

The Plain Brown Rapper

The official newsletter of the International Service Organization of SAA

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THE ISO ENCOURAGES GROUPS TO REPRODUCE THE PLAIN BROWN RAPPER SO THAT COPIES WILL BE AVAILABLE TO ALL MEMBERS. THE PLAIN BROWN RAPPER IS MAILED FREE TO ALL WHO REQUEST IT.

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The Ten Truths of My Recovery Program

By Joel

Editor's note: In orthodox Judaism, it is not permitted to use g-d's name except in formal prayer, so the word "hashem" ("the name") is used in conversation. Hence, the practice in written English is to remove one letter of the reference for the same reason.

I am going to share about what I talked about last night at the Houston Tuesday night SAA meeting. The topic was to have anyone, but especially the "old-timers," share what has helped them stay sober. G-d willing, in three and a half weeks I will celebrate eight years being sober (my sobriety date is 11/22/94). I jotted down the 10 "truths" that for me helped me stay sober all these years, and shared them with the group.

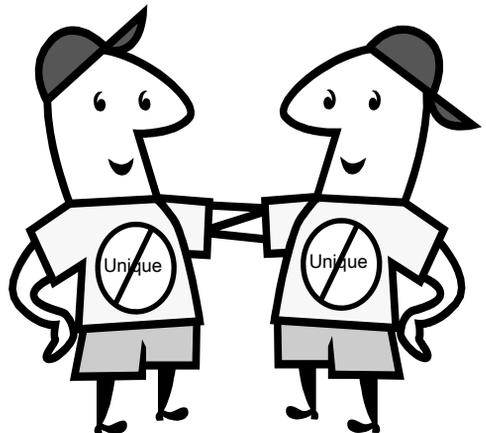
Truth 1:
There Is Intelligent Life In The Universe

You may or may not believe that there is intelligent life outside this planet. That is a personal belief. I believe that somewhere there was, is, or will be. But as it pertains to my recovery, this truth has two implications:

1. I am not unique. During my 32 years of acting out, I thought I was all alone with my problem. And when I entered recovery, I thought I was the only one who acted out the way

I did. As long as I continued to believe in myself as unique and separated myself from the masses, I was unable to enjoy the benefits of belonging to the group of recovering sex addicts. The truth for me is I am no different from anyone else--my acting out is no better or worse. I am just a recognized sex addict like everyone else.

2. My program of recovery is not unique. There is nothing particularly special about the group I belong to--Sex Addicts Anonymous (SAA). There are other 12-Step groups--in fact there are three that are more international. And in fact



The Ten Truths of My Recovery Program Continued

By Joel

there is nothing even special about the 12-Step approach--there are other ways to get and stay sober that do not use the approach of spiritual recovery through a higher power or G-d. The important thing is not what I use to get and stay sober but that I am doing something each day to stay sober. An important common denominator is that I have to come out of the closet and be able to find a safe place with other addicts to get and stay sober. As long as I remember I am no different from any other addict and I am constantly working on my recovery with others, I am moving in the right direction.

Truth 2:

I Am One Day Away From Acting Out

There is no seniority within the group of addicts. There is no status associated with taking anniversary chips. Being sober yesterday or for the last eight years has very little to do with whether I will be sober today. What I do today will be the only thing that counts as far as whether I stay sober today. Thirty minutes ago, I started to wonder what I would find if I went into a search en-

gine and did a search on the words that describe my preferred means of acting out. I thought, "I bet there will be a bunch of juicy stories" in the resultant list. That is EXACTLY what would drive me into slippery behavior that will eventually result in my losing my sobriety. I am just as powerless over the temptations all around me and over what is in my head today as I was in 1994 before I got sober. The day that I think I am cured or that I can handle the addictive temptations is the day I will fall back into the gutter. I am addicted forever, and each day I must remember that no matter how many good days lie before me, I can lose it all today.

