

# The Plain Brown Rapper

The official newsletter of the International Service Organization of SAA

PO Box 70949, Houston, TX 77270

Volume 14, Issue 4

September - October 2002



**PERMISSION IS GRANTED TO COPY THE PLAIN BROWN RAPPER AND PASS IT ON TO OTHERS WHO MAY STILL BE SUFFERING FROM ADDICTION. SUBSCRIPTIONS ARE FREE.**

**DONATIONS ARE GRATEFULLY ACCEPTED.**

## *Inside this issue:*

### Literature Section

<b>A New Banner and a Call to Complete the Set</b>	3
<b>The Voice That Never Abandoned Me</b>	4
<b>Third-Step Prayer</b>	8
<b>A Couple of Thoughts about Steps Four and Six</b>	9
<b>Sponsorship Corner</b>	10
<b>Which Do I Celebrate?</b>	12
<b>Poetry in Paths</b>	14
<b>The Wonder of Gratitude</b>	16

### ISO News Section

<b>ISO Board Minutes</b>	17
<b>ISO Literature Committee Minutes</b>	20
<b>Outreach in Southern California</b>	21
<b>SAA Webmaster's News</b>	23

*I had been certified by the Red Cross as an HIV-prevention educator... But knowledge alone was not enough to keep me from hurting myself.*

See Page 4

*...the glimpses of sanity and wonder I experience can take me totally by surprise...*

See Page 14

## A New Banner and a Call to Complete the Set

By Jeff W.

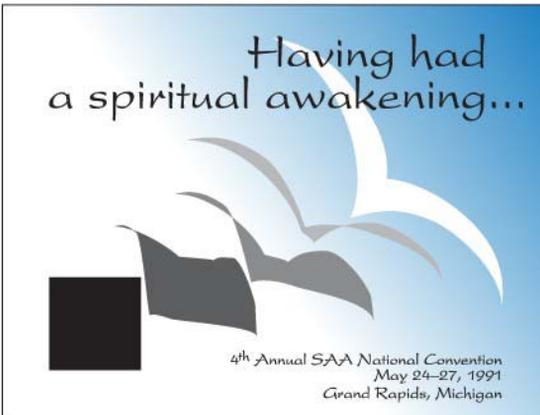
Every year I attend the convention, I admire the banners from the past conventions hung around the walls of the main dining hall. The banners remind me of each of the ten conventions I have attended. Having them all up together gives me a visual history of how long we have been organized on the national and international level. And each banner

has a unique style reflecting the creative energy contributed by the committees that hosted the past conventions.

For years I have been disappointed that we didn't have banners from the first four conventions. The tradition of making a banner for the convention did not start until 1992, in Tucson. I came back from last year's convention inspired to help solve that problem.

I wanted to pay tribute the "Having had a Spiritual Awakening..." the fourth annual SAA national convention held in Grand Rapids, Michigan, 1991. They had a beautiful, elegantly simple logo that they had used on folders and t-shirts, but they had not made a banner. I always thought that the logo would make a fine banner. I am biased, however, as my wife, Lisa, designed the logo. The convention committee had a contest and selected my wife's design.

When I returned from Tucson, we located the original computer files of the artwork. (It was surprisingly easy considering that the file was over ten years old and my wife has



## **A New Banner and a Call to Complete the Set Continued**

By Jeff W.

owned three different computers in that time.) We updated the file and adapted the design to fit a banner. I appealed to the Michigan intergroup for funding and they were generous enough to pay for the cost of printing. My thanks again to them.

Now my hope is that someone will

be inspired to do the same for the first three conventions: the first and third in Minneapolis and the second in Houston. I believe it would be wonderful to see every year we have had conventions represented. If someone is interested in finding or recreating the logos for the first three logos, I would be

happy to assist with my knowledge and technical abilities. If the cost seems prohibitive for three banners, perhaps two or even all three of them could be combined on one banner. If you have some energy around working on this project, you may reach me at Jeff W., care of [PBR@saa-recovery.org](mailto:PBR@saa-recovery.org).

## **The Voice That Never Abandoned Me**

By Steve S., San Francisco, CA

My journey into sexual recovery began at my city's clinic for sexually transmitted diseases. I waited in line in the rain with several other anxious people for the doors to open. Then I gave blood samples and answered questions that embarrassed me because I had to admit I had done things I knew were

unsafe. When the tests, interviews and safe-sex counseling were complete I locked myself in the restroom, fell to my knees, and sobbed in prayer. I didn't pray for negative test results, but for something that felt so much more important. I cried out, "Please help me never to have to come back here like

this!"

