

The Plain Brown Rapper

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

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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.

"My goal when I went to my first meeting was to stop calling the sex lines long enough to pay off credit cards and collection agencies so that when I took my life I would not leave a financial burden on my family."

See Page 12

*"But men crave sex, don't they?
I hear this almost every day.
So why do women keep saying good-bye,
when I am just acting like other guys?"*

See Page 16

First Step

By Sam W. of Maine

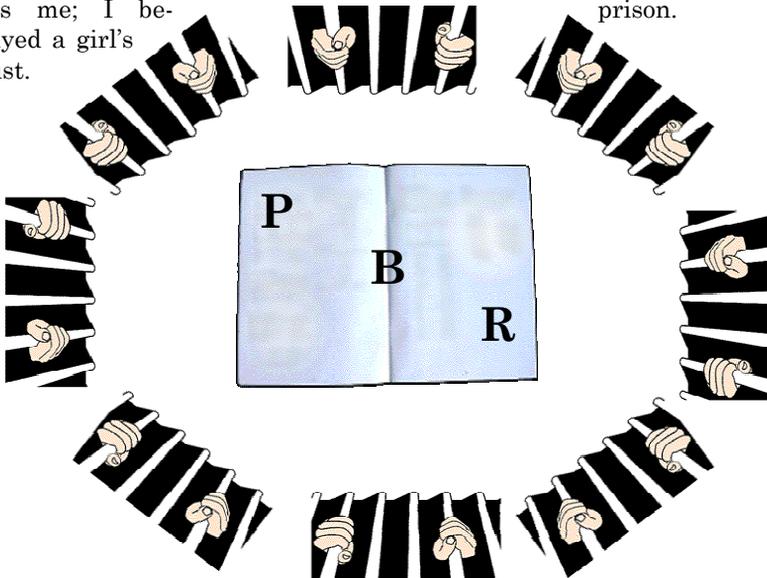
We admitted we were powerless over addictive sexual behavior—that our lives had become unmanageable.

I admit—I am very powerless over my compulsive-addictive sexual behavior and that my life was not ever manageable; hence, I'm in prison. "Help! My life is out of control and unmanageable. I can't stop!" Nope—that's not me, I didn't yell—didn't even think there was an issue, until God stepped in.

It took three years in prison to get me off of drugs/medication I was abusing and another seven years to get to this point in my life where I can see just how unmanageable my life was. My M.O. was public indecency. It changed when meds came into my life. What put me in prison was me; I betrayed a girl's trust.

My life was so unmanageable... that I'm scared to death of getting out—you see, I'll be a registered sex offender upon my release. I don't scare me, now. People scare me out there. Most are unforgiving—some will even try to set me up or come gunning for me without even knowing who I have become now. That's how unmanageable I had become.

Today I have to trust in God—Higher Power to some of you—because I don't ever want to go back to where I was or come back to this negativity-filled prison. I have more than five individuals I can/do write/call if I start thinking negatively. When I get out I'll join the SAA group here in Maine because I need it and want it. Thanks for your support through the PBR; it's my "meeting" in prison.



Choices.....It's a wonderful thing

By Santi L.

As someone once said, "To be or not to be, that is the question," to be a slave to our addiction by continuing the selfish, self-centered behavior and patterns that ultimately will lead to acting out, or to dedicate and commit ourselves to the pursuit of being a spiritual person, as our Higher Power wills for us. Our lives in recovery are highlighted by the simple fact that each and every day we awaken to the truth that we will need to make that simple decision (to be or not to be) not just once but often during the day. And for a recovering addict that is great because were it not necessary to be super-attentive to our deeds and thoughts throughout the day, who knows where we would be!

Every day, we are faced with a myriad of choices. Our lives are defined by the choices that we make. We are constantly faced with choosing between alternatives: choosing between right and wrong . . . choosing to be happy or sad . . . choosing to forgive or not . . . choosing to be selfish or loving . . . choosing to learn and grow from our mistakes and trials or allowing them to make us bitter, resentful and covetous. Some choices are simple, some are complex; but all serve to make up the character of who we are.

God in his majestic glory al-

ways allows us to choose. He wants the very best for us, but as a demonstration of his undying and unconditional love he will let us fail . . . if it is our will.

It is extremely hard to stay on the path of living right. We say and know the recovery program is simple...not easy! When we allow ourselves to be tempted by attractive things and by our sinful nature allow ourselves to be distracted and get off track we must awaken quickly and be willing to reach down to the depths of our innermost being to find the truth which is in all of us. That truth which lives in our spirit, soul and heart, is our salvation and permanent elixir against the onslaught of worldly temptations.

I heard a friend do a witness talk where he spoke of the power of truth in our lives. Even though this man is not an addict, his words of encouragement to those who are seeking to become spiritual leaders ran very true to me, both as a man on that journey and as a recovering addict. He mentioned the acronym E.A.T. And boy, does it apply to many of us who have yet not gotten to the level of profound self honesty.

The "E" stands for "Encounter the Truth." Since we who are just coming into the program don't have the foggiest idea of things, we need to trust in our sponsors that they will help us encounter the truth, not by enabling us and doing the

soft-shoe but by challenging us and holding us accountable for corresponding action to that encounter. The “A” stands for “Acknowledging the Truth.” Often we encounter the truth but we do not acknowledge or accept it. Little good will come of doing an inventory if we do not resolve to take action to do away with our character defects. Lastly the “T” stands for being “Transformed by the Truth.” This is the stuff that mature adults are made up of. Are we willing to pay the price to allow our truth to transform us? Can we commit to a program of action and change? We

must keep our eyes on the prize (to be a spiritual man) and give up the thought/idea that temporary pleasure will develop into a long term state of well being. It is just not so. When we compare the temporary thrill of lust of people, places or things to the eternal joy we experience living in God’s will there is no alternative but to keep on trudging and seek our higher calling.

Now how about attitudes? The attitude with which we em-

brace each day is indeed a conscious choice which ultimately determines to a large extent how the course of events will unfold for us. When we embrace attitudes of regret, disappointment, fear, anger, jealousy, doubt or distrust, we only open the door for more of the same. Conversely, when we embrace atti-

tudes of thankfulness, enthusiasm, hope, faith, love, joy and trust, we promote a healthy atmosphere around us that is conducive to growth, productivity, and victory in all areas of our lives.

Finally before coming into our fellowship we had no choice. It wasn’t a matter of whether we would succumb to our addiction and act out. It simply was a matter of

when we would do so. Today as we walk in faith with our sponsor and others on the path of godliness we still have the choice to return to our lives as scumbags. Isn’t it nice to know we have that choice? We choose wisely and we act accordingly.

E.A.T.