Truth 3:

There Is No Standing Still

Quite frankly, either I am moving forward or moving backwards. Just like my addiction. The more I did the same thing, the more unsatisfying it was. So too with my recovery. If I continue just to do the same thing, day in and day out, I will be slowly slipping backward. Each day I must get further out of my comfort zone and do that which I have been unable or unwilling to do before to keep me sober.

Truth 4:
Recovery Is Not Part Of My
Life, It IS My Life

My sponsor told me this when I first got started. It is a matter of prioritizations. If I put family and job first and then recovery, I will find ways and excuses to ignore it or not give it sufficient time. There is no excuse for not having enough time each day for me to spend time taking care of myself both spiritually and physically. Recovery has always got to be number one. If I need a meeting and a family matter comes up, the family just has to wait because, if I get back into my addiction, there will be no family for me. Step 12 of my recovery programs talks about this--I have to practice my recovery principles and steps in all areas of my life, not just my recovery.

Truth 5:
I Am Plain, Not Different

Sure, being a leader, a mentor, a coach, a father, a husband, a friend, etc., are all important roles for me. And sure, there are people who will be visionaries, who will be on the top, who will be kings/presidents/superstars, etc. But as a few people mentioned in last night's meeting, my life

does not have to be like that to be fulfilling. I do not have to leave a mark on the world like a U.S. President, Babe Ruth, or Elvis Presley. I can just be a plain old man. I just have to be good enough "for me." My mark in life is that which I contribute and work with others through my personal life mission. And for me, that mission means creating a world of unselfish and unconditional giving considering people's conscious and unconscious needs. For others, the mission can be different. The point is, I can be happy and content without having to stand out. The stress of making a mark on the world through standing out when I either succeed, fail, or fall somewhere in the middle leads to coping behaviors or rewarding behaviors that are unhealthy for me.

Truth 6:
Surrender Wins The War

This is a core truth passed on to me by my sponsor. Perhaps no other statement I have heard these past eight years summarizes what recovery is all about. Self-will and self-knowledge will not keep me sober. The paradox of recovery is that the only way to reap its benefits is to give up control over the solution. One of the hardest things for me, as a newly recovering addict, was to go from a life where I depended

The Ten Truths of My Recovery Program Continued

By Joel

on myself 100% for satisfaction and success, to living a life on the other end of the spectrum where I depend on others and my g-d/higher power for my ultimate satisfaction and success. In the environment where I come from, where I lived in distrust of anyone but myself and the feeling that I was not worthy of getting help, aid, and love from anyone, I was told I had to do exactly that. Give up control--surrender the solution, and trust in and believe in the willingness of G-d and other people to help me. How could I be deserving of their help and love if I was unworthy? Well, as I continued in my recovery, I discovered that heck, yes--I was worthy and that those outside of me actually want to help me and love me if I let them into my life.

Truth 7:

Each Day Means Working With Other Addicts And G-d

The only way I stay sober is to remember that I have to 'give it away' to 'get it back.' I work with other addicts not to help them, but to help me. I go to meetings, not to share my wisdom with others or to impress people with my words; I go to meetings to keep me sober

today. Sure, others may reap benefits. I spent 30 to 40 minutes typing this, not to help you or give you anything--I type this because without doing this for these past 40 minutes, I could be doing things that could be risky to my sobriety. I must repeat this every day. I call other addicts because that is what I need to do to keep me sober. Bill W. went to visit Dr. Bob, and Dr. Bob asked Bill W. why he came to visit since it would not help. Bill W. replied that he went to visit Dr. Bob because he needed to do that to stay sober. Dr. Bob did not get it ... not initially at least. But that is what working with other addicts is about, and after a while; I came to understand that as well in both directions--giving to others and why others gave to me.

As far as my spiritual program and relationship with my higher-power / G-d, I have found that the days where I spend time concentrating in this area are the days that go most smoothly in terms of my recovery. When I go for even two or three days without meetings, without talking about recovery, and without a spiritual segment, those are the days my mind and sometimes my body drift into those gray areas that surround my core acting-out behaviors.