Looking back, I remembered that God's voice had spoken to me many times in my life. When I was young I paid attention. "Don't walk down that dark alley," I heard a kind voice say when I was in my early twenties. "It's not safe." I heeded the voice and walked past.

But, as my desperation for sexual

contacts increased over the years, my judgment eroded and I stopped listening to the gentle voice that reminded me I was a child of God who deserved love. I walked into dark alleys, invited strangers into my home, and ignored the warning that these anonymous sexual encounters were not only empty but also dangerous.

It wasn't that I didn't know how to protect myself. I had been certified by the Red Cross as an HIV-prevention educator, and for over ten years before my clinic visit I had taught hundreds of people how to avoid infection. But knowledge alone was not enough to keep me from hurting myself. As the disease of sex addiction progressed in my life, I took risks that I had counseled others to avoid. A few weeks before the

encounter that led me into the STD clinic, I climbed into a stranger's car at 3 am while the gentle voice said, "Don't do this. It isn't safe!" The stranger, it turned out, had been awake on amphetamines for three days, and was violent. The police came. The voice had certainly been right. Routinely, during the months leading up to that time, I performed sexual acts that would have been abhorrent to me only a few years earlier, with people I wasn't even attracted to, because I was desperate for any sexual contact.

While I have never found it helpful to try to figure out why I am a sex addict, I have benefited, in the course of working the twelve steps, from honestly facing where my path into this addiction began. When I was six, an older cousin began initiating sex-

ual encounters that awakened profound feelings within me. The power of these feelings went far beyond the physical sensations, which were overwhelming in themselves. What truly swept me away was the knowledge that I had something my cousin wanted, and that he would humble himself to get it from me. I relished the power I felt I had over this older, bigger, stronger boy whom I looked up to in every way, and I believed that his sexual interest meant he loved me.

As I grew up I continued to confuse sex with love. In my late teens I was blessed with the love of a sincere and generous-hearted man, but I cheated on him with others and dragged him through humiliation. This began a decades-long drama in which I jumped between the roles of

## The Voice That Never Abandoned Me Continued

By Steve S., San Francisco, CA

desperate, rejected lover and disinterested, unavailable jerk. Believing I didn't deserve love, I had settled for meaningless encounters with thousands of sexual partners. Most never even told me their names.

Each new stranger, I hoped, might be "the one" whom God intended me to be with. But in the rare instance when one of these people wanted to see me again, I was mortified. How could I form a relationship with someone who was attracted to the mess that was me? Meanwhile, I kept heightening the melodrama: an unrequited crush on an unavailable person would devastate me, and the only way I knew of to feel all right was to run out and have sex with a succession of

strangers. Sometimes it worked for a short time; I felt attractive when I made a sexual connection, and often saw my crush move from one person to another. But increasingly, as I got older and lost the glow of youth, this behavior didn't work. It left me feeling desolate and desperate, willing to get into strangers' cars in the middle of the night and to risk my health—anything for a jolt of sexual energy.

When I was 25, and had recently discovered a popular venue for anonymous sex, I noticed men who appeared to be in their 40s, and who weren't having much fun. People rejected them, sometimes brutally. I thought, "You won't catch me here when I'm 40." But I was still visiting such places when I was 47, and I saw men who appeared to be in their 70s, suffering terrible humiliation. I wondered, "When does it

end?" Obviously, for me and for the people in whose misery I saw my own future, it was not going to end on its own.

These reflections remind me that there is nothing rational or logical about sex addiction. I convinced myself that I loved people because we had enjoyable sex together. I convinced myself that I would be happy in my old age simply hiring prostitutes to "scratch the itch" without the risk of breaking my heart or hurting another person. I convinced myself I needed sex with people I didn't know in order to feel complete.

As I write my story to share with other members of the SAA fellowship, I reflect that I sobbed out my prayer in the clinic restroom exactly 30 months ago. My prayer was an-

swered: that morning, while still on my knees, I again heard the gentle voice, which had never abandoned me even though I had stopped listening to it. The voice said, "Get yourself to an S.A.A. meeting." Finally desperate enough to risk changing my life, I joined the fellowship I had known about and feared for several years.

