

# The Plain Brown Rapper

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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.*

*"This was an excellent chance to carry the message, and I received a great blessing by sharing my recovery with him, but he wasn't ready to commit to coming to a meeting every week, so my search went on."*

See Page 16

## Take What You Like...

Submitted by John R., Miami Beach, FL

At a recent business meeting of my home group, quite a heated discussion developed concerning whether to use readings from non-SAA literature in our meeting's opening and closing formats. After the ruffled feathers got soothed, one member sent around this email:

How great it is that we can discuss together how best to live a spiritual way of life! We can afford to be concerned with not merely what is good for the group, but what is best! We can sit and have discussions in comfort, in a secure room with people we know and respect, from whom we have experienced their concern for us—since we have been relieved for today from decades-long addictive behaviors which led ultimately to demoralization and destruction. Let's carry this message to others who need and want it!

Let's have more of these discussions, with passion and enthusiasm! As an addict, I should be passed out from drugs on the floor of a bathhouse/sex club—that's where I came from! Instead I'm researching our Basic Text and other spiritual writings for the best language to carry the message in our meetings. I'm corresponding with SAA's International Service Organization and with other SAA members to share experience and gain in understanding. Where did this all come from?? Not from my own self-will! This is truly the Grace of God at work in my life, and I see it at work in many other people, too.

I can agree to disagree, and not feel my sobriety is threatened if

every detail of every meeting doesn't meet with my approval (which it doesn't—big surprise!!). I have a daily reprieve from my addictions, based on the maintenance of my spiritual condition. It is my spiritual awakening that keeps me sober, the daily or hourly strength of my connection (which waxes and wanes) to the Source of Power that enlivens and informs my life—not the words on a page, or an inappropriate share at a meeting. I also love the literature of the fellowships; it is a primary conduit for carrying the message of recovery. Let's keep our language, then, as near to the source of our SAA recovery as possible. I like to recall also that the language is not the spiritual experience which is my solution to addictive behavior (the map is not the territory). The writing is simply a road map or set of directions describing effective actions that have worked in helping other recovering addicts achieve sustainable relief from their addiction.

If I don't agree with some part of the reading or sharing, if I'm not getting the message the speaker is carrying, maybe it's meant for the person on the other side of the room. Easy Does It: how important is it for me to agree with every detail of every meeting? My life depends on my overall engagement in healthy and growing recovery groups, and I'll work to keep it that way. I find it helpful to detach and "Levitate" and try to adopt God's Point of View..... as someone else in recovery once said, "What would the Master do?"

Each person chooses privately

## **Take What You Like... Continued**

what to read or believe, and on a group level it's best to leave our personal opinions outside the room, and stick to the facts, since "our common welfare should come first; personal recovery depends on SAA unity" (Tradition 1). The "facts," as far as an SAA group is concerned, are printed in our SAA Conference-approved literature. The only agreed-upon standard for an SAA meeting is our SAA Conference-

approved literature. If it is determined that "outside literature" is inappropriate for use in our SAA meetings, then that's the end of the story. If I don't agree with the "outside literature" or understand how someone could, I can still be happy that others find as much comfort and inspiration in their own beliefs as I do in mine. Live and Let Live.

## **Came to Believe**

By Mike B.

Came to believe is a message of hope  
Of better things that lie up ahead  
Of reaffirming the new life we seek  
Leaving the past, where we would end up dead

Came to believe is a message of faith  
A Higher Power who wants to restore  
A turning point from what we were  
to see how we can be so much more

Came to believe is a message of truth  
It is a process we live day-by-day  
The experience, strength and hope we have  
Is showing us a much better way

Came to believe is a message of trust  
In ourself, our future, our goal  
We've learned what serenity can be  
And we've discovered peace in our soul

September 13, 2006

## So, You're Thinking About Acting Out —a Letter to Myself.

By Chris S.

So, you're thinking about acting out. Before you make that decision, I think it is important to ponder a few things first. Remember that addiction is a progressive disease; it is a lie to think that you can "use" a little bit or just once. That little bit or one time is all it takes to take you even farther down the path of destruction than you have ever been. Do you remember the damage and destruction your addiction caused? It promised you joy and happiness but really took it all away from you.

Your life became unmanageable, out of control, you went into debt, got an infection in a very sensitive area of your body—the pain of which you still feel today—you became isolated, lonely, ashamed, depressed. You felt worthless, empty, and hopeless. You hurt other people when you used them to try to get power, control, and approval—especially your wife. Do you really want to hurt her again and risk losing her? Do you really want to live a life of shame, isolation, depression, and despair?

Ask yourself, "What is really going on?" Why do I want this? What am I trying to medicate or fix within me through my addiction? What are my genuine needs and how can I meet them in healthy ways? Are you feeling sorry for yourself, entitled, angry, resentful, irritable, ashamed, or worthless? Maybe you could try deep breathing, affirmations, prayer, exercise, calling a program friend, going to a meeting, reading program litera-

ture, or listening to soothing music.

Remember that your addiction is a maladaptive response to stress. Identify the stressors in your life and find ways to be gentle to yourself without acting out. The thought that acting out is self-care is one of the greatest lies you told yourself. Remember the joy and freedom that sobriety brings. Remember the choices you have in recovery. Remember the newfound sense of belonging, acceptance, and peace you have experienced in group. Remember that your addiction is cunning, baffling, and powerful. It is not the answer to all your problems.

Your addiction was an abusive higher power, but God is a loving, caring, and restoring higher power. Remember that all people are God's children and God's property, not yours to abuse, control, or objectify. They have thoughts and feelings of their own; family and friends who love them and care about them. They have inherent dignity and so does your wife. Remember the beauty and dignity of your marriage relationship. Most important, remember your own inherent beauty and dignity. You are a beloved, accepted, wonderful, gifted, unique, needed child of God and you deserve better. Addiction tries to take all that away from you. Allow God to restore these things to you. You deserve it. You are worthy. You are enough, just the way you are!

Do you still want to act out? Read this letter again.

## Hope

By Craig R., Wyoming

Ya know, the one sign  
of a recovery that is consistent  
is the fact that after a slip,  
an action ya don't like,  
a thought ya don't like,  
ya still want that recovery  
and keep working for being better.

Just a like a kid learning to walk,  
we have to practice,  
we have to crawl,  
we have to stumble,  
we sometimes fall.

But we keep getting up  
and doing it again.  
Keep getting up  
and you just may win.

That's the proof of a  
person wanting and striving,  
the proof that life  
is worth living  
and the past isn't worth dying.

Each new day I can discover a new way,  
my eyes open a bit more  
and see what they learned so well to ignore.  
And each day I can use what I've learned,  
use it to change that life  
and reignite that hope that I spurned.

