contacts. Or Mike L. or Jeff F. We do NOT provide times and locations while inmates are still incarcerated.

**THE IMPORTANT THING IS... GET INVOLVED IN PRISON OUTREACH WORK. GET IN TOUCH THROUGH MIKE L.[left] OR THE ISO OFFICE.**

**\*\* STEP FOUR \*\***  
**\* "MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES" [Jim H.]**

ambition (I couldn't invite friends over), emotional security (I wasn't safe in my own house let alone the outside world), and fear (we're all going to die from his rage). By doing this I make a direct connection from my resentment to how it and the circumstance has affected my personality.

The 4<sup>th</sup> column is where we step into the realm of the spirit. Now to look at our part in the situation. Setting aside all harms done to us, real or imagined, we write down what we did to cause the situation, to make it worse, to harbor hatred etc. It should be noted that a child is hardly to blame for abuse suffered yet here is a way to look at it squarely and see how it discolored or warped us.

It is here that we must demand a lot of ourselves and pray to our higher power for strength, courage, and love. We are trying to uncover our own personality defects not those of others. Though we have been sick, we still need to change if we are to live sober lives free from acting out. We title this column "My part" and ask ourselves "what is my part?" for every resentment listed. After we've completed this part, we are finished with the resentment list and can move on to our Fear List.

For the Fear List we can use the headings for the four columns above and replace the word

"resentment" with "fear". Like resentment, fear cuts us off from God. We need to uncover our fears, understand them, and admit them to ourselves, to God and to another human being. Of course, we don't have to do the admitting until we get to step five. Once we've gone through all four columns of our fear list (remember we need to go back through our whole lives!), we have completed a thorough 4<sup>th</sup> step and can share it with our sponsor. We can always go back and write more and we can always utilize other formats. I hope the explanation of Step 4 is as helpful to other members as it has been to me, my sponsors, and my sponsees over the past 13 years of recovery.

Note: You can e-mail me at [Jimtelnet@aol.com](mailto:Jimtelnet@aol.com) with any questions or comments about this article or doing step 4. Jim H.

I believe there is no one "right" way to do the 4<sup>th</sup> step. The following is one of my favorite ways though; it comes from the Big Book of Alcoholics Anonymous (pg.63-71). I'm not going to include the 3<sup>rd</sup> list out of the AA Big Book because it is a "Sex List" and debatably we cover this pretty well in our SAA 1<sup>st</sup> step. This method is also referred to as the "column method". I'd like to explain here how a sex addict might use the Fear and Resentment Lists to construct a simple and effective SAA 4<sup>th</sup> step. It's a good idea to get a folder of some sort with at least 20 pieces of paper in it.

**Resentment List**

We write a list of our resentments for several reasons. First and most important, if we don't do it, we might not be able to stop acting out. Second, sex addicts cannot handle resentments and we can easily allow them to run our lives. Third, they prevent us from forgiving and allow us to justify hatred. We can also justify all kinds of damaging and hurtful conduct behind this mind-set. Fourth, God cannot/will not enter a "house" full of resentment and therefore our ability to make conscious contact with [God] will be severely retarded. There are many more specific reasons, but if you're still reading this, you probably don't need any more persuasion as to the detrimental effects of harboring resentment.

OK. So how do we write this list? Set up your paper by dividing it into 4 columns. Title the first column "People, Principles, or Institutions". Underneath write the name of every person who you are angry with, or irritated at, or who you hate or just don't like. Go back through your life. Be thorough and rigorously honest with yourself. Look at your childhood, your adolescence, early, middle and late adulthood (as applicable). It's suggested you start by writing the name of every family member both nuclear and extended.