**Encounter the
Truth.**

**Acknowledging the
Truth**

**Transformed by
the Truth.**

My Take on Step Six

A talk given to my SAA group (Lakeside Group—Minneapolis, Minnesota) on Wednesday, June 21, 2006

By Bill M.

I'm Bill...I'm a sex addict.

Step 6: Were entirely ready to have God remove all these defects of character.

I've been in this program a little over three years, and I've worked through the first five steps and am now on Step Six, which is one of the reasons I signed up for this talk tonight.

You see, I'm not quite sure how a person knows when they've completed this step, so I thought if I signed up to talk about the step it would help me understand more about how to complete the step and move on to Step Seven which is "Humbly asked God to remove our shortcomings."

But first I'd like to give all of you a lesson in military tactics on the battlefield. I'm going to make all of you infantry battalion commanders for a moment. You've just received a mission from higher command. The mission statement says that you are to "attack to defeat the enemy elements on the opposite side of the Tigris River from your location." Now being a good infantry commander, you know your first job is to analyze that mission statement for both its specified and implied tasks for your unit. What is the specified task? Attack to defeat the enemy. What

is the implied task? Crossing the river. No one on the battlefield moves a muscle until they analyze the mission they've been given and understand not only the specified, but also the implied tasks in that mission for the unit under your command.

I thought about my military training when I first came upon Step Six. So what's the specified task in Step Six? Were entirely ready to have God remove our defects of character. If the specified task in this mission is "Be ready to have God remove our defects of character," what are the implied tasks? I think the implied tasks are:

1. Belief in a Higher Power and
2. Knowledge of our defects of character.

Which is precisely why we must go through the first five steps before we can accomplish Step Six. We must believe in a power greater than ourselves. We must then turn our will and our lives over to the care of God as we understand God. Then we conduct a fearless and moral inventory of our past lives and the harm we did to ourselves and to others, which we then admit to someone else and God in Step Five. It is then that we begin to identify the defects of character which really underlie our acting-out, addictive behaviors. All of

these steps lead us to this step in our program.

Step Six in the Twelve Step program reminds me of my days playing high school football in San José, California, where I grew up a long time ago. Every late summer when fall football practice started, the coaches had us dress down simply to a t-shirt, a pair of shorts, and football cleats. Everyone was in their “Heisman trophy” glory running around the football field those first two days. But then, on the end of the

second day,

the foot-

ball

coaches

would call us

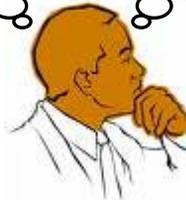
over in a huddle and our head football coach would always make the same speech. It went something like this.

“Fellas, tomorrow we’re going to put pads and helmets on and start hitting people, and tomorrow night after practice some of you are going to come up to me and tell me you don’t really want to play football anymore. And that’s okay. I’ll understand.”

If our recovery is truly about changing our lives for good, about changing who we are, how we see the world and react to it, then that change really starts when we decide we really want God to help us be and act differently from a pattern of behavior, a way of thinking and acting that

has become all too natural for us, even though it may be against our real human nature. Step Six is when we “put the pads and helmet on and decide if we really want to become football players.”

The problem up to this point in our lives is that we thought we could do this on our own or, worse yet, we didn’t need to do it, which is why our first step of admitting our powerlessness is so important, along with the second step of believing in a higher power who can “bring us to sanity.”



I remember learning from a book about male initiation that I cannot solve a problem from the same level of consciousness that created it. As sex addicts we need help. Our ego

level of consciousness which we’ve all relied on for so many years has gotten us into trouble. We must find a deeper spiritual level of meaning and consciousness in our lives, a “higher power,” and be willing and able to let that power bring us to sanity by helping us to “change the things we can” in our lives.

My ego level of consciousness was formed early in my life and was influenced by both the nature and nurturing around me or the

My Take on Step Six Continued

lack of it. Certain unconsciousness patterns and motivations began to emerge which would form my character traits and, to a great extent, my behaviors to deal with these motivations and character traits later in life.

It took me two years to write my Step Four; it was a slow and painful process. I found the best way to complete this initial moral inventory was to do it in a narrative form, to relive and examine those events in my life driven by my feelings of resentment, anger, shame, guilt, fear and remorse, to examine what I did in those moments, and perhaps the beliefs or motivations behind my actions at the time.

In preparing for this talk tonight I went back and read through my fourth step again. I'd like to share with you a couple of these narratives because they helped reveal for me some core character traits that I've been dealing with for years.

Incident/Person: Bedwetting as a child

Why/Feelings: I was extremely embarrassed when this happened to me, particularly when I wet the bed over at a friend's house on a sleepover. I particularly remember an incident that occurred when I was eleven years old. My friend and I had stayed up late watching a horror movie on TV. The next morning I told my friend I was so frightened by the movie I wet the

bed in fear, when in fact I knew this was a common occurrence. I had a deep sense of shame and humiliation from this experience.

Character defect: Overly sensitive to the opinion of others and insecure.

Belief/Motivations: People will think less of me for having this problem. I will be seen as a baby, unable to control my own bodily functions.

Incident/Person: Mom sending me off to school (kindergarten) a year earlier than I was supposed to start (i.e., age 4).

Why/Feelings: I was traumatized and felt great anxiety over starting school at such an early age. I did not like leaving my mother/home and this was manifested in my having bouts of crying spells in grammar school. Often these emotional outbursts were associated with performance anxiety. I remember every time the teacher gave us an assignment, something to do with our hands (arts/crafts) I would cry because I did not understand the instructions and was fearful of not being able to perform as well as the other students.

Character traits: Insecurity, immaturity, overly sensitive to how others viewed or thought of me.

Belief/Motivations: I was not a good person. I would not be liked in school because I couldn't do things as well as other kids. My mother didn't love me or want me because she was anxious to send

me off to school before I was ready.

What these experiences left me with were character traits that would follow me the rest of my life: insecurity, immaturity, performance anxiety, being overly sensitive to how others view or think of me. I also learned of other defects as I went through my Fourth Step that could be added to the list including an inability to form intimate relationships, a tendency to be selfish and impatient. It was okay for me to want what I wanted when I wanted it all the time when I was five years old. It is tiresome now that I'm an adult.

In a word, I became a "pleaser" in my life in order to get the love I perceived I was missing or to give the love the only way I knew how to give it. But something happened to me when I became a pleaser, because my own identity was constantly being formed by what I perceived others thought of me. I began to lose something; I began to lose my "self." One of the great spiritual writers of our time said in a book that I had to stop being a pleaser and reclaim my identity as a free self.