## My Higher Power When I'm at My Worst

By Rand L., Santa Fe SAA

I've been in SAA since January of 1999. I've had varying periods of sobriety in different acting-out areas. But one tool that is working well for me as I celebrate 1+ years of freedom from acting out in public places is prayer: to be exact, using prayer to bring my HP (Healer & Protector) into my acting-out with me.

This idea may shock some people, but why? Just as I need a sex addiction recovery program that meets me where I really am, not where I think I should be, so I need a Higher Power who can meet me when I am at my "worst": in the worst, most desperate throes of my illness. This was a revolutionary idea for me. You see, for many years I was a member of a very strict religion that taught that every human is so wicked inside that they deserve eternal punishment for their sins. In my religion, no amount of good works or attitude change could "save" someone from this fate; only putting one's complete trust in the God of that religion could. Well, although I believed, or tried to believe, in these doctrines, I still felt that I had to clean myself up before God would help me in day-to-day life. I believed I had to assume the right attitude of worshipfulness, say the right words of supplication and humility, even feel the right intensity of remorse or helplessness or sincerity for my Higher Power to notice and respond to me when I was in trouble.

Years later, long after I had left the aforementioned religion, I got into SAA and started working the 12

Steps. Soon I realized I had transferred my old ideas about God to my new idea of a Healer and Protector who could sustain me in my sobriety. I was still trying to "clean myself up" so my Higher Power would like me enough to help me.

One day, when I was in relapse and attending a sex party, I knew I was in trouble. But my intense loneliness, and the excitement of acting out, were stronger than my will to leave. I did have the will to pray, however. I prayed, "Divine Love, please be in me and with me while I attend this party." I had never prayed anything like that before, and the result astonished me. I ended up sitting down with several of the guys in a "time-out" area and having some sweet conversation with them. As I talked with them, and listened to them talk, the over-excitement abated; and not long after, I was able to leave the party without engaging in any dangerous sexual activity. Some years later, when I was in relapse with internet porn, I prayed the same prayer, and my relapse lasted only about a month instead of years. I asked my HP to show up when I was "at my worst," and It did, loving me absolutely unconditionally until I could love myself enough to let It lead me back to balance and harmony.

I encourage any other chronic relapsers out there to give this technique a try. When I can't imagine my HP meeting me where I really am, it means I need a new HP—time to revisit Step Two!

## Yes, I Got Pride! Yes, I Do!

By Jack C.

It was hard to think what pride meant when I was in active addiction. When all I wanted to do was to get all the highs I could get from sex, drugs, and alcohol, I didn't have a chance to even consider what pride meant. I was so caught up in getting the next fix; how could I be proud? My life was in a shambles and my physical, emotional, mental, and spiritual health continued to deteriorate at an alarming rate. I was a sick dude. The more I tried to control my addiction, the sicker I got. I believe I stood at the turning point of my life. Finally, when it became too painful to act out, I reached a point where I simply gave up trying to control my addiction; I admitted that I am powerless over my addictive sexual behaviors, that my life had become unmanageable. This, by the way, is the first step in the twelve step principles of recovery.

I have come to a conclusion that my addiction is really a symptom of a deeper problem of not accepting life on life's terms. I am a sex addict who thought that I could orchestrate the world around me in my own terms. As a well-known singer once said, "I did it my way!" and I did it my way for over twenty five years of my life.

Would you believe that an addict like me could have pride? Oh but yes, I do. Today, September 15, 2006, I

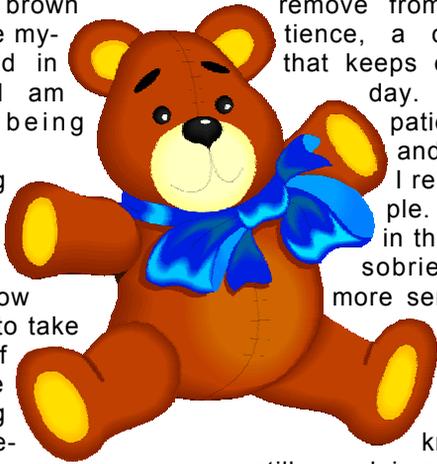
have one year of sobriety. And oh boy, have things changed! What is really different is that I am not trying to medicate my feelings, my problems, and my reality anymore with my addictions. It was strange at first to be able to allow myself to sit and to feel my feelings without falling apart. Being and living in the moment is a tough lesson to learn; slowly but surely I am learning it. I feel more like a human being each sober day. I'm becoming a whole person inside each day I choose recovery over my addiction.

I have a good friend who was my Higher Power in April of 2005. Basically I told him that I have many doubts and I don't really know if the twelve-step program will work for me but I know nothing else that will, and he just kept saying to me, "Jack, I have faith in you and you'll do all right." That's all he said and that's all it took for me to commit to the SAA program. Every time I tell him, "I got such-and-such amount of clean time," he tells me how proud he is of me and of my accomplishments. I told him that I couldn't have done it without him, but he always says to me that I'm doing all the hard work and all he has done is to cheer me up.

There is one other person who is proud of me, and that's Dookie. When I was a kid, my family used to tease me to death about my big brown eyes, calling me "Dulak," which is a Tagalog word for big eyes. Over the years, it

got anglicized and they started calling me "Dookie." As a kid I hated being called Dookie, but as I grew up I realized that being called that is sort of a term of endearment, and now, I don't mind it at all. In fact, I like it so much that when I got a teddy bear, I named him Dookie and he became the object of my affection. Dookie is very huggable and lovable, and he's got the perfect big brown eyes. I still see myself as a child in Dookie, and I am proud of being Dookie.

Getting clean and sober is how I got pride. I am proud of how I've been able to take care of myself and how I have come a long way in my recovery. I am coming out as a clean and sober gay man in this day and age when a lot of our community is suffering with addictions, with some not even knowing that there is a solution. I'm glad I found the spiritual solution of SAA. It is only through working the solution of the twelve-step program of SAA that I have been able to reclaim my life. If I hadn't come to a resolution, I would have lost everything completely including my pride, and I would have paid the ultimate price of my addiction—death. Now, I realize how precious life is and how it is too short to waste on my addic-



tions. The price of recovery is a total surrender to the program and to my Higher Power; the prize of recovery for me is the recovery of myself.

I am presently working on Step Six and, as I was telling my therapist today, God is not finished with me yet. There is a still lot of work that my Higher Power and I have to do. For example, I have yet to be ready for God to remove from me my impatience, a character defect that keeps emerging to this day. I am terribly impatient with myself and that affects how I relate to other people. As I am learning in the first year of my sobriety, it makes more sense to think that recovery is a process, it's not a destination. It is so good to know that I am still a work in progress.