I had believed that S.A.A. would deprive me of something I needed in order to survive. But instead of deprivation I found freedom and joy beyond anything I could have hoped for. I asked someone to serve as my temporary sponsor, and he helped me to identify my inner-, middle- and outer-circle behaviors. I began work on my First Step, and our "temporary" sponsorship endured and grew into the cornerstone of a new life. I took on service commit-

ments that gave me a chance to hold up a torch for others who were seeking a path out of darkness. I have been abstinent from my inner circle since that time, although, during these 30 months, I have added a few behaviors to that circle, always with a feeling of increased freedom, never deprivation.

The blessings of recovery in SAA are so much richer than what I sought during my prayer at the STD clinic. All I could think of to ask for that morning was relief from desperation. I didn't know that when I heeded the kind voice and got myself to an SAA meeting, I would find a spiritual community of people whose paths paralleled my own. I didn't know that my longing for love would be met.

Thirty months into recovery, I am dating a man who has been sober in AA for many years. He understands my

path and supports me in it. I accept his care, but I don't look to him to meet all of my needs or to make me whole. I thank God for my health--my follow-up test results did turn out negative. I go to my SAA meetings not out of desperation, but from my desire to stay connected to this community and to pass on the gift that was given to me. I have also been back to the clinic a few times, but not as a client. I share my experience, strength and hope with the facility's staff, doing outreach work on behalf of SAA.

And I am again able to hear and heed the voice that never abandoned me: the voice that still reminds me, when I'm confused or upset, "Go to a meeting-you'll feel better. And while you're there, reach out to someone with more serious problems than your own."

## Third-Step Prayer

By Rand L., Santa Fe

Divine Heart of Love,  
Source of all kindness, goodness, creativity, and power,  
Here I am, all of me,  
Without blame, excuses, or apology.

I accept You as my guide,  
Partner,  
And Empowerer  
In the rebuilding of my shattered life  
And the creation of a purposeful future.

I depend upon Your perfect wisdom and compassion  
To sustain me in Your harmony  
Today.

Free me from the entrapment of my irresistible  
Wounds, limitations, and self-absorption,  
So that Your love can reach all the  
Lonely hurting parts of me,  
Enabling me, as You intended from the beginning,  
To fulfill my fullest creativity and destiny.

I wish to be a lighthouse of Your hope  
To the weak, lonely, and desperate like myself  
As you lead them to me in Your gentle wisdom.  
But grant that I may point them to You and not myself,  
Lest they and I be consumed by their neediness.

Where my agenda and Your perfect love and wisdom conflict today,  
Help me choose Your way today.  
For I did not create myself and reality,  
I cannot sustain myself and reality,  
And I cannot bring myself and reality into harmony.

Thank You that no matter what I do, think, or feel,  
Your love for me will never change.  
Amen.

## A Couple of Thoughts About Steps Four and Six

By Frederick L., Southfield, MI

I have been blessed with a couple of sponsees who both happen to be working the Fourth Step. We get through the first three columns of a four-column exercise and then we have some trouble figuring out what belongs in the fourth column. The fourth column is a place for them to write down what they did that contributed to the situation. Not to suggest that the situation was really their fault, but to recognize that they participated in each situation.

One of my sponsees kept bringing up resentments about what people thought about him, and we decided that being concerned about what others thought

about him was a shortcoming. The other was writing about resentments towards his father from when he was a child. Trying to



figure out what should go in the fourth column, I thought about my own relationship with my father, and suddenly it occurred to me that I gave up too easily--or that I wish I hadn't given up so

easily at age three.

The first and second times through the steps, the shortcomings that I prayed about in Step Six were not anything like the "high-bottom" shortcomings I have now, such as worrying about what others think about me, or giving up too easily. I've also added to my list of shortcomings my anxieties about decisions I have to make. In my current phase of recovery, these are the sorts of things I see as shortcomings, quite different from the kinds of issues I would have thought of early on. And once again in contrast to my early days of recovery, I am happy to see my shortcomings, these and others, removed.



## Sexual Addiction and Sexual Orientation

By Anonymous

Active addiction is not the only sex-related issue that causes people pain and shame. Sexual abuse or other violence, overly strict moralizing and family secrecy are also ways in which sex becomes a source of distress. Join any of these with sex addiction, however, and recovery becomes much more difficult.

One of the common struggles that I see with some newcomers are those around sexual orientation issues coupled with sexual addiction. One of the people I have sponsored, "Bob," usually dated women and

liked being with them, but all his acting out was anonymous sex with men. He had grown up in a family and religion that rejected homosexuality and, even though he had left the church and many of his family's attitudes behind, he was very self-condemning over the possibility that he might be gay. When he came into the program, he was considering suicide because he believed he was a hopeless case.

