

The Plain Brown Rapper

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

PO Box 70949, Houston, TX 77270

Volume 18, Issue 3

May - June 2006



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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Inside this issue:

<u>Literature Section</u>	<u>ISO News Section</u>
Indy Presents a Roaring Convention 3	ISO Delegate Meeting 20
Step 10 Worksheet 5	ISO Board Minutes 21
Breaking Through Fear to Share My ESH 6	Literature Committee Minutes 23
That Pesky Coin 8	ISO Financial News 24
Prisoner Letter 9	Request for Applicants for the position of Administrative Assistant 26
Recovery as “Extreme Makeover” 10	Ongoing Abuse Policy 28
An Alternate Approach to the Fourth Step 12	ISO Office Reorganization 28
Stay in the Solution 14	Notices and News Bits 32
Start/Stop 15	Convention News: <i>Back to the Source</i> 34
This can’t Be Happening to Me 16	How to Submit a PBR article 35
From the Editor 19	

Editor’s Note: The ideas expressed in the literature section of the PBR reflect the opinions of the authors of those articles and do not necessarily represent the opinions of the ISO or of the SAA fellowship as a whole.

“During the really tough times, I’d rub that coin ”

See Page 17



Indy Presents a Roaring Convention

By Mike L.



The 19th annual SAA international convention, “Healing at the Crossroads,” took place at the Marten House Hotel in Indianapolis over Memorial Day weekend, and it was a wonderful experience. After having missed last year’s convention in New Orleans, the first one I’ve missed since Ann Arbor in 1995, I was especially glad to get back into this recovery community.

This is the second time that I’ve been to Indianapolis, the first time being back in 1987 when I had family living here. Oddly enough, both times I have been here over Memorial Day weekend, and both times the environment at the airport and elsewhere has been much more peaceful than I would have expected.

As a member of the Literature Committee, I arrived on Tuesday for our two days’ worth of committee meetings before the convention started. The weather was quite pleasant, at least at the beginning of my stay, and I chose to walk the short distance from the hotel to the restaurant. Indiana has recently decided to go with the twice annual time change and, despite being so far west, the state has chosen to be on eastern time. That, combined with the city’s being in the relative north of the country, meant

that it was still daylight at 9 pm. And the first couple of nights, it was still cool enough that I needed a jacket.

The literature committee meetings were quite fruitful. I was especially excited to see us begin to look at the languages into which we would next consider translating our literature, at least the initial pamphlet. I did not know that the vast majority of the world’s population speaks one of six languages; the others, besides English and Spanish, are Mandarin Chinese, French, Russian and Swahili. The sadness I felt at seeing the departure of the final members of the Literature Committee who recommended me as PBR Editor back in 2003 was somewhat mitigated at seeing the return of one of those members as an At-Large member, as well as a member of the fellowship I have known since my first convention take a place on the Literature Committee.

I also enjoyed the delegate meeting on Friday. Among other things, the delegates charged the Literature Committee with coming up with a format for a projected meditation book and voted to change the name of the PBR, with the Lit Com choosing the name from nominations submitted by the fellowship. So this publication you are holding in your hands will have a new name a year from now and

Indy Presents a Roaring Convention Continued

no doubt the color of the paper will change as well. (Be watching the PBR for information on how to submit a name.)

I was especially gratified to see the great turnout for the Prison Outreach focus group. The ones who attended were quite enthusiastic, and we will be meeting by teleconference a few times over the coming year.

As usual, the convention committee made it look like the whole thing was easy. Some things about the SAA convention, such as the inspirational speakers, the friendly and well stocked hospitality room, the SAA meetings, and the showing of *Stuart Saves His Family* on Saturday night, never change. I have to go back and visit Stuart again each year, and I was happy to see that, during the same time frame, the drumming that has been a part of the last few conventions was once again a feature at this one. New to me was the karaoke session which provided a third option for the attendees. The traditional memorial service for former members of SAA who have passed on, this year taking place during Sunday's lunch, was very simple and moving.

Each year there is a special event for the attendees, and this year the committee took us to see the pre-Indy 500 parade on Saturday at noon. The parade featured most of the race car driv-

ers, any number of marching bands, and a few celebrities, both present and past. Everyone I spoke to enjoyed the parade, and I think we all were happy afterwards to see the bus that would carry us back to the hotel.

The Sunday night GLBTIQQ candlelight meeting has been a feature of each convention going back at least to my first year. This year's meeting incorporated another memorial service. I used to try to stay until the end of these meetings, which can go on way past midnight. This year I chose to leave at 10:30, about 90 minutes into the meeting. I think I got more out of the sharing that way, and was also alert on Monday morning.

Actually, I only had two disappointments: First was having to leave partway through the talk of the powerful Monday morning keynote speaker; fortunately, there is a CD available of the talk. Second was discovering the presence of a Russian restaurant not very far from the hotel, only to discover that it was closed for vacation until after I left. So I'll have to sample Russian food for the first time somewhere else.

There's just something about the environment of SAA conventions that I find especially invigorating. Maybe it's just that SAA was the first place I began to work on myself; whatever it is, I always feel at home when I get back to the convention each year.

Step 10 Worksheet

Submitted by Anonymous

[Editor's Note: The following article represents a method of working Step 10 that has worked for some members of our fellowship.]

Step 10:

Continued to take personal inventory and when we were wrong promptly admitted it.

Step 10 is basically to help us see what we were like in the past, what we are like now, and how we have changed.

1. As we continued in our recovery, we become more aware of our defects of character and of our personal boundaries. List some defects, faults, shortcomings, or boundaries that you have changed since you first began the 12 Steps of recovery?
2. Many of us have found that we still may have a lack of patience as well as a few control issues. List your awareness of any lack of patience or need for control and how that has changed over time.
3. As our recovery progresses, we may uncover other feelings of guilt and shame. We have found that harboring such guilt may lead us to further shame, isolation, and self pity, which if left unattended, can lead to acting out. List any issues of guilt that you have not yet let go of. (Recall that guilt says "I made a mistake" whereas shame says "I am a mistake.")
4. Recall that the 10th Step says "when we were wrong" - not when we were caught or confronted. We all continue to make mistakes (hopefully not relapses) that we do need to acknowledge. List a few mistakes you have made in the last 4 weeks and if you can, who you might admit them to.
5. Note that the 10th Step ends with "promptly admitted it." It does not indicate that we have to admit our errors to any particular person other than to ourselves although many of us have found it helpful to do so. It is important for us to quickly recognize our errors and at least admit such was an error. Do you have any examples of a prompt recognition of your mistake? If so, list them.
6. This is an ongoing step. We should take inventory of our actions and thoughts daily. A red flag some of us use to take our inventory is when we feel the desire, urge, or need to act out. Others of us use our feelings - some of those feelings may be anxiety, insecurity, lack of control, or anger - to recognize when we need to do a quick inventory check. List some danger signs that you can use to remind you to do a personal inventory and your need to promptly admit any wrongs.

Breaking Through Fear to Share My Experience, Strength and Hope

By Harvey A.

I am incarcerated in a maximum security prison with people convicted of aggravated assault, murder, rape and other serious crimes. The other day, the education department posted a notice on the bulletin board of our common area announcing a course offer called Cognitive Intervention for anyone interested. Twenty-eight men signed up for the class and we began to go through the program.

