

# The Plain Brown Rapper

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*Literature 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.*

*“I am grateful for the realization of the powerlessness of situations in my life that force my fellow cogs and me to cry out for help.”*

See Page 12

## Step Three

By Jon K.

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

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood God.

The third step is the basis of all of my recovery from addiction. Work came before, and work continues, but the Third Step is the foundation of my spiritual life. And it was the hardest of all steps for me to take. Steps One and Two were simple actions for me; I was so beaten up by life that I was fully resigned to telling the truth, and even risking a little faith. However, the Third Step challenged all of what I had invested my life into up to that point. It was total surrender.

Surrender is hard for me. I lived in the fantasy that my life was my own, that the power was mine to make my future...if only I willed hard enough. Also, I had long bought the lie that my life was to be misery, and that I was alone in the Universe. The Universe was set up to make me suffer. I resented life and God. I stuffed down any feeling that came of being alive. I focused on the objects of my compulsion, and the practice of my addiction. I put on a good face and attempted to bluff my way through life, while acting out in secrecy three, four, five times a day.

However, my heart was alive,

beyond my denial. It got me to meetings, because it wanted to live. I would have rather acted out, but my heart outmaneuvered my head and dragged my body continuously back to the work. While there, I couldn't help but hear things. When I stopped working my mouth (finally),

**I realized  
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thing.**

or planning my next gem of wisdom, a gradually emerging miracle happened. I started to feel! And realized that I had a treasure on my hands—me! My life had value beyond my imagination, and I realized that I had something to lose. I stood at the turning point, and I felt myself beginning to balk.

To turn away was death for me. I was so scared that I was paralyzed. I realized that I didn't understand surrender as a good thing. Surrender had always meant humiliation, assault, pain and shame. There I was, stuck in my fear and confusion. I turned on the TV for relief, and what I saw that day helped change my life. It was the end of the Gulf War, and the Iraqi Army was surrendering. To my amazement, they were not killed, humiliated, nor ashamed. How they smiled and shouted and hugged their captors! The horror was over for them, they were willing to be humble, lay down their arms, and their fear. I got it.

## Tradition Three

By Jon K.

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

Tradition Three: The only requirement for S.A.A. membership is a desire to stop addictive sexual behavior.

To me, the traditions act like the Steps, only in the context of us addicts as a group. They direct our group conscience to adhere to the basics of our simple program, so that we may all recover. The Third Step teaches me how to be humble and accepting. As an addict, I have a lot of judgment. I lived most of my life distrustful of the world; wary, cynical, and self-centered. When I first entered S.A.A., my main focus was on how I was going to make this experience safe for me. I know now that I had not grasped the spirit of the Third Tradition.

I had tried to control the world around me. I judged all of the people I saw: this one too wordy, that one too egotistical, that other one a coward, and so forth. I tailored my

words to pander to, or push back, certain people. My mind closed, while my mouth worked; I was not making any progress into sobriety. All this effort was exhausting, and I soon found myself frustrated, and losing patience with the program. I thought about bailing out.

Then some funny things happened. Although I was sincere in my desire to change, I was still in control. I got weary of trying so hard, and said less at some meetings, and planned my comments less. As I waited, I started to listen. People started to touch me with their words. I heard similarities. I heard feelings that described my deepest secrets. I felt loved for not talking. I knew then that I was not there to perform, but to heal. I saw that I was being loved for just showing up. If I could be included just as I was, so could we all. I retired from my judge, and I have been healing ever since.

## Step Four

By E. Scott

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

Step Four: Made a searching and fearless moral inventory of ourselves.

The fourth step has been one of the hardest steps for me. I realized upon reading this step what was

being asked of me, and that to work on this step I must do something that I had never done in my thirty-five years: I was going to have to be honest! My God, the fear that filled my soul when I realized this. I was anything but fearless! To think

that I had to take a good hard look at myself, searching my past, and looking at my future. To have to come clean with the immoral things I had done, and could possibly do. So I tried to put it off, but the longer I tried to avoid Step Four, the worse I felt. I knew I was missing something in my life, but I couldn't put my finger on it.

One night as I was lying in bed, it came to me! I had never in my life felt like a whole person. I had tried everything to feel good about myself, or at least I thought I had. I tried to fit in, but never felt as though I did. I thought I was different from everybody else! I had a nice wife, a good job. I drank and got high with the fellas. I realized I had been only trying to prove to myself and my friends who I was.

The funny thing about this was that I didn't even know who I was. I had been trying so hard to be somebody else, I had lost who I was. Somewhere along the line my sexual addiction took over my life. I cheated on my wife with numerous one-night stands and when this wasn't enough, I began molesting my eight-year-old daughter. I lied to my friends and members of my family, to my boss, and most of all to myself.

I tried hiding my problems by using more drugs and alcohol, telling more lies trying to cover up and forget the horrible things I had done, but it didn't work. When I would get sober, what I had done was still there, my secret life, the one no one knew about.

It wasn't until I got arrested for the molestation of my daughter that I even realized I had a problem. After I was sent to prison, I got in-

involved in group therapy and my counselor asked me if I wanted to attend an S.A.A. meeting. I accepted. This turned out to be the best thing that ever happened in my life.

At first I tried to hide some of the things that I had done to my daughter and to others. Then I found out that I didn't have to be afraid to talk about my past and that these people didn't care what I had done, but they cared about me because I was just being me—not someone I wasn't.

A person I have met since I began my recovery told me, "If we would only be honest to God, to others, and to ourselves about every aspect of our lives, then we could not ever possibly act out again." I believe this statement to hold great truth. Since I have become honest with myself it has been much easier to be honest with others which has made living life much easier. Not having to worry about what lie I told to whom or the anxiety that comes with it is a tremendous relief in and of itself.

No one can truly be themselves if they are not honest about who they are and where they came from, or where they are going. The worst part of working Step Four is the fear of being found out, taking off the mask that we use to cover up our real selves. Once I shared my past experiences, humbled myself and looked deep within my soul, I could then truly see the person that was I. So, I felt the fear of Step Four and then went ahead and did it anyway. It may just be the best thing that I ever did for myself and those around me.

## Tradition Four

By Frank M.

*Tradition Four: Each group should be autonomous except in matters affecting other groups or S.A.A. as a whole.*

I have been living in my current house for a little over fifteen years. There have been stray cats in the area for as long as I have lived there, and I have been feeding them for all of that time. Eventually the number of cats increased to the point that I found it necessary to start trapping them and having them neutered. Thanks to this effort on my part, the cat colony has now reached a stable level, much to the relief of both my neighbors and my pocketbook.