Another lesson in my first year in sobriety is to know that my story is bigger than I. All the work that I have done and all the healing that God has done in my life are only a small part of a bigger picture. It is said, "Rarely have we seen a person fail who has thoroughly followed our path." I am learning that I am walking a path that thousands upon thousands of people have taken and that I am only here to show a way to those who are following me. I find there can be no better purpose and meaning in life than that.

Wow! I got pride! Yes, I do!

## Third-Step Prayer

By Chris B.

Dear God,

I find myself wandering the veritable abyss of existence, not in solitude, but in a sense of terminal “uniqueness” that I find frightening and lonely. All the while I strive for harmony and balance I see myself holding ever more tightly to the precipice, not quite ready to allow myself to let go and fall into Your embrace. I spend my life in a virtual whirlwind of activity, floundering about, pensive, about trivial matters. I waste away seeking the fleeting pleasure of another’s positive regard while the rotting corpse of my soul lies hanging, shackled in the dungeon of my despair.

I have come to see there is a better way. No longer must I be strangled in the grip of my own self-deprecation and hasty self-condemnation. No longer must I run after the promise of fulfillment in temporal success. I have learned that I am not alone in my struggles. I am not that pathetic excuse of a moral reprobate that I have felt myself to be. I am merely a frail human creature who has spent much of his

life chasing after the quick fix that only brought more sorrow on its wings. I am forgiven of my “unskillful actions” and have chosen to be responsible for the life that I live. I have learned that I can trust in the gentle arms of the universe to embrace me as I am swallowed by the billowing waves of love.

I know now that living justly means far more than simple moral conduct. It means living, fully, every moment of my life, in the recognition that through my fellow man . . . that which is me . . . is consumed in You. That which I call my being is transfigured in the flame of Divine Love and is transformed by loving-kindness. I choose to be made whole. I now turn over all that I am to become all that I can be—as a man, as a human creature, as a wounded reflection of the Divine Essence Itself. Teach me to be, to live. Teach me to be present every moment of this precious life you have given me. So be it. Amen.

Love,  
Chris B.

## The Mystery of Prayer

By Santi L.

The mention of prayer in SAA rooms might cause some newcomers a bit of conflict. On the one hand, those who are in recovery and faithful often state that God listens and responds

to our prayers. But on the other hand, some newcomers might wonder whether or not God has really responded to their requests in the past. They might recall the many times they asked God to

remove their addiction. This is an honest and legitimate concern about one of the deepest mysteries of faith.

In fact, we can add a few other questions about prayer that might consume us: If God knows everything, then why bother praying? Is prayer a waste of time? Would a person show greater faith if he or she didn't beg for things, trusting that God would always provide? Other good questions about prayer might rumble around in our minds from time to time. Such questions are not a sign of lack of faith on our part; they are simply our desire to try to find answers. Sometimes, in our quest for logic we seek easy answers to complex questions, and then when we don't receive them in our time, we throw the baby out with the bath water, and refuse to believe. Such is the plight of the addict.

Why does it have to be so hard?

First of all, we have to understand that our relationship with God is filled with mystery. A mystery is not when we don't know anything; rather, it is when we don't know everything, so thirsting for answers, questing for Truth, is in fact good. It may be difficult but it is good!

Imagine this setting: You are sitting on a beach in California, looking out at the vast Pacific Ocean. In your hand you hold a teaspoon. If the Pacific Ocean represents God's wisdom and knowledge and the teaspoon symbolizes our human capacity to understand the

mysteries of God, then you have some little idea of how gigantic the distance between God's knowledge and ours is. In fact, it's infinite. Thus, it is essential that we accept the reality that we can never fully understand almighty God. But that does not mean that we are in a hopeless situation. Not at all.

To whom should we pray?

I think of God as creator, giver of all life; he's the one I call Father. Old-timers talk about the relationship we have with God and God with us. We are dear to God beyond our wildest dreams. We are not just God's creation; we are his children, made in God's image and likeness (Step 6 material). Parents truly love their children, but God's love for his children is infinite. Even knowing that, we still have questions. As I am guiding newcomers through their second step I will suggest they answer the following question: Why is God going to restore you to sanity? I believe that the best answer to that is; because I am his child and He loves me! Of course that is most often not the answer I receive but it is good to share it with sponsees so that they can begin to feel unconditionally loved by their God.

There is one thing we can never doubt: Praying is what God wants us to do. What is marvelous about all this is that, in more than one instance, we know the very words of many prayers offered to God. The Big Book of AA and the "Twelve and Twelve" are filled with prayers for addicts. Other than the fact that it is suggested as part of our recovery program, or simply mandated by

## The Mystery of Prayer Continued

our sponsors, we really don't need to find another reason to pray: Those wishing to grow in their spiritual maturity often describe prayer and meditation (Step 11) as an absolute requirement to their quest.

However, we would pray even if no one would teach us, because that is our nature. When we find ourselves in great danger or struggling with a major problem, we inevitably discover that we are praying. When in danger, we feel very small, helpless and inadequate. We instinctively seek the aid of the person we believe the most powerful. Even as children, our first reaction to fear was to turn to mother, who in our little eyes could keep us safe. Ever hear the saying, "There are no atheists in foxholes"? An atheist may deny that, but probably not from the foxhole.

If God is omnipresent (everywhere) and omnipotent (all powerful) why do we need to pray at all? God doesn't need our prayers. Let us not think so highly of ourselves as to consider that He needs anything from us. We pray because we need to remind ourselves of our relationship with God, to remind ourselves that beginning with the third step we have a new employer and director, and to remind ourselves of our needs and the needs of others.

Would we display more faith if we didn't pray and just let

God help us? Well, unfortunately that's what we do most of the time. We trust Him to care for us. In fact, there are simply too many things that we are not even aware of. We could never completely know our needs, much less the needs of all those people important to us. Practically speaking, a great part of our growing faith is putting ourselves in the providential hands of God, as we are called to do beginning in the first paragraph of the first step. The "Twelve and Twelve" states in the chapter on the first step that "we have whipped our minds into such an obsession for destructive acting out, that only an act of Providence will remove it from us."

As far as God knowing the future (and he surely does), some might ask, "What does prayer matter since the future is going to happen anyway?" It does matter. What happens down the road is determined by what we do in the present. God knows the future certainly, but our lives today, with our unique circumstances, are very much involved in bringing about the future. And so we pray for what we believe to be best for us. Through that supplication and our actions we are given a daily reprieve that is based on our spiritual condition. So I encourage you not to wait until the eleventh step to become dedicated to prayer and meditation. You might not ever make it there! Pray today, pray always!

## My Story

By Lee E.

