

# The Plain Brown Rapper

The official newsletter of the International Service Organization of SAA, Inc.

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*...one idle click during a late work night can lead to another and another.*

See Page 6

*Now I see first-hand the pain I caused and now I know I never want to hurt anyone again.*

See Page 10

## Why Experience, Strength, and Hope

By Jim H.

Over the years in recovery, I've sponsored many sex addicts. Some have stopped acting out for years and to this day maintained long term, continuous abstinence. Most have made a great start, slipped, and either left SAA for a while or gotten back up and kept trying. I've found that my ability to carry the message depends on the grace of God, reaching out, and making an honest effort to share my experience, strength, and hope (ESH). I've also found that it is extremely easy to fall into the habit of giving advice. I will acknowledge that the ability to take advice is an essential tool of recovery for myself. It's akin to surrender and being willing to do and think in ways I am not accustomed to. Some recovering people say "so what if they brainwash me, my brain needs a good washing." Or I've also heard said, "My best thinking got me here." Followed by the logic that if my best thinking got me here, I'd better learn to think differently and until I do, I might be wise to follow someone else's direction!



I've decided to write this article to help reinforce my focus on sharing ESH and to increase my own awareness of the benefits to my own recovery. Relying on ESH has some important benefits for the recovering sex addict. First, when I share my own experience I am forced to look at myself. The tendency of any self-respecting addict is to embrace denial and blame others. Another tendency is to disconnect from humans. When I share my own experience, it makes me connect

with my fellow suffering addict rather than just tell him what he "should" do. Sharing ESH allows me to speak the language of the heart. It reduces rebellion and ego battles between SAA members. Many of us have very sensitive egos and the idea that someone else can solve our problem so easily (or at least it sounds like they think they can) can easily bring up our defenses and make us angry and resentful. When

## Why Experience, Strength, and Hope Continued

By Jim H.

this happens, it is almost impossible to remain open-minded to suggestions. At my worst times in recovery, I would rather continue to suffer the consequences of active addiction than take advice from a smug (at least in my mind at the time), know-it-all, “preacher” in recovery. The point is that if we love our fellow sex addicts we truly want to be useful and don’t want to do anything that will make recovery harder for them. It’s not that we are responsible for their rage, but we still have a responsibility to make the message attractive. It’s a program of attraction! Sharing ESH seems to be the best way to do this.

A good way for me to connect with other sex addicts is to empathize and to think of how I struggle just as they do, even if it’s not the exact same situation. Then, when I share with them I am less likely to try to fix them or play “arm-chair quarterback” with their recovery. My purpose is to connect with them and identify. One problem with advice-giving is that it can lead to co-dependent, controlling behavior and may even breed frustration when the recipient of our wisdom is less than receptive. For

me it’s usually helpful to remember that we all have some key differences in our make up; therefore, certain actions that work for me may not work as well for you. When I keep in mind that we all come from different backgrounds, have different genetic makeups, and have grown up under varying degrees of abuse and/or neglect, I find it easier to refrain from thinking that I know what’s best for other people. It also helps me to be more tolerant, less judgmental, and more patient when I keep in mind that we come to SAA at various levels of spiritual conditioning and at various times in our lives. What might work for me today or what suggestion I might be willing to follow today might have been out of the question five years or even a few months ago. In the end I find that in order to get the maximum benefit out of sharing with other sex addicts, I am best off sticking to my story and trying to connect and relate to others’ difficulties as well as the joy of their successes, both large and small. So if you see me before or after a meeting pontificating on how someone should work their program, just give me a little nudge and whisper, “remember ESH”. That should be enough to get me back on track (I hope :).

## A Meeting of One...and Many

By Bruce M.

It's 10 after, so I have to believe no one is going to show up for tonight's meeting. Just what I hoped. Just what I feared.

See, tonight, I need you, my brothers. I need to tell you so many things: How she broke up with me today--my mistress, not my wife; how lonely I feel even when I cradle my newborn daughter in my arms; how duplicitous I feel when I whisper to my wife, "I love you."

I need to tell you about how every day is a battle against acting out; how the battle exhausts and exhilarates me; how this weekly meeting is often a refreshing breeze in the barren desert of my addiction.

I need to tell you how angry I am about choices I've made; how frustrated I am by being constantly on guard to recognize toxic warning signs; how ashamed I am because I am

addicted; how glad I am that I've found you all and you've accepted me.

I need to tell you that sometimes I'm so afraid of giving up my addiction; my old friend who's always been there to take away the pain. I need to tell you that--

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**I need to tell you that sometimes I'm so afraid of giving up my addiction; my old friend who's always been there to take away the pain.**

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with your help, your support, encouragement, and love--my "old friend" isn't my friend at all, but a crutch I've used to help me stand on my own. To think I need a friend like that! I prefer my new friends, absent tonight though they are.