What does it mean for me to reclaim my identity for myself? I recently met a young man studying for the priesthood who at the ripe age of twenty had a pretty profound observation. He said that he believed that all of our lives represent one big identity crisis that is not solved until we

die. This statement reminded me of something my spiritual director told me about when she was a young novice. She was obsessed with learning how to, as she put it, "pray perfectly." She went to her Mother Superior and said "I want to pray perfectly; when will I learn to pray perfectly?: The advisor said, "Two minutes after you're dead."

This addiction, this disease, has made me realize that I don't want to wait until I die to find out who I really am. But in order to complete this journey sooner rather than later I need to, in a word that really captures what Step Six is about, be "willing," willing to believe in a God or "higher power" that can bring me to a sanity and an identity that I truly long for in this life. If I am willing to live a life absent of my character defects, then I have to ask myself some hard questions. For example, if I want my selfishness to leave me, then can I live in a world where I am more concerned about meeting the needs of others than meeting my own selfish needs? Or, if I want to truly learn to be intimate with others and allow them to be intimate with me, can I truly open up and be honest with people about who I really am, risk showing them that I'm not perfect in everything I do, that I don't know all the answers, that I can be vulnerable and still survive?

Actually, one of the ways I can demonstrate completion of Step Six is to actually start (with God's help) Step Seven. I think one of the reasons why Step Six is so

My Take on Step Six Continued

daunting to us is because we look at all of the defects of character we've identified in Step Five and say to ourselves, "What an order! I can't go through with it." But in reality we can, a step at a time. I don't take all the defects at once; I choose one and begin working on it.

Sometimes after my wife observes me in conversations with others, she is fond of saying to me, "Why can't you ever admit you don't know something? Have you ever noticed that you always have to come up with an answer even though it's obvious that you really don't know the answer, or what the hell you're talking about?"

This brings me to a beautiful story in the media recently of a young photographer/artist/writer in Minnesota who was fascinated by his grandparents' long marriage. He took their picture and interviewed them to begin understanding the secrets of successful long marriages. He began a personal journey around the state photographing and interviewing couples who had been together forty, fifty, sixty years. As a result of meeting these couples, he discovered there were three words that were responsible for long-lasting relationships and the three words were not "I love you." Do you know what the three words were? They were "maybe

you're right."

My doing this step talk tonight and revealing some of my Step Four to you is a way of working at that "intimacy" thing I talked about earlier. I'm now sponsoring someone in our group and this interaction is helping me open myself up to another human being in a way that deals with the "selfishness" thing. I'm learning that it isn't all about me, and at the same time I'm allowing myself to be open with another person.

The key is to "just do it," a piece at a time, a day at a time. And the reward for being entirely ready to have God remove my character defects? Well, it's sobriety because it's not the sex I'm powerless over, it's the character defects that underlie my acting out. I can't do it alone, I can't remove them alone, I need to surrender over to God my inability to control those defects of character.

Addicts are by nature complicated people. We are people who have lived not one, but two lives, sometimes simultaneously. We possess both a dark side and an inner light, and we have a number of character defects.

What the SAA program is helping me realize is this: the closer I get to God, the simpler I become. And each of our twelve steps brings us one step closer to God.

In closing, I think I have the

answer to the “identity crisis” that young seminarian studying for the ministry talked about. I believe that when our physical lives end we will come face to face with our authentic and true selves. We’ll come face to face with “Howard,” or with that “kind, wise, silver-haired old man walking with us across a beautiful meadow,” or with “the people in this fellowship,” or with that “serene spirit in nature that moves us so.” I’ve

heard people in our group describe their “higher power” in these and other ways. What I name my higher power does not matter, that I name a higher power does; and it makes all the difference. I will come face to face with my higher power when I did and, even more important, I will recognize the reflection in that mirror when the time comes. Step Six really begins to speed up this journey and I can’t wait to complete it.

Suicidal Awareness Is Our Concern

By Ed C.—Charleston, S.C.

Certainly suicide awareness is not exclusive to sex addicts but should be a concern to each member. Suicide is preventable. Most people contemplating suicide want to live; they are just unable to see alternatives to their problems. They often view their situation as hopeless.

Here is a noninclusive list of ten warning signs each of us should be watchful for. The person: has sexual, family or marital problems; feels sad; can’t make decisions; withdraws from SAA meetings; can’t see a future without pain; can’t see things as worthwhile; can’t seem to get control; can’t get out of a depressed mood; has increased their use of alcohol, drugs or pornography; has recently lost their job.

Here is a similarly noninclusive list of ten things each one of

us could/should/can do. We can: be aware (learn the warning signs); be involved, available and supportive; offer empathy, not sympathy; avoid giving advice; ask if they are thinking about suicide; avoid acting shocked, as this will put distance between the person and us; offer hope that alternatives are available; avoid blowing them off (all threats should be taken seriously); listen carefully and allow expression of feelings; take appropriate action. If deemed necessary, we should get help immediately, without delay.

Have you come across one or more members in your program(s) over the years having these tendencies? If yes, I hope that your involvement made a big difference. It behooves each one of us in SAA to keep an eye on our brothers and sisters.

The Foundation of My Recovery

By Dan L.

When I first found Sex Addicts Anonymous, all I wanted to do was stop calling phone sex lines several times a day. I had decided my wife, my family, the world itself would be better off if I was dead. My goal when I went to my first meeting was to stop calling the sex lines long enough to pay off credit cards and collection agencies so that when I took my life I would not leave a financial burden on my family.

Something magic happened at that first meeting as each addict sitting at the table related, briefly, how they came to SAA. Isolation and despair slipped away from me. Other people faced the same demons I faced and managed to save their lives and relationships.

I am now in my sixth year of SAA membership. It puzzles me how many members are so reluctant to work the steps. As it says in the Green Book, page 20, "Taking these steps allows fundamental change to occur and be sustained in our lives. They are the foundation of our recovery." I cannot fully express my gratitude to G-d and the program for the precious gift of the Twelve Steps.

I did indeed get some relief from phone sex without working the steps. I only called weekly instead of daily. This small taste of sobriety made me hunger for more. Obviously, I needed to work a more vigorous program. I

committed my first act of surrender to my Higher Power and took my First Step.

In working my Step One, I was able to define my addiction, put words to it and reduce its power over me. It is no longer some mysterious force that attacks me out of nowhere; it has a source and predictable patterns. To my surprise, phone sex was not my only addictive behavior. I also consumed pornography of all sorts. I also viewed the women around me as body parts rather than human beings.

My work was about to get harder.

Taking Steps Two and Three required me to connect to my Higher Power. I went back to the religion I scorned as a teenager. As a boy, I was forced to attend services and stopped going after my parents gave me the choice. I returned, a desperate adult sex addict. I paid attention to what was said and the liturgy we were reading. I also asked people what brought them back every week. I found a group of people who bound themselves together for the purpose of living better lives, just as in SAA. I realized there might be something to this "spiritual" stuff after all.