Part of what Cognitive Intervention offers is a way for prisoners to start becoming aware of the thinking and habits that cause us to get into trouble. In order for that to work effectively, it is necessary for participants to be honest and speak candidly about themselves. I found myself having a hard time doing that because of the shame associated with my history of sex crimes against children and fear of mistreatment if I spoke honestly about this. Then one day, our class was assigned the task of identifying our thinking distortions in front of other class members.

We were given a list of 16 types of “thinking distortions” and told to talk about at least one that applied to the speaker personally. I looked at the list and several jumped out at me: Feeding others what I think they ought to know, silence and lying,

among others. Every one of these traits grew out of fear and shame related to being in prison for a sex crime. I rarely talked about this with other prisoners and tended to minimize what I had done if I ever did speak of it. I kept silent, lied and told others what I thought they needed to know, in other words.

It’s a lousy way to live, but one a lot of people experience if they have committed a sex crime. As I looked at my list of “thinking distortions,” I thought about talking about this and the way that shame worked to keep me in a state of isolation and drove my addiction when it became my turn to talk. The idea of getting up in front of gang members and hardened criminals from whom I had been trying to conceal my past and talking about this caused me a lot of discomfort and anxiety. I knew that I would still have to live around these guys and that some of them would tell others about what they heard after I shared my story.

But something deep inside wanted me to share my experience, strength and hope and how SAA had helped me to find recovery. Maybe it was just the intuitive recognition that there were others in our class who might suffer as I had who had never heard of SAA or how it could help them to recover. So I decided to share my story. When the time came, I stood up

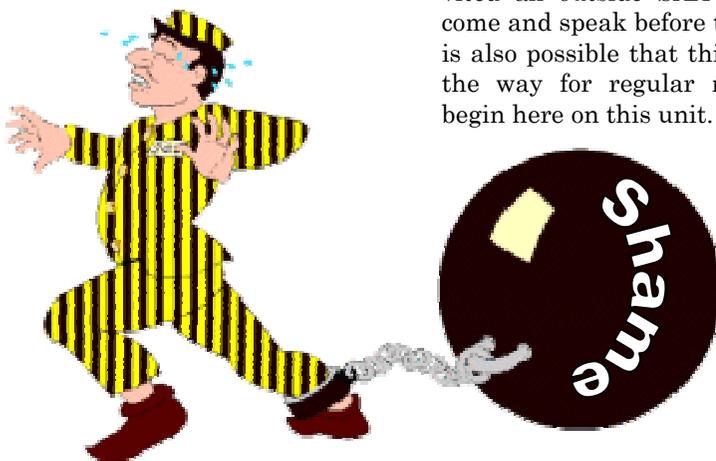
and told everyone I was in prison for a sex crime and that this affected my relationships with others by causing me to tell others what I thought they needed to hear, by not speaking about my true self or by lying. I explained how my shame and fear isolated me from others and kept me susceptible to sexual compulsion, which increased my shame, and about the downward spiral of sex addiction. I also told them about how I was never able to talk about this to anyone honestly until I started going to SAA meetings in the county jail. I even mentioned that I had to sit in those meetings for around 10 months and listen to others share honestly before I ever found the courage to begin sharing honestly about myself.

And I told them that part of the reason people are able to find recovery from compulsivity by going to 12-Step meetings is that people bare their souls there. I have found and believe

that 12-Step meetings like SAA can help alleviate the shame and isolation that drives one to “medicate” an addiction and that the intimacy we gain at meetings helps break the power of shame and isolation which can keep an addict like me trapped. After sharing this, I answered questions, then took a seat.

I was surprised by the response. No one put me down or spoke to me disrespectfully. Several men stood up, shook my hand, smiled and thanked me for talking about it openly. And when it was over, I felt very good about being able to share this insight with others, including those who may never have otherwise heard that recovery is a real possibility.

Even so, I was worried that word would get around and someone would harass me about the things I shared. But it's been over two weeks now and nothing bad has happened. To the contrary, good things have resulted. The only feedback I've been given has been positive. My instructor invited an outside SAA member to come and speak before the class. It is also possible that this may open the way for regular meetings to begin here on this unit.



That Pesky Coin

By Scotty W.

When I accepted that 24-hour coin, I didn't know the journey I'd take as a result. But the coin only accompanied me part-way, and for that I'm grateful.

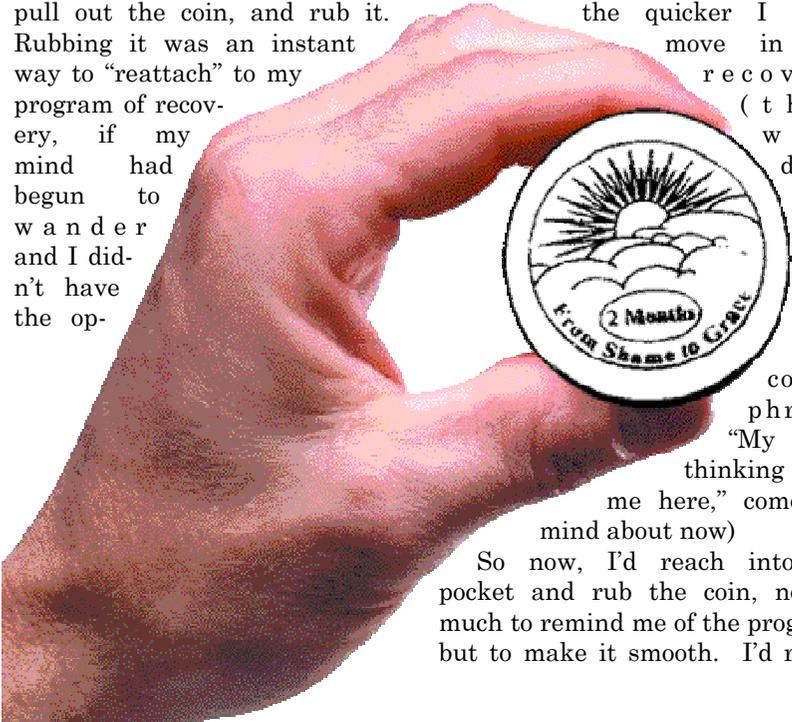
You see, my 24-hour coin really meant something to me. It was the only coin I carried; for over a year, I couldn't stop acting out for long enough to take a 30-day coin. So my 24-hour coin and I became inseparable. It was shiny and made of aluminum, light in my pocket and inconspicuous, but always present, to remind me of my program. When I wanted to reassure myself, I'd reach into my pocket, pull out the coin, and rub it. Rubbing it was an instant way to "reattach" to my program of recovery, if my mind had begun to wander and I didn't have the op-

portunity (or desire) to make a program call.

During the really tough times, I'd rub that coin often. Some days, I couldn't count the number of times I had rubbed it. Rub, think of the program, rub, think of the program, rub.