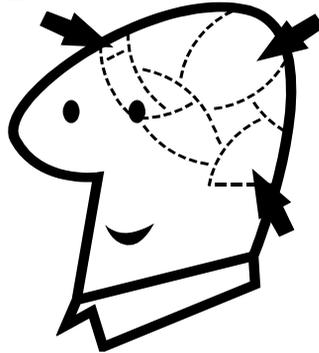
Truth 8:
G-d Communicates Through
Coincidences

Those around me hear this so many times it probably is driving them crazy! But the evidence for me is overwhelming. It happens too many times for me to deny it in my own life. Communication between myself and my higher power / G-d is a two way street. I pray, I meditate -- I do various things to actively converse and make my will known to my higher power / G-d. I judge that many recovering addicts just stop there and do not use all their five senses and their mind and heart to look for the returned message. Without actively sensing the return somehow, the beauty and wonder of that return is missed. It is sort of like pulling the arm over and over again on a slot machine but never paying attention to see if any money ever comes out. For me, there are lots of messages -- some could be very obvious, but quite often, the messages I get through things that seem mere coincidences are the wealthiest of all the messages.

Truth 9:
Advertising Sells Cars

The mind is an amazing thing. We watch a commercial

-- perhaps many times. The commercial to be effective puts us in a mode where we see the advertised product and FEEL what it is like to have and use that product. But it's more than just remembering the product. In fact, pretty soon, the commercial gets into our head and plays in our head over and over again without our having to watch it. It really pulls us OUT OF OUR COMFORT ZONE. So much so that eventually, if the advertising is really effective, we can't live without the product anymore, so that causes us to take physical action.



Recovery and acting out work the same way. We see something that stimulates us -- something that makes us want to act out. We can ignore it, but the sight of it or sound of it, touch of it, etc. reminds us of what it was like before -- how pleasurable it would be again! The more we see the advertising, the harder it gets to ignore. Pretty soon, it's advertising in our heads and is more powerful than the real ad-

The Ten Truths of My Recovery Program Continued

By Joel

vertising. A few months ago, I was looking to buy something and stumbled over a sexual story about a man who acted out as I once did. I should not have read it, but I succumbed. I read it once. But the sad part is, it has been in my head ever since and it is tough to get out and every time it plays in my head, it is even more powerful than the one time I read it. That is the amazing thing about the rationale, "it's no big deal -- I'll only do it once." I wish that were true, but for me, controlling my body is so much easier than controlling my mind! And then it comes full circle -- if my mind says the fantasy long enough, it almost always controls my body. I believe that 'I Can Not Be Convicted For What Is In My Mind,' but when I am not cognizant and on guard constantly for how powerful advertising can be, I will let in a seemingly 'harmless' pleasure only to watch it reverberate dangerously in my head for a VERY long time.

Truth 10:
Don't Spit Into The Wind -
Don't Fight The System

I do not have to reinvent the wheel here. If I am truly similar to everyone else now, in the

past, and in the future, then what works for them will work for me. No need for me to try something new or change what works -- just go with the flow. I am human, I am mortal, and I am addicted. What works for others WILL work for me. And if it does not work -- the system is not broken. It's not about the methodology, it's not about the system -- it's all about me.

My intent is a good start but intent is not enough. Going through the motions is not enough. Doing it a little and expecting a little result will not cut it. I have to do the program and follow the steps the same as everyone else. It will work for me if I do it the same way as those who have sobriety. There is no need to improve the system -- there is no need to make anything better by changing a process. Perhaps there will be someone or a few people someday who will find another, better way or find a way to keep people sober longer. Perhaps someday -- but not today and not me. As long as I remember that, I am OK today.

I hope the above helps you. This past hour has been very beneficial to my sobriety and that is what is important to me.