Step Four showed me the behaviors that lay the ground for my addictive behaviors. How I let feelings of worthlessness set people up to disappoint me, giving me an excuse to "reward" myself.

Step Five was the hardest step.

I went to my house of worship, sat alone in front of the altar and read Step Four aloud. Any doubt in the existence of a Higher Power vanished after about thirty seconds. As I spoke the truth about myself for the first time, a connection to G-d opened up and I realized G-d was actually listening. The feelings of awe, humility, and terror are indescribable. I wanted to run in shame from that place but forced myself to stay and read every page. Today when I go back to G-d's house I feel like it is my house, too.

Steps One through Five are, for me, about self-knowledge, getting a handle on my problems, and asking for help.

Steps Six through Ten are when I started becoming a better human being. As I isolated my defects, made amends, attempted to learn new patterns of thinking and behavior, I realized how my addiction permeates every aspect of my life. It affects how I treat my family, friends, and coworkers; how I think about money, my diet, even what clothes I wear.

As I started living in recovery, my conscience cleared up a little and I started seeing myself as a worthy person. I found that being a man is more than my physical aspects. As my addiction progressed I had turned authority and responsibility for my marriage over to my wife even though she didn't ask for it or want it. Now I was ready to start taking it back. Being a

man means, to me, demanding what is right. Instead of keeping silent and building resentments that lead to relapses, I can pound my fist on the kitchen table and say "Dammit, we did what you wanted to do last weekend. Now we're going to do what I want to do!"

In Step Two I came to believe G-d could restore me to sanity. In Step Eleven I came to believe G-d is not only doing that but is actually communicating to me all the time, easing my path as I open up and turn over my will in my daily prayer. I no longer have that feeling of being caught doing something bad, like I did back in my Step Four. My G-d loves me unconditionally and wants only the best for me. I can say anything I want in my prayers without shame.

Step Twelve is my favorite step. Carrying the message forces me to get out of my shell and stop isolating. I love meeting people in the program. I love doing what I can to help others find the gifts that have been given to me.

Working the steps once has improved my life so much that I am currently on my second trip through them. I am now on Step Nine for the second time and the experience is even richer and more rewarding than it was the first time.

I encourage anyone who isn't working the steps, for one reason or another, to grab a sponsor and do the work. A little bit of work yields such wonderful results.

Finding SAA

By Kasey S.

After my arrest for pedophilia in 1998, I met a psychologist who suggested I was a sex addict. I asked her about any research material that she could recommend. She referred me to several books, including one in which I found SAA listed. I had my sister call the local intergroup to ask for someone who would write to me in jail. A couple of weeks later I received a letter from a man who later was to become my sponsor.

He stated in that first letter that if I had a desire to quit acting out and I was willing to go to any lengths, I could recover from sex addiction. We began to correspond. He led me to the ISO of SAA where I wrote for more literature and books while in prison.

I get the PBR regularly and have just received SAA's Green Book. At my current prison, I

am able to attend an SAA meeting about every three weeks as part of our twelve-step program.

I was sentenced to twenty years to serve ten. I have two years left to serve with ten more on probation.

Truly I have moved from shame to grace through the SAA program of recovery. Without it I would have been lost in prison.

It has shown me that I can be honest with my addiction and the crimes I committed because of it, and still be loved. I have become a whole person.

Upon my release, I will attend SAA meetings and continue to work my program.

I must mention the vast support my sponsor has given me. He has always been there to answer my questions, give me feedback, and lead the way.

I want to thank the people in the prison outreach program for their love and help. This has given me hope for the future.



First and Ninth Step

By David S. of Minnesota

I had a slip a few weeks ago and it cost me. Not just money, but peace of mind as well. I had a few weeks of clean sobriety going and then, all of a sudden I'm on the phone lines acting out. I had used up my "free introductory" membership and now it was time for the 50% off deal. I took it. I ran naked to the garage, got the family credit card out of the car and jumped back into bed and onto the phone (talk about powerless and unmanageable!). I proceeded to act out for an hour or so, then my paid membership ran out. But, I could get an instant extension with the push of a button, as they already had my credit card information on file. So, I pushed the button and continued acting out. It was nothing new or exciting, I just wanted the high.

Within a few days I told my wife, my sponsor and my group about the slip. I made direct amends to my wife and have been sober of the chat lines ever since. However, I needed to make financial amends to my family. My teenage son didn't need to know the details but the family didn't deserve to lose the money either. So, I began to think of ways to pay back the debt without burdening my family with more lost time by working extra hours. Then it came to me: my guitar collection. I play music for a living and therefore have a number of guitars for

various uses. One guitar I had purchased while on tour in Florida. I remember one night in the hotel room alternating between playing my new guitar and acting out on the phone. When morning came I hurried to the front desk to pay my phone bill before anyone else could see what I had done. The shame was overpowering. Then I find out that the tour manager had already paid the bill in full. He had to have seen the calls I made, or maybe not. Either way we never spoke of it.

So here I am, fifteen years later, needing money to make a ninth step amend. I took that guitar (and a few other things) and sold them for less than half of their worth. But I was able to cover the credit card bill and not burden my family any further.

I don't miss the guitar per se. I still have nine others. But I do notice the empty space in my collection and am reminded of how cunning, baffling and powerful this disease is.

The good news is, I no longer feel the shame that I used to feel, just appropriate guilt and responsibility. What a gift. Thank you all for keeping me sober. Were it not for the fellowship of SAA who knows what I would be selling and why I would need the money.

I Am Your Disease

By Roger D.

[Editor's Note: This article originally appeared in the October/November 2000 issue of the PBR.]

Hello...just in case you forgot me...I am your disease. I hate meetings...I hate Higher Powers...I hate your program. To all who come in contact with me...I wish you suffering and I wish you death.

Allow me to introduce myself. I am the disease of addiction. I am cunning, baffling and powerful. That's me. I have killed millions and I am pleased. I love to catch you with the element of surprise. I love pretending I am your friend and lover.

I have given you comfort, haven't I? Wasn't I there when you were lonely? When you wanted to die, didn't you call on me? I love to make you hurt. I love to make you cry. Better yet, I love to make you so numb, you can neither hurt nor cry. When you can't feel anything at all, that's my true gratification. All that I ask from you is long-term suffering.

I've been there for you always. When things were going right in your life, you invited me. You said you didn't deserve these

things, and I was the only one to agree with you. Together, we were able to destroy all the good things in your life.

People don't take me seriously. They take strokes seriously, heart attacks, even diabetes they take

seriously. Fools. Without my help, these would not be possible. I am such a hated disease, and yet I do not come uninvited. You choose to have me. So many have chosen me over reality and peace.

