

# The Plain Brown Rapper

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

PO Box 70949, Houston, TX 77270

Volume 16, Issue 4

July - August 2004



**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.**

**MEMBER DONATIONS ARE GRATEFULLY ACCEPTED.**

## ***Inside this issue:***

### **Literature Section**

### **ISO News Section**

<b>The Change Within: Steps Six and Seven</b>	3	<b>Convention News</b>	14
<b>Eugene: A Fellowship in Recovery</b>	4	<b>Prison Outreach News</b>	15
<b>A Case Against Boundary Groups</b>	6	<b>In Memory of Peter B.</b>	18
<b>"A Secret Held In"</b>	7	<b>ISO Financial News</b>	20
<b>How Do You Define Shame?</b>	8	<b>Women's Outreach</b>	22
<b>Recovery Road</b>	10	<b>How to Submit a PBR article</b>	23
<b>Humility and the Seventh Step</b>	11		
<b>Why People are Lifeline Partners</b>	12		
<b>Sixth Step Prayer/Meditation</b>	12		
<b>From the Editor</b>	13		

*"Sometimes we seem to believe in a "Rumplestiltskin" effect, that once we put a name on something, it will go away. "*

See Page 3

*"I choose now, and even in the face of overwhelming temptation, to retain my sobriety."*

See Page 12

## The Change Within: Steps Six and Seven

By Tom of Corvallis, OR (sexually sober since 9/9/97)

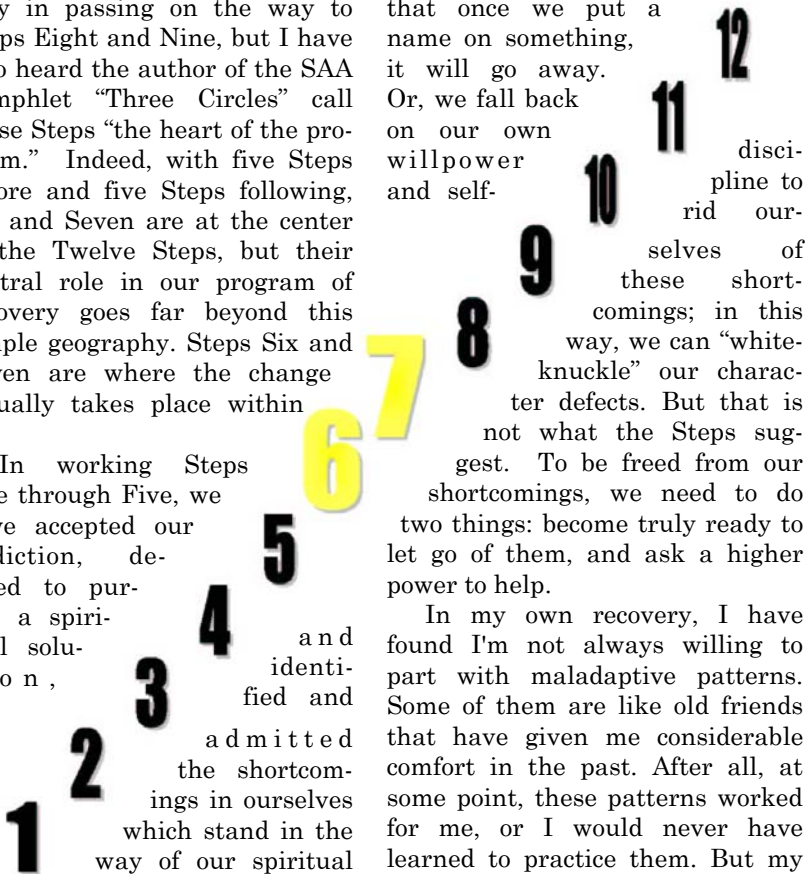
I have heard Steps Six and Seven referred to as “The Forgotten Steps,” due to the fact that they are too often glossed over, completed hastily, or considered only in passing on the way to Steps Eight and Nine, but I have also heard the author of the SAA pamphlet “Three Circles” call these Steps “the heart of the program.” Indeed, with five Steps before and five Steps following, Six and Seven are at the center of the Twelve Steps, but their central role in our program of recovery goes far beyond this simple geography. Steps Six and Seven are where the change actually takes place within us.

In working Steps One through Five, we have accepted our addiction, decided to pursue a spiritual solution, and identified and admitted the shortcomings in ourselves which stand in the way of our spiritual health. We have acquired a good measure of honesty, faith, willingness, humility, and knowledge, but what is at the core of our personalities remains largely unchanged. Simply identifying and

admitting our maladaptive patterns (or “character defects,” if you like) does not get rid of them. Sometimes we seem to believe in a “Rumplestiltskin” effect,

that once we put a name on something, it will go away. Or, we fall back on our own willpower and self-discipline to rid ourselves of these shortcomings; in this way, we can “white-knuckle” our character defects. But that is not what the Steps suggest. To be freed from our shortcomings, we need to do two things: become truly ready to let go of them, and ask a higher power to help.