I need to draw on your strength tonight, my brothers. I need you to tell me to "keep coming

back, it works if you work it." I need you to thank me for sharing. I need you to share.

It's 8:30 and the night clouds are closing in. Time to lock up.

Thanks for letting me share.

## One Particular Consequence of Internet Pornography

By Ron

What is it about internet pornography? The ads for it are everywhere. Unsolicited it appears in our home e-mail inboxes. Friends pass on the locations of sites where pornography is buried deep in the depths of user groups and clubs. And many do look. One estimate states that over 80 percent of all pornographic material is viewed during normal working hours, often because it is easily accessible, affordable, and anonymous.

What would tempt someone with a good career, a position of trust, promotions reflecting years of work and dedication, to use a government computer to view pornographic material? Because on a government computer, while pornographic material may be accessible, what you do is not anonymous, and the cost will not be affordable. On a government computer, giving in to that urge could cost the same as a DUI; at a minimum the pain of an investigation, letters of reprimand, loss of rank, loss of career.

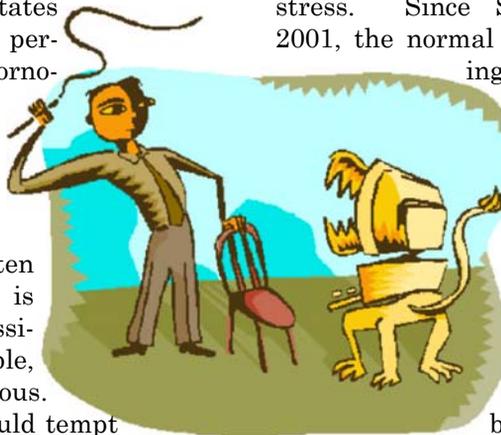
Why would anyone risk it all over pictures?

Often the urge to look comes when someone is not in balance. Members of one 12-step fellowship use the acronym HALT. Be careful when you are Hungry, Angry, Lonely or Tired; in other words, when you are under stress. Since September 11, 2001, the normal stresses of being

a soldier, government employee, spouse or parent, have increased a hundred fold. Will I be called up? Will I be deployed? Will I be able to fulfill

my duties? Will my family be safe? Often the one most tempted by internet pornography is the one who has worked hard for position and rank by being trustworthy, dedicated and strong. And that strength can be a terrible weakness when under stress.

Rather than reaching out and appearing weak when confronted with stress, one idle click during a late work night can lead to another and another. And what you do on a government computer is not anonymous. Clicks



are monitored, and what you thought was a one- or two-time event no one noticed turns into a list from the U.S. Army Reserve Command to the Commanding General for an Article 15-6 Investigation under the Code of Military Justice. Your computer will be seized, and no amount of cleaning the evidence from your computer files the next day will erase the network log forwarded from USARC; not very anonymous and at a far higher price than the one advertised.

(Footnote: I knew my actions were wrong. Too late, after my illegal actions, I sought help. I knew that regardless of whether an investigation ensued or not, I needed help. I was not surprised when, weeks later, my workstation was seized. When the investigating officer called, I was prepared to take responsibility for my actions. Actions that were not anonymous now carried a high price. I decided not to worsen my situation by trying to lie or excuse my behavior. I believe being responsible for my actions is the first step back toward sanity and restitution for the cost of those actions to the Army.)

There is a better option for government employees and members of the military. Reach out. Our chaplains can offer resources for help, secular as well as spiritual. Help that

will not be judgmental and will be supportive to a fellow soldier who did the right thing by reaching out. Stay away from HALT. The mission will get accomplished, without working yourself to the point where sanity flees. Because once it does flee, the stress you had will pale in comparison to the stress from the consequences of your actions. Article VI of the Code of Conduct reads:

I will never forget that I am an American fighting man, responsible for my actions, and dedicated to the principles which made my country free. I will trust in my God and in the United States of America.

Be responsible. Reach out for help if your stress or HALT level has become noticeable. Use the resources provided for your support.





## Sponsees and Their Relationships

By Anonymous

Sex addiction does terrible things to relationships. Young or old, gay or straight, single or married, male or female, we hurt the ones we love by our behavior. At some point, they grow unwilling to put up with us and they give us the ultimatum to get help or else. For many of us, that is the beginning of the path that led us to SAA.

When we get into recovery, most of us feel like we owe something to these people for all the pain we caused them. And we do. The challenge that most of us have is figuring out exactly what we do and, often just as important, don't owe them. A sponsor's help here is usually vital.

Consider the nature of most intimate relationships involving an active sex addict. There are few, if any, healthy boundaries. The relationship has often degenerated to a point where the loved one is trying to control the addict's behavior.

Trust is at a minimum. High doses of pain are being meted out daily. No one listens. Everyone is needy. The addict is identified as the source of all problems in the relationship.

Most of my sponsees came into the program with some version of this relationship life. When they started to get some recovery, they often found that the situation at home hadn't changed. Most either felt guilty and said that they needed to prove their trustworthiness or they got mad and just wanted "to get everyone off my back."