Then, think about ideas or principles that make you mad. This is more difficult so let me offer a couple examples. I have had resentments against Conservatism, Freedom, Republicanism, Machismo, Pride, Success etc. Try to think of at least 5 things. Remember to go back through your life. Examples of institutions might be The Police, The Courts, The Legal Justice System,

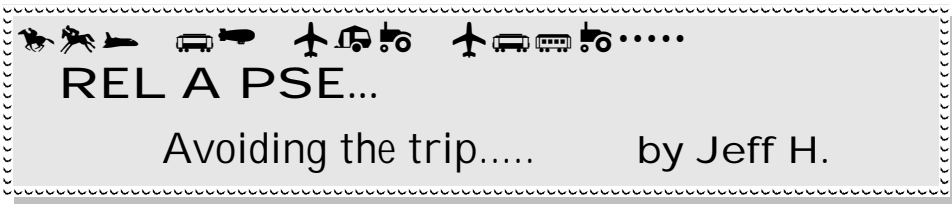
Schools, The Corporation, Homeless People etc. We list as many of these as we can, remembering to be thorough in scouring over our life. We include all resentments we have had at any one time even if now we think we have gotten over it. Thoroughness and rigorous self-honesty are our criteria for success.

In the 2<sup>nd</sup> column write "The Cause" or "Why I'm Angry, Irritated, Resentful etc.." At this point it's best to be specific. Often I've found I can list several different reasons why I'm resentful at a particular person, institution, or principle. Fill this column out for all resentments listed in the 1<sup>st</sup> column. For examples, "I'm resentful at my dad because he beat up my brother in front of me." And "I'm resentful at Republicanism because it reminds me of racism and intolerance." And "I was resentful at The Police because they might have humiliated me in front of my family and neighbors and because they remind me of intolerant, inflexible, cold hearted rule enforcement." For space reasons I have not listed more, but I can often list 4 or 5 specific causes for each resentment listed.

Entitle the 3<sup>rd</sup> column "Affects my \_\_\_\_\_". Now we get to do multiple choice! All we have to do is choose from one of the following words for each resentment and list our choices. We can choose only one or all five. Here are the words to choose from: **Pride/Ego, Ambition (sexual, social or financial), Security (emotional or financial), Fear, Self esteem**. When I do this, I sometimes have to use all five choices! When this happens, I know it's a very serious resentment, so I call it a "five bagger" and humbly proceed.

For example, my resentments about my dad's abuse of my brother affected my pride (why didn't I help my brother?), my self esteem (exposure to abuse sends strong messages: "you are worthless...you are worthless...."), social

"We write a list of our resentments..."  
 "First, ...we might not be able to stop acting out. Second, sex addicts cannot handle resentments. Third, they prevent us from forgiving. Fourth, God will not enter a house of resentment."



Many people start SAA recovery after a bottoming out experience. We typically 'get busted' literally by the police or figuratively by our partner or others in some way. Initially the fear of consequences gets us into recovery. Fear and pain of consequences are great initial motivators. The problem is, fear wears off. As helpful as fear is to get us on track, it is fundamentally negative. Long term sobriety and grace cannot be built on a foundation of fear or any negative emotion. The negative fear of something bad happening needs to be replaced by some positive reason to stay in recovery.

When recovery works, leading to a lifetime free of relapse, the initial fear motivation is gradually replaced by some positive reason to keep coming back. We realize that we want the spiritual and emotional grace that the program and its fellowship gives us. We find new creative ways to express ourselves, filling the whole left by stopping the acting out.

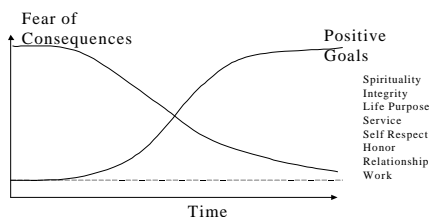
When we give up an addiction its absence leaves a huge hole in our lives to be filled with something. If we do not consciously seek and find safe, satisfying new pastimes, we will unconsciously fill the hole with whatever shows up that makes us feel better. We have all heard of the AA who got in trouble drinking whisky and got sober easily. Now he never drinks whisky, just one or two six packs of beer a day. If we are not careful, we will just switch addictions.