Then I got a silly thought. Rubbing an aluminum coin might, over time, cause it to become smooth. I'd heard of those in recovery a long time who had rubbed their coins nearly smooth. Somehow, I got this idea that a SMOOTH COIN meant PROGRESS IN RECOVERY. So I imagined that the quicker I could get a smooth coin,

the quicker I could move in my recovery (that wonderful re-



covery phrase, "My best thinking got me here," comes to mind about now)

So now, I'd reach into my pocket and rub the coin, not so much to remind me of the program, but to make it smooth. I'd rub it

often. I even rubbed it with more force, so it would get smooth more quickly. I turned rubbing the coin into a pastime, and soon forgot all about the Serenity Prayer, about "To Thine Own Self Be True," and about the recovery triangle I was trying to wipe out. I wanted to make that coin smooth, and that was that.

One day (during my second step), as I stepped out of my car, I pulled the coin out and began to rub it, as I often did. But my HP had other ideas. The coin seemed to leap from my fingers, and dropped to the ground in the parking lot. But it didn't stop there. You see, I had somehow parked next to the ONLY storm drain in the entire lot, and in a moment, that pesky coin had rolled right down the drain.

First thought: "Oh, no! Now I'll have to get another coin, and start all over again!" Second

thought: "Perhaps I'm standing in the middle of an 'HP moment', as my sponsor calls them." Third thought: "....." (Describes the sound of listening for my HP to give me a clue). To be truthful, this thought lasted a very long time. Fourth thought: "Thanks, HP. I think I'm catching on."

Now, my shiny (new) 24-hour coin sits next to my four-year coin. They share a place of honor in my pocket. I enjoy the sound they make when they're together. They're both important coins; one reminds me of how far I've come, the other reminds me that I'm never far from my "next first step." Nowadays, when I reach into my pocket, I softly rub one of the coins, think of the words on whichever coin I'm rubbing, and say a little prayer of thanks for that day in the parking lot.

Be well.

[Editor's Note: The ISO office workers were very touched by the following note that they received from a prisoner.]

Let me say thank you for the SAA book and other materials that you sent to me. It has been very helpful and helped me to understand my sexual addictions. I know that recovery is a daily thing and I still struggle with things, but I know that if I can just get through the day not

doing the things I used to do that I will be okay. I have enclosed \$5.00. I wish that I could send more but for now that is how I can help you to help other people who are looking to make better choices in their lives. Thank you.

L.A.

Recovery as “Extreme Makeover”

By Tom M.

I begin my writing with the admission that I have never seen an entire episode of the popular television show “Extreme Makeover.” Despite the above, I have come to see it as a metaphor for the reality of recovery. The following several facets of a makeover, when transposed to the process of recovery, make sense to me.

The initial step in any makeover is to remove the old.

To remodel or makeover, it is first necessary to tear out and discard what is there. All of the façade, the decorative, anything that is superficial, must go. One can only leave what is solid, the core, the foundation on which to build the new.

As I reflect on some of the phrases—tear out, remove, discard, get rid of—they bring to mind the loss, and the pain of the loss, of the familiar. Relinquishing the familiar can cause extreme pain. As unsightly as they may be, the avocado appliances or old, rose-colored, stained carpet are familiar and comfortable.

To effect a makeover, I must be prepared to let go of the old and familiar.

Any activity which justifies the name “makeover” must involve a great deal of work.

Many years ago, a friend of mine helped in the initial stages

of updating a residence which was to become a shelter for homeless families. My distinct memory is that of being hot, sweaty, grungy work. Usually the following day I found myself sore and aching.

If there is to be a makeover, I must prepare to work—HARD!

I would argue that no true makeover can be done alone.

To create a beautiful result there is a need for a variety of skills and experience no one person possesses. Sometimes those with special training must be enlisted to help. Also, those who have experience with a similar project can be extremely helpful.

If I aspire to a makeover, I must get the help I need.

Related to the above, no makeover is feasible without the needed tools.

As one who has been known to use a chair as a stepladder or a table knife as a screwdriver (often with the predictable unhappy result!), I can attest that having the needed tools is a key to success.

My sponsor recently built a family/hot tub onto his existing house. When I asked him about tools he indicated that he had most of them and yet found it necessary to rent or purchase others that were critical to the success of the project.

To have a reasonable expectation of success in a makeover, I must get the tools I need.

The enterprise of a makeover, as it proceeds, will almost inevitably involve some surprises.

My wife loves lighthouses. We toured a number of them on a recent vacation. As we toured one of them, the guide noted that during the renovation the workers discovered 40 coats of paint on everything...walls, ceilings, woodwork. Further, the paint of that era had been delivered as powder, and was mixed with, of all things, milk and then applied. The resulting “goo” had just about the effect of glue and was nearly impossible to remove—not a happy surprise.

On the other hand, imagine their delight as the laborers discovered caches of writings and journals which had not been seen in a century or more.

To experience a makeover is, for better or worse, to experience surprise.

The final aspects of the makeover metaphor are undoubtedly the most critical and likely the most difficult.

To effect a makeover, one must begin with a vision and an unshakeable commitment to that vision.

The “vision thing” can be difficult.

I, for one, have far too pitiful an imagination to “see” an end result before I so much as begin a project. At best, I may be able to sense or intuit that something better is out there. My notion of

it could be charitably described as crude or inexact. More likely, I would need to begin based upon little more than faith.

However rudimentary, a makeover begins with vision.

Finally, the matter of commitment.

Related to the issue of being prepared to work hard, the commitment to see the project through to completion must be absolute.

My sponsor again serves as a suitable example.

During the early stages of the family room project, while digging a hole for footing, the auger he was using was thrown about wildly after it unexpectedly struck a root. The result was John with a broken foot.

If it had been yours truly, I could have easily envisioned myself doing one of two things as I sat around the next day with a cast on my foot—deciding to put a pole with a bird feeder in the hole or else calling a contractor to finish the job. To his credit, John persevered, firmed his resolve and returned to the task when he was able. He now enjoys a gorgeous family room—and the hot tub isn’t bad either.

When a makeover is begun, the vision and the commitment are elemental and crucial.

The above describes the “Extreme Makeover” metaphor as I see it.

My friends, may God bless you and direct any makeover you may undertake.

An Alternate Approach to the Fourth Step

By Dave R.

“Why do you keep telling me to do a fourth step?”, my sponsee asked me. “I’ve done many a fourth step in AA and they don’t work.” I patiently explained to him that I wasn’t asking him to do a fourth step as some kind of ritual behavior. Instead, I was observing that I saw him in the process of a fourth step.

In the Green Book, it gives a description of how to work the fourth step that is based on some traditions of Alcoholics Anonymous. I am very grateful that the Green Book uses the word “may” when describing that method. My experience is that this method works for many people. However, there is a group of people for whom this traditional method doesn’t work. My sponsee is one of those people. For these people, a different process is what I recommend.

The traditionalists will immediately ask, “Why mess with what works?” In fact, the first time I mentioned a different method to a traditionalist, that is exactly the response I got. They object to the idea that digging into how we make decisions is what might be needed in order to work a “proper”

fourth step. The traditional way works. People doing that kind of inventory do a fearless inventory.

Step 4 - Made a searching and fearless moral inventory of ourselves.

What I ran into wasn’t the question of doing a fearless inventory. The problem I ran into was the word “moral.”