At the same time, the loved ones were demanding a lot. Some wanted their addicts to suffer more pain and guilt, especially if he or she was feeling better from having a spiritual experience early in recovery. Some wanted to know the entire story, check out every SAA contact, see any written step work and contact the sponsor to check up on the addict. Still others wanted the addict to quit giving so much

time to SAA because they felt they were owed all the undivided attention and material pampering the addict could give. Worst of all, some demanded all of this. And more.

Most of my sponsees who came from these relationships were torn. On the one hand, they could see that SAA is a path to health and that what the loved one wants is actually pretty unhealthy. On the other hand, they ask themselves if they have the right to say no to these demands. Some promising recoveries have been thrown away because sponsees felt they had to give in to these demands no matter what the cost. Unfortunately, the cost was often the end of their abstinence and eventually the end of the relationship.

As a sponsor, I don't tell my sponsees how to handle their relationships. I do try to help them see that a relationship with an active sex addict makes everyone emotionally sick. Our loved ones are sick with their own disease, just as we are. The addict is not the only source of problems in the relationship. However, we cannot expect that the loved ones are going to get into their own recoveries at the same pace that we do. We do owe them the same patience that was extended to us.

Then I encourage the sponsee to look at the demands the loved one is making to see what is realistic and healthy. Is anyone helped if the addict is forced to suffer more pain or humiliation? Can trust be earned or is it a choice? Is it healthy for someone to control another person's actions, or does the addict need to take responsibility for his/her own behavior? Can one person make another person happy or can we each only do that for ourselves? Is that loved one truly helped by hearing all the details of the acting out or is that really just a form of martyrdom? Can a relationship really be healthy if two people are spending every moment together and one of them (the recovering addict) is being treated like a doormat? Finally, is there really going to be any possibility of a healthy relationship if the addict doesn't give full energy to recovery? These are hard questions. Their directness is aimed at helping the sponsee see the need to focus on recovery and to see that the loved one is not owed any of the sick things demanded.

Finally, sponsees need some guidance on how to move toward a healthier relationship. I offer two ideas: first, the best we can offer anyone will come only if we put our recoveries first. We do no one any good by not getting well. The second idea comes from the

## **Sponsees and Their Relationships Continued**

By Anonymous

suggestion that Al-Anon offers their newcomers in dealing with their loved ones. It is important for us to “detach with love.” For our sake and for theirs, it is important to detach from the old patterns of the addiction-tainted relationship. That may lead to the death of the relationship. Usually what seems to happen, however, is that it lets both parties attend to their own recovery needs and leads to the rebuilding of a new, recovery relationship.

My sponsees who focus on

their own recoveries and detach with love usually see themselves and their relationships get healthier.

This is one way to help sponsees deal with their difficult relationships. Would other sponsors be willing to offer their what they do? Please submit comments, questions or articles to the Sponsorship Corner, c/o the PBR ([pbr@saa-recovery.org](mailto:pbr@saa-recovery.org)).

## **A Ninth Step**

By Mike M.

*[Editor's note: Mike M. is a Texas prisoner.]*

My name is Mike. I am a sex addict. My addiction and my acting out were so bad that I ended up getting a 20-year sentence for what I did. Nobody did anything to cause this to happen. It was my selfishness and desire. I knew I was helpless beyond my control. I needed God's help to help me overcome my addictive sexual behavior.

After 10 years my victim contacted the Texas Department of Criminal Justice, Victim Services Division. She wanted to have a victim/offender mediation dialogue with me. I could not ask for this meeting. It has to come from the victim. So I agreed to this meeting, knowing this would be a ninth step for me, to make amends to people I have hurt.

The hurt went far beyond what I thought. Not only did I hurt this person, but I hurt her mom and dad also. It goes deeper than that with her future husband. When he touches or says things to her that remind her of the pain I caused her, he will be wondering if he did something wrong. No! I did, many years ago. Now I see first-hand the pain I caused and now I know I never want to hurt anyone again.

With help from God I will be able to live a normal life. I will need to stay strong in the Lord. Stay clean and keep going to SAA. I pray this will help someone out there.