While I have not made the time to establish friendships with the cats, just observing their behavior has been an education for me. Each morning I open the back door, carrying both dry and canned food. Some mornings the cats are sitting there waiting for me, and other mornings each individually shows up to eat. Then after they have eaten their fill, off they go their separate ways, to gather again the following morning. Even though the group of a dozen or so cats can legitimately be considered a "colony," the individual cats remain independent within the group.

One well-known dictionary, in its definition of "autonomous," stresses the idea of "independence of the whole." And that concept can certainly be applied to this group of cats.

A common way of describing

the difficulty of getting a group of people to agree on something is to say that trying to do so is like "herding cats." And that is a good analogy for us as addicts, and as sex addicts in particular. Many of us pursued our addictions in secret, away from those who knew us only in our other lives. And so it is only logical that we would bring to our lives within the fellowship the same kind of independence that served us so well in our addiction. It is at this point that Tradition Four comes into play. Paradoxically, Tradition Four supports us in our independence in one sense, while in another it helps us to overcome those effects of our independence that can interfere with our recovery.

S.A.A. sees the wisdom of relying on a Higher Power to as great an extent as possible, and so it does not attempt to impose any sort of rules on the individual groups. I know that in my city, I can just visit a few of the thirty or so groups to see how autonomous each of them indeed is. I don't think there are any two meetings that use the exact same version of the general language of the introduction to the meetings, each group having tweaked the words a bit, or added or deleted a sentence here or there. And checking our monthly meeting schedule reveals that even those groups who may meet in the same room at the same time five or seven days a week differ in the focus of each day's group: one group may read the Green Book, the next day's group a meditation book, the next day's group the basic text from an-

other twelve-step fellowship, and so forth.

The groups have come to differ from each other by way of group consciences, in which they trust that group's Higher Power to guide them. So if a member of the group discovers an issue that that member wants to address, the member can bring it up at a group conscience. If the majority of the group agrees with the member, then the suggestion is adopted; if not, it is dropped.

I remember a few years ago that one of the larger groups in our city was dealing with the question of whether to have its meeting information listed on the recorded intergroup phone line. A small number of group members had an inordinate concern that doing so would trigger every policeman in the city to pay us a visit. The group conscience, relying on its Higher Power, voted to list the group on the phone line, and the only difference in this group now as compared to prior to the group conscience is that it has almost outgrown the large room that it now occupies; the cops never found us worthy of their attention, I guess.

One of the real advantages of having each group be autonomous is that they are all different, each one having its own particular flavor. And so even though a prospective S.A.A. member may not find a particular meeting to be attractive, it is very possible that that member may find another meeting, maybe even a meeting taking place the next day at the same time in the same room, and possibly even with a lot of the same

members, to be exactly what is needed.

Of course, the tradition puts limits on the autonomy of each group: one group's autonomy may not affect "other groups or S.A.A. as a whole." So, to give an extreme example, one group may not proclaim that no member of that group may attend a particular meeting of another S.A.A. group. Similarly, a group cannot choose to adopt the concepts of another twelve-step group, at least if it still wants to call itself an S.A.A. group.

Another advantage of the group conscience practice is that it gives those of us who may have been independent our entire lives, especially while we were acting out, an opportunity to get a taste of what it is like to work with others. This new practice is then something we can carry with us into "all our affairs."

In a sense, these group consciences also serve as group inventories. In fact, I have seen written group inventories that are suggested to be used in annual or semi-annual group consciences. Accordingly, Tradition Four takes its place in the traditions as the reflection of Step Four.

So S.A.A., following the example set by the twelve-step fellowships that came before it, showed a lot of wisdom in choosing to allow each group to be autonomous, and independent from S.A.A. as a whole. In so doing, it allows each of us "cats" a chance to have a larger voice in the direction an individual meeting takes, and it also creates greater diversity within the fellowship, thus allowing it to appeal to a greater number of addicts who still suffer.

## Recovery Is Reality when...

By Craig R., Wyoming

A week or two ago I had the great realization that I've been darn near seven years in recovery. I had to take a moment to reflect on the changes I've made. Today, thanks to the hard work of recovery, discovery, and acceptance I no longer need sex or its addiction to survive my everyday life. I no longer have the urge to fantasize myself to sleep every night and even when I do try it, I find my brain drifting off towards other concerns of my day's activities. The fascination of anything sexual is no longer present. To be honest, I am amazed at my unconscious modifications and distractions that occur when I try to relieve boredom with fantasy. And I am extremely grateful that our Higher Power has chosen to help in this way.

Recovery is more than the immediate struggle of everyday actions.

Recovery is more than the long term modifications of behaviors and thoughts.

Recovery is more than the promises and support of the various groups.

Recovery is a lifestyle that we all can live.

Recovery is a gift of the subconscious to the world.

Recovery is a freedom from addictions beyond the sexual, from obsessions beyond the physical, from lifestyles learned as children, from unhealthy thoughts and actions that we've known all our lives.

Recovery happens to you and me.

Recovery is.

Peace in Your Recovery,  
Craig R.

## Giving It Away to Keep It

By Santi L.

My favorite spiritual quote is from Bishop Mc Namara as he lay on his deathbed. He said; "Regarding my life, everything that I have kept is lost forever. And everything that I have given away is mine for eternity".

There comes a time during our recovery process when "the light comes on" and instinctively we know that this gift, the wisdom of recovery, which has been so freely given to us by others, is meant for everyone, and we become more than happy to give it away.

This rhythm of receiving from God and then giving it away is as

old as mankind. In twelve-step rooms we see it everyday, one believer (in the program) stepping out of his comfort zone and sharing the love of God with those less fortunate who have yet to experience recovery in palpable terms. So what is it really that we first received and are now trying to "give away"?

I believe that it is by working the steps with a sponsor that we experience an outpouring of grace that reveals God to us in a new and penetrating way. The moment we recognize and accept this revelation we are forever changed. In the first few steps we feel as if God through

our sponsor has awakened us to the possibility of an intimate personal relationship with Him, something we felt was reserved for those with a much higher calling or who were farther along spiritually. After all, it wasn't long ago we were living in flagrant daily sin. Then as we continued to learn what it means to live in the now, focusing on spiritual growth, we began to allow that initial God experience to grow in us and take root.