Often we mistake an addiction down shift (90 proof acting out for 9 proof acting out) for long term sobriety. Our denial comes back, the acting out gradually escalates again and we have another bottoming out or relapse.

The drawing below illustrates the evolution over time from fear based to goal based recovery. If our fear of consequences drops quickly before our positive life goals take hold we are at great risk of relapse. If we can bring our positive vision up quickly, we bridge from fear to positive life purpose safely. Notice that paradoxically the greatest relapse risk is not at the beginning of our recovery, it's later after the initial fear wears off. Take a moment now and think about where you are in this curve.

So, what are some other causes of relapse? A common path to

### Evolution of Goals



"If we do not consciously seek and find safe, satisfying new pastimes, we will unconsciously fill the hole with whatever shows up that makes us feel better."

relapse that I have seen operate is the slow transformation of our fundamental motivation for being in recovery. We start out being motivated to stop acting out. In the beginning nearly everyone sees the behavior they got busted doing as the problem to be stopped. Then slowly our focus shifts from the acting out as the problem to seeing getting caught acting out as the problem. This begins with the addict 'gaming' his or her boundaries. The initial boundaries were set and agreed to before the fear wore off.

When the fear subsides, the addict tries to see how far they can go towards acting out before they have to call it a slip. Small slips start happening, and they don't get disclosed in group or to a sponsor. The meetings get skipped.

From there a new pattern of acting begins to run our lives. The new pattern is slightly different so we think we can't get caught at it. This usually takes months or years so the shift is not noticed until it escalates and another bottoming out happens. It takes a really perceptive sponsor to spot this. Take a moment now to ask yourself these questions. Have I come to think that the evil in my life was getting caught acting out and not the acting out itself? Am I gaming my boundaries? Do I tell the whole truth?

Another common road to relapse is the core belief that acting out is justified if life presents a serious enough pain, upset, or loss. This is the threshold theory of acting out. If life trouble stays

below some threshold, I am obliged to stay sober and keep working the program. But above some threshold of pain I am entitled to act out or use. The core belief is that no one could reasonably expect me to stay sober if life gets bad enough. This is why sober addicts often keep a secret stash of the drug of choice. Its not used but its there if the threshold is crossed. The threshold core belief is a ticking time bomb of relapse. However high you set the threshold, God or spirit or bad luck will always find a way to take your life hurtling across it. We have to give up the idea that some pain or hardship entitles us to act out if we want long term sobriety. Ask yourself now, do I have a threshold of pain beyond which I think its Ok to act out or use?

Another variation on the threshold theory is the bartering with God theory of relapse. This core belief is that I do recovery work, and stay sober as my half of a bargain with God. If I am a good boy or girl, God owes me something in return. We believe that our good works entitle us to a pain and chaos-free life. If you think recovery owes you a pain-free, loss-free life, read the promises again. It doesn't say that. It says "we will intuitively know how to handle situations (i.e. pain, loss, chaos) that used to baffle us." It does not say those things won't happen, it says we will have the tools to get through them. So an addict goes about the process of sober living, amend making, and service work thinking that he or she has earned a break. Perhaps to build up a bank account of good deeds that earns them a pain-free life. Then something goes wrong, and it feels like we have been betrayed by God, or the program, or both. That sense of betrayal leads directly to the belief that we are now entitled to act out. Take a moment now and ask yourself, "Deep down, do I think God owes me a pain free life if I stay sober? What will I do if something terrible happens tomorrow?"

If all this has you worried, good. If you have doubt, good. Humility against relapse is a good thing. Pray for clarity and guidance around your risk of relapse. If you are open to divine guidance, you will be given it in abundance.

Yours in Recovery  
Jeff H



## \* \* ONLINE OUTREACH \* \*

by TOM B.