## The Blessing of Recovery

By Mike, a sex addict, September 5, 2002

Intimacy meant only one thing  
As I battled the demons within  
Physical lust replaced all else  
As my addict won, time and again

For years my shame held me down  
As I struggled to be in control  
Losing all dignity in myself  
The war was waged within my soul

So many times I wept and prayed  
Crying to my God to heal  
Only to fall down, yet, again  
Failing despite my intense zeal

As I look back on 25 years  
That I've fought this internal war  
So many wasted days and funds  
I fought til I can't anymore

On a quiet night, I surrendered  
Defeated at my helpless estate  
I placed my addiction in the hands  
Of my Higher Power's fate

No longer living the double life  
That had filled my days with deceit  
Costing a marriage and many friends  
I no longer live in defeat

I often wonder out loud, sometimes  
Why God never answered my request  
I wasn't given the healing gift  
My recovery has made me blessed

"Blessed?" You say, "how can you believe  
You are better without God's touch?"  
I know that if God had healed me  
I would never have learned so much

To those of you who share my pain  
And your life seems filled with shame  
Do not seek the instant cure  
For in recovery, the blessing came

## Musings on the Middle Circle

By Anonymous

We locally have a lot of appreciation for the three circles model--it is one that is working well for many of us. I see the circles as a tool, as opposed to the basis of the program--I remember that SAA is a 12 step program, not a circles program, or a meetings program or a sponsorship program. This circles tool helps me to define as best I can (with guidance from other sober members) what are the appropriate boundaries for my sexual expression. For example, if I am going to consider myself sober, I need to know what I am sober FROM (inner circle), and how I am going to keep that sobriety (outer circle). The middle circle is a sort of barometer for which direction I am leaning toward.

I have found that, regarding middle circle behavior, a key area to assess is that of willfulness or permissiveness. I see an important difference between riding my bike home from work or a meeting and mindlessly glancing up toward lighted windows as I ride, and intentionally choosing the seat on a bus where I can spy on someone in whom I have some fantasy sexual interest, or knowingly NOT changing my seat or moving to prayer when I notice, consciously, that I am objectifying someone in an addictive way.

There is no guarantee that I will go into my inner circle by being in any of these behaviors, but I know that I feel very differently about myself when I am making unhealthy decisions willfully.

The middle circle was once described as a safety net, one which we might stumble into on occasion, as opposed to one we leap into, not really caring if it will hold us or not. Mentally lumping my middle circle behaviors in with my inner circle ones makes things easier for me: I am either in my addiction, or not; either moving away from the solution, or into it. Giving up so-called choices in my addiction has actually given me far more choices.

One of my agreements with my sponsor is that I will tell him about any middle circle behavior that I engage in--when I do this by phone, I have found it helpful to not pick up the phone until I have considered what it is that I DON'T want to tell him. Starting off with that stuff helps me to avoid that torturous pain of having to call him back a second time to come out with the real truth.

Regarding shame and the middle circle: I often have

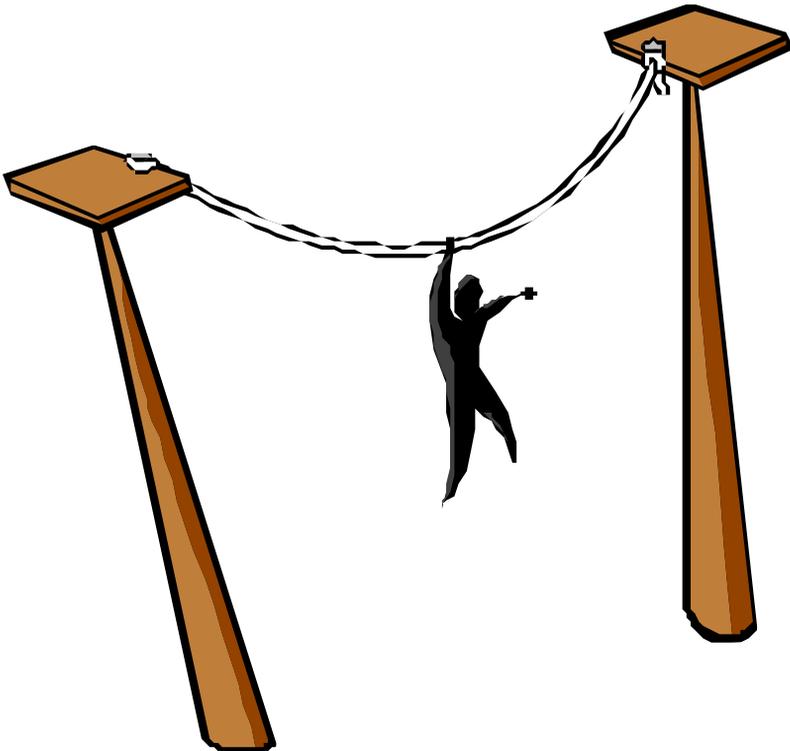
shame come up when I am checking in about these behaviors. I sometimes have been very hard on myself when talking about them. I find that being harsh can be counter-productive, but even knowing that, there was a time in my early recovery when I needed to have that harshness pointed out by my sponsor; I simply was not ready on my own to separate out my behavior from my self-judgments. Today this happens less frequently as I get a better sense of what is reality for me.

As for shame: in my view, shame is a normal appropriate reaction

to having made a mistake, as long as I don't go too far into it. Shame helps me to learn the sometimes difficult lesson around a deeper surrender of my addiction. There just necessarily has to be a consequence when I make a mistake, or I will not grow in that area. And for today, I have given up the desire to be perfect, and am grateful for the constant opportunities for growth that I get in SAA.