In my own recovery, I have found I'm not always willing to part with maladaptive patterns. Some of them are like old friends that have given me considerable comfort in the past. After all, at some point, these patterns worked for me, or I would never have learned to practice them. But my character defects are obsolete survival skills; they don't work anymore. Still, it seems I have to suffer a lot before I am ready to let go of them. It's as though I have to “hit bottom” on each character defect before I become “entirely



## **The Change Within: Steps Six and Seven**

### **Continued**

By Tom of Corvallis, OR (sexually sober since 9/9/97)

ready.” I might say to myself, “I can still afford this one,” or I might rather enjoy chewing on a nice juicy resentment or feeling superior by sitting in judgment of another person. Ultimately, I cannot be relieved of a character defect until I am sincerely ready to part with it.

Once I am ready, I need to ask for help. It’s simple, it seems obvious, but I often forget to do it. Sometimes I still feel like I “should” be able to do it by myself, to change on my own. Whether it’s pride, stubbornness, an old habit, or just forgetfulness, I’ve been known to suffer unnecessarily for hours, days, even months, instead of just saying those three little words, “God, please help.” Today, I can measure my progress in ongoing spiritual growth by how long I wait before asking for help. When I’m working my program consistently, it’s usually only for minutes or seconds that I choose to suffer. The

help is always there, as soon as I am ready and willing to ask.

This approach to changing my behavior is incredibly efficient. Instead of attempting to rein in my behavior by adherence to numerous specific rules, I let God change what is at the core of me, and the right behavior follows naturally from these new operating principles.

I’ve spent a lot of time and energy pruning and trimming the outgrowths of my basic problems, instead of letting a higher power take them away, root and branch. Just as God took away my desire to act out once I was ready to surrender and asked for help, I can open my heart and let God remove my character defects. Living by spiritual principles, then, is no longer a struggle to conform to behavioral regulations. It is the natural outgrowth of the change within.

## **Eugene: A Fellowship in Recovery**

By Joel D.

Page 153 of the Big Book of Alcoholics Anonymous reads, “Perhaps the best way of treating you to a glimpse of your future will be to describe the growth of the fellowship among us.” As an “old timer” in the program, I am afforded the opportunity to witness the growth of not only the other members of the fellowship, but the

growth of meetings and the fellowship.

In 1996, I attended my first Sex Addicts Anonymous meeting in Eugene, Oregon. There were four meetings. This was my first introduction to a twelve-step program so I went with the flow of how the meetings were focused then: check in your problems.

I struggled with my addiction for the first couple of months until I got a sponsor and started working the steps. I was lucky to find this sponsor because I found out later that I had caught the tail end of old timers leaving the area—there were only two left who were actually working the twelve steps and one of them was my sponsor. My sponsor invited me to the open A.A. meeting that he regularly attended which provided for him the basis that his recovery was focused on: the solution.

In working the steps with my sponsor, the twelve-step community opened up for me and my recovery. I continued to attend the A.A. meeting that my sponsor invited me to which was a 12+12 book study meeting. I was hearing the solution and was surrounded by people who were speaking my language of recovery and sobriety. My sponsor suggested that I share about the solution at meetings and to share about how I'm working the steps. I was resentful at this because while everyone else was talking about their partners, their job, and dumb drivers, I had to share about recovery. I felt left out. Eventually I realized that I was still talking about myself like everyone else, but I was talking about how I was staying sober today and how my life was changing.

I delved into service work with a helpful "push" from my

sponsor. As new members came and went, there were a few who stayed and asked for sponsorship. Even in these sponsees, some came and went, but a few did stay to work the steps and have their lives transformed. They too did service work and began sponsoring others. Slowly, over time, the fellowship grew and the message of recovery was being shared at meetings: there is a way out!

Eight years later, the Eugene S.A.A. Fellowship has nine meetings, an active intergroup which meets on a regular basis, regularly scheduled events, and it sends group delegates to the International Convention of Sex Addicts Anonymous. We celebrate our sobriety birthdays with potlucks. More than half our members are working the Twelve Steps with their sponsors. What this has brought into our fellowship is a sense of living a new life in sobriety, surrounded by people who are on the same journey as we are. This new life we are living is a life that we share with one another at meetings, at fellowships, and recovery events. One usually hears laughter at our meetings. We share our feelings and our experience, strength, and hope. We grow as a fellowship as we ourselves grow in our own recovery. As I see people's lives recover, improve, and grow, I can see too the life of the fellowship recover, improve and grow.