Hello, I am a recovering sex addict from the Midwest. I have not acted out in my inner circle since October first of 2005 due to the Grace of my Higher Power, the fellowship and the program of SAA. I had been told by my sponsor in another program back in 2002 that I was "addicted" to sex after relating to him an experience in a strip club that I deeply regretted. My sponsor didn't understand sex addiction or know where to send me for recovery from it, but at that time I believed that he was serious in his pronouncement. That one line, "you're ad-

dicted," sent me looking for information that would eventually lead me to my now-ongoing recovery from my sex addiction. I am grateful to him as he had a lot to do with helping me onto a journey that was long overdue. You see, I had tried for years to be a "better" person in regarding my sex conduct, but no luck.

When I reached my twenties and was in the grips of active alcoholism, I acted out in my

sex addiction in ways that could have had serious legal consequences. I knew that there was something terribly wrong and I was very frightened. Although I was drinking at the time, I was already well experienced in twelve step-groups. With the

knowledge I possessed of addiction, I can still recall telling myself that I was addicted to sex. I certainly was, but first, I needed to put down the drink. When I drank, I lost any inhibitions I may have had. I would have unprotected sex with age-inappropriate partners, females who themselves had multiple partners, and anyone who would agree to it. Loneliness, drunkenness and

remorsefulness were my constant companions. Jails, institutions or death were my options if I continued down this path and I knew it all too well.

Upon returning to the twelve-step way, I soon gained the abstinence from alcohol I so desperately wanted. I was married that first year of sobriety to a girl I met in meetings. I felt she was the answer to my prayers and that marriage was the highest expression of my remorse for my

*I felt she was the answer to my prayers and that marriage was the highest expression of my remorse for my past and of my newly committed devotion to contribute to life. I swore to be a moral person and to live honorably with a new sex life that didn't hurt anyone.*

## My Story Continued

past and of my newly committed devotion to contribute to life. I swore to be a moral person and to live honorably with a new sex life that didn't hurt anyone. I didn't harbor reservations for adultery, but secretly I wondered with fear, just how I would ever get past the desires that still burned in me.

I was stuck in fear, fantasy, flirting, "rain-checking" (which my sponsor defines as "setting up sexual options 'real or imagined' though intriguing and flirting"), voyeurism and masturbation for years. I blamed my wife and I pushed her away for not being open-minded and willing to fulfill my cravings for excitement.

Strip clubs would be the first huge blow (after my raging) to our shaky foundation of marriage. I went to them and lied and covered up until I was found out. Then I turned it around on her. I said it was somehow my right to have "fantasy entertainment" and she was the one with the hang-up. I was arrogant in the extreme, but I know now that I was caught up in a way of living that demanded I insulate my disease and protect my stash.

When my marriage almost sank and we had a baby boy to consider as well, I put myself into my twelve-step program as never before. I noticed, while looking closely at my defective thinking, all of the fears, self-doubting thoughts and most of all the sexual desires that came at me constantly. My character defects

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waned.*

owned me. I tried heartily to be aware of each ill thought that came and to replace it with prayer. I did this until my head was spinning on its axis, but I believed I had hit upon the answer. Two thoughts cannot exist in the same place at the same time, right?

No human being can live that way for long, though. Nature doesn't

work that way and eventually the effectiveness and then my willingness to repeat my "thinking solution" waned. I had believed that I had found God and a way out as prescribed by the twelve steps. That's all I had ever wanted in my other program, to find the same solution and peace of mind that I believed others had found through working the twelve steps. Although great changes had occurred in me and in my attitudes in that time, once again

I felt lost, confused and compulsive. I had found a certain kind of faith and found it lacking.

Fast-forward. Years go by and I am hopelessly lost in a fantasy world that robs me of precious time with my wife and children. I am unable to stabilize emotionally and I wonder why I am different than other twelve-steppers who don't seem to suffer like me. I grow weary of recommitting myself to "work harder" at my other program. There's a breach somewhere in the Good Ship Serenity. I never stop wanting sobriety but I wonder if sobriety wants me. Although I go much, much further in revealing my sex behaviors in a fourth and fifth

step to a sponsor, I am still very much in the dark about who I am. Cruising meetings for sex hits becomes my primary reason for attendance in my other program. I can even recall declaring in a meeting of that program that, "I don't really know anyone like me here." I just wanted to wake up!

My wake up call finally came. My introduction into SAA has been slow and painstaking. There were no SAA

groups here, so I started one. There were no SAA sponsors, so I got one over the phone. The Green Book just happened to be published at the most opportune time that I could have asked for. My experience with the steps, service and traditions from eleven plus years of sobriety in my other program is now an invaluable blueprint for a fellowship of recovering SAAs here. God

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has revealed others in my first program who suffer like I have and I pray for them. Some make attempts to cross over to SAA. Shameful experiences are regularly shared and now reduced in their threat to my condition. You know, I had tried for years in my first program to be a "better" person regarding my sex conduct. I had regarded my problems as defects with a little "d". Praying didn't eliminate my defects, but I believe my prayers led me to SAA. Today, with the proper perspective, I look at my sex problems not as mere defects with a small "d," but as a compulsive behavior with a capital "C". With the proper perspective and fellowship to support me I am finally on my way.

## **Starting a New Group “Service Keeps Me Sober”**

By Tom, Corvallis, OR

When I got the call that told me I had the job, I was elated. My first full-time job in a new career! But it meant I would have to relocate, and the city I was moving to had no SAA meetings. I knew that if I wanted to go to meetings on a regular basis, as I have throughout my sobriety, I was probably going to have to start a new group where there was none. I knew it could be done, but I also knew I couldn't do it alone.

In August of 2005, I moved to a new town. I didn't know anybody. With the exhausting move behind me and a new and challenging job in front of me, I had little time or energy left for anything except taking care of my two small children. I knew I wanted to start an SAA group in this town, but I figured it could wait a few months. My addiction and a higher power had other ideas.

As it turned out, the house I found was half a mile from a sexually-oriented business. Every day, going to and from my house, I had to drive right past it. At first I just laughed about it, but then I found myself getting curious. Then I started thinking, “maybe it's just a place to go and watch, and it wouldn't really ‘count’ if I went in there.” This twisted thinking went so far that I actually called the place and asked some questions as to the nature of the business. When I got off the phone, I was shaking.

I knew right then I needed to get to work on starting a meeting.