More than you hate me, I hate all of you who have a 12-step program.

Your program, your meetings, your Higher Power, all of these things weaken me, and I can't function in the manner I am accustomed to.

Now I must live here quietly. You don't see me, but I am growing bigger than ever. When you only exist I live and when you live I can only exist. I am here...waiting...until we meet again. If we meet again, I wish you suffering and death.

**When you
only exist I
live and
when you
live I can
only exist.**

Sincerely,
YOUR DISEASE

Graduation...NOT!

By Robert S.

[Editor's Note: This article originally appeared in the December 1995 issue of the PBR.]

It starts with a simple premise: "Having had a spiritual awakening..." The language implies that I perceive that I have had a spiritual awakening. And now this tells me that I try "to carry this message to other sex addicts, and practice these principles in all of [my] activities."

I have had more trouble in my recovery doing 12th Step and service work than any other part. I am finally getting the message that this "spiritual awakening" comes very, very slowly. After 6 years in the program, "it's beginning to sink in."

My problem is that I wanted to work a perfect program, sail through the 12 and 12 quickly, and then move on to bigger and better things. And I am thankful that despite all my troubles, my middle circle behaviors of masturbation, incest, affairs and infidelity remained there. My group and HP kept me sexually sober throughout. But I was a long way from the humble person it takes to be in recovery.

My relapses were a violation of Traditions 2 and 12. Why? Because number 2 is the "do not play Higher Power" tradition. Number 12 is the tradition of humility.

I always was a people pleaser; I needed affirmations. In order to please, I must accomplish. In order to accomplish, I must take part, volunteer, even sort of "push." In my sponsorship of members, new or old, I thought it needful that I

"teach" them something. I had bad luck with sponsorees. Some were downright P.O.'d. I had not learned that I was only scratching the surface of my own recovery, and had little to pass on. And I was angry that I could not control those persons or situations that I engaged.

When I engaged in service work in NSO, *[Editor's Note: "National Service Organization" was changed to "International Service Organization" in 1996]* I thought I had all the talent, drive, and recovery I needed to tackle the tasks at hand. In my need to wade in, disassemble, reorganize, and control the entire process, I invited what proved to be near disaster. I violated many boundaries, I caused many persons many problems. Step 9s and 10s were many, and more are probably due.

Graduation? Hell, it's like I haven't even enrolled yet! A saying of old times perhaps says it better than anything—"The ass who perceives himself to be a stag comes to the knowledge of the truth when he goes to leap the ditch."

And despite it all, I wouldn't trade it for a moment. Some of those lumps are the marks of recovery. I thank my HP that I was capable of using them for improvement, not only in affirming my sexuality, but "in all of my activities."

“You Have a One-Track Mind”

By David D., Ft. Worth, TX, SAA

[Author's note: This is my mini-first step. I hope someone can relate to it. I wrote it in poem/song form.]

I knew something wasn't right
when she wanted to talk last night.
“Sex is all that's in your world
and I'm not that type of girl.
I'm not your fantasy whore;
I need love, not sex more and more.

“It's time for me to say good-bye,
I think you understand why.
You have a one-track mind,” she said,
“You have a one-track mind.”

But men crave sex, don't they?
I hear this almost every day.
So why do women keep saying good-bye,
when I am just acting like other guys?
Even my father thinks it's great
to want sex on the first date.

I was twenty years old in 1964,
I didn't want this to happen any more.
I wanted to change my mind,
but the shrink I'm seeing said I'm fine.
I had a strong sex drive for my age,
I shouldn't let it worry me today.
It cost me one hundred dollars then.
He then asked, “When can we meet again?”

After my military service was done,
I came home to start having fun.
I was having fantasies all day long,
but if I'd get married they'd be gone.
So I got married at age twenty-five,
but we were divorced in a short time.

I didn't want a wife back then,
I wanted what lust had always been.
I wanted a different woman every night,
Not a pretty woman that felt right.
So in three years my wife went away,
now all I had was loneliness every day.

"It's time for me to say good-bye,
I think you understand why.
You have a one-track mind," she said,
"You have a one-track mind."

If I moved far enough away,
I'm sure I won't get depressed today.
Since my job wasn't much fun,
I quit to be in the California sun.
This turned out to be a bad move,
and again I was depressed all anew.
I kept moving more and more,
by now my life was consumed by porn.

In 1975 I moved back to the Metroplex;
now my sexual addiction was really a mess.
I was acting out several times a week,
and my will power was never so weak.
I started drinking more and more,
which increased my chance to score.
But even if my night was a success,
the next day I was left deeply depressed.
At 40 it was time to quit drinking;
Now all I had left was sexually thinking.

Since my drinking had ceased,
I thought I'd be rid of this sexual beast.
But I went to X-rated theaters every night,
risking my freedom, my health, even my life.
Each time I said it won't happen again,
but this addiction is strong and hard to win.
At times, I stopped for a week back then,
only to have the urges return once again.

“You Have a One-Track Mind” Continued

I knew I had hit bottom this time,
because my fantasy no longer was mine.
I woke up each night with a fear,
that I had caught a disease for real.
I went for help right away;
My counselor suggested SAA.

I have learned a lot since that day
about this addiction that won't go away.
It was too much to overcome back then,
But SAA gave me the tools to win.
I knew I couldn't control my mind,
but I could “one day at a time.”

Since I've started going to SAA,
Everything in my life changed that day.
Now there's hope when none had been,
Because millions have faced this same sin.
I now have this chance to win,
even if the urges come back again and again.

I no longer have all this guilt and shame,
and my life will never be the same.
I call my sponsor every day,
so my bad thinking just goes away.
I no longer face this addiction alone;
now I call other addicts on the phone.
In just a short time I am okay,
And I've made it another day.
I know I can stay sober today,
if I make meetings, call people, and do it God's way.

“It's time for me to say good-bye,
I think you understand why.
You have a one-track mind,” she said,
“You have a one-track mind.”
But that one-track mind I had then
won't have any power over me again.

From the Editor

By Mike L.

By the time you receive this issue of the PBR, we will be just a little over halfway around the year from the most recent convention. So things are starting to build toward the next convention—I already received a flyer in the mail—as indeed they have been for quite some time for the group who is putting it on. Conventions are always a lot of fun in the sense that it is a chance to connect and reconnect with other people in recovery, some of whom we haven't seen since the last convention. And we have that opportunity year-round by just getting to the next meeting.

And speaking of the convention, this is the last chance I'll have to remind you that if you're intending to submit suggestions for changes to our Green Book, that deadline is December 31. The delegates will be voting on whether to adopt the Green Book as conference-approved literature, so if you have any suggestions for changes or improvements, send them to the office at info@saa-recovery.org by the end of December, and the office will forward your suggestions on to the literature committee.