In my experience, the people for whom the traditional way works are

What I ran into wasn’t the question of doing a fearless inventory. The problem I ran into was the word “moral.”

people who started their addiction in their early teens or later. That means that they started their addiction after they had developed a moral foundation for life. Their addiction distorted their morals and the traditional method of doing a fourth step brings them back to their original moral foundation.

However, there are many people who have started an addiction much earlier in life. In my case, I grew up in a child-abusing family. My addiction started long before I had any moral development (and in this area, stayed very young). The moral foundation I grew up with included “when hurting, angry, or lonely, use a child to soothe those feelings.” I didn’t know that I was doing any-

thing wrong until I saw the headline of an eight-million dollar judgment against a church and, when reading the details, realized that I was doing the same thing. I was aghast that I was putting my church at risk for that kind of damages by what I was doing. Quite honestly, I had no concern whether I had hurt a child by what I had done.

For me, doing a moral inventory meant first tearing up the moral foundation that I had grown up with and then, laying a new foundation of “does this action fit with what my higher power wants for me?”

In my experience, people who start their addiction much younger in life often need to work on the moral foundation so that they can do an inventory of how their lives fit that foundation. This tearing at and rebuilding of a moral foundation takes a lot more time and effort than simply doing the inventory. It involves asking how one determines what is moral. It may include asking how do I make decisions in my life? Is that the right way to be making such decisions? How should I be living in order to have “turned my will and my life over to a higher power”?

This examination does mean looking at the emotional basis of our decision making. One method of working a fourth step uses an examination of one’s emotions, but doesn’t say why to do that examination. The reason I recommend it is that most humans make decisions based on emotional motives. Our morals are what moderate those emotional drives and motivations. When reworking our moral foundations, looking at our emotional drives and moti-

vations gives clues to how to clean up that moral foundation.

In the case of that sponsee, once he grasped that I wasn’t asking him to do a ritual, he was able to accept what I was saying about his behavior. He started seeing that his methods of making decisions was in need of change. He needed to change the standard he was using for judging whether he was doing right or wrong. After several

months of this work, he is making far better decisions for his life. How he makes decisions is changing. The result is that his life is getting less crazy and the addictive urges are having much less power over him.

The steps work. I am very grateful that we have the freedom to work the steps in the best way that we can—even if it isn’t the traditional manner.

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Stay in the Solution - Vision, Purpose, Service...the Way Home

By Santi L.

Without a vision, birthed in the heart, an individual is destined to simply wander aimlessly through life...remaining ever a victim of circumstance. As addicts we often remain in the same emotional and spiritual malaise we come to know so well over years of staying bound to the addictive cycle. The feeling of impending doom just never quite leaves.

We seem stuck feeling and playing out the role of life victim. If only I could catch a break, . . . if only my parents had . . . if the world treated me better . . . if I could get this job . . . if I didn't owe so much . . . if God loved me more . . . if my boss treated me better . . . if I could find a better meeting . . . if people really understood me . . . if only I were better-looking . . . if only I could lose this weight . . . if only I could find the right place to worship.

This negative state of being and living need not be our reality!

If we have lost our vision, we can reclaim it now! If we have never had a purpose for living . . . we can find it with the help of our sponsor and others. It's never too late! We can stir up the gifts that have been given us. We all have them. We can act on faith, taking our eyes off of circumstances that may have held us back until now . . . allowing the vision to grow, take form, and then acting upon it, and seeing it made manifest in our

lives.

We can be victors rather than victims! And, if we do not know how to get started, there's a sure way to kick start our engine; help someone less fortunate than us.....there are many. Service, whether in a 12 Step meeting or outside the program, is a sure way of beginning that metanoia that needs to occur in us.

This change in us will require that we change! Change begins, from the heart of someone who cares. Too often, we get so lost in our own needs, and our own wants, that we take little time to concern ourselves with those of others. We'd rather sit on our throne . . . the pity pot. We say we don't want to get involved, that it's not really our problem, or we convince ourselves that we couldn't possibly make a difference in the situation. All of these are simply excuses for not caring enough to help. We must come to recognize that all of our lives are intricately intertwined and that what happens to one, affects us all. The truth of the matter is, when we do develop an attitude of caring, and for serving the needs of others above our own, we come to find that fullness of joy and abundant provision for our own needs were contained there all the while.

Santi L
Charlotte, NC
9/19/1994

Start/Stop

By Mike B.

I was slow to learn that recovery, like losing weight, is not an easy process. My going to group and reading books were only the first steps. Like working out on my bike. When I started spending 30 minutes on my bike four times a week, I saw a drop in weight, an increase in energy and a rise in self-esteem. However, on some occasions, I actually gained weight.

Anything worth doing has to have a starting point. Recovery, relationships, jobs, etc. Recovery starts with the admission of being powerless over our addiction and that our lives had become unmanageable. However, starting recovery, didn't guarantee success, nor even progress, in my case. It wasn't until I stopped going to strip clubs, massage parlors, adult bookstores, going online to chat in romance rooms, that my recovery began to gain steam. I equate that with now watching what I eat, as well. The two-edged sword works in recovery, as well. When I work out, I am helping my body to get rid of fat, but if I am not stopping the obsessive eating and bingeing on junk foods all the efforts to lose weight are going to be for naught. It wasn't until I started dealing with what "goes in" that I began to see real progress in weight loss. I then realized that beforehand I had not been monitoring the fact that even though I was going to group and reading

books, I was still feeding my addiction, but not cutting out the patterns of behavior that led to my acting out.

So it is with recovery. I can go to meetings and read books on recovery, but there were certain things I needed to stop in order to start making real progress. One of the things I had to stop was the main sources of my acting out, in my case, the internet. When I moved to another city for a job, I left the internet behind. That was one of the biggest things I did for my recovery as it closed off uncontrolled access to porn sites that had been the mainstay of my addict's diet. When I looked further into my addict's patterns (like checking calorie content), I saw that there were a lot of other things that I could do to starve my addict (avoid certain spots/programs/activities that I had done before, when I was in my active addict).

As with my diet, when I come across a new food (in my addict's case, that is a temptation or middle circle behavior), I have to decide if it is worth the potential risk to continue it. I have lost close to 25 pounds in just 9 weeks with this new plan, but it has opened my eyes to see what other aspects of my life need the same level (or more) of diligence.

I have heard it said that my recovery will either stop my addictive behaviors or my addictive behaviors will stop my recovery. Now, which would I prefer?

This Can't Be Happening to Me

By Jack

Today, March 11, 2006, I heard of disturbing news that the 17-year-old son of a friend, was stabbed three times, twice in the back of the head and once in the eye, cutting off his optic nerve, which wouldn't stop bleeding. He had to be put into a coma and has a 50-50 percent chance of survival. The father is obviously traumatized and at this moment is handling the situation the way he usually does, by getting drunk. I can relate. As a sex addict, I drowned my problems, feelings, and my reality to oblivion with compulsive sexual behavior.

I've asked my family and friends to pray for the boy and his family, and I am hoping that he will pull through and that he and his family will recover.

I can only imagine what the father is going through right now and it finally dawned on me the kind of thought that might be crossing his mind. I'm a very good sex addict and, since I'm a good addict, the thought that would be surfacing in my mind if

I were in a similar situation is "This can't be happening to me!"