Bob was not able to accept my reassurances that he was a good person whatever his orientation may be. He could identify with

being a sex addict, but because his acting out was with men he thought that there was no way he could be healthy and gay at the same time. He wanted to get "fixed" from all of this, get married and have children. Still he believed that it would not be fair to involve a woman in his life while he had these problems. Bob could not see that sex addiction and his feelings about his sexual orientation were two separate, though related, issues.

Yet this is the first thing that I suggested that he try to do—separate

them. I reminded him that while everyone has a sexual orientation, not everyone is sexually addicted. Then I told him that sex addiction is not about who or when or how we act out, it is about why. The “why” is some deeper pain that exists regardless of any other circumstance in our lives.

Then I suggested that he work on recovering from sex addiction for at least six months before he even considered trying to figure out his sexual orientation. I suggested that the shame he felt around the addiction was so great that it made working through his orientation questions impossible. The two sets of shame got confused and all too often the acting out started up again to

manage the shame.

Bob and other sponsees with sexual orientation issues have found that this works: separate the addiction and orientation issues, then address the addiction first. When they have spent the time getting recovery from their addictions, they have found that the program has given them a whole set of new tools to help them with this (and many other) life problems. In fact the self-acceptance of recovery usually made the self-acceptance of their sexual orientation (whatever it was for each) a lot easier. In short, after getting into recovery each was able to make peace with himself.

I have written this fully aware that women in the program may have a very different

take on these issues. I do not sponsor women and so recognize that this approach may not be helpful to the women of SAA.

This is one way to help sponsees struggle with sexual addiction and orientation issues. Are there sponsors who would be willing to tell what you do to help some of your sponsees? Will some of the people who have had this struggle 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](mailto:PBR@saa-recovery.org)

## Which Do I Celebrate?

By Joel D.

Over five years ago when I began working the steps with my sponsor after months of being in Sex Addict Anonymous, I asked him, "Which do I celebrate, time in the program or time in sobriety?" Recently the question came up again at a retreat that I attended, and there were various opinions on both sides. The discussion was interesting, to say the least, and it left me wondering which of the two *do* I focus my own celebration on. My wondering prompted me to write this article of my own experience, strength and hope.

Two years ago, before the Christ-

mas holiday, I felt compelled to attend Midnight Mass. I do not practice any religion, but I felt moved at that time to attend church. I checked in with my



sponsor about this and told him that I felt like I needed to reconcile with the Church in some way. He suggested that, when I attend, I set aside my ego, bring my higher power along, and

listen for the message. "Listening for the message," for me, means relating the message to my own recovery.

Before attending Midnight Mass, I realized that I didn't need to reconcile with the Church, but that I needed to reconcile with myself. With this insight, I attended Midnight Mass with my ego set aside and my higher power at my side.

What I heard that evening surprised me and delighted me. The priest said, "Christmas is not the most important event on the Christian calendar." That certainly got my attention. "The most important

event on the Christian calendar,” the priest explained, “is Easter, the Resurrection.” How does this relate to the question of celebrating either time in the program or time in sobriety? Setting my ego aside and hearing it in terms of recovery, I heard that it is wonderful to celebrate when I first came into the doors of Sex Addicts Anonymous, but the important thing to celebrate is that I can recover from sex addiction, one day at a time.

I can, and I have. My own life has been transformed from working the twelve steps and twelve traditions of SAA. I’ve been sexually sober from my inner circle boundaries for over five years. I’m back in school pursuing my heart’s desire. My

partner and I are coming up on our 16th anniversary. I sponsor a lot of people, as does my own sponsor, who happens to be a priest!

So what was my sponsor’s response to me when I asked the question, “Which do I celebrate: time in program or time in sobriety?” He told me, “Celebrate time in sobriety because *it will mean more to you.*” And it has. This is what my sponsees hear from me and this is what I share at meetings. This is how I practice our Fifth Tradition of “carrying the message” that this spiritual program does work. Just like the story in Tradition Five of the 12 and 12: “My sponsor sold me one idea, and that was sobriety. At the time, I couldn’t have bought anything else.”

Sex Addicts

Anonymous is a life-transforming process or, rather, a life-transforming progress. This has been my experience in working this spiritual program, one day at a time. In other words, “we were reborn,” as it is simply stated on page 63 of the Big Book of Alcoholics Anonymous.

There is a saying that you might have heard at meetings or perhaps in another twelve-step fellowship: “First I came. Then I came to. Then I came to believe.” What does celebrating time in sobriety do for me? It reminds me that I came to believe that a power greater than myself can, *and does*, restore me to sanity. The fact that it *does* is why I focus my celebration on time in sobriety.