## A Case Against Boundary Groups

By Carol Ann

Recently when my partner's grandfather became ill, I had the opportunity to travel occasionally to the town in a neighboring region where my partner's family is from and where there are few meetings. As time went on, and my partner's grandfather worsened, I had a lot of feelings come up--powerlessness around not being able to comfort my partner or his family, particularly his grandmother--and I had lots of memories of my own father's death from a related disease. There was no question that I was going to go be with my partner, but I knew I had to support myself with meetings.

I am a member of three fellowships: Al-Anon, COSA and SAA, with SAA being my primary program. I checked with the national offices of each program to find out where I might find meetings. Typically I would leave Houston late Friday, make the 5-hour drive in time to arrive about midnight, stay Saturday, and start the return drive mid-afternoon on Sunday. I needed to find any meeting, preferably one per day, in any of my programs--I didn't care which ones.

There were no meetings in COSA or Al-Anon in this relatively remote part of the state on Saturday or before 6 pm on Sunday. The only meeting I could find was on Sunday morning at 9 am in SAA. This meeting was 90 miles away from where I would be staying, and in a different state, but I was willing to be there. The only problem: the only meeting available to me was a Men Only boundary meeting.

I called the contact person for the meeting and explained my situation.

I asked if they would be willing to open the meeting on an occasional basis for a limited amount of time--for the short while before my partner's grandfather's death. The contact person assured me that they had had group consciences on opening the meeting in the past, and that any vote they took would fail. I explained that according to the Third Tradition "*The only requirement for S.A.A membership is a desire to stop compulsive sexual behavior*". He said he was well aware of that, but the fact remained that there were strong members of their small fellowship that had "safety issues" with regards to women.

What I did not tell him was that, as a woman, I had similar "safety issues" when I first came into these rooms. In Houston when I came in there were no Women Only boundary meetings. I had to face men at every meeting or choose not to recover. For me, the latter was not an option. I understand well that it is very difficult to for men and women to face each other in meetings, but it is powerfully healing to risk seeing each other as more than objects by doing so. It is equally difficult for victims of childhood sexual abuse and abusers, or for gays and homophobes, to face each other in meetings. But just because something is difficult doesn't mean it should be avoided--quite the opposite, I think. As my sponsor points out frequently, suffering and discomfort "get a bad rap." Take what you want and leave the rest, but I think fear, difficulty, and discomfort - even when they are labeled "safety issues" - should be confronted, not codified, in group boundaries.

## "A Secret Held In"

By Cheryl B. 4/21/04

A secret held in, destroying my heart  
must be released to recover that part  
The part that yearns to be close and feel  
The part that allows me to be real

The guilt and the shame, the years of remorse  
can be transformed to a happier course  
I cannot escape the power that binds  
without revealing my rage inside

The journey I start by sharing my shame  
will give me the power to heal from my pain  
I search for a way to control my life  
from the pit of violence to a cloud of light

A hope for a future without my compulsion  
A journey more peaceful filled with true passion  
Nights with my agony stuck in my ritual  
can become days with a life that is meaningful

This is my hope, my prayer, my breath  
To live life without evil and thoughts of death.  
I'm breaking the bonds that hold me prisoner  
to fly with wings of freedom forever.



## How Do You Define Shame?

By Craig R.

I came into my recovery with an 'unmet needs' perspective. My first therapist helped me to redefine the needs as the control issues that they were. And I've since relied on that realization of 'no control' in my life situations as a mainstay in my recovery. When no one did what I wanted, when I wanted, without me telling them, I felt out of control. I used my addiction to medicate those feelings. Now I know that when I'm feeling lack of control, I am close to that edge and need to start taking care of myself and thinking clearly again.

My thinking now is that the control stuff may have been connected to my shame thinking as well. My shame came from never thinking I lived up to others' expectations, my family's, my wife's, my in-laws', my bosses'. Get that? It was my thinking that I failed, not that I failed. Truth was, they weren't judging me by my own unrealistic standards; they had all their own stuff to dig through before they could even get to looking at me.

That thinking reflects my needs of the time. I wanted all my needs met, to be accepted instead of rejected, but I couldn't accept myself if I never met my own unrealistic standards. And if I couldn't accept myself, then I never believed another person who told me they accepted me for

me. I always had that same underlying thought that I'm not good enough for anyone or anything. And that reflects definitions of shame.

Okay. Now I think I've tied shame to approval, and approval to control. Wow. What a wicked web I wove.