We have a particularly full issue of the PBR this month, or maybe it just seems more full to me than usual because I had such a large number of submissions this time and even have some of the next PBR put together. For some reason, there seems to be a great emphasis on the steps this month. In fact, Steps One,

Two, Three, Four, Five, Six, Seven, Nine, Eleven and Twelve are all specifically mentioned in this issue. That may well be some kind of record. And of course, since what we at the PBR are most looking for, in terms of articles, are ones emphasizing the solution over the problem as well as our experience, strength and hope, the steps are certainly a great place to start.

And, of course, I'm always looking for more articles. So if you are finishing up an article or want to start one, please send it to me either by e-mail to pbr@saa-recovery.org or else to the office at P.O. Box 70949, Houston, TX 77270-0949. Sending articles by U.S. mail may seem a bit old-fashioned, and, as a matter of fact, all but two of the current issue's articles came to me in just that fashion. So please don't hesitate to send them that way.

Anyway, I hope you are enjoying your holiday season, and I look forward to talking with you again next issue. And keep those articles coming!





ISO News



ISO Board

The Board of Trustees of the ISO of SAA, Inc.,
met by teleconference November 12, 2006.

The following is a report of significant actions taken.

Approved: That the ISO Literature Committee has supervisory authority over all ISO publications that are intended for continuous or repeated use.

The motion includes the following commentary:

This definition excludes materials produced for single events, occasions, or functions.

When such "one-time" publications are produced, and include content carrying the SAA message of recovery, such content should be taken from Literature Committee approved material.

Material produced and approved by the Delegate Conference or the Board that is directly related to the responsibilities of the Conference or the Board does not fall within this definition (e.g., "Guidelines for International Service").

Convention materials are exempt from this definition, since conventions are one-time events. This includes materials produced for delegate conferences, Board meetings, and Literature Committee meetings, as well as for the regular convention. However, if materials are produced for a convention that are also intended for continuous or repeated use outside the convention, such materials fall within this definition.

Recordings of SAA speakers at conventions, meetings, or other events fall within this definition since they are produced and sold for repeated use. The Literature Committee will work with the ISO office to work out future procedures. In the meantime, recordings will be sold as in the past.

Materials that are continuously or repeatedly produced by the ISO, but are not considered "literature" by the Literature Committee do not require the official designation "Literature Committee Approved." In the case of meeting schedules, for instance, the Literature Committee may indicate that said material has been reviewed and that publication may go forward. In order to facilitate its responsibilities, the Literature Committee may also indicate what sections of said material will need to be reviewed if revised at a future date.

ISO information and announcements that are submitted to the SAA newsletter have generally been defined separately from recovery-based content. The newsletter is the responsibility of the Literature Committee, and it is understood that the editor can inquire as to the definition of any particular case, and that Literature Committee, Board, and Office will cooperate to attain clarity on any such issue.

Since the content of the ISO website is intended for continuous use, it falls under this definition. In the case of website content that presents ISO announcements and other information of a transitory nature, the Literature Committee will work together with the ISO Office to ensure that the timely maintenance of the website's contents will proceed without undue delay.

ISO Board

The Board of Trustees of the ISO of SAA, Inc.,
met by teleconference November 18, 2006.

The following is a report of significant actions taken.

Approved: That members of the fellowship hosting the ISO's annual convention be offered a discounted registration fee that approximates the cost of the catered meals, with the discount being offered to members and their guests who live within the hosting city's metropolitan area and with the metropolitan area to be determined by the Board of Trustees after taking into account the suggestions of the hosting city's convention committee.

Approved: That the 2007 ISO Convention amended budget be adopted (including a projected Board and Literature Committee travel expenditure of \$16,000.00) to yield a final projected surplus of \$10,900.00.

Approved: That refunds for convention registration fees only will be made (less a \$25.00 administrative fee) when requests are received by the ISO office in writing or by email seven days before the start of the convention.

Approved: That, due to a rise in the cost of bronze medallions, the sales price of bronze medallions be raised from \$3.25 to \$4.00 per medallion.

Approved: To accept the ISO office lease modification and ratification as written which simply extends the lease with its present terms unchanged.

Authorized: The Director of Fellowship Services to spend up to \$550.00 on indexing software.

Accepted: The Board Committee Principles as amended.

Approved: To continue to pay for tuition, books, and related course expenses for Jonathan C.'s staff education but to limit paid study time to two hours per week per technical course.

Approved: That the budget year be changed from the calendar year to start on July 1 and end on June 30 effective July 1, 2007.

Approved: That accessible brochures be made as high a priority as possible for the Website Committee.

Approved: That the ISO office procedure on the "Handling of Information About Sexual Abuse of Minors" be amended to include email and other forms of communication.

ISO Literature Committee

The Literature Committee of the ISO of SAA, Inc.,
met by teleconference November 5, 2006.

The following is a report of significant actions taken.

Approved: The proposal of the ad hoc committee on publications. One additional statement added to the motion: "The Literature Committee reserves the right to review and amend paragraph five of this proposal regarding recordings of SAA speakers at conventions, meeting and other events."

Approved: That the name of the Office Oversight Subcommittee be changed to "LitCom/Office liaison subcommittee."

Approved: The content of the new web pages and authorized the Website Committee to put them up live immediately, with the proviso that the LitCom reserves the right to make changes as our review proceeds.

Approved: That we extend an official invitation for the staff to attend a two-hour portion of our meeting at the convention.

Disclosure Advisory Committee (DAC) Appeal

The Disclosure Advisory Committee (DAC) has been assigned two tasks by the ISO Board at the 2006 Convention in Indianapolis:

- 1) To review ISO reports about communications to the ISO that contain information about ongoing sexual abuse of minors and to act in an advisory capacity to the Board, and
- 2) To develop recommendations to the Board for guidelines for other levels of the SAA fellowship with regard to procedures for handling information about ongoing sexual abuse of minors.

What is disclosure? For the committee's purposes, it is when a member tells another member, sponsor, meeting, or intergroup that they are currently being sexual with a minor (someone under the age of 18 in the US, or under 14 in Canada). The committee is considering the spiritual and legal issues involved for the SAA fellowship.

Staci S., the DAC chair, on behalf of the committee, is seeking help from the fellowship on the following questions:

- Does your local fellowship have experience, strength and hope to offer on this issue?
- Have you developed any literature or statements that are read at your meetings?
- Does your intergroup have a policy on disclosures that is working for you?
- How do you handle disclosure as a sponsor?
- Have you had personal experience about disclosure that might be helpful for the DAC to know – perhaps what worked or what didn't work?
- The committee is seeking stories about disclosure from its members to best inform its work as a committee.