## Poetry in Paths

By Craig R.

Discovering a path before  
Knowing a path behind  
Wondering which is better to explore?

The one ahead a blind quest  
The one behind an experience or history  
Knowing I'm just a guest

The decision is mine  
Choose one or the other  
Instead I seek a different line  
I see, instead, another

How can I know what I am to be?  
If I do not embrace who I have been?  
Because it is all, all in me.  
My life, my parents, genetically.

The stories are there for discovery  
All I need is a willing soul  
Listening and Searching, sparking their recovery.

Who have I been in this greater path I walk?  
Who have I been? How did I talk?

I see myself and recognize my father in me.  
I look to the side and mother's smile is there to see.  
I look to my son and see a mirror under gauze.  
I look to my daughter and the sight brings a pause.  
I know even as my children are a continuation of me,  
My path started somewhere back in that clouded history.

Then this is the journey  
The cause of my dreams  
A soul's wanderings among all the streams  
Partaking of that course, that lesson, that jubilee  
Of life.

~~~~

I am who I was and I am something more  
I am a culmination of those who came before  
And fought  
And died  
And laughed  
And cried  
And loved  
And lied  
All are reflected in me

I think I am decided  
My path behind--my history--  
Must have been a good one  
Though it seems lost to me.

Because my spirit bubbles and chooses to grow  
My hope clings with a spirit that I don't know  
I have that joy and those tears  
I am both young at heart and old in years.  
I am that boy, standing there on that dock  
I am that old man, beside that warm rock  
I am the young lady with dimples so deep  
I am the mother who knows a peace to keep.

This is my heritage, A knowledge coming from within  
This the path I've walked, with no place to begin  
Instead I'm in the middle looking for names to assign  
To identify who I've been and why it's mine.

~~~

The path behind, the path before  
Both beckoning me, waiting for me to explore  
And knowing I will find Something I've always known...  
Going ahead or turning back are the same  
--and so I've grown--

I don't have to decide  
Only open my eyes and recognize  
I am more than I was  
I am made of all the parts  
And I can explore to my heart's content.  
Learning and finding and knowing with pride  
I am me. That's what I decide.

## The Wonder of Gratitude

By Andrew M.

Whatever struggles I have in my life these days, I'm learning to see God's hand in the hard parts of my life. This was never the case in the past when perfectionism ruled and fantasy was my perpetual state of mind. While this certainly isn't always the case in my sobriety, the glimpses of sanity and wonder I experience can take me totally by surprise in a pleasant way.

I was recently sitting in my car after arriving at work, and I was just enjoying the sunrise through the clouds while being amazed at the beauty of it. It was in that moment that the following thought came to

me, something one might call a revelation:

Being grateful to God for the painful and difficult times in my life is challenging since it is

---

*...when I am truly grateful for these struggles, the serenity and joy I experience are so strong and sweet that I see the beauty, the mystery and the miracle of the good things in my life which come only by God's hand.*

---

totally against my nature. Since it is difficult and not natural, this also makes it a mystery and a miracle when I am grateful in the pain. The amazing thing is that when I am truly grateful for these struggles,

the serenity and joy I experience are so strong and sweet that I see the beauty, the mystery and the miracle of the good things in my life

which come only by God's hand.

I can sometimes lose track of what is important and meaningful in life, but I can always rest on the assurance that recovery helps me sort things out and make sense of life.

This is comforting, since I lived so long being confused as an

addict. It is in recovery that I have found peace and rest for my emotional being. This is something I can be and am grateful for regardless of what my emotional state may be.



# ISO News



ISO Literature Committee, ISO Board, & Board Committees

## ISO Board Minutes

The Board of Trustees of the ISO of SAA, Inc., met via teleconference on August 17, 2002. The following is a report on votes taken.

Approved: To deny the COSA request to use our convention name.

Approved: That all 2003 ISO Convention events be open with the exception of the marathon meeting, the closing ceremonies, and workshops that may be closed at the request of the presenter.

Approved: That the 2003 Convention registration fees remain the same as those charged in 2002, with the exception of the increase after May 1 which would be \$20 instead of \$10.

Approved: To authorize the Board chair to execute the 2003 Convention hotel contract once the officers of the Board agree that the contract is acceptable.

Approved: In the future, to use approved SAA versions of the 12 Steps and 12 Traditions in the convention program and any other materials where the 12 Steps or Traditions are included.