My breakthroughs started with the acceptance that I'm not perfect and rarely do accomplish anything that is absolutely perfect on the first try. That acceptance works with the first three steps of the SAA 12-step program. I'm not in control or perfect. Maybe my higher power is. I think I'll let him/her. With that thinking, I don't have to worry about measuring up to anyone or anything. I am who I am. Either they want what I have or they are not ready for me yet and I have to get back out there and keep putting my name in front of people until I find that someone that is ready for what I have.

Now trade that acceptance term in for the shame term. My higher power has no shame in what he/she does. I don't need to have shame in what I do either. As long as I can live by the outlines my higher power sets out for me...for today. Today I live by realistic standards. I don't have to be that monk in the monastery with the whips making a pious point of self-sanctity by the marks on his back.

To place this in real life I just



look at the hiring process I've been through too many times. I put my life on paper, I give that paper to someone who I hope will see through the words and find a person. But, when I don't hear from that someone I start to get worried. I start to think that I didn't do enough or something in my thank-you note was insincere; I'm not measuring up to their expectations. Maybe they found out about my secret life. I must be a worm if they haven't called me by now.

But is that really what's happening? Is that really what my chosen possible employer is doing or thinking? Nah... I recognize now that there is a hiring process that just takes time. Mine might be the first resume this person saw and he needed to get ten more before making a decision.

Where does that put my thinking and behaviors? I want to act out because I think they think I'm not good enough because they haven't responded quickly enough because I'm not measuring up to their expectations. My thinking is still stuck in the control phase; they have to do things on my schedule. If I'm not in control of them I have to be in control of me. Then I can't control me well enough because I set my standards too high. Finally I have to find a way to escape all those horrible feelings I'm getting and I look for my simplest easiest medication. Oops, I'm doing that thing I don't want

to do again. Shame. I must be a worm because they haven't contacted me within a week.

Okay--now I have to think.

Is that really who I am?

Or is it someone I want to be?

Who do I want to be?

When I can get answers to those questions I can get out of that control leading to the shame spiral and start exploring what it could be like to be that person.

I began by looking at the people around me. Identifying those things they are and do that I admire. Then I tried it on for size. I started to "act as if" and began to fake it until I could finally make it into a better, safer, and saner place to live.

That better, safer, saner place turned out to be my personal knowledge that I no longer have to live up to my own unrealistic standards. I no longer have to assume that everyone else expects me to live by those unrealistic standards. And I can simply get by doing my best every day to live as I see my higher power wanting me to live. And if I fail in one aspect or another that is okay. I can always try again tomorrow.

I'm not perfect. I'm just the way I was made. And I only get better with practice.

P.S. I'm moving out to make a job for myself next. No more resumes and cover letters and acting out because they haven't responded in a week! It's amazing what this program gives to us.

## Recovery Road

By Art F.

### SELF ESTEEM BUILDING

Take care of myself physically.

- Eat three balanced meals if possible.
- Get an appropriate amount of rest and sleep.
- Do some exercise or work out a couple times a week.
- Take care of my medical and dental needs.
- Try a mental health day off periodically.
- Plan some time off for a mini or lengthy vacation.
- Pay attention to my workload and normalize it as much as I can.

Improve my emotional and mental state.

- Read a daily meditation book every morning.
- Spend a couple of minutes a day talking to my Higher Power.
- Say some daily affirmations **out loud** to myself and in the mirror if I can.
- Attend at least one meeting and maybe two if possible.
- Work on a step, at my own pace, do some writing on it. But stay with it.
- Stay connected to my sponsor and other group members.
- Call group members on the phone list.
- Go out to dinner after group if possible.
- Avoid isolation as much as possible.
- Plan to go to some movies with group members or friends.
- Learn to say "No"; my well being is more important than anyone else.
- Monitor my obligations and responsibilities and make sure my needs are met first.
- Be on time, manage my money, pay my bills on time and keep appointments.
- Continue working on my educational goals.
- Be gentler and more understanding with myself; it is OK to have some "flaws."

Some boundaries to help me stay safe and healthy.

- Be aware of the HALT slogan," Hungry-Angry-Lonely-Tired."
- Destroy or discard all unhealthy phone numbers. Replace with group members' or friends' numbers.
- Limit the amount of money that I carry with me.
- Share my phone bills and computer charges with my sponsor.
- Stay off the Internet when feeling angry, isolated or stressed out.
- Change my driving patterns, finding alternate routes.
- Try a call plan when out driving, call someone when you leave and then call when you return.
- Get rid of any stash or unsafe material.
- Work on limiting my fantasies by changing thoughts to recovery tools.
- Look at prostitutes as people who keep me from any chance of meeting someone special.
- Change my unhealthy ideas about sexual satisfaction to what would be healthy sexuality for me.