In Recovery,
Joel



Resources for Sponsors and Sponsees

By Anonymous

On the last Saturday in April, 54 recovering people from Indiana, Kentucky, Ohio and Illinois gathered in Indianapolis for the Indiana Inter-group's Spring workshop, "Sponsorship in Recovery from Sex Addiction." The attendees, including three COSAs, represented 23 different home groups. They attended sessions that followed three tracks: newcomers, sponsors and long-termers who don't have sponsors. Veteran sponsors facilitated each session, discussed what they had learned with the people in these sessions and encouraged them to offer their experience, strength and hope. The newcomers were offered tools for getting the most out of their sponsors. The sponsors were offered suggestions for being more effective. The long-termers were encouraged to look at their resistance and examine their assumptions about spirituality and recovery

as a way to break down their barriers to sponsorship. In the last hour, groups shared what they were doing to promote sponsorship and people who did not have a sponsor were given an opportunity to find one among the sponsors present. Apparently, most did.

Attendees received a number of handouts that the organizers were kind enough to pass on to this column. The presenters gave their permission for them to be reprinted in the PBR to be shared with the rest of the fellowship. We will reprint some in the coming months as space allows. We encourage groups throughout SAA to reprint them for their own sponsorship needs.

Below are two of the handouts that could be termed a "job description" for sponsors. They are a simple list of what a sponsor does and doesn't do.

Resources for Sponsors and Sponsees **Continued** By Anonymous

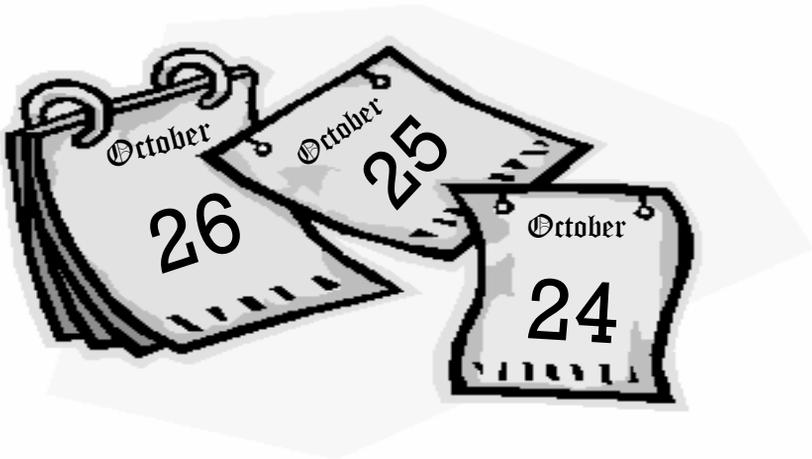
WHAT A SPONSOR DOES

- Shows by present example and addiction history what SAA has meant in the sponsor's life.
- Encourages and helps the newcomer to attend a variety of SAA meetings -- to get a number of viewpoints and interpretations of the SAA program.
- Suggests keeping an open mind about SAA if the newcomer isn't sure at first whether he or she is a sex addict.
- Introduces the newcomer to other members, particularly to those who may share the new person's occupational or social interests.
- Sees that the newcomer is aware of SAA literature and offers to discuss it.
- Is available to the newcomer for regular telephone contact.
- Goes over the meaning of the Twelve Steps, emphasizes their importance and guides the newcomer in working them.
- Urges the newcomer to join in SAA activities as soon as possible.
- Impresses upon the newcomer the importance of all our Traditions.
- Tries to give the newcomer some picture of the scope of SAA, including the worldwide availability of SAA and the other S-fellowships.
- Explains the program to relatives of the sex addict, if this appears to be useful, and tells them about Co-dependents of Sex Addicts (COA).
- Encourages the newcomer to obtain professional help (such as medical, legal, or vocational) if assistance outside the scope of SAA is needed.
- Quickly admits, "I don't know" when that is the case, and helps the newcomer find a good source of information.
- Finally, the sponsor encourages the newcomer to work with other sex addicts as soon as possible, and begins by including the newcomer in reaching out to other newcomers.