If it were I, I would be enraged because my son has been a victim of brutal violence. I would be traumatized by the sight of my son in the hospital, fighting for his life. I

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would be able to believe that the only family that really matters to me might be taken away from me. But truly, I'm afraid that what might be in the father's mind right now is "This can't be happening to me! This can't be happening to me!"

How many times in my life has this thought come across my mind? I have no idea. I know I say, "This

can't be happening to me!" when I'm going through similar traumatizing events in my life. In fact, I said this when my medical doctor told me that I had tested positive for HIV. I remember the very next thought I had was "I'm going to die."

I've just done a part of my Step Four work on Fear and I realized that the worst fear I have is that I'm dying and that I'm going to suffer a lot before I die; however, the pre-eminent fear in my life is

“This can’t be happening to me!”

Well, it is. It is happening to me without denial, but it is not only happening to “me.” This is happening to all of us. Eventually, we will all die one way or another. Some of us will suffer more than others, but we will all die. Why? Why is this happening to me? It is because I am human and part of a human experience is suffering, grief, loss, pain, and death. But so are joy, laughter, fun, and pleasure.

It says in the *Sex Addicts Anonymous* text, under the heading Step Eleven, that “hardship and loss are as valid a part of life as joy and pleasure.” I love this part of Step Eleven. We join the human race and we become intertwined with God as we embrace the “higher purpose of spirituality rather than focusing on personal desire.” My personal desire is to be spared the suffering, the pain, grief, the loss, the hardships, and death, but if I am then a part of my humanity, a part of my “higher spiritual purpose” will be lost. I cannot afford that. Losing my spirituality is like a living hell, and I’ve been there, and I don’t want to end up there. “God, grant me the seren-

ity to accept the things I cannot change, the courage to change the things I can change, and the wisdom to know the difference.”

In conclusion, I am a grateful sex addict. If I had not been a sex addict, I would have not found the Twelve Spiritual Principles of Life, of SAA. If I had not found recovery in God, the SAA Program, and the Fellowship, I would have died of

premature death, by committing suicide. Yes, I would have been spared of the pain, the grief, and the hardships, but I would have missed all the joy, happiness, laughter, and pleasures in life that come along everyday. I would have missed a wonderful life. One of the wonderful things about it is that I will never be alone, dead or alive, for sure my Higher Power will

always be there for me. So far, yes, I’m grateful for my life as a recovering sex addict. Sometimes, I can’t believe this is happening to me.

[Editor’s Note: The author has let me know that the young man has recovered his sight and has gone home, thanks to the grace of God.]

It says in the *Sex Addicts Anonymous* text, under the heading Step Eleven, that “hardship and loss are as valid a part of life as joy and pleasure.”

From the Editor

By Mike L.

Welcome to the May/June issue of the PBR. If the timing for this issue were in keeping with that of the other five issues of the PBR for each year, it would come out at the beginning of June. However, this particular issue is always delayed because it contains news about the convention. So you're probably reading these words at the end of June or the beginning of July.

If you went to the convention and want to share your experiences about it, please write to the PBR and do so. We have run articles in the past from first-timers and those are especially welcome. I remember what a wonderful experience my first convention was, back in Ann Arbor in 1995. Since I have written elsewhere in this issue about my own experiences at the convention, I'm going to take this opportunity to expand on my usual request for PBR articles of any nature.

Each issue, I get a number of submissions for the PBR. And of course I'm always beating the bushes to get more. If you've ever sent something to the PBR by e-mail, then you're on my list to get a bimonthly e-mail asking for more. I also include a plea for submissions in the PBR itself, and I always specify that I'm looking for articles that focus on the solution rather than the problem.

I often get good articles that I end up sending back to the author for various reasons having to do

with the content. This brief article is just a checklist of other things to keep in mind when submitting.

One of the basic guidelines to keep in mind is that the article should focus on the solution rather than the problem. This can usually be addressed by adding some material at the end talking about the solution. Also, please keep the balance of problem and solution in mind, so that the article doesn't end up resembling some epic films I saw in a previous life which might fairly be characterized as "two hours of sin and three minutes of repentance."

I get some articles that, even though they have a basic grounding in recovery, don't apply specifically to SAA. One way to bring these articles back around to SAA is to get them grounded in the SAA steps, or indeed other concepts that are at the very least unique to SAA, such as the circles, for example.

It's always beneficial to take a look at the SAA traditions and then use a critical eye toward the article and see if it runs astray of the traditions in any way. If there are just minor conflicts with the traditions, I can sometimes edit those away. Sometimes the conflicts are great enough to permeate the whole article; in such cases I am not comfortable editing the article because of a concern that I might end up subverting the author's intention. Here are some examples:

Occasionally an article focuses on another addiction. To bring the arti-

cle more in line with the Fifth Tradition (not to mention the Twelfth Step), it would be helpful to relate that addiction back to sex addiction. What were the similarities in recovering from the two different addictions? Or what did the author learn from recovering from one addiction that were helpful in recovering from sex addiction, or vice versa?

Something that happens fairly frequently is for an author of an article to name a book and to quote material out of the book. A better Sixth Tradition approach would be just to mention that the author read something in a book, or some other descriptive term such as a meditation book, and then to paraphrase the good points of the text. From there, the author can go on to talk about the benefits he or she derived from reading this particular part of the book and so forth.

Every so often, a person writes about how another person has inspired him or her. This can be a bit tricky, as it runs the risk of running afoul of the Twelfth Tradition of anonymity, and also the well known statement often heard at the end of meetings, one variant of which is “Who you see here, what you hear here, when you leave here, let it stay here.” If it is practical to omit the name altogether or at the very least change it (for example, “someone I’ll call ‘Bob,’”), that certainly helps maintain the anonymity of the person being discussed.

Something else I see with a fair degree of frequency is “you” statements, with the word “you” fol-

lowed by words such as “should” or “must.” While there is not so much a tradition that addresses this question, a look at the Green Book or just about any of the other basic 12-step recovery texts will serve as a reminder that such statements are much more often couched in terms of “we did” rather than “you should.” Changing the statement to an “I” statement is in some ways better still, as it completely personalizes the experience and shows that the author has some authority to speak about the matter being written about.

These are all just suggestions, of course. And to sum up, articles submitted can always benefit from being checked against the 12 Steps and 12 Traditions and other basic SAA concepts.

So if you have an article you wish to submit, please send it along. You can send your article to pbr@saa-recovery.org or by regular mail to ISO of SAA, P.O. Box 70949, Houston, TX 77270-0949. Please use “PBR Article” in your subject line or write it on the envelope so that I won’t miss it among the other mail, snail and otherwise, that I receive.

Enjoy your summer and I look forward to talking to you again in a month or so.





ISO News



ISO Delegate Meeting

The following is a report of significant actions taken by the 2006 Delegates at the annual ISO of SAA, Inc. meeting.

Received: A report from the subcommittee recommended by the 2005 Delegates to review the ISO procedure for Handling Information about Ongoing Sexual Abuse Minors. (The revised procedure, which has been approved by the Board of Trustees, appears on pages 28-31 of this issue)

Elected: Jeff B. as an at-large member of the Board of Trustees.

Elected: Chris D. as an at-large member of the Literature Committee.