Our goal then becomes not only to further the transformation taking place in us but also to introduce the possibility of a relationship with Him to others who are lost and floundering. Many continue to look for peace outside themselves, not realizing that it is only available through surrender and submission to God -- something we addicts find so very hard.

In the second step we introduce the idea of a personal relationship with God, and newcomers ask how they can know that God wants a meaningful relationship with them. Shackled with lack of self esteem and years of disdain toward and rejection of organized religion, those fresh in the program can certainly be convinced of their own unworthiness. Once those who lack faith come to understand that they have run out of personal options, then and only then can they be open to the possibility that there is a higher order existing in the world that allows us to stop our obsession with self. As we approach our third-step decision, we begin to ponder if it is possible to live life without compulsively collecting kudos, attaboys and merit badges.

Once that third step decision is made in earnest, God will begin slowly to reveal the beauty of life not centered on self. As we begin our spiritual journey, the first evidence of our progress will not be a change of character, which is slow and steady. It will be the way we think of and treat our brothers. The remarkable thing is that even though we are far from our twelfth step, the God-given principle of loving our neighbor begins to take root. As this new-found interest is born in us, we find ourselves willing, perhaps for the first time in our lives, to consider earnestly the well-being of others. This can truly be the beginning of a service oriented life.

I sometimes think about how the value of my days will be measured. I realize that what matters will not be what I bought, but what I built; not what I have, but what I gave; not my success, but my significance; not what I learned, but what I taught; not my competence, but my character.

We are never too new to the program to help someone in need. There is no better time and place in S.A.A. to begin our change of heart than right here and right now. I am grateful to be in recovery for the benefits I have received from my change of heart and the accompanying personal rewards, but I am equally thankful because I have been truly transformed into someone who cares for his brother—something I had never experienced prior to coming into recovery rooms. There is no better high—I've tried sex, gambling, drugs and alcohol, power, prestige and money—than that which comes from a truly selfless and authentic desire to help our brothers in need.

## Step Ten—A Guideline for Self

By Roger M.

SAA is approaching its thirtieth anniversary; I've been a member for nineteen of them. The miracle of this program has given me much; best of all, many years of sobriety.

These days, most of my focus is on Steps Ten, Eleven, and Twelve. It has been said that the short form of the twelve steps is: "Lighten Up!" Perhaps the short form of Steps Ten, Eleven and Twelve is: "Live It!"

As part of the way that I "Live It," I thought I'd share my Step Ten checklist. I don't do all of this every day, but I do at least part of it every day. I know that if I'm not working on my recovery, I'm making room for my addiction. So it's important for me to keep taking my inventory of where I am, today. Here are the guidelines I use to do that:

1. Commitment. Is recovery my highest priority today? Am I aware that my recovery is the most important part of my life today? My recovery is more important than anything else. It's more important than hobbies, my job, my home, my family, my health and even my life. Not that these other things aren't important, but if I don't put my recovery first, I will lose all of these things.

2. Feelings. First of all, do I remember that ALL feelings are a part of me? There are no good or bad feelings. I accept all my feelings and the messages they bring about my inner self. Am I feeling Hungry, Angry, Lonely, Tired? Is hopelessness or melancholy creeping back in? What addictive impulses did I have today? When

joy, happiness and serenity are in the forefront of my consciousness, am I remembering to give thanks for that?

3. Interactions. What about the transactions I've had with those that I share life with today? Am I open and willing to be with others? I need to make sure that the old tendency of isolation is not creeping back in. Honesty? Have I been honest in all my communications at work, at home and with myself? Do I see "one-sidedness" or any controlling or manipulative behavior in my interactions today? Have I practiced the "Golden Rule" (treat others as you would like to be treated) in all my interactions today?

4. Self-Talk. What messages am I giving myself today? Am I affirming my goodness, resourcefulness and wholeness? Am I reminding myself that I'm worthy of love? Is there any vestige of negativity, inadequacy or self-loathing remaining in my self-talk?

5. Spirituality. Am I feeling close to God today? Where is my focus? Did I enjoy a sunrise or sunset today? Did I take a minute to see the beauty that is all around me, if I just take the time to look at it? Did I meditate today? Did I pray to ask for God's will for me and to give thanks for all the blessings I've received? Am I maintaining my "attitude of gratitude?"

6. Goals. What successes did I enjoy today? I have successes every day. I just need to acknowledge them. What are my medium and longer term goals for myself? Are my goals achievable and worthy? Why do I have them?

## **Sometimes the Steps that We Take**

By Mike B.

Sometimes the steps that we take  
Don't lead down recovery's road  
They take us back to our addict  
And become a heavier load

We don't always work our programs  
We don't always call our friends  
We don't always do our readings  
And our resolve to stay sober bends

Sometimes we lose sight of our goal  
Sometimes we lose track of our path  
Sometimes we don't take any "steps"  
And our recovery is lost in the wrath

But I have learned 'one day at a time'  
No matter where we may be, today  
To be more gentle with myself  
Take time to meditate and pray

For we will have slips in life  
All of us do and this is sure  
But while we aren't what we want to be  
Thank God, we're not what we were

## The Cog

By Merle K.

I am a cog in one of the millions of gear wheels, each having various numbers of cogs. When my cog comes in contact with a cog of another gear wheel; life happens. Sometimes, the troughs between our cogs become filled or are packed full of debris from hurts and baggage of the past and present. My contact with others is not good as debris is either getting in between our cogs or the packed troughs make it impossible to have the right contact or any contact at all.

And life goes on. So does the constant repacking of life which only trods our baggage down tighter and deeper into trough. What am I to do?

I am a cog; not the Wheelmaster.

I am not designed to clean out my own debris, much less have any means of loosening the hard-packed soil in the troughs around me. But wait! As another cog meets me with a soiled trough, the dirt and chaff are creating a squeaking noise!

The Wheelmaster turns around to investigate where the problem is. Quickly, he finds our wheels and squirts a little lubrication between us cogs. The chaff instantly disappears and both it and the loose debris are soon worn off

through the process of life. The packed debris in me still remains partially unmoved, more solid than ever.

However, I find that when I get in contact with my partner cogs that have also squeaked for the oil which began the softening process, an ever so slight amount of debris is removed each time we meet and we become a little closer. Actually we are closer than we ever were in life before. I look forward to coming in contact with my fellow cogs.