Online

Outreach

I first went to an online meeting over a year ago. I was driving an hour each way to get to two SAA meetings a week, and I thought this might be a way to add an extra meeting. Initially, I was really turned-off by the sluggish pace and lack of focus. It seemed to take forever for people to share, and I heard mostly sharing about the problem and not about the solution. Frustrated and discouraged, I stopped going after a few visits.

Then, at the 2000 International Convention of SAA in Tucson, I heard an addict make an appeal for experienced members to come to the online meetings. He said there were only a few people with substantial periods of sobriety and many more newcomers. I remembered that, when I don't feel like I'm getting much from a meeting, I can focus on what I'm bringing to it instead of what I'm getting out of it. With this change of attitude, I made a commitment to attend the online meetings regularly, at least for a few months, in order to carry the message of recovery through the Twelve Steps (the primary purpose of any

group and the best thing in the world to keep me sober.

I started attending the meetings on Monday and Thursday and made a point of talking to any newcomers privately after the meeting. Pretty soon I was hooked. There is nothing I like better than sharing my recovery with a newcomer. I came to look at the meetings as an opportunity for electronic Twelfth Step calls. At this point, it really didn't matter to me what was being shared in the meeting, I just came looking for newcomers. It had become an important part of my weekly service work to introduce these people to the Twelve Steps and help direct them to "real" meetings in their local areas.

After a few months of regular attendance, the two trusted servants who were chairing most of the meetings at the two groups announced that they soon would no longer be able to chair on a regular basis and asked for volunteers to take on the service work of chairing meetings. I'm virtually illiterate when it comes to computers, but I learned enough to be able to run a meeting and committed to chairing the Monday night group every other week.

This quickly became every week when the other Monday chairperson started a new online group on Sundays. All of a sudden, I was solely responsible for making sure the Monday night meeting happened.

As chair, it was my job to select a topic each week. I've found that introducing the topic with a reading from program literature helps keep the sharing focused on recovery and the solutions in the Twelve Steps, so I started using a reading from the Big Book of Alcoholics Anonymous to frame the topic and provide material for discussion. The Big Book provides powerful, inspirational readings that are firmly rooted in recovery. People identify with the experiences and principles by simply substituting "sex addiction" for "alcoholism," "addictive sexual behavior" for "alcohol," and "acting out" for "drinking." (I also suggest substituting a gender-neutral pronoun for "he" and Him.

As a result, the tone and content of the meetings have changed. Instead of vaguely "checking in" about how miserable their lives are, people get into the solution offered by the Twelve Steps. When I ask who wants to share next, I

*(Continued on page 12)*

### ISO FINANCIAL FOR THE YEAR 2000 SHOWS GROWTH - BOTH IN INCOME AND EXPENSE! THANKFULLY, MORE INCOME THAN EXPENSE !!

**What seems to appear as a "mess"** on page 10, really looks pretty healthy in the light of Fellowship support, Board and Office Oversight Committee Wisdom and Prudence, and Office efficiency. Not bad for a bunch of addicts who, only 6 or 7 year ago, found themselves in serious financial difficulties. Many of us were there.

And many, obviously, have answered the call - to put forth not only the effort, but the 7th tradition funding that shows nearly \$25,000 in an Endowment Fund, over \$80,000 in contributions this year, and a Convention that netted nearly \$17,000. And sales of literature exceeded budget by about \$15,000.

It's true that all of this did not come equally from all Fellowship members. There are several individual contributors, and those making challenge donations to the PSA that certainly must be extremely thankful for their recovery and ability to support the Organization. Hopefully, each member is equally thankful, though perhaps not yet economically blessed to that level of ability to contribute. Each of us looks forward to the fulfillment of those Promises as well.

And this is the year the Board budgeted up to \$7,000 for the Literature Committee to gather in New Orleans to do the editing of the first draft of the SAA Basic Text. And a very successful process it was!

In 1993, when no excess funds were available, the Board voted to carry an Operational Reserve. With ups and downs since then, it's now over \$27,000. Unity, and perseverance, on the part of every member.