Approved: The 2007 ISO Budget.

Requested: That the Literature Committee provide an initial format for entries by the fellowship for an SAA-produced book of daily meditations, to be done with assistance as needed by the ISO Office and available if possible prior to the 2007 Convention.

Recommended: That the ISO Budget switch to a July 1 – June 30 fiscal year as soon as practically possible.

Recommended: That the name Plain Brown Rapper (PBR) be discontinued as the name of SAA's newsletter, to be renamed by the Literature Committee after a one-year period of feedback from the fellowship. (See page 32 for details about feedback)

ISO Board

The following is a report of significant actions taken by the Board of Trustees at their annual face to face meetings.

Approved: Increasing insurance on coverage of contents of the ISO Office from \$21,000 to \$55,000; adding workers' compensation insurance for staff; authorizing the Office Oversight Committee (OOC) to decide on whether or not to take out flood insurance.

Approved: A request from the OOC for the Board to authorize the 2006 Delegates to elect Jeff B. as an at-large member of the Board.

Approved: Hiring Carol Ann R. as Director of Fellowship Services, effective August 1, at a starting annual salary of \$32,500.

Approved: A motion to purchase indexing software at a cost of up to \$150 in order to create a library of Board actions with reports to the Board at each of its meetings.

Approved: A motion that Board and Literature Committee alternates pay the lowest convention registration fees possible, no matter when purchased, and that this be made a part of the ISO travel policy.

Approved: Adoption of a library book program by which SAA members and groups will be able to place the Green Book in local libraries at a 45% discount. (see page 33 for details)

Approved: A motion to allow the Indiana Intergroup an exemption to use the words "Sex Addicts Anonymous" as part of its name, this exemption granted because of use prior to ISO registration, with this exemption in no way setting a precedent for other groups or intergroups.

Approved: Continuance of the policy of giving the Green Book free to inmates who request it.

Approved: A revision of the ISO Office procedure for handling information about ongoing sexual abuse of a minor. (The complete revised policy appears on pages 28-31 of this issue of the PBR)

ISO Board Continued

Established: A standing Disclosure Advisory Committee (DAC) to review ISO reports about calls that contain information about ongoing sexual abuse of minors and to act in an advisory capacity to the Board, reporting at least annually to the Board at its pre-convention meeting.

Directed: The DAC to continue to work on recommendations to the Board for guidelines for other levels of the SAA fellowship with regard to procedures for handing information about ongoing sexual abuse of minors.

Accepted: A bid for the 2008 ISO Convention.

Approved: A motion to form a subcommittee to formulate a code of conduct for trusted servants and to formulate guidelines for dealing with convention incidents, the subcommittee to be comprised of Carla P., Mary Joy S., Shelley K., and Tim E.



ISO Literature Committee

The following is a report of significant actions taken by the Literature Committee at their annual face to face meeting.

Approved: A motion that we include this language on our translated literature: “This pamphlet/book was written in the English language, approved by the ISO Literature Committee and translated by professionals. Please consult the English version if you have questions about this translation or the use of particular words or phrases. We welcome your feedback.”

Approved: A motion that the teen pamphlet not be posted on the website until reviewed and approved by the Literature Committee.

Approved: A motion that the Literature Committee reaffirm Article V, Section 3 of the bylaws which states that “the Literature Committee shall have supervisory authority over the content of all ISO publications.”

Approved: A motion that the Literature Committee establish an office oversight subcommittee to develop and implement mechanisms for timely supervisory authority over all ISO publications.

Approved: A motion that the Literature Committee delegate the process for renaming the PBR to the PBR oversight subcommittee

ISO Income/Expense Summary

As Of May 31, 2006

	May	Monthly Average	Year To Date
NET OPERATING INCOME			
Net Sales	7,230	7,609	38,043
Donations	11,131	9,451	47,254
General Donations	8,054	6,343	31,717
LifeLine Partners	2,860	2,844	14,221
Designated Donations	217	263	1,316
Miscellaneous Income	16	1,444	7,222
TOTAL NET OPERATING INCOME	18,377	18,504	92,519
 OPERATING EXPENSES			
Wages/Benefits/Taxes	16,774	11,564	57,820
Outreach Related	4,713	2,933	14,664
Wages - Other	9,495	6,364	31,821
Benefits	1,379	1,490	7,451
Taxes	1,187	777	3,884
Insurance	347	238	1,191
Depreciation	191	193	963
Postage	495	205	1,026
Communications	316	369	1,844
Rent/Utilities	1,183	1,141	5,707
Office Related	728	664	3,320
Financial	1,056	840	4,199
Plain Brown Rapper	0	501	2,504
Translations	0	2,118	10,590
Outreach Expenses	1,265	1,157	5,787
Total Operating Expenses	15,496	18,990	94,951
TOTAL NET OPERATING SURPLUS	-1,468	-486	-2,432
 NON-OPERATIONAL INCOME			
2006 ISO Convention	22,760		46,813
Delegate Fees	3,325		3,815
TOTAL NON-OPERATIONAL INCOME	26,085		50,628
 NON-OPERATIONAL EXPENSES			
2006 ISO Convention	23,481		27,069
Delegate Meeting	2,854		3,702
Board/LitCom/Staff Travel	2,034		3,869
TOTAL NON-OPERATIONAL EXPENSES	28,369		34,640
 TOTAL NON-OPERATIONAL SURPLUS	 -2,284		 15,988
 ISO SURPLUS – ALL INCOME/EXPENSES	 -3,752		 13,556

Note: The delegate meeting, convention, and travel figures in this report are as of May and are not final. Final figures will be available at the end of July.

Though there are some expenses still to be counted, there is no doubt the 2006 ISO Convention was a financial success. As it stood at the end of May there was a surplus of \$19,744. This will probably be reduced, perhaps by as much as \$3,500, when all bills have been paid and refunds given. Even so, it looks like a surplus in the neighborhood of \$16,000 can be expected, making Healing at the Crossroads the second most financially successful convention ever.

This is important if the ISO is to meet its goals for the coming twelve months. This issue's report shows that so far only \$3,869 has been paid in travel reimbursements to Board, Literature Committee members, and staff. By July 31, when all reimbursement requests will have been received, this figure will grow to about \$15,000 - \$16,000. Had the convention not shown a surplus, these reimbursements would have had to come out of operating funds, which through May were a minus \$2,432 for the year.

At times voices within the fellowship question the need for or even the desirability of ISO conventions bringing in a surplus. The answer for the need is simple: at this stage of the organization's development neither the regions nor ISO operating funds are able to pay for Board and Literature Committee travel and expenses to and from their mandated annual face-to-face meetings and to limit service on these bodies to members who are able to pay their own way would be contrary to the principles of the program.

Other good news to come out of the convention was the fact that for the first time ever, delegate fees actually covered delegate meeting expenses. Two years ago, expenses exceeded fees by \$3,426. Last year they exceeded fees by \$2,367. This year delegate fees covered the cost of the delegate meeting with \$113 to spare. In addition to continuing to cut expenses, a major reason behind this year's success was the reasonable price of the lunch served by the hotel.