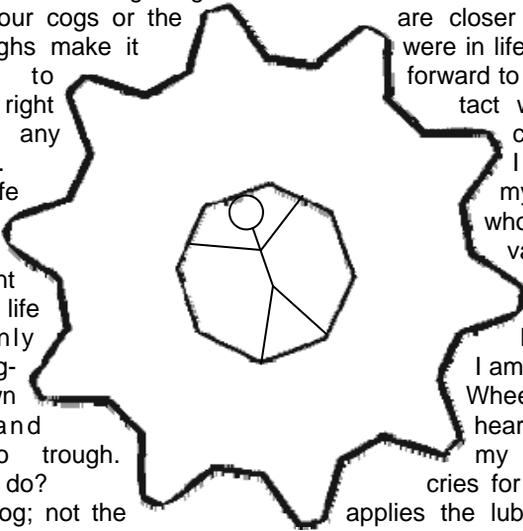
I am grateful for my fellow cogs who know the value of staying with me and crying out for help together.

I am grateful for the Wheelmaster who hears my cries and my fellow cogs' cries for help and who applies the lubrication to our lives.

I am grateful for the lubrication which provides the healing, soothing balm and softens the harshness of those past and present hurts.

I am grateful for the realization of the powerlessness of situations in my life that force my fellow cogs and me to cry out for help.

I am grateful for the debris of life because, as I grind though life with other cogs and the Wheelmaster and His healing lubricant, I am building character that has an impact for generations to come!



## Newness of Life

By C.J.

*[Editor's Note: C.J. is an Illinois prisoner.]*

How did it happen, where have you been, guilt, dirt, sin bringing  
cleansing and release; surely not for me, not like this.

Memories: today a memory was a trigger, a middle circle not recog-  
nized or dealt with as it could have been, but rather acted upon  
in inner circle behavior, taught me that my outer circle behaviors  
can be a prevention to something much worse: a relapse run  
wild.

Poetry writing brought about cleansing and rebirth, a refreshing of  
sorts, growth, happiness, rebirth of recovery and a renewed  
commitment to sobriety for me instead, and I feel good about it,  
rather than dragged down in despair.

For today I turned over a new leaf. I opened up to my sponsor and  
friend and allowed myself to be vulnerable to another man, for  
out came my deepest and darkest secret: who I really am.

Fear poked out its ugly head; "destroy," it said, "before you're ex-  
posed and hated like all the others gone on ahead."

but I will not surrender again to a victim's life

for I am a survivor of all the past strife

today I choose love and happiness and life

and sobriety, for it means so much to me

'cause it is my life, so know this, my family and friends

today you're loved, for love is my life!

## A Question of Tradition

By Truly Seeking

**Q:** The only SAA meeting in our town has been men-only for years. It was bothering us to keep turning women away so recently we voted to change it to a mixed meeting. But now the wives of some of the guys want us to change it back to a men's meeting—and one even set a "boundary" that her husband can't attend if a woman is there. How can we keep everybody happy?

**A:** Well, you probably can't.

First, I want to acknowledge your group for having the courage to open the meeting to women after so many years. If yours is the only meeting for miles around, it would be much harder (though not impossible) for area female sex addicts to recover without access to your meeting. To me, your group is honoring Tradition One by supporting SAA unity, Tradition Three by requiring only one thing for membership in your meeting—a desire to stop, and Tradition Five by carrying the SAA message with singleness of purpose.

Regarding the spouses, I can understand their discomfort, but according to Tradition Four your group should be autonomous. Unless your group is affecting other SAA groups or SAA as a whole, it is completely self-governing. And by virtue of Tradition Two, your group conscience is how your Higher Power's authority is expressed. If your group had voted to continue to remain closed to women, you would have had to abide by that vote—but you didn't. If you now put the will of those outside of your meeting—and outside the fellowship—before your Higher Power's will, there might be more codependents in the situation than just the spouses.

Another thing to consider might be the question of how it could comfort any member's spouse to know that your group would be willing to return to a life of violating its own spiritually-rooted values? Isn't that what got us here in the first place?

In any case, I wish you all the best with your recovery journey.

## Relapse Dynamics

By RVS

*[Editor's Note: This article originally appeared in the March 1997 issue of the PBR.]*

I'm kidding myself when I believe that going through a treatment program is gonna cure me! Intellectually I knew that, but deep down there was a part of me that said it would really be over soon, the weekly (or more frequent) meetings would end, and that I would emerge, free again.

I also knew deep down that I could have a healthy, committed relationship with someone I cared about deeply and would be free to

establish friendships with others without any of those "old problems" cropping up here and there. I had been an incest offender, but since the children were grown and the grandchildren posed no problem anyway, that would solve that. And I was not addicted to alcohol or other drugs so it would be okay to have a social drink without incident. After all, I did have a few belts for a year and a half into my program. I had had no middle circle be-

havioral problems either.

I can only thank my Higher Power that the above beliefs never materialized into the same acting-out behaviors I experienced for some forty years or more. Through the Twelve Steps and Twelve Traditions of S.A.A., something was gradually destroying that deep-down gut feeling that I would find that "once-and-for-all" healing.

I did go through outpatient treatment in a chemical dependency program, but only because I could not afford in-patient treatment for sex addiction. And there was no place in my area where I could do any sex addiction counseling for which my insurance would pay. My three chemical dependency counselors integrated it into my outpatient work.

I received my instructional materials during this and subsequent counseling programs. Some of these I only glanced at during the sessions, and tucked away in a file thereafter. One of these was a long list of "Relapse Dynamics."

Recovery for me was intense; I wanted to work a perfect program and do all the "right" things, with all the fanfare due someone who performs well. I had little time for long lists, especially since they were really for addictions not anywhere akin to my own.

I can't rightly remember when I lifted that four-page list from the other "stuff" that was in files, envelopes and folders. I couldn't help spot on the first page the word "denial." That hardly referred to me; after all, I was in recovery.

Other words and phrases on page one were "defensiveness," "attempts to impose sobriety on oth-

ers," "adamant commitment to sobriety." The list goes on: "easily angered," "plans begin to fail," "self-pity." The one that really hit me between the eyes was "unreasonable resentments." I remember a wonderful friend who said that an expectation was the start of a "pre-cast" resentment. How correct he was. That comment helped me to review this list more carefully and more frequently.

As I began to see some light at the end of that "tunnel vision" I had, it became clear that each one of those was written especially for me. Every one of them constitute a part of the core of my character defects. It's no wonder that the casual first walk through Step Four was quite insufficient.

I wrote once before about some of my confrontational behaviors with many people, in fact most people at one time or another, if the relationship lasted long enough. It was as if survival was at risk.