As to "our only purpose for existence", we continue to reach out,

and the funding for coming Public Service Announcement productions is in place; over \$23,000 worth. See story elsewhere on this project.

Notice that the ISO Office is now staffed with another part time person so wages for this full year are up from earlier budget expectations. Outreach costs.

In reviewing the Balance Sheet, perhaps one of the most comforting feeling an be derived from looking at the Liabilities. There are none!

Perhaps what the financial says more loudly than anything else is that this Fellowship of sex addicts, regardless of individual levels of recovery, has recognized the need for SAA Unity as defined in Tradition One, and the members have, perhaps even in times of despair, supported and contributed to this overall effort.

Well! Perhaps a time for some *complacency* to set in eh? I suppose if we allow the well-being of the financial to trigger our brain into believing all the sex addicts in the world are cured, including us, then maybe we can. HOWEVER...

They're not, we're not, "cured." Outreach must continue at all levels and the ISO Office is there to support the processes we cannot do at the local level. When the PSA's are finished, and being used around the world, we're expecting many more inquiries to come forth, many through the ISO office. That means continued support is needed for the work of all of us, locally, regionally, and at the Intergroup and International levels. Accept the joys of having participated! And move onward!



# FINANCIAL REPORT

## End of Year 2000

International Service Organization of SAA, Inc.  
Balance Sheet - As of December 31, 2000

<b>ASSETS</b>	
Cash In Banks	
ISO Checking	503
2001 Convention Funds	1,656
ISO Savings	
Capital Reserve	1,588
Operational Reserve	27,735
Health Reserve	-
Publications Reserve	23,450
Travel Reserve	495
Total ISO Savings(footnote 1)	53,268
Total Cash In Banks	55,427
Accounts Receivable	
Accounts Receivable	921
Total Accounts Receivable	921
Other Current Assets	
Product Inventory	
SAA Pamphlets & Booklets	2,019
SAA Books	91
Bronze Medallions	2,172
Aluminum Medallions	533
Plastic Chips	991
Key-Chain Tags	983
SAA Audio Tapes	94
Non-SAA Books	1,793
Non-SAA Videos	69
Total Product Inventory	8,745
Operating Supplies	400
Prepaid Expenses/2001 Conv. Revenue	
Prepaid Postage	220
Prepaid Security	68
Prepaid Equipment Leases	139
Prepaid Insurance	926
Unallocated '01 Convention Revenue	(2,156)
Prepaid Convention '01 Expense	1,067
Total Prepaid Expenses	264
Deposits	
Office Security Deposit	375
Safety Deposit Box Key Deposit	25
2001 Convention Hotel	500
Total Deposits	900
Undeposited Funds	-
Total Other Current Assets	10,309
Total Current Assets	66,657
Fixed Assets	
Office Equipment - Cost	5,334
Accumulated Depreciation	(3,045)
Total Fixed Assets (Office Equipment)	2,290
<b>TOTAL ASSETS</b>	<b>68,947</b>
<b>LIABILITIES</b>	
Accounts Payable	
Vendors	-
Health Benefit	-
Total Accounts Payable	-
Sales Tax Payable	-
<b>TOTAL LIABILITIES</b>	<b>-</b>
<b>TOTAL CURRENT EQUITY</b>	<b>68,947</b>
Current Equity	68,947
Opening Assets	39,312
Opening Liabilities	131
Opening Equity	39,181
Net Equity	29,766
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>68,947</b>

Contingent Asset of \$23,155.91 in  
Outreach Endowment Fund-9-3-20

Footnote 1: Savings Breakdown -  
\$10,609 in Money Market,  
\$30,486 in 12 month CD, and  
\$12,173 in 6 month CD