Member

5 years sober, one day at a time  
Northern Pacific Region



## Awareness of Denial

By John O.

I'm aware that I have a disease.  
A disease of ugliness.  
Ugliness that consumes my very breath.

At first look, I thought I was this ugliness.  
Soon I came to realize that the ugliness consumes me:  
Like an octopus it surrounds me and entangles me.  
An ivy suffocating any life around it, it takes my life away.  
It creates lies and Hatred; Hatred for myself,  
    Hatred for my actions,  
    Guilt for being me.  
    Guilt for lying to my Kathi  
My ugliness, my disease.

He said "NO!"  
How could he say No!?  
I'm a likeable person, hard working, trustworthy.  
Can't he see my potential?  
Can't he see who I am?  
Doesn't he want to help me?

Why did he say no? REJECTION, I Hate, Loathe rejection.  
Why did he say no? Aren't I good enough?  
Am I too needy? Am I too weak? I wear my emotions on my sleeve.  
He doesn't want to help. He is afraid of me.

Why? What did I say? What did I do? What did I tell him? It was the tape?  
I showed him too much of my ugliness.

REJECTED! Rejection hurts. Pain! Awareness, HATE, Self Loathing,  
I'm not good enough for him. His standards are too high.

WAIT A MINUTE!  
IT'S NOT ABOUT HIM!

FOCUS  
FOCUS ON ME!

My ugliness has created a monster. He is wise. Wise to stay away,  
My ugliness is contagious. I could infect him. I'm not ready.

I'M NOT READY!  
I'M STILL IN DENIAL!

Awareness of Denial. Awareness I'm sick. I have a disease.  
My ugliness consumes me.

But:  
No masturbating,  
No acting out,  
No lying,  
Working on myself,  
Going to groups,  
Praying to God.

Going home after Friday night group and watching late night television,  
late night porn. I'm getting recovery. Really I am. I'll just watch a  
little TV for thirty minutes and then I'll go to bed... Yawn ... Oh my  
gosh it's four hours later... and three bad movies later... and hey I  
really want to masturbate. No I don't. That will make me weak:

Never mind I'm so hungry I could eat a skunk.  
Never mind I am so tired I could sleep for three days,  
Never mind I am so alone I feel like I am in Antarctica,  
Never mind my wife left me to empty the dishwasher again,  
and has been asleep in a warm bed for the past five hours.

Ugliness! It consumes me!  
AWARENESS OF DENIAL

## From the Editor

By Mike L.

In one of my other areas of service work in the fellowship, I maintain the meeting schedule for our Houston fellowship. I have been doing this service work for about 10 years.

In an interesting development, the two Houston meetings that have been designated as GLBT (Gay-Lesbian-Bisexual-Transgendered for those not familiar with this terminology), one of which has been in existence for the entire time that I have been keeping the schedule, has requested that that designation be dropped. So, starting with the November Houston schedule, this designation will no longer appear for these two groups.

I don't know the reason for this change. However, I think on some level it does tend to confirm a trend that I have been seeing in the program.

At the Minneapolis convention back in 1996 I offered a workshop called "Gays and Straights Recovering Together," which I felt was an enormous success. The attendees were predominantly gay although not entirely. Those who attended probably still remember the heterosexual man who came in wearing rainbow-colored suspenders and who began his sharing by saying "I just wore these suspenders because I like the color." He brought the house down.

I offered the workshop again in Hampton in 1998 and once more in Los Angeles in 1999. Comparing the sharing from those three workshops and the gradual drop in attendance (I certainly expected a bigger turnout from the large San Francisco delegation who attended the Los Angeles convention), I came to the conclusion that while "Gays and Straights Recovering Together" still served something of a purpose in 1996, its purpose had become tenuous at best in 1999. And now we no longer have "GLBT-specific" meetings in Houston.

I have long observed the easy fellowship after SAA meetings where sexual orientation has never seemed to be an issue. I think back to the time that I heard a man make a statement at a meeting indicating that his first-time acting out with another man implied that animals were just around the corner, and realize that I don't hear statements like this at meetings any more. And it has been a long time since I have had another gay man tell me that he had been told at a meeting that having sexual relations with a member of the same sex was in and of itself acting out. I think that with our changing society, inside as well as outside of SAA, we are truly approaching a point where gays and

straights recovering together in our fellowship is a reality and not just the title of a workshop.

We have a wide variety of topics in the literature portion of this issue of the PBR, ranging from internet pornography to the middle circle, to the meaning of experience, strength and hope. A particularly touching article talks about how one individual came to realize his need for meetings. And we have another powerful article from a prisoner, this time sharing his experience with the ninth step. And to round it off, we have another installment of the Sponsorship Corner and a couple of poems as well.

I hope you enjoy this issue of the PBR. Have a happy and safe holiday.