That survival emotion was born of the anger/rage syndrome my family of origin seemed to display most of the time. I got the disease early and used it to destroy many friendships. Recovery or not, I continued with these confrontational behaviors. I indeed had unreasonable expectations, maturing into resentments. As I talked with an old friend only yesterday, we recounted some of those difficult times when we served together; when my rigidity overruled my good intentions. My way or the highway.

I'm glad to say the list is more handy these days. I'm happy to reflect on all the items listed thereon. I am a bit more aware of what each of them means in my daily battle in sobriety, from ALL my addictions!

## A Meditation Book of Our Own

By Mike A.

One very exciting charge that the Literature Committee received at the last convention was to come up with a format for an SAA meditation book. Of course, the Literature Committee is still working on that question, and we will learn the results of its deliberations at the next convention.

One of the texts of another twelve-step fellowship talks about meditation books in some detail, or rather about how to find suitable meditation texts since at the time there existed only one actual meditation book. And that book was still being published by the home group of its author, using the printing press at the county courthouse, despite the high demand for it (10,000 copies a year). It's sobering to remember there was only one meditation, and that one being informally published, less than sixty years ago.

Since this tentative beginning, meditation books have proliferated, to the point that now there are books dealing with just about every issue that is addressed in one twelve-step program or another. There are books addressing particular diseases, books designed to be used in the morning or at night, even books that primarily use humor to make their points.

It's significant, now that we have our own basic text, that the fellowship decided that the next full-size book we should have is a meditation book. Even though there already exists a meditation book that deals with sex addiction,

and that has been a great help to many, it's clear that there still is a sense within the fellowship that we need a meditation book that reflects the particular experience, strength and hope of Sex Addicts Anonymous.

I know I'm personally excited to know that we are in the process of putting together our own meditation book. I know how much meditation books have meant to me in the past. I have never discovered a better way to start my day, and sometimes to end it, than to do readings in some of my books. And when the readings hit home, as they often do, they really hit home. When I am asked to come up with a topic for a meeting on short notice, meditation books are my primary source of topic ideas.

The very first meditation book actually began life as material written on small cards that the author carried around with him, to assist him as he worked on his own recovery. I have known members of S.A.A. to carry around with them inspirational texts that they have found helpful in their own recovery. And it's invigorating to know that these members and I will soon have a major piece of S.A.A. literature to rely upon in a similar manner.

It's only a few short months before we will learn from the Literature Committee the scope and direction that our meditation book will take. I fully support all members of the fellowship in bringing your collective experience, strength and hope to the table in assisting the Literature Committee in bringing this exciting project to fruition.

## From the Editor

By Mike L.

Hello to all. We have a full issue, including several “oldies but goodies” from past PBRs, so I will keep my comments short this time.

I am very excited as today is my last day at work for the next week and a half. I am journeying to a state just a bit north of here to attend an SAA retreat. I believe this is my first non-business-related SAA retreat and I am really looking forward to it. One of the goals I have recently set for myself is to do a little more traveling, which for me means walking through a lot of fear, so I’m heading up a couple of days early to have a chance to see some of the area, which I have heard is really beautiful.

In the past, it was customary for the PBR to run articles based on the steps and traditions. I think this was a wonderful practice and one I want to see started again. So I have included articles on Steps and Traditions Three and Four in this issue, since March/April are the third and fourth months of the year. All the articles except Tradition Four are from previous issues of the PBR.

If you are interested in submitting an article for the

PBR, I am definitely looking for articles on Steps and Traditions Five and Six for the next issue. In fact, I’m looking for articles on just about anything related to the program as I am currently fresh out of new material. Please send your articles to me at [pbr@SAA-Recovery.org](mailto:pbr@SAA-Recovery.org) or else to the office at ISO of SAA, P.O. Box 70949, Houston, TX 77270-0949.

The next issue of the PBR will be coming out in early-to-mid June and will have coverage of the convention at the end of May. It’s going to be a very special one, honoring the 30th anniversary of the founding of our program as well as being the 20th SAA convention. I hope to see you there.





# ISO News



## ISO Board Actions

The Board of Trustees of the ISO of SAA, Inc.,  
met by teleconference March 17, 2007.

The following is a report of significant actions taken.

- Approved: To task the ISO Office with researching the cost of an editor for the meditation book.
- Approved: That the ISO immediately cease distribution of the Teen Meetings pamphlet and binder pending further review.
- Approved: That Shelley K. be allowed to prepare stickers for the Board committee members to wear on their name badges.
- Approved: That exit survey forms be made available at the end of each workshop.
- Approved: That the 2008 Convention registration fees start at \$140.00.
- Approved: That the ISO make the basic SAA outreach pamphlet available on the ISO website in a non-printable format free of charge.
- Approved: To raise the maximum wage cap with additional Cost of Living Allowance (COLA) increases.
- Approved: That the Travel Reimbursement Policy be changed to reflect the revised IRS mileage allowance of 48.5 cents per mile.
- Accepted: A diagram entitled "Board Committee Publications Path."
- Approved: The 2007 Board Committee Instructions as amended.
- Approved: The following mechanism for complaints against the office staff:
- 1) Create an email address whose only recipient is the Office Oversight Committee (OOC) chair;
  - 2) That all complaints regarding staff directors be automatically referred to the entire Board by the OOC chair;
  - 3) That all complaints regarding staff who are not directors be referred to the entire Board and the appropriate director;

4) Complaints from those without email can be addressed to the OOC chair at the ISO Office address, and will be forwarded to the OOC chair unopened.

Ratified: The Office Oversight Committee (OOC) memberships of Nan E. and Charles L.

Approved: To increase Jonathan C.'s hourly wage to \$15.18 following his annual review.

Approved: To allow for a two minute announcement of each new business item at the delegate meeting.

Accepted: A workshop proposal from the DAC for Board review.

Approved: To task the ISO Office with [sending] a letter, drafted by the International Development Committee, inviting international groups outside of Canada to form an intergroup, listing procedures, benefits offered, and services provided by the ISO Office for putting together an intergroup.

Approved: To task the office to send a letter to groups in Canada informing them that they are close to being able to become a region and they also need to make sure that the groups' registration with the ISO is current.

Approved: To send the Prisoner Outreach pamphlet to the Literature Committee.

Approved: To have the Website Committee develop a bulletin board for the Intergroup Communications Committee (ICC) to use in horizontal communications.

Affirmed by Consensus: Adding the task of horizontal communications between intergroups to the ICC task list.