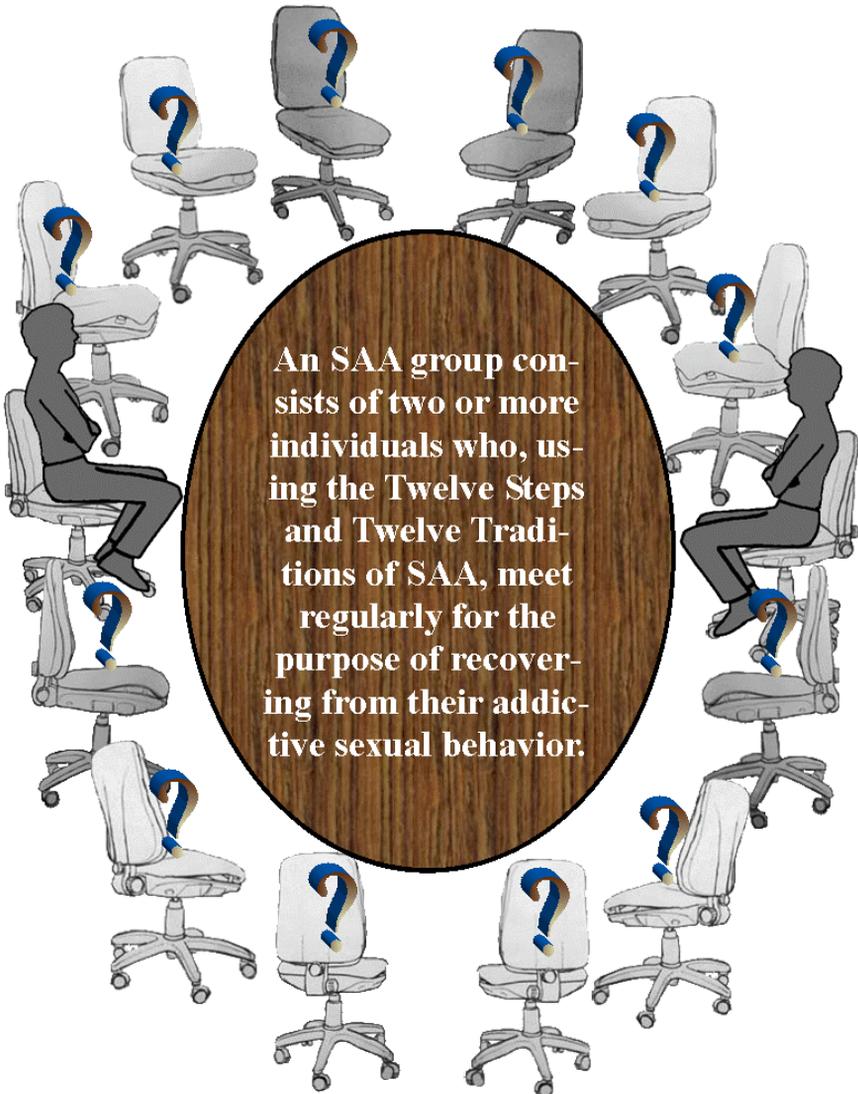
I picked up the phone again and started calling counselors, therapists, and treatment centers to see if they had anyone who dealt with sex addiction and if they knew of any groups for sex addiction in the area. I found no groups and only one specialist, but I made contacts at several agencies, and this contact list proved valuable in connecting with new members later on. I had begun the footwork for starting the group, and the relief from the addictive “curiosity” was immediate. The next time I drove by the strip club, I was able to laugh again. I gave thanks to God and resolved to keep trudging.

I needed at least one other sex addict seeking recovery in order to have a meeting. I called the two nearest SAA groups, one 95 miles away and the other 70 miles away, to see if they had any members traveling from my area. I went back to my contact list of mental health professionals and let them know we were starting a group and that they could refer clients to SAA. I put up a flyer at the local AA clubhouse, on a bulletin board designated for other twelve-step groups. Being a member of another twelve-step group as well as SAA, I went to a meeting of that group and mentioned that I belonged to another twelve-step fellowship that had no meetings yet in the town. Someone approached me after the meeting

and asked if I was referring was SAA. He referred me to a sponsee who “qualified,” and I met with this man to talk about recovery in our program. This was an excellent chance to carry the message, and I received a great blessing by sharing my recovery

with him, but he wasn’t ready to commit to coming to a meeting every week, so my search went on.

It was four months before I met the person who would join me in starting a meeting. He had been driving three hours each way to go



## **Starting a New Group “Service Keeps Me Sober” Continued**

to a meeting, so he was eager to see a meeting in our town. We met to begin planning for a meeting to begin in December. Even though he still had to drive two hours each way, he was able to commit to coming at least twice a month. I figured if it was just me every other week, so be it. I knew that once we got it started more would come. We found a conference room at the local HIV Resource Center and had our first meeting in January of 2006.

My next job was to get the word out about our meeting and find a way for newcomers to contact us. I set up an email address for the group through my ISP. I made up flyers with the date and time of our meeting and went back around to the health professionals with flyers and introductory SAA literature. I called the local newspaper and got our group listed with support groups. I contacted the two nearest SAA fellowships and had our meeting added to their intergroup meeting schedules. Perhaps most importantly, I registered our new group with the ISO of SAA and listed the time and place on the SAA website.

We started meeting every week. A few times it was just me, but my new friend was very consistent. He shared with me that before he had contacted me, he had been on a cycle of repeated relapses, but that from the first time we met to plan the

new group, he had started staying sober. We continued to meet for six months, until he got a new job and relocated. Just before he left, he celebrated six months of sobriety.

We went almost six months without any newcomers coming to the meeting. We got a few contacts by email and phone, but none of them showed up at the meeting. Then in July, we got four newcomers in two weeks! Two of them were one-time visitors that we never saw again, but the other two kept coming back.

At the end of July, I unexpectedly landed a job near my hometown, and I was able to move back there. I was delighted to bring my family home again, but this meant I had to leave the meeting I had helped start. The two newcomers were willing to continue meeting, and one of them had some prior experience in another SAA fellowship several years earlier. I handed over the group's materials and the key to these two members and left the future of the group in hands of a higher power.

As with all service work, I have no control over the outcome and no way of knowing if others will stay sober. I hope that I have made a difference through my efforts in the lives of others seeking recovery, but they are in God's hands. I know that it made a difference in my life. I got to stay sober.

## From the Editor

By Mike L.

Happy New Year to all of you!

Thinking back to roughly ten years ago, I remember that an older man in the fellowship told me that he was changing the focus of his life in order to spend more time with himself. I didn't understand his reasoning at the time: Perhaps because I am closer now to the age he was then, his thoughts make a lot more sense to me.

Accordingly, I chose to spend my holiday season in quiet contemplation. In connection with my choice, I thought back to my last couple of holiday seasons just before coming into the fellowship. I spent those seasons in isolation; my solitary style of acting out not being conducive to making friends or to having folks with whom I could spend the holidays. I noted how in some ways my holiday season this year looked on the outside like those years past, and yet how different it was!