# 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 November 8, 2003.**

**The following is a report of actions taken.**

Accepted      New Convention Bid Guidelines as proposed. (A copy of these new guidelines has been inserted with this issue of the PBR and can also be obtained from the ISO Office.)

Approved      A motion that any SAA member, if they belong to another fellowship, may present material from that fellowship at SAA Convention Workshops, provided the material illustrates how it was helpful in the presenter's SAA recovery.

Approved      A motion to allow the Literature Committee chair and the Board-Literature Committee liaison to have access to electronic copies of the first two drafts of the SAA Book.

Approved      A motion to accept the [SAA Book] editors' reports received both electronically and in writing. (The editors' reports appear on page 22 of this issue.)

Accepted      A motion to mail a holiday appeal this year and in future years in a separate mailing.

Approved      A motion to raise Klaus P.'s hourly wage from 13.18 to 13.50 retroactive to September 11 and to raise Jonathan C.'s hourly wage from 11.50 to 11.75 retroactive to September 23.

Approved      A motion to authorize an additional 100.00 for a total of 800.00 a month for rent, if appropriate space is found.

Approved A motion to give permission to the Interfellowship Forum to list SAA on an international city list that would include the name, website, and phone number of the organization.

Approved A motion to give the ISO of SAA's Prison Outreach Committee chair permission to dialogue with the Prison Outreach representatives of the other "S" fellowships.

Approved A motion to direct the ISO Director of Fellowship Services to contact the other "S" fellowships to open dialogue.

Approved A motion that an Interfellowship Relations Committee survey, amended with a revised introduction to strengthen the motivation for responding, be sent out with the next PBR.

Approved A motion, in response to a recommendation from the 2003 ISO Delegates, to consider the book *Facing the Shadows* for sale by the ISO Office.

**The Board's next meeting is scheduled to be held by teleconference on January 17, 2004.**





ISO News

Continued



ISO Finance

## ISO Financial News

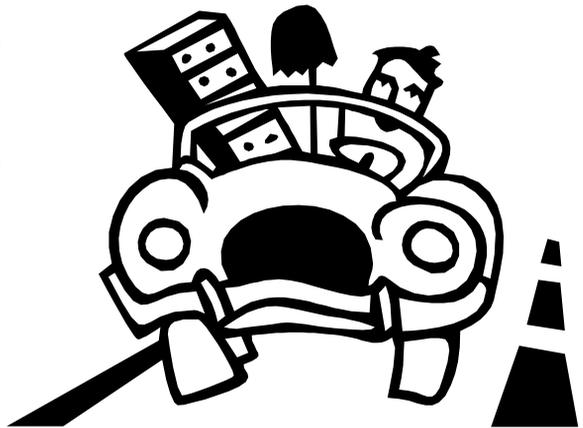
Probably the most important figure in the ISO Income/Expense Summary on the opposite page is the second to the last under the column labeled "October." That figure – a zero – means at the end of the month positive cash flow allowed the ISO to meet its commitment to build its various reserves. October marked the second consecutive month there was money left to set aside. In fact, during the two months an extra \$1,300 was deposited into reserves.

For the ISO to be able to begin to replenish reserves for capital expenditures, operations, translations, employee benefits, and travel is a tribute to the membership's dedication to perpetuating the fellowship.

Perpetuating the fellowship means having the resources to carry the SAA message to the still suffering addict and to serve SAA groups and members not only today but in the future.

Ten years ago, Robert S. from the Black Hills Group in South Dakota moved the ISO Office from Minneapolis to Houston in a home made two-wheel trailer hitched to a not-so-young Chevrolet Citation. His load consisted of two computers, two printers, a four-drawer

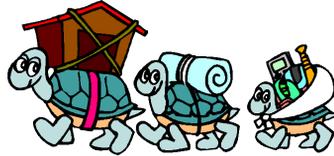
file cabinet, a minimum of other office supplies, and twelve boxes of literature. To sum up the ISO's finances back then was simple: \$400 in the bank and \$5,000 in overdue bills.



The ISO had 500 square feet of office space that rented for \$300 a month. Another 50 feet has been added since, and, at \$550, rent is still cheap. However, two additional employees, more inventory, more furniture, more equipment, and more supplies have cramped the work place. Today, twice as much space is needed. It will cost about twice as much.

In 1993, Robert S. helped perpetuate the organization by single handedly hauling the office more than a thousand miles almost due south. The support of groups and individual members helped per-

petuate the organization by wiping out that \$5,000 debt in just three months. By the end of 2003, the ISO is again going to have to move its office, this time just a few miles to larger quarters. We will. The space will be adequate and affordable. Our Higher Power will use you to make it so.