Finally, there was a big push for new LifeLine Partners during the convention. Enrollments are starting to be received. The campaign's goal is to add 100 new members to the 77 who were active as of May. Special enrollment cards are being sent with this issue of the PBR and are also available through the ISO Office.

Request for Applicants

for the position of Administrative Assistant

The International Service Organization of SAA, Inc. (ISO) is seeking applicants from within the SAA membership to fill the full-time position of Administrative Assistant. This position reports to and is under the direct supervision of the Director of Fellowship Services.

Compensation

This is a full-time position with an hourly pay rate in the range of \$10.00 - \$16.00 per hour. The starting hourly rate being offered is in the \$10.00 - \$12.00 range, depending on qualifications and experience. Compensation also includes an automatic cost of living allowance (COLA) increase each January 1 (tied to the annual Social Security COLA) and the possibility for two merit increases during each of the first two years of employment and once per year thereafter.

Benefits

Benefits include eight paid holidays annually and six days of sick leave per year accruable up to twenty days. After six months, one week's paid vacation will be allowed during the first year of employment. Two weeks of vacation will be allowed after the first year and continue through the fifth year of employment. Three weeks of vacation will be allowed beginning with the sixth year of employment.

This position also includes an employee benefit of \$248 per month which can be used for personal or family health related expenses or, at the employee's option, for additional income. If used for verified health related expenses, this money is not taxable as personal income. If used for additional income, it is taxed. The monthly employee benefit can be accrued without limit.

Qualifications

Administrative Assistant applicants must be members of SAA with at least two years in the program and at least twelve months of continuous sobriety. They must have a thorough knowledge of the Twelve Steps and Twelve Traditions of SAA and at least two years experience in office administration and records management.

In addition, applicants must be willing to permanently relocate to Houston, Texas, in time to be on the job on August 1, 2006. (The ISO will be open to negotiating compensation for moving expenses.)

Required Skills

Required skills include a working knowledge of computers, standard office equipment, Microsoft Office software, and records management; the ability to organize and prioritize a variety of activities and tasks; to maintain accurate records; to communicate well and in a professional manner both orally and in writing; to interact with a wide variety of personalities and styles. Especially desirable is the versatility and flexibility to carry out a wide range of projects and, when called on, to assist other staff members in carrying out their duties.

Application Process

Those qualified will submit an application that includes the following:

- Applicant's name, mailing address, telephone number, and e-mail address.
- A letter from a sponsor or from an ISO registered group attesting to the applicant's time in the program and continuous sobriety.
- A paragraph on each of SAA's Twelve Traditions explaining the applicant's understanding of each Tradition.
- A history of 12-Step service work including all levels of service (e.g., sponsorship, group, intergroup, international), services performed, and fellowships served.
- Education history including degrees or certifications awarded.
- A work history that includes job titles, job responsibilities, employers' names, addresses, telephone numbers/e-mail addresses, and the names of immediate supervisors with their telephone numbers/e-mail addresses.

Submit application electronically as an attachment in Microsoft Word to info@saa-recovery.org, with Subject Line: Attention Jerry B.

Submit application by postal mail to ISO, Personal: Jerry B., P.O. Box 70940, Houston, TX 77270.

Note: The following procedure was first written and approved in 2005 and, at the recommendation of the 2005 Delegates, reviewed and revised by a special committee comprised of SAA members. The revised procedure was approved by the Board in May.

Handling Of Information About Sexual Abuse Of Minors Revised

The purpose of this addendum is to provide instruction to ISO Office staff and volunteers on how to handle callers who disclose information about sexual abuse of a minor. This includes callers who say they are sexually abusing a minor or have abused a minor in the past. It also includes callers who discuss another person's sexual abuse of a minor.

A. Basic Considerations This procedure rests on the following basic considerations:

- 1) SAA Tradition Three: "The only requirement for SAA membership is a desire to stop addictive sexual behavior."
- 2) SAA Tradition Five: "Each group has but one primary purpose – to carry its message to the addict who still suffers."
- 3) SAA Tradition Eight: "Sex Addicts Anonymous should remain forever nonprofessional, but our service centers may employ special workers."
- 4) SAA Tradition Ten: "Sex Addicts Anonymous has no opinion on outside issues; hence the S.A.A. name ought never be drawn into public controversy."
- 5) SAA Tradition Twelve: "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."
- 6) Chapter 261 of the Texas Family Code states that anyone "having cause to believe that a child's physical or mental health or welfare has been or may be adversely affected by abuse or neglect" must report the case immediately. The law does not require a person to be certain that a child is being abused or neglected before reporting, but only to have reasonable belief. A report can be made to any state or local law enforcement agency (Houston Police Department 713.884.3131) or Child Protective Services, a department of the Texas Department of Regulatory Services (800.252.5400). A person reporting should provide, whenever possible, the child's name, age, description, address or other information that may help authorities locate the child.
- 7) The Child Abuse Prevention and Treatment Act (CAPTA) is the Federal legislation that provides minimum standards for the definition of

child abuse and neglect that States must incorporate in their statutory definitions. Under CAPTA, child abuse and neglect means, at a minimum:

- a. Any recent act or failure to act on the part of a parent or caretaker, which results in death, serious physical or emotional harm, sexual abuse, or exploitation, or an act or failure to act which presents an imminent risk of serious harm.
- b. The term sexual abuse includes: The employment, use, persuasion, inducement, enticement, or coercion of any child to engage in, or assist any other person to engage in, any sexually explicit conduct or simulation of such conduct for the purpose of producing a visual depiction of such conduct; or, the rape, and in cases of caretaker or interfamilial relationships, statutory rape, molestation, prostitution, or other form of sexual exploitation of children, or incest with children.

B. Basic Principles This procedure also rests on the following basic principles:

- 1) Keep it simple.
- 2) The SAA program works: We strongly believe the SAA program works, if the addict is capable of being honest and incorporates the 12-Steps of SAA into her or his life as a new way of living. Both the offender and the victim will inevitably be helped if the offender truly works the program.
- 3) Sharing information can be a plea for help: Callers might reveal information about harmful behaviors slowly, bit by bit, testing the waters. It is similar to grooming behavior... sharing some information and watching for a reaction. Most offenders do not disclose because of fear of consequences. Other callers may simply be reinforcing their fantasies.
- 4) In carrying the message of SAA we may offer suggestions but we do not give advice: "We found that if we gave a member advice about what action to take, we were making unwarranted judgments and decisions that affected the lives of others. We could, however, share our experiences and offer a measure of objectivity. Our detachment often led others to make reasoned decisions, rather than emotional ones. In helping ourselves, we helped others to be restored to sanity, then they were better able to make their own decisions." (Al-Anon's 12&12, step 2, p. 16, with gratitude to Al-Anon).
- 5) We are not equal to the task of changing any other human being, nor are we responsible for their behavior. But we are fully responsible for our behavior, including our response to others' behavior.
- 6) ISO staff members must follow Texan reporting laws: All calls of this nature will be reported by the Director of Fellowship Services, as outlined in section F.

- 7) ISO is not an investigative agency nor are its staff investigators or counselors: The primary purpose of ISO is to carry its message to the addict who still suffers.

These considerations and principles are listed to offer guidance in handling calls of this nature. Although they may not all come into play on every call, it is imperative that all phone staff understand and be guided by them.