Approved: To direct the 2003 Convention Committee to draft interim convention entertainment guidelines and to present them to the Board

electronically as soon as possible.

Approved: That the Board reduce by \$3,000 the initial deposit into Travel Reserve and to repay that sum before the next convention.

Approved: To extend the deadline for SAA Book pledges, leaving it open until a date for completion of the project could be established.

Approved: To authorize the Office Oversight Committee to use up to \$1,000 from Operating Reserves per month to be repaid during the next month.

Approved: That the ISO of SAA allow SAA groups to duplicate their copy of the current PSA solely for the purpose of distribution to television stations for broadcast. Duplication requires written permission from the Board of Trustees through the ISO Office on a group by group basis.

Approved: To increase Jerry B.'s annual salary by \$1,800.00 to a total of \$38,074.00, retroactive to his employment anniversary date of June 14, 2002.

Approved: That Directors and Officers Liability Insurance be purchased from Aon Huntington Block Insurance with a liability limit of \$2,000,000 and that the annual premium be paid out of the Operational Reserve with a 12-month pay back.

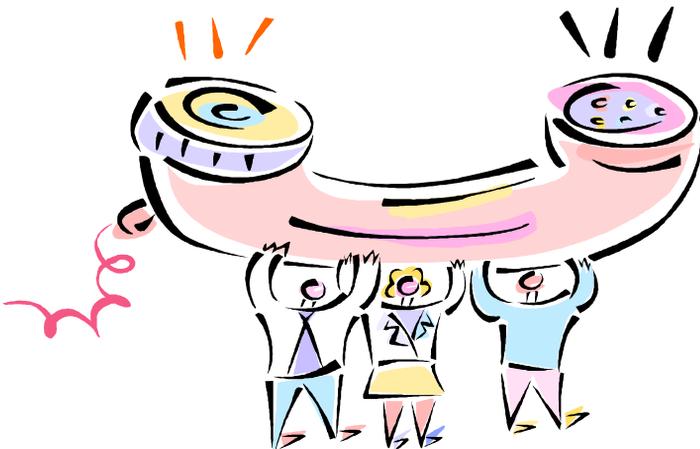
Approved: To designate Francie E. as the Board representative to the 2002 Interfellowship Forum and to ask Ken S., as an alternate representative, to also attend the forum.

Approve: That the following be communicated to the Literature Committee:

- a. That, in accordance with the contract between the ISO of SAA, Inc., and the Authors, only the Board of Trustees has the authority to decide on the disposition of the SAA Book manuscript, including the right to make changes or to designate a way to have them made.
- b. That the Board of Trustees is not prepared to make a decision as to the disposition of the SAA Book manuscript at this time but will do so after it has had the opportunity to further inform itself and hold discussions in order to act prudently in the best interests of the ISO of SAA, Inc.
- c. That the Literature Committee's requests to the Board formulated at its meeting of July 25, 2002, will be addressed and answered in as timely a manner as possible but that, in the meantime, the committee is to take no further action related to editing the SAA Book manuscript which by contract is the property of the ISO of SAA, Inc., and, as such, is under the control of the Board of Trustees.
- d. That the ten available copies of the second draft of the SAA Book manuscript be distributed immediately for review to the voting members of the Board and to the Board liaison to the Literature Committee with execution of individual agree-

ments of receipt and conditions.

- e. That the ISO Office obtain additional copies of the SAA Book manuscript to be distributed for review by the Board alternates with execution of individual agreements of receipt and conditions.
- f. That the Board chair, with the assistance of other Board members, the Board Literature Committee Liaison, and the ISO Office as requested, communicate with the Literature Committee for the purpose of gathering more information.
- g. That the Board chair, with the assistance of other Board members, the Board Literature Committee Liaison, and the ISO Office as requested, communicate with both authors of the SAA Book manuscript for the purpose of gathering more information.
- h. That the Board chair report a summation of his findings back to the Board by September 14, 2002.
- i. That a Board teleconference be tentatively scheduled for 10 a.m., Central Time, Saturday, September 28, 2002, for the purpose of addressing disposition of the SAA Book manuscript, with the length of the meeting and its non-Board participants, if any, to be determined by the Board chair prior to the meeting.





## ISO Literature Committee Minutes

The ISO Literature Committee met via teleconference on July 28, 2002. The following is a report on votes taken.

Approved: Order of translation of our publications:

1. Getting Started
2. First Step to Recovery
3. Abstinence and Boundaries
4. The Bubble
5. Woman Newcomer
6. Abstinence
7. Group Guide
8. From Shame to Grace

Approved That Chris be the point person for entering any kind of editorial changes.