**ISO Income/Expense Summary  
Daily Operations October & Year To Date**

	<b>October</b>	<b>Monthly Average</b>	<b>Year To Date</b>
<b>Income</b>			
Net Sales	3,051	3,053	30,526
Donations			
General	5,642	5,663	56,633
LifeLine Partner	2,383	1,875	18,754
Designated	271	548	5,478
Miscellaneous	20	93	926
<b>Total Income</b>	<b>11,367</b>	<b>11,232</b>	<b>112,317</b>
<b>Expenses</b>			
Wages/Benefits/Taxes			
Outreach Related	2,228	1,869	18,694
Other	6,658	4,746	47,460
Taxes	813	497	4,971
Insurance	214	315	3,150
Committee Expense	8	56	560
Postage	243	173	1,733
Communications	173	262	2,617
Rent/Utilities	706	708	7,081
Office Related	473	371	3,714
Financial	244	450	4,499
Plain Brown Rapper	1,716	786	7,862
Outreach Related	709	766	7,661
<b>Total Expenses</b>	<b>14,185</b>	<b>10,999</b>	<b>110,002</b>
<b>Surplus/Shortfall</b>	<b>-2,818</b>	<b>233</b>	<b>2,315</b>
<b>Reserve Commitment</b>	<b>0</b>	<b>1,021</b>	<b>10,205</b>
<b>SURPLUS/SHORTFALL</b>	<b>-2,818</b>	<b>-788</b>	<b>-7,890</b>



## ISO Literature Committee Minutes

The ISO Literature Committee met via teleconference on November 23, 2003. The following is a report on approved motions.

Approved: A motion that any additional material to Literature Committee approved literature should be proofread and approved by the Literature Committee prior to distribution.

### SAA Book Progress Reports

The SAA Book Progress Reports printed below were submitted by the SAA Book editors to the Board and are presented as a continuing service to SAA members. They were written to be used in conjunction with a special website used by the Literature Committee to review the work of the editors and authors and to provide the committee with a forum for constructive commentary. Even though the reports are at times edited to make them more understandable without specific references to the website, they are presented as completely as possible. It is hoped the reports will not only keep SAA members up to date on the book's progress but also give them a sense of how thorough the Literature Committee is being in carrying out its work. The September-October issue of the PBR carried reports for June, July, August, and September. The following are progress reports submitted to the Board of Trustees for October and November.

#### October

We continue to make progress in the editing of the SAA book. A draft of Step One is now up on the site. Step Two is in the late revision phase, and should be up on the site very soon. Step Three is in the beginning phase.

The latest feedback from Lit-Com members and authors has also been uploaded. Six new stories have been added as well, bringing the total of stories on the site to 35.

Thanks to everyone for their continued support.

Chris D.

Elizabeth S.

#### November

A draft of Step Two is now up on the site. A draft of Step Three has been completed and is in the revision stage. Revisions have been made to the Intro and Chapter One, per suggestions from members of the Literature Committee. A preliminary version of Step Four is being drafted this week. New revisions to Chapter Two are coming shortly.

Peace,

Chris D.

Elizabeth S.



## PBR Name Change

Every now and then, discussion arises about changing the name of the ISO newsletter from The Plain Brown Rapper to something else.

Last May the 2003 ISO Delegates voted to venture beyond the discussion stage by passing the following recommendation for the Board's consideration:

"To consider changing the name of our international newsletter, The Plain Brown Rapper, taking suggestions throughout the year, and deciding on a name at next year's Delegate Meeting, using the Delphi technique."

At its meeting in August, the Board voted to accept the delegates' recommendation, thereby setting into motion the following process:

From now until the opening of the 2004 Delegate Meeting, SAA members are invited to submit suggestions for a name for the newsletter. This does not mean the name will be changed. That decision will rest in the hands of the delegates.

"The Plain Brown Rapper" is automatically one of the names submitted. It, along with all other suggestions, will be placed on a list from which each delegate will choose her or his top three choices, with a first choice receiving three points, a second choice receiving two, and a third choice receiving one. The name garnering the most points will become (or remain) the name of the ISO newsletter.

Suggestions can be called into the ISO Office (800-477-8191 or 713-869-4902 outside the U.S. and Canada), e-mailed ([info@saa-recovery.org](mailto:info@saa-recovery.org)), or sent by postal mail (ISO, P.O. Box 70949, Houston, TX 77270).

Suggested names will be printed in the PBR and posted on the ISO website ([www.saa-recovery.org](http://www.saa-recovery.org)) in the order in which they are received. Once a name is printed or posted, it need not be submitted again. There is no limit to the number of different suggestions an individual member can make.