Classical music accompanied much of my holidays. I recently read in the literature for another S-fellowship of the importance that classical music had recently assumed in the life of the writer. In contrast, classical music has always been one of my chief loves, dating back to when I was a child. Indeed it played a large part in my holiday season as I reflected on where I had been over the

past year, and where I wanted to go and what I wanted to do with my life in the coming year. The journey continues for me, and I trust in my Higher Power to lead the way.

I am always grateful for the many wonderful pieces submitted to the PBR. As always, I am seeking articles for the next issue. If you have an article or poem that reflects your experience, strength and hope that you wish to share with the fellowship, you can send it to me c/o the ISO office, P.O. Box 70949, Houston, TX 77270-0949. You can also send it to me at [PBR@saa-recovery.org](mailto:PBR@saa-recovery.org). The deadline for submission of articles is the 10th of February, April, June, August, October and December.

I look forward to talking to you again in the next issue. Best wishes to all of you for a wonderful 2007!





# ISO News



## ISO Board Actions

The Board of Trustees of the ISO of SAA, Inc.,  
met by teleconference January 20, 2007.

The following is a report of significant actions taken.

Approved: That the Minneapolis metropolitan area be defined for the purposes of determining discounted registration fees as including all those members (and their associated guests) who reside within a fifty-mile radius of the 2007 convention hotel.

Accepted: The "Waves of Change" theme and logo for the 2008 convention.

Approved: That each Board committee vote on its own quorum and report back to the Board with the results.

Approved: To change the name of the Focus Groups to Board Committees and to update the language in the *Call to Convention* to reflect this change.

Approved: That the salary for Carol Ann R. be increased by 2.5%.

Approved: That the hourly wage of Tim D. be raised to \$11.70/hour.

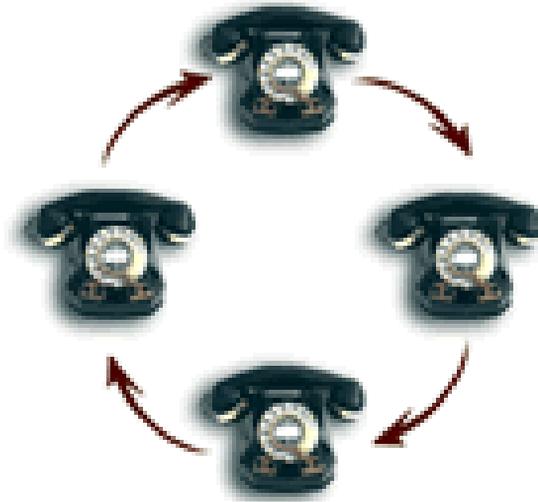
Approved: That the Board of Trustees affirms its responsibility to provide the ISO staff with a non-hostile work environment that includes freedom from verbal abuse either in person or on the phone. To this end, the Board recognizes that the ISO staff has the right not to communicate verbally with anyone who resorts to such abuse which includes yelling, obscenities or haranguing. In these instances, the staff will report to the OOC who will then report to the Board.

Approved: To remove the sentence beginning "Due to certain behavior, ..." from the first italicized paragraph of the Business Meeting Procedures in the *2007 Call to Convention*.

Approved: That, at the opening of the Delegate meeting, the Delegate

meeting chair will ask for the customary moment of silence followed by the Serenity Prayer and then will remind all present that only registered delegates are eligible to vote.

- Approved: To remove the phrase "...as well as the number of those abstaining" from the last sentence of the last paragraph in the first section of the Business Meeting Procedures in the *2007 Call to Convention*, and add at the end of that paragraph the sentence "An abstention is a decision not to vote and so will not be counted."
- Approved: That an item stating "An abstention is a decision not to vote and so will not be counted" be added to page 10 of the 2007 delegate orientation handbook.
- Approved: To task the ISO Office to send a Spanish-translated letter drafted by the International Development Committee to groups in Spanish-speaking countries or Spanish-speaking groups.



## Board Committee Updates

**General Outreach:** Drafting an SAA Public Information Handbook which includes, among other things, guidelines for an SAA speakers bureau. 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 26.) And the committee is seeking assistance from SAA members who are also helping professionals in determining ways to better cooperate with the professional community. (See details in the article on page 28.)

**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:** In the process of sending 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. Seeking Board approval for measures (1) to provide information to international groups about how to form an international intergroup, and (2) to provide information to Canadian groups about the approaching capability of forming an autonomous Canadian region.

**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:** Reaching out to intergroups to let them know they are welcome to add the updated SAA women's webpage as a link on intergroup websites. (See details in the article on page 27.) The committee is also proposing updates to the SAA pamphlet "A Special Welcome to the Woman Newcomer," as well as continuing to support the development of a Men's Outreach Network.

## 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](mailto:disclosure@saa-recovery.org). The committee thanks you in advance for your experience, strength and hope.

## ISO Financial News

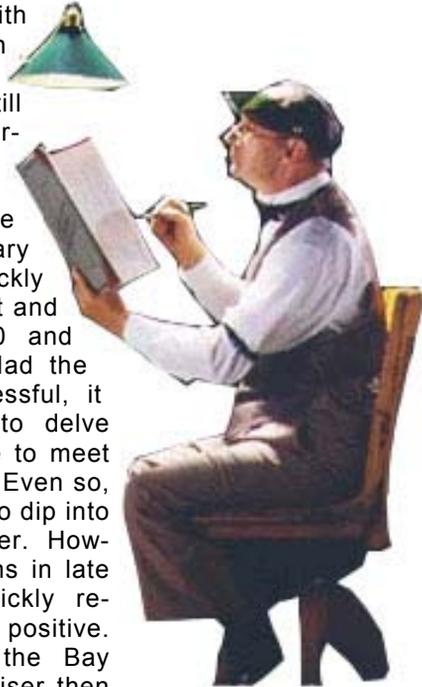
### ISO Income/Expense Summary As Of December 31 , 2006