Approved: That we inform the board that as a committee we are ready to take on the process of

editing the book and therefore we are requesting an electronic copy of the second draft using all necessary security measures with password protection for no more than two members of our committee to have access to it.

Approved: Request the board to instruct the authors to write the additional chapters on healthy sexuality and the twelve traditions of SAA, and sections on abstinence and making a sex plan, plus any other material they would like to submit, and to submit it no later than November 1, 2002.



## ISO Literature Committee Minutes

The ISO Literature Committee met via teleconference on August 25, 2002. The following is a report on votes taken.

Approved: That in an effort to clarify any questions and concerns around the SAA Book, we request that Elizabeth, as the LitCom representative, be invited to participate during the Board's next teleconference on the SAA Book.



## Outreach Committee

### Outreach in Southern California

By Jim H.

I just wanted to send a note about our outreach efforts over here in sunny southern California. I was a delegate at the 2002 Bridge to Freedom Convention in San Francisco, and I came back from the convention inspired to renew my efforts to work my program of recovery, to be of service to other SAA members, and to reach out to the still-suffering sex addict who is unaware of his or her condition or how to get help. My group has really supported me in these efforts and we are bonding together over some of our outreach efforts.

Here are some of the things we are working on right now:

1) Putting together envelopes containing SAA literature and a note to therapists or clergyman or probation officers etc. introducing SAA and encouraging them to refer their clients, parishioners or "parolees" to our local meetings. We also include the Southern California meeting directory to make it easy for them to find us. We plan to allow the members of the local meetings to distribute these to their therapists, priests and parole officers.

We had an envelope stuffing party

and will have another to finish getting the envelopes ready to go out. I'll keep you posted on any results we get and the rest we'll leave in God's hands.

2) Members of our group pitched in \$35 to buy the ISO of SAA Public Service Announcement (PSA). Once we receive it from ISO we will bring it to one of our local cable stations (San Bernardino) and let the station manager review it and hopefully begin airing it. The station manager has promised to return the tape once he is done viewing and or airing it and then we will bring it to

another targeted station. Any feedback on how to get the PSA aired on major stations or successes in airing it on any station will be appreciated.

3) We are participating in the prison outreach program and responding to letters written by inmates seeking recovery

from sexual addiction.

We are trying to stay focused on our own recovery, remembering that we must bring the 12 steps of recovery into our daily lives. Little outreach steps are favored over manic efforts at promotion. We can only hope and pray that through our efforts other sex addicts may find the

help they desperately need.

We'll keep you posted on our efforts and hope to hear from others who are making similar outreach efforts.

Your brother in recovery,

Jim H.  
Friday meeting,  
Claremont, CA  
[www.bearingjim@adelphia.net](mailto:www.bearingjim@adelphia.net)

## **SAA Book Fund Raising Campaign Extended**



At its teleconference of August 17, the Board voted to extend the deadline for participation in the SAA Book Project Fund Raising Campaign indefinitely until a firm publication date can be established.

This means that groups as well as individual members can continue to submit bid pledges for a copy of a Limited Special Edition of the SAA Book until further notice. For details about the campaign contact the ISO Office.



## ISO Office

### SAA Webmaster's News

By Bob D.

Some good news! I mentioned that we're moving much of the maintenance of the SAA Web page to the ISO Office. This is an involved process which will take time as the tools are purchased, software is created, and people are trained.



But the good news is that the first tangible step is completed and the fellowship is already benefiting from the results.

We're completing moving the updating of the on-line meeting lists to the Office. Now changes to the meeting lists are done entirely within

the Office! This means the updates get done more quickly and accurately than when the data had to move back and forth between the Office and me.

So what? How is this going to affect the fellowship? The time between updates to the Meeting Lists should go from months to days. So if you send in a Group Registration Form, the new information will be posted quickly. If you e-mail a change to a meeting contact phone number or e-mail address, the change will be recorded and posted on the web in a few days. **And** you won't have to send a request to the Office (for the records to be changed) and send another request to me, the Webmaster, to update the web pages. One request will do the job --- Quickly and reliably.

We've got more to do with streamlining the internal processing at the Office, so stay tuned for more improvements to come. But this is definite progress!

Bob D. SAA Webmaster

## ***Correction Note***

The ISO Office apologizes for a mistake it made in the ISO News section of the June - August issue of the PBR. In an article about SAA in Scotland, Derek K. was erroneously listed as "Connection Coordinator" for SAA Scotland. Derek was writing as an individual member, rather than as a representative for the SAA fellowship in Scotland.