The List thus far is:

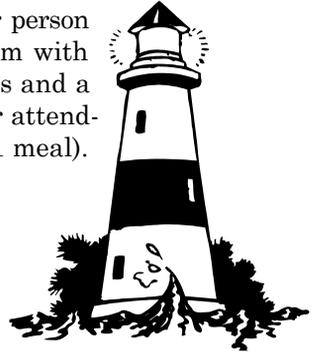
- |   |                                     |
|---|-------------------------------------|
| <b>1) The Plain Brown Rapper</b>            | <b>10) The Wings Of Grace Flyer</b> |
| <b>2) The Sunburst</b>                      | <b>11) New Life Lighthouse</b>      |
| <b>3) Day by Day</b>                        |                                     |
| <b>4) The Freedom Ringer</b>                |                                     |
| <b>5) The Journal Of Spiritual SAAtiety</b> |                                     |
| <b>6) The Liberty Lighthouse</b>            |                                     |
| <b>7) The Grace Of God Gazette</b>          |                                     |
| <b>8) The New Life Times</b>                |                                     |
| <b>9) Nurture News</b>                      |                                     |

## Serenity Retreat in Rosaryville, Louisiana

**The Gulf Coast Region Intergroup invites members of the SAA fellowship to join us March 12, 13, and 14 in Rosaryville, Louisiana. Workshops will focus on sponsorship, first steps, surrender, and knowing yourself. We are excited about this year's retreat, and we hope you will join us! New and long-term members welcome! Bring a recovery friend!**

7:00 P.M. Friday — 3:00 P.M. Sunday. \$90 per person (includes meals and a guaranteed private room with a shared bath); \$85 per person (includes meals and a shared room, if necessary); \$33 one-day fee for attending any part of Saturday or Sunday (includes 1 meal).

*If interested contact the ISO office at  
(800) 477-8191*



## Sponsorship Training Seminar in Indianapolis, IN

**The SAA groups meeting at St. Luke Church in Indianapolis, IN, are offering a one day Sponsorship Training Seminar. Experienced sponsors will share their philosophy and tools for helping sponsees develop abstinence-based recovery and work the Twelve Steps.**

Attendees will learn about:

1. Setting up an effective sponsor-sponsee relationship.
2. Helping sponsees recognize their bottom and achieve abstinence.
3. Suggestions and materials for guiding a sponsee through each Step.
4. Ways to make sponsorship a more integral part of your meetings.

Sponsorship training seminars are scheduled for February 28 and September 18, 2004. Cost is \$15 for the day, including lunch.

***For more information and registration,  
contact Chris C. 317-414-1296.***

**Tools of Recovery is Here!**

*Tools of Recovery*, the new booklet approved by the ISO Literature Committee in May, is now available for sale. It can be purchased using a credit card by phone or through the ISO website store or by mail using a check or money order. The price is \$4.

This 46-page booklet is all about the solution. It is about Outer Circle behavior, offering page after page of suggestions for specific actions that can be taken to put and keep one’s recovery on solid ground.

Although it is subtitled “A Practical Guide for New Members of SAA,” *Tools of Recovery* is a helpful resource for old timers as well, especially for sponsors, for those who continue to struggle to keep sober, and for those who are looking to beef up their program.

In addition to its host of practical, everyday tools, the booklet contains an appendix that lists the Twelve Steps of SAA, another that has the Twelve Traditions, and a third that offers a number of prayers, including those for the Third, Seventh, and Eleventh Steps.

At this point, *Tools of Recovery* is being carried as “Literature Committee Approved,” meaning it will be offered to the SAA membership for a minimum of two years during which time feedback is not only welcome but encouraged. Toward this end, at the back of the booklet there is a place for comments as well as space for listing other subjects the reader would like to see covered in future SAA literature.



**SPECIAL PBR OFFER**

**Order your copy of the *Tools of Recovery* booklet with this coupon and pay no shipping cost.**

**Number of copies** \_\_\_\_\_ **x \$4.00 =** \_\_\_\_\_  
 (Texas residents add 8.25% Sales Tax)

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

City                      State/Prov.                      Postal Code                      Country

**Phone Number** \_\_\_\_\_

*Offer good only for Tools of Recovery booklet.\**

\*If ordering other items, include this coupon and subtract cost of *Tools of Recovery* from order total when calculating shipping & handling fees

## 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, assignees, and those acting on its authority permission to copyright and/or publish any articles, poems, 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**

1003 Studewood St. # 101  
Houston, TX 77008

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 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.*

### **Region**

### **Board Members**

### **Board Alternate**

### **Literature Committee**

### **Lit. Com. Alternate**

Great Lakes	Roger B. <i>Chair</i>	Ken S.	Elizabeth S.	Vic K.
Intermountain	Shelley K.	Jeanette W.	Chris D.	Vacant
North Central	Greg B. <i>Secretary</i>	Jim A.	Tim L. <i>Secretary</i>	Thea D.
Northeast	Phil D.	Gary C.	Tony Z.	Tom K.
North Pacific	Mary Joy S.	Tim E.	Jeff W.	Lawrence S.
South Central	Judy N.	Darryl H.	Greg G.	Nate G.
Southeast	Francie E.	Carla P.	Joe T. <i>Chair</i>	Don C.
Southern Pacific	Ed B.	Larry O.	Thom C.	David B.
At Large	Don K. <i>Treasurer</i>		Mike L. <i>(PBR Editor)</i>	