Approved: To task the Director of Fellowship Services to adapt the list "What AA Does Not Do" from AA publication page 18 of the AA publication "Members of the Clergy Ask About AA" to put in the training manual and fact file.

Approved: To task the Director of Fellowship Services to draft an anonymity letter to be sent annually to the media at a time to be determined by the Board.

Approved: To forward updates to the women's pamphlet to the Literature Committee.

## ISO Literature Committee

The Literature Committee of the ISO of SAA, Inc.  
Met by teleconference February 18, 2007.

The following is a report of significant actions taken.

Approved: To allow continued distribution of ISO publications that were in circulation prior to the Board's Nov. 20 decision, pending literature committee review and approval, except the teen meeting binder and pamphlet.

Approved: That the ISO immediately cease the distribution of the teen meeting pamphlet and binder, pending further review.

The Literature Committee of the ISO of SAA, Inc.  
Met by teleconference April 1, 2007.

The following is a report of significant actions taken.

Approved: The proposal for Lit Com Review/Approval of ISO publications as presented by Jeff in his e-mail of April 1.

Approved: That Jeff W. as our chair forward this proposal to the DFS, the DBS and to the Board of Trustees for comment.

Approved: The SAA meeting format pamphlet for use at the 2007 convention, with the following changes: italicizing "Sex Addicts Anonymous" and eliminating "GB" everywhere it occurs.

Approved: The weighted voting system for renaming the PBR that Jim Lo. presented in his e-mail of January 14, 2007.

Approved: That we have some version of the Group Guide available for limited sale at the 2007 convention.

Approved: That Jim Lo.'s new format for the Sexual Sobriety & the Internet Pamphlet be put into the delegate information packet for the 2007 convention.

Approved: That we suspend review of the teen meeting materials until we receive clarification from the Board of the ISO policy regarding teen meetings.

Approved: That the ISO cease distribution of all materials, including but not limited to audio CDs, regarding teen meetings, pending further review.

## Board Committees Report

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

- General Outreach:** The initial draft of the SAA Public Information Workbook, which includes guidelines for an SAA speaker's bureau, is nearing completion. The Men's Outreach Subcommittee has established an email address to field inquiries from men living in geographically isolated areas. (See details in the article on page 25.) And the committee continues to seek 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 24.)
- Interfellowship Relations:** Having successfully hosted this year's Interfellowship Forum (IFF) in New Orleans, LA in November, the committee will be asking the Board for approval of guidelines for SAA cooperation with other S-fellowships.
- Intergroup Communications:** Progress continues in the development of an intergroup guide. This committee is working together with the Website Committee to develop new ways to increase horizontal communications between intergroups through the revamped SAA website.
- International Development:** In the process of sending letters (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:** Following their recent submission of the Prisoner Outreach pamphlet to the Literature Committee, the committee is preparing for the upcoming service year.
- Women's Outreach:** The committee recently sent updates to the SAA pamphlet "A Special Welcome to the Woman Newcomer" to the Literature Committee for their consideration, and continues to support the development of the Men's Outreach Network. The committee is also reaching many female newcomers through the women's page. (See details in the article on page 26.)