### INTERNATIONAL SERVICE ORGANIZATION OF SAA, INC. Financial Summary - December 2000 And Year-To-Date

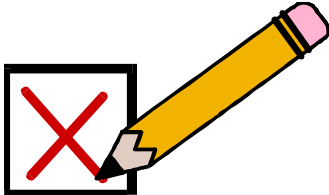
	Month	Month	YTD	YTD
	Actual	Over/Under	Actual	Over/Under
	Budget	Budget	Budget	Budget
<b>Income</b>				
Sales	6,137	2,292	64,955	15,855
Donations	7,618	3,211	83,367	30,427
Delegate Mtg Registration	0	0	1,290	-10
Interest Earned	15	-30	1,093	593
OEF Income	0	0	612	612
2000 Convention	0	0	39,074	13,934
Other Income	0	-12	615	515
<b>Total Income</b>	<b>13,771</b>	<b>5,312</b>	<b>191,007</b>	<b>61,777</b>
<b>Cost Of Goods Sold</b>	<b>4,592</b>	<b>1,404</b>	<b>41,807</b>	<b>10,137</b>
<b>Gross Profit</b>	<b>9,179</b>	<b>3,908</b>	<b>149,200</b>	<b>51,640</b>
<b>Expense</b>				
Wages	3,296	601	45,208	15,338
Payroll Tax	256	31	3,480	1,170
Depreciation	1,543	543	1,543	543
Insurance	412	-10	5,029	-146
Travel/Meals & Lodging	0	0	6,613	1,113
Meeting Expense	0	-9	1,765	565
Postage	282	-54	3,712	312
Communications	1,469	850	6,821	1,271
Electric	78	23	966	-34
Professional Fees	0	-49	0	-600
Office Expense	563	202	3,732	-768
Equipment Leases	80	-3	1,182	182
Rent	375	0	4,500	0
Committee Expense	237	39	2,201	-1,000
Financial Charges	197	189	1,760	1,660
Bad Debts/Refunds	0	-24	424	124
2000 Convention	0	0	22,609	3,019
Other Anticipated Exp.	0	-250	7,889	4,889
<b>Total Expense</b>	<b>8,767</b>	<b>2,078</b>	<b>119,434</b>	<b>27,639</b>
<b>Net Income</b>	<b>412</b>	<b>1,830</b>	<b>29,766</b>	<b>24,001</b>

ISO of SAA-DETAIL OF RESERVES-12-31-00	
PUBLICATIONS-PSA DESIGNATED	1,000.00
GL Challenge-Donation	1,815.00
GL Challenge-Response	1,000.00
IM Challenge-Donation	1,801.00
IM Challenge-Response	1,000.00
NC Challenge-Donation	1,495.00
NC Challenge-Response	-
NE Challenge-Donation	1,452.00
NE Challenge-Response	1,000.00
NP Challenge-Donation	1,430.00
NP Challenge-Response	2,000.00
SC Challenge-Donation	2,270.00
SC Challenge-Response	1,000.00
SE Challenge-Donation	836.00
SE Challenge-Response	1,000.00
SP Challenge-Donation	1,057.00
SP Challenge-Response	20,156.00
Total PSA Designated	3,294.00
ISO Contribution	23,460.00
<b>TOTAL PUBLICATIONS RESERVES</b>	<b>23,460.00</b>

ISO-DETAIL OF RESERVES	
TRAVEL-12-31-00	19
BOARD--	147
Great Lakes	166
South Central	19
TOTAL BOARD RES	293
LITERATURE COMM	17
Great Lakes	329
South Central	495
TOTAL LITCOM RES	-
TOTAL TRAVEL RES	-

\*\*\*\*\* FINANCIAL OVERVIEW \*\* SEE PAGE NINE \*\*\*\*\*

# “SHARING THE PROMISES” SAA 14th Annual Convention May 25-26-27-28, 2001



## **Convention Highlights**

‘The International Convention attracts SAA members from all over die world! Your SAA friends from [deleted for web copy] hope you will soon join us for a weekend of sharing, workshops, and entertainment!