If you would like to reply, please email the DAC at disclosure@saa-recovery.org. The committee thanks you in advance for your experience, strength and hope.

The Board committees called for in Phase III that have met since the 2006 convention are working actively on the following tasks:

General Outreach: Continuing the development of guidelines for a public information or speaker's bureau by reviewing the experience, strength and hope in the literature of several other Twelve Step fellowships. Also a Men's Outreach Subcommittee has been formed to explore ways of carrying the SAA message to men living in geographically isolated areas. (See details in the article on page 30.)

Interfellowship Relations: Having successfully hosted this year's Interfellowship Forum (IFF) in New Orleans, LA in November, the committee is continuing its work on guidelines for SAA cooperation with other S-fellowships.

Intergroup Communications: Continuing the process of developing an intergroup guide. Preparing to develop new ways to increase horizontal communications between intergroups.

International Development: Preparing to send a letter in Spanish to all groups in Central and South America and Spain to let them know that the Spanish translation of the SAA basic text is now available and that their feedback on it is valued.

Prisoner Outreach: Finalizing a draft of a pamphlet describing ISO prisoner outreach service that can be sent to the Board and Literature Committee for approval.

Women's Outreach: Having accomplished the two tasks given to them at the 2006 convention and more, the committee is preparing to explore additional projects to carry the SAA message to women. Also this committee has made itself available to support the development of a Men's Outreach Network.

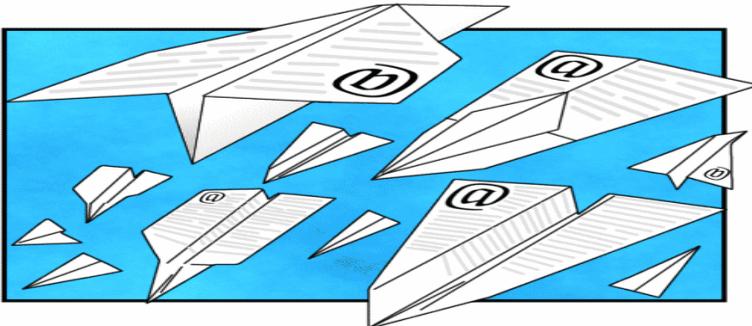
Email Addresses

The following is a list of Board email addresses and the Litcom email addresses for the various regions, and the ISO staff email addresses. The Board, Litcon, and the staff are always happy to hear from the fellowship.

Great Lakes Board Member and Alternate: BoardGL@SAA-recovery.org
Intermountain Board Member and Alternate: BoardIM@SAA-recovery.org
North Central Board Member and Alternate: BoardNC@SAA-recovery.org
Northeast Board Member and Alternate: BoardNE@SAA-recovery.org
North Pacific Board Member and Alternate: BoardNP@SAA-recovery.org
South Central Board Member and Alternate: BoardSC@SAA-recovery.org
Southeast Board Member and Alternate: BoardSE@SAA-recovery.org
Southern Pacific Board Member and Alternate: BoardSP@SAA-recovery.org
At Large Board Member: BoardAL@SAA-recovery.org

Great Lakes LitCom Member and Alternate: LitcomGL@SAA-Litcom.org
Intermountain LitCom Member and Alternate: LitcomIM@SAA-Litcom.org
North Central LitCom Member and Alternate: LitcomNC@SAA-Litcom.org
Northeast LitCom Member and Alternate: LitcomNE@SAA-Litcom.org
North Pacific LitCom Member and Alternate: LitcomNP@SAA-Litcom.org
South Central LitCom Member and Alternate: LitcomSC@SAA-Litcom.org
Southeast LitCom Member and Alternate: LitcomSE@SAA-Litcom.org
Southern Pacific LitCom Member and Alternate: LitcomSP@SAA-Litcom.org
At Large LitCom Member: LitcomAL@SAA-Litcom.org
PBR Editor: PBR@SAA-recovery.org

Director of Fellowship Services: DFS@SAA-recovery.org
Director of Business Services: Business@SAA-recovery.org
Administrative Assistant: Info@SAA-recovery.org
Outreach Specialist: Outreach@SAA-recovery.org
Information Technician: Webmaster@SAA-recovery.org



ISO Income/Expense Summary As Of October 31, 2006

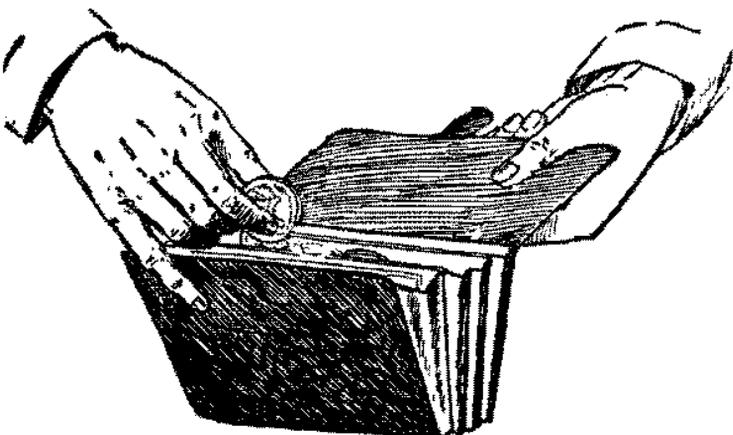
	October	Monthly Average	Year To Date
NET OPERATING INCOME			
Net Sales	8,226	7,267	72,669
Donations	25,945	11,774	117,739
General Donations	20,143	8,128	81,281
LifeLine Partners	5,523	3,326	33,259
Designated Donations	279	320	3,199
Miscellaneous Income	8	730	7,301
TOTAL NET OPERATING INCOME	34,179	19,771	197,709
OPERATING EXPENSES			
Wages/Benefits/Taxes	18,281	12,344	123,440
Outreach Related	7,654	3,658	36,576
Wages - Other	7,098	6,165	61,647
Benefits	2,293	1,679	16,786
Taxes	1,236	843	8,431
Insurance	220	273	2,726
Depreciation	191	192	1,918
Postage	195	188	1,876
Communications	274	268	2,679
Rent/Utilities	1,297	1,212	12,117
Office Related	940	865	8,646
Financial	776	828	8,281
Plain Brown Rapper	1,032	587	5,873
Translations	0	1,059	10,590
Outreach Expenses	3,376	1,441	14,409
Total Operating Expenses	26,582	19,256	192,555
TOTAL NET OPERATING SURPLUS	7,597	515	5,154
NON-OPERATIONAL INCOME			
2006 ISO Convention	0		46,813
Delegate Fees	0		3,780
TOTAL NON-OPERATIONAL INCOME	0		50,593
NON-OPERATIONAL EXPENSES			
2006 ISO Convention	0		29,094
Delegate Meeting	0		3,702
Board/LitCom/Staff Travel	0		14,318
TOTAL NON-OPERATIONAL EXPENSES	0		47,114
TOTAL NON-OPERATIONAL SURPLUS	0		3,479
ISO SURPLUS - ALL INCOME/EXPENSES	7,597		8,633

With the arrival of the last quarter of the year, the ISO has experienced a major spike in donations, particularly from individuals. Because gifts to the ISO are tax deductible under Section 501(c)(3) of the IRS Code, it is not unusual for members to make more and larger contributions as December 31 draws near. This year the membership's generosity began pleasantly early. Thank you to those who have given and to those who will give during November and December.