## ***PSA Notice***

The ISO Office now has the public service announcements (PSAs) for television available in VHS format. This format is viewable in a VCR and is offered to groups and individuals who wish to review the PSAs before taking them to prospective TV stations or for viewing by TV station staff.

The VHS version is being sold for \$4.00, which covers cost (\$3.45) plus shipping and handling (.55).

Beta SP or Digital Beta formats are required for use by TV stations. These are available through the ISO Office for \$24.99 (Beta SP) or \$34.99 (Digital Beta). The ISO Board has authorized ISO registered groups to copy the PSAs, provided they obtain written permission from the ISO Office.

## How to Submit a PBR article

### ***First:***

Write from your experience, strength and hope. Others may need to hear exactly what you have to say.

### ***Second:***

Send your article by e-mail to: PBR@saa-recovery.org

or mail to: ISO  
P. O. Box 70949  
Houston, TX 77270

### ***Third:***

Send the **Article Release Form** on the right. Download an extra from the SAA website if needed, or feel free to make copies.

**“Having had a spiritual awakening as a result of these Steps, we tried to carry this message to other sex addicts...” Step 12**

### **Submission deadlines:**

**Dec. 15, Feb. 15, April 15, June 15, Aug. 15, Oct. 15**

**Release Form:** I hereby give this newsletter, its successors and assigns and those acting on its authority, permission to copyright and/or publish any articles, poems, or other written material or art work pertaining to my personal story of recovery from addiction and my personal experience with or opinions about the SAA fellowship or program. I understand that additions may be made to my written material and that it may be changed or edited. I further understand that every effort will be made to assure my anonymity. I possess full legal capacity to exercise this authorization and hereby release the ISO newsletter from claim by myself or my successors.

**SIGNED:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**WITNESS:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**Mail to: ISO, P.O. Box 70949, Houston, TX 77270**

International Service Organization of SAA  
 Post Office Box 70949  
 Houston, Texas 77270

Phone: 713-869-4902  
 Toll Free: 800-477-8191

web: <http://www.saa-recovery.org>

Office e-mail: [info@saa-recovery.org](mailto:info@saa-recovery.org)

PBR e-mail: [PBR@saa-recovery.org](mailto:PBR@saa-recovery.org)

**Office Staff**

Jerry B.  
 Director of Fellowship Services

Klaus P.  
 Assistant Director of Fellowship Services

Jonathan C.  
 Publications and Administrative Assistant

**PBR Staff**

Mike L.  
 Literature Editor

Jonathan C.  
 Layout Editor

*Sex Addict Anonymous is a fellowship of men and women who share experience, strength and hope with each other so that we may stop our compulsive sexual behavior and help others to recover from sexual addiction and dependency.*

*Membership is open to all who share a desire to stop compulsive sexual behavior and are willing to follow this simple program.*

*Our program is based on the Twelve Steps and the Twelve Traditions of Alcoholics Anonymous, but we are not affiliated with A.A. or any other organization or agency.*

*We are not a religious organization or aligned with any sect or denomination.*

**Region**      **Board Members**      **Liaison Position**      **Board Alternate**      **Liaison Position**      **Literature Committee**      **Lit. Com. Alternate**

|                |                    |                           |             |                           |                      |          |
|----------------|--------------------|---------------------------|-------------|---------------------------|----------------------|----------|
| Great Lakes    | Roger B. Chair     |                           | Ken S.      | Interfellowship Relations | Elizabeth S.         | Vic K.   |
| Inter-Mountain | Shelly K           |                           | Jeanette W. | Internet Outreach         | Chris D.             | Chris D. |
| North Central  | Greg B. Secretary  |                           | Jim A.      |                           | Tim L.               | Jim M.   |
| North East     | Bob R.             | Intergroup Communications | John S.     | Literature                | Tony Z.              | Tom K.   |
| North Pacific  | Frank B.           | International Development | Joel D.     |                           | John H.              | Tom B.   |
| South Central  | Judy N.            | International Development | Darryl H.   |                           | Greg G.              | Nate G.  |
| South East     | Francie E.         | Interfellowship Relations | Michelle D. | Intergroup Communications | Joe T.               | Don C.   |
| South          | Ed B.              | Outreach                  | Larry O.    |                           | Susan W.             | Thom C.  |
| At Large       | Penny K. Treasurer | Fund Raising              |             |                           | Mike L. (PBR Editor) |          |