### **Friday May 25**

Convention Opening Celebration  
Ice Breaker  
**Keynote Speaker**

### **Saturday May 26**

Workshops  
Banquet with Speaker  
Dance & other entertainment

### **Sunday May 27**

Workshops  
Talent Show  
Buffet  
Speaker and Closing Ceremony

### **Monday May 28**

Brunch  
Speaker and Closing Ceremony

## **Other Convention Amenities**

24—hour meditation room  
24—hour Marathon meetings  
Hospitality Suite  
ISO Bookstore

## THIS SECTION DELETED FOR THE WEBSITE PBR

Spacious accommodations featuring large work desk, executive chair, lamp, phones, voicemail, in room coffee, TV, iron and board, hair dryer, smoke detector.

**TV channel—blocking available upon request at time of check—in.**

Hotel restaurant offers breakfast buffet, lunch buffet, and dinner. Hotel facilities include indoor pool, outdoor sun deck, whirlpool, sauna, and fitness center.

Free hotel shuttle to locations within 1 mile of the hotel.

### **Make your hotel reservations by May 4**

Rates: Single-Quadruple, \$79+tax per night. These rates increase after May 4. Be sure to mention “Sharing the Promises” conference for these special hotel rates.

## **Travel**

Most major airlines service [deleted for the Website PBR] Ground transportation is available at both airports. Fares for hotel shuttle service are typically \$17 (one way) from [deleted for web copy of PBR] and \$12 (one way) from [deleted for web copy].



## **Registration Plans**

*There are many ways to participate in the Convention! Each plan includes the meals and activities indicated in the Highlights for those days covered by the plan. The fee is per person and does NOT include hotel accomodations. There will be “open events” to which you can invite non-SAA members as shown below.*

### **Register Early and Save!**

#### **Postmarked by:**

	Mar	Apr	At the Door
	31	30	

*Plans for SAA Members Only*

<i>Four [4] Day</i>	\$110	\$120	\$130
<i>Two [2] Day</i>	\$ 90	\$100	\$110
<i>One [1] Day</i>	\$ 75	\$ 85	\$ 95

*Meals included: Saturday Banquet, Sunday Buffet, Monday Brunch.*

*Your Invited Guest*

<i>Saturday Banquet</i>	\$35	\$40	\$45
<i>Sunday Buffet</i>	\$30	\$35	\$40
<i>Monday Brunch</i>	\$30	\$35	\$40

## **Registration Services**

You can register by postal mail or by phone. If you register by mail, you must include payment by check. If you register by phone, you can pay by credit card.

When you register early you’ll receive a registration confirmation packet with a personal phone contact and email address.

## 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](mailto:info@saa-recovery.org)

PBR: [PBR@saa-recovery.org](mailto: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 !!

### \*\*ONLINE OUTREACH\*\* by Tom B. [Cont from pg 9]

*(Continued from page 9)*

remind people of the topic and provide page numbers, in case they came in late or would like to review the reading.

This simple, concrete focus keeps the sharing centered on recovery. I always encourage people to find and attend live meetings in their area, because I still think there is no substitute for the spiritual experience which happens when two or more addicts gather in the

same room for recovery. I direct people to the SAA website ([www.saa-recovery.org](http://www.saa-recovery.org)), which provides information on meetings all over the world. Sometimes I'm afraid people will go solely to online meetings as an "easier, softer way" and cheat themselves of the direct human connection found at face-to-face meetings. Still, all I can do is carry the message; what they do with it is up to them and God. One thing I do

know for sure is that carrying the message helps this addict stay sexually sober, and I am grateful for this opportunity to be of service.

Love, Tom

"While guilt is a painful feeling of regret and responsibility for one's actions, shame is a painful feeling about oneself as a person... Shame is a matter of identity, not a behavioral infraction. There is nothing to be learned from it... it only confirms one's negative feelings about oneself."

from: "Facing Shame", Merle Fossum-Marilyn Mason. WW Norton 1986.

**Now!!**

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