WHAT A SPONSOR DOES NOT DO

- DOES NOT provide sex addiction, family or marital counseling for the newcomer and/or the family.
- DOES NOT impose his/her personal views, including religious or spiritual views, onto a newcomer.
- DOES NOT demand that the newcomer work the program the same way the sponsor does.
- DOES NOT interfere with medical decisions, especially concerns about prescribed medications.
- DOES NOT take the newcomer's inventory except when asked.
- DOES NOT lend money to the newcomer.
- DOES NOT force a specific interpretation of SAA upon the newcomer.
- Male sponsors DO NOT sponsor female newcomers -- Female sponsors DO NOT sponsor male newcomers, except where sexual orientation makes this the safest relationship.

The Indiana Intergroup will also hold a retreat October 24, 25 and 26 focusing on Sponsorship; they extend an invitation to any recovering sex addict who wants to attend. For details about the retreat, contact the Indiana Intergroup at 317-545-9783.



Recovery Is a Process

By Jim L., Grace Fellowship, Birmingham, Alabama

Introduction

The depth of wisdom contained in the Twelve Step program becomes readily apparent to the addict who thoroughly enters the process and begins to experience recovery. Other addicts, looking for a quick fix for a distressing social or legal situation, attempt to find recovery in meetings and other prescribed activities but often fall short of meaningful recovery. Many do give intellectual assent to the validity of the program, but, because of less than whole-hearted engagement in the process, they become frustrated, failing to achieve long-term sobriety.

Having personally experienced the frustration of recurrent slips and stalled recovery during my early months in the program, I came to realize that intellectual assent and participation in meetings and other events was not sufficient to launch and sustain genuine recovery. Subsequently, however, I did come to experience the joy, peace, and serenity that accompany true recovery, and, as I reflected on my own journey, the difference be-

tween failure and success seemed to lie in the extent of my commitment to and engagement in the process prescribed by the Twelve Steps. I offer this piece as food for thought, and I sincerely hope that other addicts will find that these ideas resonate with their experience and aid them in finding recovery.

In the left column of the table below are descriptive terms and phrases about "events" that we participate in as members of SAA. Events are good, participation is laudable, and certainly benefits result. But, there are inherent limitations to events alone, because the Twelve Step program is much, much more than a series of events and activities. The Twelve Steps are a template for a process, a life-changing process, and the parallel descriptive terms and phrases in the right column are an attempt to illustrate the contrast between the self-limiting nature of events and the expansive nature of the process.

Events	Process
Intellectual assent (agreement)	Engagement (belief)
Participation (involvement)	Commitment (application)
Consists of meetings, steps, telephone calls, journaling, meditation, and prayer	Consists of relationships with fellow addicts and with God
Time restricted	Life-time life-style

Events	Process
Episodic (continual)	On-going (continuous)
Based on desire for change	Based on commitment to change
Cathartic ...of man (imperfect)	Revelational ...of God (perfect)
Affects feelings ...not bad, but temporary	Effects real change ...of lasting value
Value is real and tangible, but not permanent	Value is transcendent, life changing, and lasting
Improvement	Recovery
Temporal	Eternal
-----	-----
Compare a church service ...inspirational, but of finite duration	to a spiritual awakening ...life-changing and key to wholeness
Attend and participate in events	Engage in the process

Conclusion: a challenge

Recovery is a process--a life-long, life-changing process--but recovery does not imply perfection. For example, I would submit that a slip is not necessarily a failure of recovery, but a reminder of our imperfections and our need to resubmit our wills to God and recommit to the process. We cannot perfectly work the Steps nor perfectly adhere to God's will, because we are imperfect, fallen, sinful creatures. But, we are also precious children of God--created in His image--and ripe for redemption, which He alone offers. He will honor our commitment to Him and to this process by showing us how to make decisions that are in concert with His will.