## Humility and the Seventh Step

By El Rojo

The seventh step says, “Humbly asked God to remove our shortcomings.” A well-known exposition of the seventh step focuses completely on the first word of the step, “humbly.” The first time I read this exposition I was completely bewildered. What about the rest of the wording of the step? I asked myself. Doesn’t asking my higher power to remove my shortcomings count for anything?

It’s interesting, when considering this word “humble” or its noun form “humility,” to compare it to the word “humiliation” and to trace the words back to their Latin roots. These two words derive from a Latin word that means “low” and, tracing it even farther back, from another Latin word that means “ground.” Even though the etymologists might not agree with me, I choose to associate “humiliation” with “low” and “humble” or “humility” with “ground.” And here’s how that looks:

When somebody humiliates me, the result is often that I feel low, “lower than a snake’s belly,” as we like to say here in the south. This feeling is generally not considered to be a good thing, and unfortunately the concept of humiliation has contaminated the similar word “humility.” However, I like to associate this word with the idea of “ground,” in the sense that when I’m expressing humility or being humble, I have my feet firmly planted on the ground and I

know my place in the universe. I’m not God and neither am I that snake that I mentioned earlier. So how does this relate to the rest of the seventh step? Why is that quality of humility so important?

Well, let’s assume for a second that I am God or at least as powerful as God. In that case, I can take care of my own shortcomings, thank you. I don’t need anybody else’s help. On the other hand, if I’m as low as that snake crawling along the ground, there’s probably not a whole lot that I can do for myself, let alone have anything to do with resolving my shortcomings. So then I have to turn all of it over to God for handling.

However, I am not as powerful as God and I am not as helpless as that snake. This can only mean one thing: that God and I have to work together to have my shortcomings removed. For me, this is turning out to be a lifelong process. There are still times when I want to run the show and do it all myself, and there are other times when I want to give up completely. This just tells me that I have not yet acquired the quality of being completely humble. If I had, I would maintain my firm position on the ground and continue to work with God to have these shortcomings removed.

Still, as they say, “more will be revealed.” Over time, acquiring the quality of humility gets easier. I doubt I will ever master it, just as I doubt I will ever have all my shortcomings completely removed. Still, I keep trudging the path.

## Why People are LifeLine Partners

Submitted by Joel D.

*[Editor's Note: The LifeLine Partners program is a program in which members make regular contributions to support the ISO office.]*

I signed up as a LifeLine partner as a way to make active amends to women whom I hurt in my active addiction.  
*Mary Joy*

I don't have a light case of this disease. I am not the kind of sex addict who can go into my inner circle and then just get back on the horse and keep recovering. In the SAA meetings I attend, I find a strength and grounding that I don't get anywhere else. When I came to SAA, I had been floundering in other "S" fellowships. In SAA, I heard the clear message that made all the difference: without

sobriety there is no recovery. I still need to be reminded of this. In my experience, this fellowship is the best thing for helping sex addicts to stop acting out and begin the recovery process. By the grace of God, I have not found it necessary to act out for over six years. As an expression of gratitude, I send the ISO a check once a year on the anniversary of my sobriety. *John H.*

I signed up because a former sponsee is in prison and is suffering in there as well as his family. I signed up before my 7th sobriety birthday and so I contribute \$7 a month to LifeLine Partners. *Joel D.*

## Sixth Step Prayer/Meditation

By Gene in San Diego

I am working on my Sixth Step. Tonight as part of this step work I wrote the following prayer/meditation:

Thoughts as I'm Tempted

As enticing as this temptation might be,  
its pleasures are nothing compared to the pain of withdrawal.

To give in to temptation, to slip and give up my hard-earned sobriety is to return to the withdrawal process -- this time without my wife and son at my side.

No temptation, no pleasure -- nothing is worth all that pain.

I choose now, and even in the face of overwhelming temptation, to retain my sobriety.

This is my choice

I'm 25 months in recovery and 22 months sober.

## From the Editor

By Mike L.

I was recently re-reading the excellent pamphlet *Tools of Recovery*, currently available from the ISO office as a piece of Literature-Committee-approved literature, still awaiting approval from the fellowship. Toward the back of the pamphlet are some prayers that have gained currency in twelve-step fellowships, including one that is commonly known as the Eleventh Step Prayer. It is also known as the St. Francis Prayer, a name it will probably retain even though current scholarship indicates that it was more likely one of St. Francis' followers who actually wrote the prayer.