## ISO Financial News

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

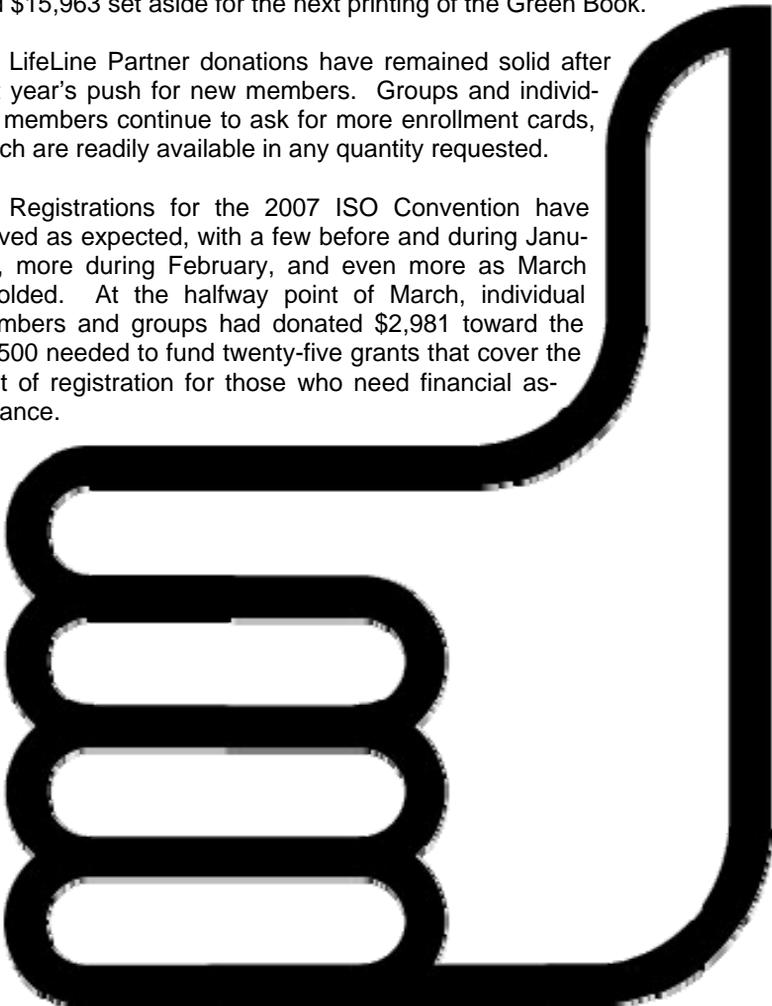
|  | February      | Monthly<br>Average | Year<br>End   |
|--|---------------|--------------------|---------------|
| <b>NET OPERATING INCOME</b>              |               |                    |               |
| <b>Net Sales</b>                         | <b>8,328</b>  | <b>7,484</b>       | <b>14,968</b> |
| <b>Donations</b>                         | <b>12,732</b> | <b>17,832</b>      | <b>35,662</b> |
| General Donations                        | 8,025         | 13,139             | 26,277        |
| LifeLine Partners                        | 4,120         | 4,247              | 8,494         |
| Designated Donations                     | 587           | 446                | 891           |
| <b>Miscellaneous Income</b>              | <b>12,324</b> | <b>6,187</b>       | <b>12,374</b> |
| <b>TOTAL NET OPERATING INCOME</b>        | <b>33,384</b> | <b>31,503</b>      | <b>63,004</b> |
| <b>OPERATING EXPENSES</b>                |               |                    |               |
| <b>Wages/Benefits/Taxes</b>              | <b>15,214</b> | <b>13,557</b>      | <b>27,114</b> |
| Program Related                          | 9,971         | 7,699              | 15,397        |
| Wages - Other                            | 2,716         | 2,846              | 5,693         |
| Benefits                                 | 1,517         | 2,148              | 4,296         |
| Payroll Taxes                            | 1,010         | 864                | 1,728         |
| <b>Insurance</b>                         | <b>220</b>    | <b>220</b>         | <b>440</b>    |
| <b>Depreciation</b>                      | <b>150</b>    | <b>150</b>         | <b>300</b>    |
| <b>Postage</b>                           | <b>66</b>     | <b>39</b>          | <b>77</b>     |
| <b>Phone</b>                             | <b>206</b>    | <b>204</b>         | <b>409</b>    |
| <b>Website Related</b>                   | <b>38</b>     | <b>42</b>          | <b>84</b>     |
| <b>Occupancy</b>                         | <b>1,336</b>  | <b>1,411</b>       | <b>2,822</b>  |
| <b>Office Related</b>                    | <b>635</b>    | <b>1,091</b>       | <b>2,181</b>  |
| <b>Professional Fees</b>                 | <b>285</b>    | <b>142</b>         | <b>285</b>    |
| <b>Financial</b>                         | <b>770</b>    | <b>832</b>         | <b>1,664</b>  |
| <b>Plain Brown Rapper</b>                | <b>1,407</b>  | <b>866</b>         | <b>1,732</b>  |
| <b>Board &amp; Committees</b>            | <b>1,164</b>  | <b>1,566</b>       | <b>3,131</b>  |
| <b>Total Operating Expenses</b>          | <b>21,491</b> | <b>20,120</b>      | <b>40,239</b> |
| <b>TOTAL NET OPERATING SURPLUS</b>       | <b>11,893</b> | <b>11,383</b>      | <b>22,765</b> |
| <b>NONOPERATIONAL INCOME</b>             |               |                    |               |
| <b>2007 ISO Convention</b>               | <b>3,571</b>  | <b>5,592</b>       | <b>11,183</b> |
| <b>Delegate Fees</b>                     | <b>0</b>      | <b>0</b>           | <b>0</b>      |
| <b>TOTAL NONOPERATIONAL INCOME</b>       | <b>3,571</b>  | <b>5,592</b>       | <b>11,183</b> |
| <b>NONOPERATIONAL EXPENSES</b>           |               |                    |               |
| <b>2007 ISO Convention</b>               | <b>62</b>     | <b>963</b>         | <b>1,925</b>  |
| <b>Delegate Meeting</b>                  | <b>1,620</b>  | <b>810</b>         | <b>1,620</b>  |
| <b>Board/LitCom/Staff Travel</b>         | <b>0</b>      | <b>609</b>         | <b>1,218</b>  |
| <b>TOTAL NONOPERATIONAL EXPENSES</b>     | <b>1,682</b>  | <b>2,382</b>       | <b>4,763</b>  |
| <b>TOTAL NONOPERATIONAL SURPLUS</b>      | <b>1,889</b>  | <b>3,210</b>       | <b>6,420</b>  |
| <b>ISO SURPLUS – ALL INCOME/EXPENSES</b> | <b>13,782</b> | <b>14,593</b>      | <b>29,185</b> |

2007 started with vigor, thanks to major infusions in each of the first two months. In January, several end-of-the-year contributions were received and booked in the new year. These gifts pushed donations well over projections. In February, the annual Outreach Endowment Fund earnings distribution was received. At \$12,258, it was the largest amount ever received.

While income was exceeding budget, daily operating expenses tracked as projected, creating a positive cash flow that might well be needed during the usually lean three months leading up to convention. The ISO's prudent reserves are in good shape, with the operational reserve (four months of expenses) fully funded at \$85,211, the translation reserve holding \$9,774, and \$15,963 set aside for the next printing of the Green Book.

LifeLine Partner donations have remained solid after last year's push for new members. Groups and individual members continue to ask for more enrollment cards, which are readily available in any quantity requested.

Registrations for the 2007 ISO Convention have arrived as expected, with a few before and during January, more during February, and even more as March unfolded. At the halfway point of March, individual members and groups had donated \$2,981 toward the \$3,500 needed to fund twenty-five grants that cover the cost of registration for those who need financial assistance.



## **Helping Professionals Within SAA – Your Help is Needed!**

The General Outreach Committee of ISO is looking for a few good men and women to share the message of recovery within the professional community.

Many SAA members work as helping professionals. This general term may include counselors, therapists, psychologists, physicians, nurses, teachers, police, clergy, social workers and many other occupations. Their work may involve contact with addicts or addiction and require knowledge of what addiction is, what an addict needs and what resources are available. Many professionals who are not themselves SAA members may be willing to carry the SAA message in a cooperative way to addicts who are suffering, but they lack the information they need to do so.

As an SAA member working in these professions, your input is needed to help figure how we as a fellowship can best reach out to other professionals so that they are aware of SAA and are able to offer information about SAA to their clients if they so choose.

Lawyers, accountants, managers, media specialists and others within the fellowship are currently lending their expertise in specific areas as requested by the ISO Board. This request expands this type of service to occupations who have a great capacity to understand and reach out to addicts every day.

This type of service may 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 addicts and the people 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.

Please respond by contacting the Director of Fellowship Services, and mention "Outreach to Professionals".

The General Outreach Committee thanks you for your assistance. We hope those of you in these fields may use this opportunity to put the Seventh and Twelfth Traditions to good use in your daily working lives.

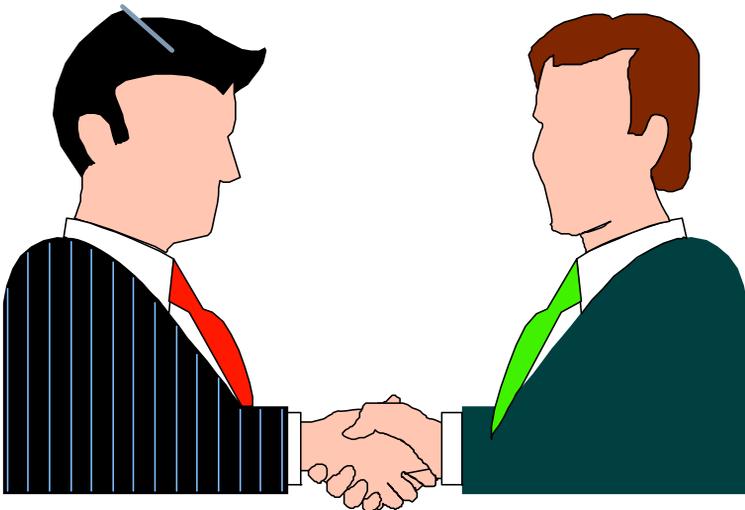
## New Men's Outreach Email Address!