The Annual Appeal has been mailed to groups and to individuals who are on the mailing list. Unfortunately, not everything that is mailed to a group reaches the group, so if it has not arrived, please contact the ISO.

Sales have also been brisk. That the Green Book has continued to lag beyond expectations says more about expectations than it does about sales. The hope was that most groups would buy at least one copy of the book each month. This would have resulted in sales of at least 750 books a month. Through ten months, 5,204 books have been sold – 4,270 soft cover and 934 hard cover. This works out to an average of 520 per month. In addition to the books that have been sold, 312 have been sent to inmates, and 49 have been used for outreach. Aside from all of these, another 45 copies of the Spanish edition have been sold.

The next financial report will give the final figures for 2006, a year when the ISO launched a major reorganization of the ISO staff and embarked on a vigorous effort to include and involve more members in service on the Board's numerous committees. The initiative is working. More members are participating in shaping the future of the ISO. Individual members and groups are providing the resources that are needed. To all, thank you.



Men's Outreach

Recently the General Outreach Committee formed a Men's Outreach subcommittee. Although it might seem ironic for a fellowship that is approximately 90% male to reach out to men, there is actually more need for such service than it might appear.

The ISO office regularly receives requests for sponsors and other program support from men in geographically isolated areas. Men also request help if they live in areas with an influx of new members and current sponsors have become overwhelmed. The work of the Men's Outreach subcommittee is to develop new ways to meet these men's program needs within the ISO service structure.

Fortunately, over the last few years the Women's Outreach Committee has developed a range of such resources for women in the fellowship. That committee is open to educating the men about how their resources work so the men can tailor them to their own needs. Women's Outreach service currently includes a pamphlet for women newcomers, a central email address for women in the program (grace@saa-women.org), a recently updated page for women on the SAA website, and a database of recovering women called the Women's Outreach Network. Alongside these resources, autonomous women's telemetings have been registered throughout the week.

Ed B., the Board representative for the Southern Pacific region, is also the Board liaison to the General Outreach Committee. Ed is organizing the Men's Outreach subcommittee. Any men who would like to participate in this important form of ISO service can write to him at boardsp@saa-recovery.org.

Currently resources for men seeking male sponsors include a Men's Telemeting that is held each Tuesday at 5:00 p.m. Pacific time (6:00 p.m. Mountain, 7:00 p.m. Central, 8:00 p.m. Eastern). The call-in number is (641) 297-5500, and the passcode is 976431. There are also six mixed telemetings that occur regularly each week. For more information on telemetings, please call the ISO office at 800-477-8191, or visit the ISO website at www.SAA-Recovery.org.

Women's Outreach Committee Update

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex addicts and practice these principles in our lives" – Step Twelve

We are delighted to announce the New Website

WWW.SAA-WOMEN.ORG

We, the Women's Outreach Committee, are pleased to announce we have been continuing the work of connecting women in SAA. This website is another way women new to SAA can get help in their recovery.

We also have an email address that any woman can write to, so she can receive a list of other female sex addicts who have chosen to participate in this line of communication. Grace@saa-women.org is available for asking questions and providing women newcomers with more female contact as they approach the rooms of SAA.

We would like to thank the Web Committee for all their expertise and for making the SAA Women's Website their priority.

We would also like to thank the ISO Board of Trustees, and the Literature Committee for their help in expediting this process.

Thank you all.

Feedback on Green Book!!

The ISO Literature Committee respectfully requests that SAA fellowship members send any comments and feedback on our book "Sex Addicts Anonymous" to the ISO office by December 31, 2006 for consideration in the revised Second Edition.

The Second Edition (with revisions) will be presented for Conference approval at the Delegates Meeting in Minneapolis in May 2007.

Please send all feedback and correspondence related to the "Green Book" to:

ISO e-mail address: info@saa-recovery.org

or ISO mailing address:

ISO of SAA
PO Box 70949
Houston, TX 77270
USA

Yours sincerely,
ISO of SAA Literature
Committee



SAA Basic Text Now Available in Spanish!

The Spanish translation of the SAA basic text, *Sexo Adictos Anónimos*, is now available through the ISO office. Orders from members in California and Puerto Rico have already been fulfilled.

The Spanish translation is currently available only in soft cover, and the price (\$14.00 US) is the same as its English counterpart.

To order, members can go to the SAA Store on the ISO website at www.saa-recovery.org, by mail at the following address:

ISO of SAA
P.O. Box 70949
Houston, TX 77270
USA

or by phone (US and Canada) at 800-477-8191. To call the ISO office from outside the US and Canada, members can use the alternate number 001-713-869-4902. The ISO can ship literature to anywhere in the world.

Please note that the international shipping fee is double that of the US First Class domestic rate. All checks and money orders must be in US dollars.

¡El texto básico de SAA ya disponible en español!

La traducción al castellano del texto básico de SAA, *Sexo Adictos Anónimos*, ya es disponible de la Organización Internacional de Servicios (ISO). Los pedidos del libro de nuestros miembros de California y de Puerto Rico ya se han cumplido.

Actualmente, la traducción castellana es sólo disponible en rústica, y el precio (U.\$14.00) es el mismo que el de la versión inglesa.

Para pedir el libro, los miembros pueden visitar la tienda de SAA en el website www.saa-recovery.org; si se quiere pedirlo por correo, se debe usar la dirección siguiente:

ISO of SAA
P.O. Box 70949
Houston, TX 77270
EEUU

o se puede llamar la oficina (desde los EEUU y de Canadá) a 800-477-8191. Para llamar la ISO desde afuera de los EEUU o de Canadá, los miembros pueden usar el número alternativo 001-713-869-4902. La ISO puede enviar literatura a cualquier parte del mundo.

Favor de anotar que el precio para enviar libros a direcciones internacionales es doble del precio doméstico Primera Clase de los EEUU. Todo cheque y giro postal debe ser en dólares estadounidenses.

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
PBR e-mail: PBR@saa-recovery.org

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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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