C. **Handling the Call** Calls of this nature require particularly careful handling and the following considerations may be helpful, depending on the circumstances:

- 1) The most important specific question to ask is, "Do you want to stop this behavior?" This question can be rephrased in other ways during the course of the conversation, e.g., "Do you want help?" or "How do you feel about this behavior?" Some callers clearly do want to stop. Some clearly do not want to. Others may still be ambivalent.
- 2) As is the case for all callers who seek help, the next step is to describe the SAA program, provide information about SAA meetings, and offer encouragement to attend them. In accordance with the principles above this course of action is based on the belief that, in working the SAA program, the caller will not only be able to stop the behavior in question but will also come to the conclusion to take the appropriate steps to see that the victim receives help.
- 3) Be as supportive as possible, or at least be neutral. Avoid reactive or confrontational language. Do not ask for details about the behavior. Offer hope that others have engaged in similar behaviors and found both a way to stop and healing in SAA.
- 4) Even if the caller clearly does not want to stop yet, it may still be helpful to share information about the consequences some of our members have felt as perpetrators, witnesses and victims of abuse, including:
 - a. **Sanctions** In all the USA as well as many other jurisdictions, sexual activity with a minor (person under the age of 18) is a serious crime and carries heavy sanctions, including incarceration. (In some cases our members have found that authorities deal less harshly with people who stop before being caught and with those who are willing to help see that victims receive help).
 - b. **Harm** Sexual activity with a child inflicts serious and far-reaching harm on the child. It matters not that the minor looks like an adult or that the minor appears to be cooperative. The fact is, the child is neither intellectually nor emotionally able to cope with these behaviors.
 - c. **Help Is Available** Even to those who do not want to stop their behaviors, SAA's primary purpose remains to carry its message to the addict who still suffers. Concerted effort should be made to impress

upon the caller that, when he or she wants to stop, help is available from SAA. Even though the caller does not want to stop now, any information given about meetings might prove helpful later. Inform the caller they may call back at any time.

- 5) As with other types of calls, if a caller becomes abusive on the phone, or seems otherwise caught up in an addictive way of relating and is not responsive to sincere efforts to redirect, staff or volunteers are encouraged to invite the caller to call back when they can be respectful and terminate the call.

In Texas as in many other jurisdictions there is a legal requirement for callers, staff, members and others to report information about abuse to the authorities.

D. Recording Information Although our primary purpose is to carry the message to the addict that still suffers, calls of this nature require further action. While we do not intentionally seek out details, **a record of any call containing information about sexual abuse of a minor must be kept** that describes the entire call. This record must be forwarded immediately to the Director of Fellowship services.

E. Debriefing Calls Such calls are often difficult to receive. When receiving calls where the caller discloses past, ongoing or potential sexual abuse of a minor, particularly when the caller may not overtly state a desire to stop this behavior, strong feelings can be evoked. Staff may feel that the victim is being ignored, and notice feelings of powerlessness. All calls of this nature are to be debriefed immediately with fellow staff. We remember that in matters beyond our control, our Higher Power can do for us and for others what we cannot.

F. Reporting The Director of Fellowship Services will create two reports of the call. The **internal report** will describe the entire call for ISO records. According to Texas law the **report to the authorities** must include any specific description of sexual abuse disclosed by the caller plus any child's name, age, description, address or other information that may help authorities locate the child. Both reports will be forwarded immediately to the Board of Trustees and the Disclosure Advisory Committee (DAC) via e-mail. The report to the authorities will be mailed anonymously. Further action is to be taken as directed by the Board. Further revisions of the report may be made as directed by the Board.

Notices and News Bits

ISO Newsletter to be renamed Feedback requested

Following a recommendation by the 2006 Delegates, the ISO Literature Committee will be choosing a new name for this newsletter after allowing a year for feedback from the fellowship.

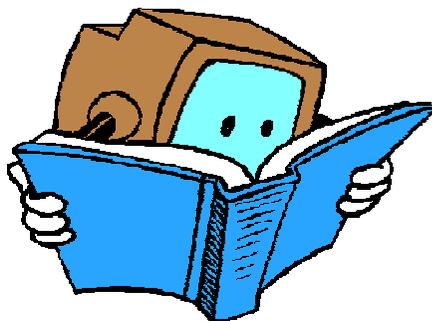
Any member with suggestions for a new name is encouraged to send them to the ISO Office, which will forward them to the Literature Committee. There is no limit to the number of suggestions that can be submitted. If sent by e-mail (info@saa-recovery.org) flag the submittals with "Newsletter Name" in the subject line.



Sexual Sobriety and the Internet Feedback requested

The pamphlet *Sexual Sobriety and the Internet* will be presented to the 2007 Delegates for conference approval. The Literature Committee is requesting that the fellowship provide feedback for consideration during final review and possible revision of the pamphlet. A deadline of December 31, 2006, has been established for receiving suggested changes.

All feedback should be sent to the ISO Office for forwarding to the Literature Committee.



Board names new Director of Fellowship Services

The Board of Trustees has selected Carol Ann R. as the new Director of Fellowship Services of the ISO of SAA, Inc. effective August 1, 2006.

Carol Ann, who is from Houston, Texas, has been a member of SAA since 1995. She has been working in the ISO Office for the past two and a half years, first as a volunteer, then as a part-time employee, and finally as a full-time employee. In carrying out her responsibilities as administrative assistant to the present Director of Fellowship Services, Carol Ann has amply demonstrated not only her administrative talents but also her sobriety and grounding in the Twelve Steps and Twelve Traditions of SAA.

Jerry B., who has served as Director of Fellowship Services since 1993, will remain with the ISO as Director of Business Services.

Still to be filled is the full-time position of Administrative Assistant. See pages 26-27 for details.

ISO Offers New Library Outreach Program

The ISO has launched a program through which SAA members and registered groups can place hard cover copies of *Sex Addicts Anonymous* in local libraries, with no risk of breaking anonymity.

The program works like this: SAA members, registered groups, or intergroups furnish the ISO Office with the name and telephone number of the library or library system in which they would like to have copies of the *Sex Addicts Anonymous* placed. The ISO Office then contacts the library or library system, explains the SAA program and the fellowship's desire to make a copy or copies of the basic text available to the library's patrons. Once an agreement has been reached as to how many copies of the book will be accepted, the ISO relays this information back to the interested SAA member or group. After donations to cover the cost of the books are received, the office will then ship the Green Books to the library or library system. The Board of Trustees has authorized the office to offer these placement books at a 45% discount, making the cost of a hard cover edition \$9.90. In addition, shipping fees will be waived for both donors and book recipients.

Even before the Board made the discounted price available, this program has worked in a major municipal library system and a major county library system, where 22 and 20 books were placed respectively. The individual members who donated the money for these books were able, if they chose, to claim their gifts as being tax deductible.

Any member, group, or intergroup wishing to have *Sex Addicts Anonymous* placed in a local library or library system need only supply the ISO Office with the name, location, and phone number of the facility. The ISO Office will then follow through with the process described above.

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:** _____

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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.

<u>Region</u>	<u>Board Members</u>	<u>Board Alternate</u>	<u>Literature Committee</u>	<u>Lit. Com. Alternate</u>
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