	December	Monthly Average	Year End
<b>NET OPERATING INCOME</b>			
<b>Net Sales</b>	<b>5,726</b>	<b>7,024</b>	<b>84,287</b>
<b>Donations</b>	<b>13,193</b>	<b>13,922</b>	<b>167,063</b>
General Donations	8,908	10,126	121,516
LifeLine Partners	3,933	3,494	41,924
Designated Donations	352	302	3,623
<b>Miscellaneous Income</b>	<b>11</b>	<b>610</b>	<b>7,320</b>
<b>TOTAL NET OPERATING INCOME</b>	<b>18,930</b>	<b>21,556</b>	<b>258,670</b>
<b>OPERATING EXPENSES</b>			
<b>Wages/Benefits/Taxes</b>	<b>16,658</b>	<b>12,753</b>	<b>153,035</b>
Outreach Related	5,369	3,885	46,624
Wages - Other	6,090	6,060	72,712
Benefits	4,096	1,943	23,317
Taxes	1,103	865	10,382
<b>Insurance</b>	<b>83</b>	<b>269</b>	<b>3,230</b>
<b>Depreciation</b>	<b>191</b>	<b>192</b>	<b>2,300</b>
<b>Postage</b>	<b>134</b>	<b>178</b>	<b>2,138</b>
<b>Communications</b>	<b>732</b>	<b>308</b>	<b>3,699</b>
<b>Rent/Utilities</b>	<b>860</b>	<b>12,208</b>	<b>14,649</b>
<b>Office Related</b>	<b>1,355</b>	<b>857</b>	<b>10,283</b>
<b>Financial</b>	<b>835</b>	<b>863</b>	<b>10,359</b>
<b>Plain Brown Rapper</b>	<b>866</b>	<b>589</b>	<b>7,071</b>
<b>Translations</b>	<b>0</b>	<b>1,059</b>	<b>10,590</b>
<b>Outreach Expenses</b>	<b>1,976</b>	<b>1,688</b>	<b>20,260</b>
<b>Total Operating Expenses</b>	<b>23,690</b>	<b>19,801</b>	<b>237,614</b>
<b>TOTAL NET OPERATING SURPLUS</b>	<b>-4,760</b>	<b>1,755</b>	<b>21,056</b>
<b>NON-OPERATIONAL INCOME</b>			
<b>2006 ISO Convention</b>	<b>0</b>		<b>46,813</b>
<b>Delegate Fees</b>	<b>0</b>		<b>3,780</b>
<b>TOTAL NON-OPERATIONAL INCOME</b>	<b>0</b>		<b>50,593</b>
<b>NON-OPERATIONAL EXPENSES</b>			
<b>2006 ISO Convention</b>	<b>0</b>		<b>29,094</b>
<b>Delegate Meeting</b>	<b>0</b>		<b>3,702</b>
<b>Board/LitCom/Staff Travel</b>	<b>0</b>		<b>14,318</b>
<b>TOTAL NON-OPERATIONAL EXPENSES</b>	<b>0</b>		<b>47,114</b>
<b>TOTAL NON-OPERATIONAL SURPLUS</b>	<b>0</b>		<b>3,479</b>
<b>ISO SURPLUS – ALL INCOME/EXPENSES</b>	<b>-4,760</b>		<b>24,535</b>

2006 ended with a net surplus of \$24,535, which is good. However, this came about only because of some special circumstances. First, the convention netted about \$10,000 more than most conventions. Indianapolis was the second most financially successful convention in ISO history, exceeded only by San Francisco in 2002. About \$6,000 of the \$10,000 came from meal costs lower than those in recent years and lower than those likely to be available in the future. Another key ingredient behind the 2006 surplus was October's \$13,000 spike in donations. While the Bay Area's annual Giving Thanks event is beginning to appear to be a bounty that can be anticipated, there is no basis for counting on any one month to provide a windfall of \$13,000 like October did. This anomaly, coupled with the better than usual convention net, accounted for \$23,000 of the final \$24,535 surplus.

The composition of the ISO's total revenue presents an interesting picture. Net income for 2006 was \$309,263. This figure includes net rather than gross sales, i.e., the amount left after deducting all sales related costs. Of the ISO's net income, donations accounted for 54.0%, followed by net sales at 27.3%, convention at 15.1%, miscellaneous income at 2.4%, and delegate fees at 1.2%. Even with the increase in sales brought on by the Green Book, what is obvious is that donations are still the lifeblood of the service organization.

Also of note in 2006 was the cash flow. January and February were brutal. Donations quickly dropped to \$7,000 below budget and then hovered between \$6,000 and \$8,000 below through July. Had the convention not been so successful, it would have been necessary to delve deeply into the prudent reserve to meet travel and operating expenses. Even so, it did finally become necessary to dip into reserve for a brief time in October. However, with the spike in donations in late October, the reserve was quickly refunded and cash flow became positive. The tremendous success of the Bay Area's Giving Thanks IV fundraiser then closed the year on a high note, enabling the ISO to finish the year in the black.



## 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](mailto: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. Along side these resources, autonomous women's telemeetings 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 the important form of ISO service can write to him at [boardsp@saa-recovery.org](mailto:boardsp@saa-recovery.org).

Currently resources for men seeking male sponsors include a Men's Telemeeting 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 telemeetings that occur regularly each week. For more information on telemeetings, please call the ISO office at 800-477-8191, or visit the website at [www.saa-recovery.org](http://www.saa-recovery.org).

## Woman's Outreach Committee Update!

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

Registered ISO groups and intergroups who have approved links from the ISO website are welcome – and encouraged - to add a link to the new ISO women's page at [www.saa-women.org](http://www.saa-women.org). There, women in our fellowship can find information about:

- Getting Started
- Contacting Other Women
- Frequently Asked Questions
- Emailing trusted servants at [grace@saa-women.org](mailto:grace@saa-women.org)

The Women's Outreach email address is answered daily by women from our committee and is for women within or approaching the rooms of SAA.

Please feel free to offer this information to any woman in SAA as a resource.

Currently, the Women's Outreach Committee is in the process of updating the pamphlet entitled "A Special Welcome to the Woman Newcomer".

Thank you to all the women and men who continue to support our committee.



## Outreach to Helping Professionals

The ISO General Outreach Committee is looking for program members to share the message of recovery within the professional community.

Many SAA members work as helping professionals. This general term includes counselors, therapists, psychologists, physicians, nurses, teachers, police, clergy, social workers and many other occupations. Many such professionals might be willing to carry the SAA message in a cooperative way to addicts who are suffering but lack the information they need to do so. Their work may involve contact with sex addicts or addiction and require knowledge of what addiction is, what an addict needs and what resources are available.

As an SAA member working in these professions, your input is needed to help the General Outreach Committee determine how we as a fellowship can best cooperate with the professional community. This type of service could be thought of as the laying of long-term groundwork for the growth of our fellowship and the greater awareness of our program among both sex addicts who are suffering - and the professionals they count on for daily assistance.

You may respond as an individual member active in recovery. If you belong to one of the many professional boundary groups within SAA, you are also encouraged to craft your response as a group.