The spiritual awakening referred to in the twelfth step is not a blinding flash of revelation--a Damascus Road

experience--or a sudden deliverance, although such are certainly within God's prerogative and power. The spiritual awakening of this program typically comes in baby-sized steps, as we realize that God gives us the power we need only when we need it--at the moment of decision between right and wrong. The Twelve Steps bring us, gently but firmly, to that point.

I am convinced that the extent to which we truly and completely commit to and engage in the process prescribed by the Twelve Steps of SAA will be the extent to which we experience true and lasting recovery. May I challenge you to immerse yourself in the process. Hold nothing back! You will rejoice in and thank God for the resulting recovery.

From the Editor

By Mike L.

When writing the article on the convention in the last issue, I had the choice of doing it as a report on the convention or writing it from the point of view of what it did for me. I chose the former, so this month I want to make just a few personal comments on it.

First of all, Portland is a beautiful city, and possibly one of the better-kept secrets in America. I don't blame the residents of Portland for wanting to keep it quiet.

This year I relaxed and allowed myself just to enjoy the convention. It did begin for me with three-and-a-half days of meetings--two days of literature committee meetings and then a day and a half of delegate meetings, so I took some time for myself on Saturday afternoon and just walked around the city and spent a little time reading some books at a chain bookstore located in a lovely old building. Afterwards, I was charged and ready to return to the convention.

After the banquet on Saturday night, I had several choices of things to do. I decided to go with the old tried-and-true Stuart Saves His Family, which I never get tired of.

Sunday morning was the standard prison outreach workshop. As at the Friday evening prison outreach focus group, I was once again happy to see that interest in this area is continuing to increase.

On Sunday afternoon, a couple of other members of the fellowship and I took a walk down to the Portland Art Museum, about six blocks from the hotel. I very much enjoyed the exhibits there, especially the one called "2,000 Years of Chinese Art." I got back in time for the boat ride, which was very relaxing and enjoyable and gave me a chance to connect with a couple of members of the fellowship.

I also really enjoyed the walk around the Willamette River on Monday morning. Because of a sore leg I was dragging behind the rest of the group who went, and I was happy that one of the Port-

landers took the time to hang back with me and share with me some of the local history and flavor of Portland.

As always, the best part of the convention is making the new connections and friends, and I'm happy to still be in touch with a couple of the folks I met this year. The SAA convention is always a high point of the year for me, and I'm truly looking forward to next year.

In this issue of the PBR, we have articles on a wide variety of subjects, some short and some longer. I'm always looking for articles for the PBR, so if you have something you want to share with us, please grab that writing pad (or that laptop) and go for it! Please keep in mind that I am especially looking for articles that have a recovery basis and that focus on the solution. Something else I'm always wanting is feedback on the PBR that you're holding in your hand or previous issues. What did you find most helpful, or least helpful? You can submit articles or feedback to me at pbr@saa-recovery.org. So while you're formulating in your mind that article or response that you are about to write, please sit back and enjoy this issue of the PBR. I look forward to talking with you again next month.



Euphoric Recall?

By Craig R.

How do I deal with euphoric recall? Well, it can vary. I use the analogy of an illness to help understand what it's about. An illness has symptoms; the symptoms tell the doctor what is going on in the body. And even then half the time the doctor is just guessing so he looks for more symptoms with tests, etc.

The same goes for the addictive thinking of euphoric recall. I know that it works both as a part of my illness and as a symptom of a greater illness.

First, as a part of my illness euphoric recall has symptoms that can tell me when it's coming. I consider euphoric recall to be acting out in my addiction because it can quickly lead to masturbation. When I'm in the process of acting out, or even after I'm done, I inventory all the stuff that led up to the episode. Was the workplace a bad experience? Did I have a fight at home? Were my expectations of a clean house not

met? Why the heck didn't I get that pizza I wanted?