I have come to believe over the years that when I am disturbed, not only is it a problem with acceptance, as the AA Big Book tells us, but also there is something in this Eleventh Step Prayer that I am not doing. Most likely I am ignoring the part that says “grant that I may seek . . . to understand, [rather] than to be understood.” This is all part of the growth process.

And indeed, “growth” is one of the ongoing topics of this issue. Craig R., in his search to define shame, looks to who he wants to be. Art F., in his article “Recovery Road,” speaks specifically about building self-esteem. Carol Ann, in her editorial “A Case Against Boundary Groups,” speaks of confronting those issues that are difficult, certainly a form of growth. Joel D. passes on to us quotes from several members of the fellowship telling why they are involved in Lifeline Partners, a support program that aids in the financial growth of the fellowship, and he also writes about the growth experienced in one particular city in the fellowship, Eugene, Oregon. Growth is one result of working the steps and we have overlapping articles by Gene, Tom and El Rojo on Steps Six and/or Seven. Finally, we have poetry by Cheryl B. speaking of her journey and Ron K. telling us of his new day. So there is plenty to read in this issue of the PBR, and that doesn't even count the news items.

I'm always on the lookout for material for the PBR. I'll be soon sending out my standard e-mail to all our past submitters asking for new articles and poems. If you've got an article stashed away in a drawer somewhere that you meant to submit, now's the time to brush it off and send it along. You can submit it online at [pbr@saa-recovery.org](mailto:pbr@saa-recovery.org) or you can send it by regular ol' snail mail to ISO, P.O. Box 70949, Houston, TX 77270-0949. I'd like to get it by September 1 in order to get it into the September/October issue.

So please enjoy this issue of the PBR and I look forward to talking to you again next time.



# ISO News



ISO Literature Committee, ISO Board, & Board Committees

## Convention News



The New Orleans convention will feature an event unlike anything offered in previous years. Instead of holding the Saturday night activities in the hotel, this year's event will feature a floating banquet on the Creole Queen, a traditional New Orleans paddlewheeler. The three-hour cruise down the Mississippi will even include a jazz band and a mini Mardi Gras Ball. The Creole Queen is New Orleans' largest indoor floating facility and will be reserved exclusively for our celebration. The three-deck vessel promises to treat convention attendees to a unique and memorable recovery experience. The cost is included in the 2005 convention fees. With limited space available, this year's convention registration and hotel reservations should be made as early as possible.





## Prison Outreach News

By Mike L.

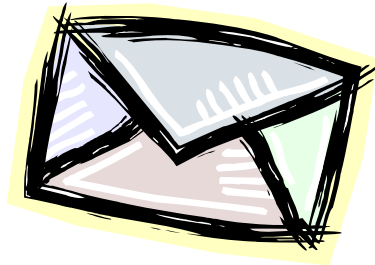
*I haven't written to you lately about prison outreach so I figured it was time to do so. I'm planning to make this more of a regular feature of the PBR.*

Things were pretty encouraging at this year's convention in Dallas. We had good turnouts for both the prison outreach focus group after the delegate meeting on Friday and also at the prison outreach workshop despite the early hour on Monday morning. A few folks stepped up to get involved with letter-writing which is something we are always looking for.

Something else I was glad to see was that a Prison Outreach pamphlet was submitted to the Literature Committee. This is something that I think will be beneficial to the fellowship.

We do have a long unofficial version of some Prison Outreach guidelines. However, a member of the South Central region has submitted a distilled version that I am setting forth here. Although it applies specifically to the South Central Region, Prison Outreach works basically the same in all regions.

\* \* \*



## **SAA Prison Outreach For the South Central Region**

Prison Outreach for the South Central Region is a program to reach out to sex addicts incarcerated in prisons in Texas, Arkansas, Kansas, Missouri, and Oklahoma. While most of the prisoners we deal with are incarcerated for sexual offenses, those convicted of other crimes may also be included if they believe they have problems with compulsive sexual behavior. SAA becomes aware of prisoners when they contact the ISO seeking information about sex addiction.

### **How It Works**

The Prison Outreach Regional Coordinator will provide you a list of prisoners and correspondence guidelines. You write the prisoner an introductory letter, perhaps giving a brief snapshot of your personal story and how SAA has aided you in achieving a level of sobriety from your own compulsive sexual behaviors. In your letter you might offer the prisoner the following:

- ✦ A willing ear
- ✦ Examples of your own struggles with addictive sexual behaviors
- ✦ Access to free SAA literature
- ✦ Assistance in developing a sex plan
- ✦ Recommendations for specific issues (when asked)
- ✦ Friendship

You might not receive a response from all, or any, of the prisoners you write. Some will write initially and then stop writing later. Others will continue to write. You can always ask the Outreach Coordinator for more names.