In your service,  
The ISO General Outreach Committee

————— ○ —————

**Each group has but one primary purpose – to carry its message to the addict who still suffers.**

*SAA Tradition Five*

————— ○ —————

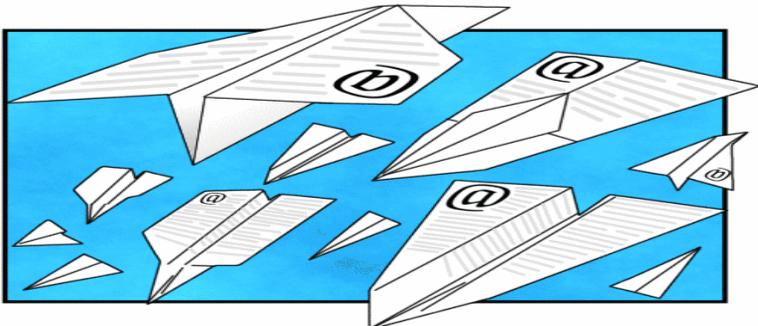
## Email Addresses

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, LitCom, and the staff are always happy to hear from the fellowship.

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

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

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Outreach Specialist: [Outreach@SAA-recovery.org](mailto:Outreach@SAA-recovery.org)  
Information Technician: [Webmaster@SAA-recovery.org](mailto:Webmaster@SAA-recovery.org)



## Northeast (NE) Regional Planning

Members of the Northeast (NE) region have been meeting by tele-conference to plan cooperative activities during the regular service year. Facilitated by NE Board representative, Gary C., the group has already met twice, and plans to meet next on Sunday, April 22, 2007 at 1:00 p.m. Central Time. For information on how to participate, please contact Gary at [BoardNE@saa-recovery.org](mailto:BoardNE@saa-recovery.org).

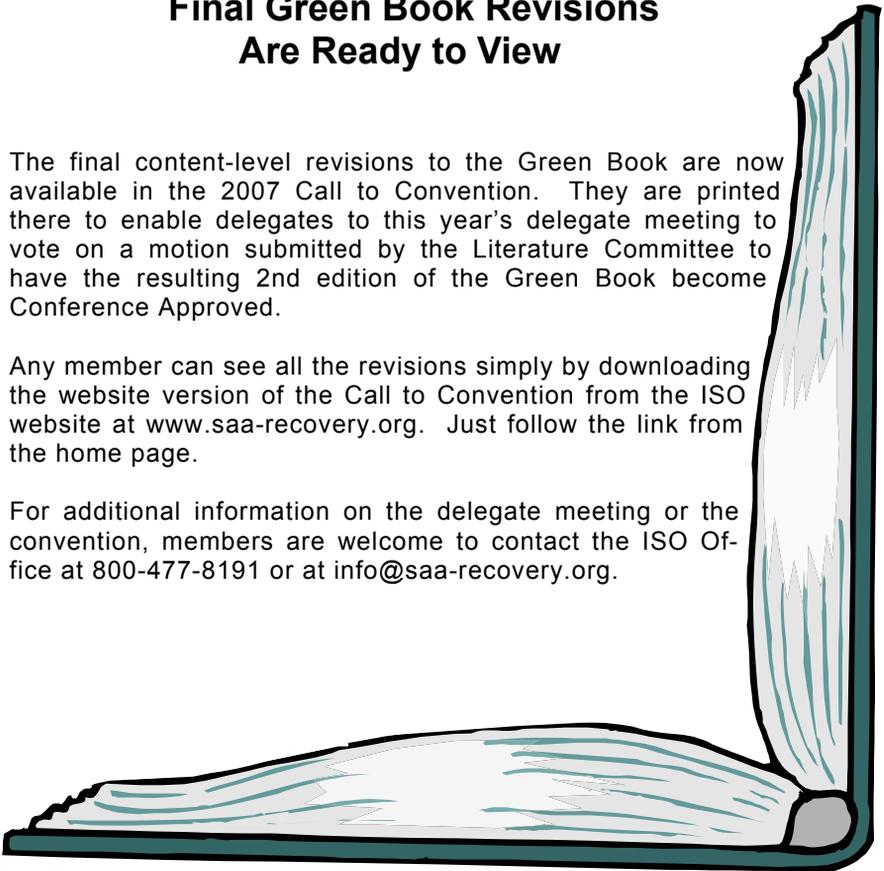
Members of other regions are welcome to meet with one another to discuss cooperative planning as well by contacting their regional Board representative. Board representative service email addresses are listed in the PBR each month.

## Final Green Book Revisions Are Ready to View

The final content-level revisions to the Green Book are now available in the 2007 Call to Convention. They are printed there to enable delegates to this year's delegate meeting to vote on a motion submitted by the Literature Committee to have the resulting 2nd edition of the Green Book become Conference Approved.

Any member can see all the revisions simply by downloading the website version of the Call to Convention from the ISO website at [www.saa-recovery.org](http://www.saa-recovery.org). Just follow the link from the home page.

For additional information on the delegate meeting or the convention, members are welcome to contact the ISO Office at 800-477-8191 or at [info@saa-recovery.org](mailto:info@saa-recovery.org).



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## 8th Annual Bay Area Retreat

SAA members of the Bay Area will hold the 8th Annual Bay Area Retreat on Fri., Sat., & Sun., March 16-18, 2007, at the Happy Valley Conference Center in the Santa Cruz Mountains. The event will feature meetings, workshops, meditation, hikes, art activities, dancing, talent show, fellowship, and fun! Registration will begin at 4:00 PM on Friday. The registration fee pays for all meals, activities, and lodging. Rooms are shared and arranged upon arrival. Rooms are shared and arranged upon arrival. For the rugged outdoor folks, campsites are available if you want to bring a tent! Everyone bring a flashlight, sleeping Bag or Bedding, towel, and comfortable clothing for cool weather in the evenings.

Registration is \$125 if received before February 1st, \$150 if received before March 1st and \$160 if received after March 1st. Early registration is recommended due to limited space. Scholarships will be granted on a first-come, first-served basis. (Any "excess monies" received via registration process will be sent to ISO less Prudent Reserve, and after all other fees and costs for this years' 8th Annual Bay Area Retreat are paid to vendors by Bay Area Retreat Committee.)

To receive a registration form or for more details, call Chris R.: 1-510-390-1845 or write to :

Bay Area Retreat Committee  
c/o Joe L.  
140 South Van Ness Ave., UNIT# 911  
San Francisco, CA., 94103

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## Northern Tier Intergroup Spring Roundup

SAA members of the Northern Tier Intergroup will hold Northern Tier Intergroup Spring Roundup on April 28th, 2007. There will be a business meeting from 10:00 AM – Noon. Registration will begin at 12:30 PM. The Roundup is from 1:00 PM to 9:00 PM. The registration fee is yet to be determined.

To receive a registration form or for more details, call 605-366-8028 or write to:

Sioux Falls SAA  
PO Box 90238  
Sioux Falls, SD 57109

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## **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](http://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.

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## **¡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](http://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 el 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. 10, Feb. 10, April 10, June 10, Aug. 10, Oct. 10**

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

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3890-D North Freeway  
Houston, TX 77022

Phone: 713-869-4902  
Toll Free: 800-477-8191

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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.*

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