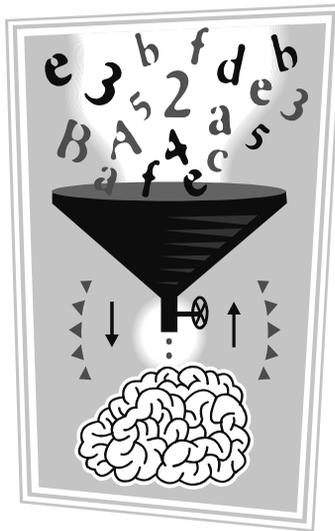
Looking at the stuff that leads up to my acting out can result in two benefits:

1. I may recognize the symptoms leading to my euphoric recall before they result in acting out the next time.

2. In recognizing them I can then choose to address the problem issues directly. Rather than choosing to act out anyhow and deal later with those issues, I can instead find something healthy to do with my discomfort.

Second, as a symptom of my illness, euphoric recall indicates I'm not happy about something. I'm using my disease to medicate my discomfort.

Now, how do I deal with it? That's the sticker. I see this in two parts. Again that illness analogy creeps in. First the doctor identifies the symptoms, isolates the cause, and then



treats the problem, thereby curing the symptoms as well.

We have a good start in understanding what the problem is, using the symptom/question approach. The next step is to develop an action plan to cure the problem.

This is where the cure quickly becomes lost in the myriad of personal experiences. Everyone finds the same recovery from sexual addiction, but they usually get there walking different paths. I found a few ideas helpful:

1. I list the other things I can do with my time to distract from that unhealthy thinking. Then I do them when I recognize a symptom (these could be that program phone call, a meeting, posting online, journaling my thoughts, doing hobbies I enjoy, listening to my favorite music, or reading a book).

2. I change my thinking around the euphoric recall. I become positive with my thinking, e.g., I no longer need sexual thoughts to feel good about myself. Believe it or not, the positive self-messages work wonders. I've used those messages many times along with the acceptance that what I do today does not have to remain with me for the rest of my life. I can change. I am willing to change. I am becoming a better person because of that change.

I believe that euphoric recall is a symptom of the poor programming I received when growing up.

And if a computer is programmed poorly it doesn't work. So I change the program to make it do what I want. The brain works the same way: Garbage in = Garbage out. The challenge is to change the programming to get the results from the brain that I want.

I used a series of goals to help change my programming to healthier thinking. Today my goals are to be the best man I can be, the best father I can be, and the best spouse I can be. But they didn't start that way. Instead they started with looking around and seeing things in others that I admired and adding them to a list that I title, "I wanna be like that!" Today the list continues to grow, and my three main goals are guided by it. Notice the open wording of the goals; they do not set any measures of what a good man, dad, or spouse is. I don't want to ignore anything that may help my recovery.

There you have it, my thoughts and responses to this particular hassle of recovery. But you don't have to take my word for it. This is the part where I invite everyone else who has found a response to chime in at your nearest meeting or with a letter.

Take what you can use and leave the rest.



ISO FINANCIAL NEWS

Beginning with this issue, the PBR will include a financial report, which we hope SAA members will find meaningful. The report is designed to give readers a summary of the ISO's operational income and expenses for the most recent month, for the year to date, and for the monthly average during the current year. This latter feature will help in comparing recent performance with that of previous months.

We ought to say a few words about the term "operational income and expenses." If a complete income and expense report were given, it would include revenue and costs associated with the convention and delegate meeting. This somewhat distorts ISO's financial position.

While successful conventions and delegate meetings generate a lot of money, they contribute little if anything to the ISO's ability to carry out its daily operation, which is to conduct the corporation's business, serve the fellowship, and reach out to and be there for the addict who still suffers.

Convention income is used for three purposes: 1) to pay for convention costs, 2) to pay for the travel expenses of Board and Literature Committee members and staff who are required to attend

the business meetings held during the convention, and 3) to help fund the ISO's operational and publications reserves.