Prison is a difficult environment, and the best way we can assist our fellow addicts who are incarcerated is to be a trustworthy source of support for them, just like the meetings are for us.

If you think you are interested in Prison Outreach, please contact the South Central Prison Outreach Coordinator or Assistant Coordinator:

Mike L.  
713-655-5628  
elrojo9701@yahoo.com

Carol Ann R.  
car042204@yahoo.com



## Prison Outreach News Continued

By Mike L.

\* \* \*

So this should give you a brief idea of how Prison Outreach works, at least in the South Central region. If you're not in this region and you're interested in getting involved in your own region, the office can put you in touch with your regional coordinator.

I have gotten a number of requests from prisoners for sponsors for outside meetings in the following areas. In many areas, the only way a meeting can get off the ground is if an outsider is interested in getting involved with it. So if you are in any of the following areas and are willing to help sponsor a meeting there, please get in touch with me:

Bushnell, FL  
Mt. Pleasant, IA  
Ina, IL  
Nelsonville, OH  
Harrisburg, PA

Finally, I have a prisoner in San Antonio who is looking for a personal sponsor. If you're interested, please contact me and I will put you in touch with the prisoner.

That's all for this issue. I will be back next issue with more prison outreach news.



## IN MEMORY OF PETER B.

**Peter B., who loved the fellowship and was loved by many in it, died of esophageal cancer Friday, July 16, at Calvary Hospital in New York City. Memorials will be held in August in Los Angeles and in New York City. Details about exact dates, times, and places of the services were not available at press time. Please check with the ISO for information that will be forthcoming.**

**Peter touched the lives of many of his brothers and sisters in recovery. Below are the thoughts of just a few of those whom he blessed with his wit, wisdom, service, love, and charisma. These are just a few of the hundreds who will miss him.**

\*\*\*\*\*

Peter and I met at a Glendale, CA SAA meeting. It was a long time ago but seems like yesterday. It was love at first sight (and I don't mean addiction). He touched so many of us with his humor, his long legs and wrap-around arms, his story and his tears. Loving him will forever be a privilege. For the few hours we spent together in this lifetime, I thank God. Don B

\*\*\*\*\*

### THANK YOU PETER

Thank you for you.

Thank you for that wonderful feeling when I knew we would have time together.

Thank you for your wisdom and good sense.

Thank you for being an honest man.

Thank you for your point of view.

Thank you for believing in us.

Thank you for your loving us.

Thank you for the time we shared.

Most of all---thank you for your recovery.

Your brother, Roger B.

\*\*\*\*\*

When I think of Peter, I remember how intelligent he was. I have evidence: The brass crab sitting on a shelf in my bookcase, the prize I received as a member of Peter's group at the 1998 Convention because we were the first to solve the puzzle in a mystery game, and it was Peter who did almost all the solving.

When I think of Peter, I remember how funny he was. I have evidence: A manila envelope he presented to Board of Trustees, marked "Emergency Motion Sickness Kit" and containing a whoopee cushion on which to sit to get things moving.

When I think of Peter, I remember his service to the fellowship. I

have evidence: His invaluable contributions as member of the Board of Trustees and the sight of him racing about single-handedly recording all the workshops and speakers at the 1999 Convention.

When I think of Peter, I remember his lovability and his ability to love. I have evidence: The countless number of people whom he did love and who loved him.

When I think of Peter, I remember the special place he made for himself in my heart. I have evidence: My heart is really sad.

Jerry B.

\*\*\*\*\*

Dear Peter,

I just wanted you to know what a difference you have made in my life and, I believe, in most every life you touched. You were my friend, my brother in recovery, my teacher, and my playmate. I'm so grateful to the fellowship for bringing you into my life. You taught me to be of service, to take my recovery seriously but never to take myself nor life too seriously. You were such a bright light in my life, you always lifted my heart! You taught me how to play with absolute, childlike abandon, and for that I am eternally grateful! I remember every convention since '98, hanging out with you, talking about the "issues" of the day, joking around, or just talking. I am so grateful that you were in my life, and that I got to be in yours! You had such an amazing ability to make even delegate meetings fun, by bringing your playful spirit into the room. Yet, when moved to speak on an issue, you could get right to the core of it and speak to what you believed to be true in your heart. Your love for the fellowship and for your friends will be so missed. My time with you will always be a treasure to me.

Love,  
Susan

\*\*\*\*\*

I had talked to Peter a while back just before I left on a short vacation. We visited. I talked, he responded in whispers. But it was the same Peter. He said he'd perfected the art of "talking in whispers." He was prepared, I do believe.