"Operational income and expense" simply means the money that comes in from day to day to pay for the operating expenses that occur from day to day.

The report lists sales as "Net Sales." This is done to both save space and provide clarity. What the figure simply presents is the revenue from sale of SAA and Non-SAA literature and products minus all costs of distribution, which include such expenses as printing or purchasing, shipping, freight, supplies, and website store fees.

Wages are broken down into those that are directly related to "Outreach," e.g., answering calls or e-mails for help, and "Other," meaning anything that is not outreach related.

The line item titled "Outreach" includes postage, phone, and committee expenses that are directly related to general and prison outreach.

Because it is such a significant expense by itself, the cost of publishing the PBR has its own line.

Below the total of all operational expenses and a first calculation of surplus or shortfall is a line called "Reserve Commitments." These represent the ISO's commit-

ment to set aside money out of daily income for specific purposes. These reserves or savings include our prudent operational reserve, as well as reserves for capital purchases, employee benefits, travel, and translations. These commitments are in fact

money we owe ourselves.

The origin of these reserves and how they are formulated, as well as other topics dealing with ISO finances, will be the subjects of future articles about the business of the ISO.

ISO Income/Expense Summary
Daily Operations January - June, 2003

	June	Monthly Average	Year To Date
Income			
Net Sales	2,653	2,753	16,517
Donations			
General	9,069	5,476	32,858
LifeLine Partner	2,642	1,487	8,922
Designated	369	426	2,557
Miscellaneous	1	80	480
Total Income	14,734	10,222	61,334
Expenses			
Wages/Benefits/Taxes			
Outreach Related	1,740	1,888	11,329
Other	3,600	4,184	25,102
Taxes	521	470	2,822
Insurance	1,814	390	2,342
Committee Expense	150	90	542
Postage	156	184	1,101
Communications	420	70	1,970
Rent/Utilities	706	682	4,094
Office Related	599	319	1,913
Financial	119	453	2,718
Plain Brown Rapper	1056	706	4236
Outreach Related	1,129	778	4,669
Total Expenses	10,954	9,508	58,602
Surplus/Shortfall	3,780	714	2,732
Reserve Commitment	1,702	2,052	12,310
SURPLUS/SHORTFALL	2,078	-1,338	-9,578

North Central Region 15th Annual Fall Retreat

The North Central Region will hold its 15th Annual Fall Retreat October 3 through 5, 2003, at Lake Panorama, Iowa. The cost is \$65 by September 15 and \$75 after that date.

The weekend will feature sharing experience, strength, and hope about finding freedom through recovery following the 12-step program of SAA. The retreat will also offer opportunities for learning what is working for brothers and sisters in recovery. Session leaders will open topics and facilitate sharing.

Members of other "S" and related recovery programs are welcome.

To register or for more information contact Bernie L. at bernbear@netins.net or phone 641-396-2684 or send a self addressed stamped envelope to:

Retreat
P.O. Box 5222
Des Moines, IA 50306

Tools of Recovery Coming Soon!

The *Tools of Recovery* booklet will be on sale August 18, 2003, immediately after the Board sets its price.

New Volume Discount On SAA Outreach Pamphlet

At its meeting on November 9, the ISO Board approved a new volume discount on the outreach edition of the *Sex Addicts Anonymous* pamphlet that is widely used within the fellowship as an outreach tool.

The pamphlet that normally sells for twenty cents will now be sold by the ISO Office at cost plus shipping and handling when ordered by registered groups or intergroups in quantities of 500 or more.

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** below. Download an extra from the SAA website if needed, or feel free to make copies.

“Having had a spiritual awakening as the 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 assignees 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 any claim by myself or my successors.

SIGNED: _____ **DATE:** _____

WITNESS: _____ **DATE:** _____

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

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 Houston, Texas 77270

Phone: 713-869-4902
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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 Alcoholic 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.

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