We might all extol the virtues of any departed friend, and I have much I could say of Peter and our fellowship together. And he was as great to you as to me.

His life might be personified best by words I received from another of his close recovering friends in late June. Maybe they're yours too: **"He taught me that sobriety is meant to be fun. And his childlike and playful spirit was heaven sent for me."**

Robert S.



## ISO Financial News

### ISO Income/Expense Summary Daily Operations January - June

This report does not include income and expenses associated with the annual ISO Convention or the Delegate Meeting nor does it include travel expenses, which are for the most part funded by the convention surplus. Any convention surplus not used for travel expenses is used to fund the ISO's various reserves.

#### ISO Income/Expense

<b>Income</b>	<b>June</b>	<b>Monthly Average</b>	<b>Year To Date</b>
Net Sales	4,091	3,721	22,327
Undesignated Donations	8,329	10,255	61,530
General	5,185	7,558	45,348
LifeLine Partners	3,144	2,697	16,182
Miscellaneous	7	641	3,843
<b>Total Income</b>	<b>12,427</b>	<b>14,617</b>	<b>87,700</b>
<b>Expenses</b>			
Wages/Benefits/Taxes	9,830	7,679	46,072
Wages - Outreach Related	2,091	1,922	11,531
Wages - Other	6,657	4,884	29,303
Benefits	413	352	2,114
Payroll Taxes	669	521	3,124
Insurance	773	224	1,345
Committee Expense	251	199	1,193
Postage	302	272	1,629
Communications	465	639	3,835
Rent/Utilities	1,102	1,060	6,359
Office Related	539	725	4,347
Financial	761	539	3,234
Plain Brown Rapper	59	708	4,246
Translations	247	580	3,477
<b>Total Expenses</b>	<b>14,443</b>	<b>12,623</b>	<b>75,737</b>
<b>Surplus/Shortfall</b>	<b>-2,016</b>	<b>1,994</b>	<b>11,963</b>

Although operating income has stayed ahead of daily expenses during the first five months of the year, a June slow down took some wind out of the ISO's financial sails. It also squeezed cash flow to a trickle. This was because, although the 2004 Convention netted \$6,006, the surplus was insufficient to cover the \$14,688 needed to reimburse Board and Literature Committee members for their travel, food, and lodging costs related to carrying out their work at the convention. In effect, this shortfall, coupled with the \$2,016 loss in June, wiped out the \$11,963 that had accumulated in the previous five months.

Revenue usually picks up after the summer, which is cause for optimism. Still, two facts are clear: 1) today's conventions must provide surpluses near the levels realized in San Francisco and Portland in order to keep pace with today's costs for the travel, food, and lodging of the ISO's trusted servants on the Board and Literature Committee, and 2) the ISO still cannot afford any extended period with almost a 20% drop in donations.

**On page 12, Mary Joy, John H. and Joel D. tell why they are LifeLine Partners, which is a way to be a part of the ISO's sustaining foundation by committing to monthly support.**

**Use this form to sign up.**



.....

Yes, I want to be of service as a LifeLine Partner.

I pledge \$\_\_\_\_\_ per \_\_\_\_\_.

Enclosed is my initial gift of \$\_\_\_\_\_.

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**I want the ISO to debit my:** Amex / Discover / Master Card / Visa  
 (Optional) (Circle One)

On the \_\_\_\_\_ of the month. Expiration date: \_\_\_\_\_

Credit Card # \_\_\_\_\_

Signature: \_\_\_\_\_

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

All donations to the ISO are tax deductible.

.....



## Women's Outreach

**The following is a message from Judy N., one of the Board's co-liaisons to the Women's Outreach Committee.**

To All Groups and Intergroups:

If there are any women in your area or women attending meetings in your area in need of sponsoring, support, or interaction with other women in SAA, please have them contact Judy N. ([judynedd@ev1.net](mailto:judynedd@ev1.net)) or the ISO Office. They can become a part of Women's Outreach of SAA, which is a service offered to women from all over the world. Presently, what Women's Outreach offers is online sponsoring and support.

At this time there are 80 women participating, with ten of them being sponsored by six women. A special website is under construction and hopefully will be up and running soon.

The Women's Outreach Focus Group grew out of Board meetings during the 2003 Convention and has expanded from 20 women to more than 80 in just one year's time. A great service can be performed by disseminating this information as widely as possible.

In service,

Judy N.



## 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. 1, Feb. 1, April 1, June 1, Aug. 1, Oct. 1**

**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**

3890-D North Freeway  
Houston, TX 77022

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

Jerry B.

ISO News

Jonathan C.

Layout Editor

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

### **Region**

### **Board Members**

### **Board Alternate**

### **Literature Committee**

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

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