The work of Men's Outreach, a subcommittee of General Outreach, is to develop new ways to meet the need for sponsors and other program support from men with few or no SAA meetings in their local area. Men's Outreach has recently developed an outreach email address [men4saa@SAA-Recovery.org](mailto:men4saa@SAA-Recovery.org) for men needing such assistance.

Other 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).

Any men who would like to participate in Men's Outreach as a form of ISO service can write to Ed B., the Board liaison for General Outreach, at [boardsp@SAA-Recovery.org](mailto:boardsp@SAA-Recovery.org).

Convention attendees are also encouraged to participate in the General Outreach Committee meeting on Saturday from 10:00 a.m. to 12:00 p.m. For more details on how to attend the convention, please see the convention registration form on page 27 of this issue.



## 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 12

We are delighted to re-announce the updated website

[WWW.SAA-WOMEN.ORG](http://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 has been updated with more options and is another way women in SAA can get help in their recovery.

We have completed working on updates to the pamphlet

"A Special Welcome to the Woman Newcomer"

The updates have been acknowledged by the ISO Board and forwarded to the Literature Committee.

We will also be holding a face-to-face Women's Outreach Committee meeting at the convention and your input is greatly needed as we go forward into 2007-2008. Please consider becoming a part of the Women's Outreach Committee.

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

Thank you all.



## 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.

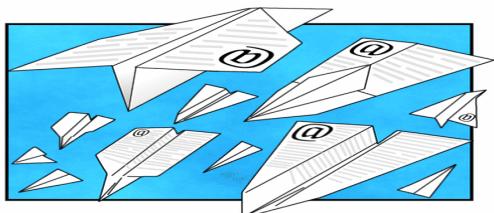
Great Lakes Board Member and Alternate: [BoardGL@SAA-Recovery.org](mailto:BoardGL@SAA-Recovery.org)  
Intermountain Board Member and Alternate: [BoardIM@SAA-Recovery.org](mailto:BoardIM@SAA-Recovery.org)  
North Central Board Member and Alternate: [BoardNC@SAA-Recovery.org](mailto:BoardNC@SAA-Recovery.org)  
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)

Director of Fellowship Services: [DFS@SAA-Recovery.org](mailto:DFS@SAA-Recovery.org)  
Director of Business Services: [Business@SAA-Recovery.org](mailto:Business@SAA-Recovery.org)  
Administrative Assistant: [Info@SAA-Recovery.org](mailto:Info@SAA-Recovery.org)  
Outreach Specialist: [Outreach@SAA-Recovery.org](mailto:Outreach@SAA-Recovery.org)  
Information Technician: [Webmaster@SAA-Recovery.org](mailto:Webmaster@SAA-Recovery.org)

The SAA-ISO Board of Directors has established an e-mail box which may be used to register complaints from the fellowship about the ISO staff.

[OOCchair@SAA-Recovery.org](mailto:OOCchair@SAA-Recovery.org)





## **Regional Planning Events**

### **Northeast (NE) Regional Planning**

Members of the Northeast (NE) region have been meeting by teleconference 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.

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### **Southern Pacific (SP) Regional Planning**

In March, the SP Board representative and a Fundraising Committee member met with ISO staff to draft a letter to SP members, groups and intergroups in their region. The letter offers SP members specific ways in which they can work together at the regional level to increase fundraising, ISO group registration renewal, and further communications.

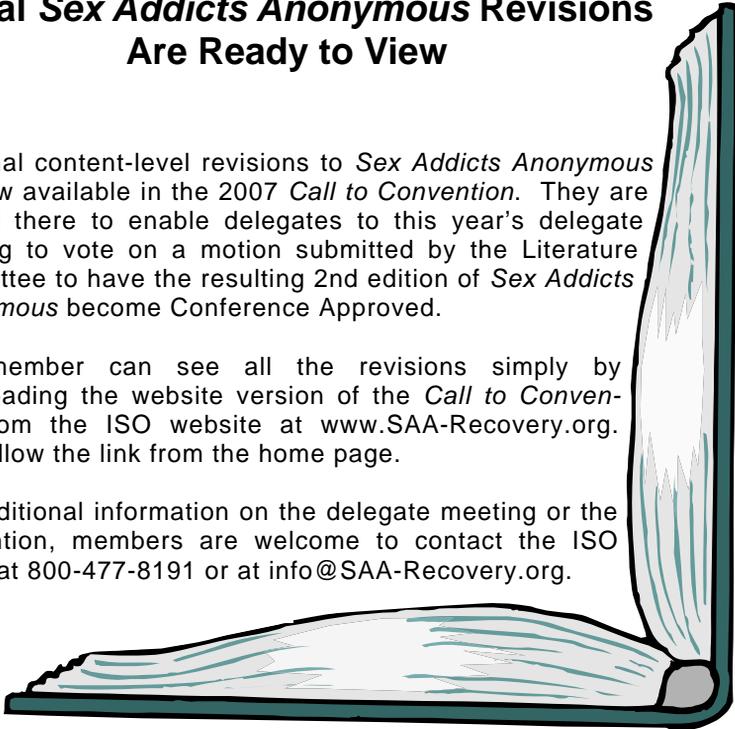
If you live in the SP region and have questions about ways to assist, or if you live in another region and would like to send a similar letter to foster cooperation between members, groups and intergroups, you are welcome to call the ISO Office toll free at 800-477-8191 or write to [info@SAA-Recovery.org](mailto:info@SAA-Recovery.org).

## **Final *Sex Addicts Anonymous* Revisions Are Ready to View**

The final content-level revisions to *Sex Addicts Anonymous* 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 *Sex Addicts Anonymous* 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).



### **SAA Board of Directors ISO E-mail Complaint Mailbox By Jeff B., At Large Board Representative**

The SAA-ISO Board of Directors has established an e-mail box which may be used to register complaints from the fellowship about the ISO staff. The mailbox will be routinely reviewed by an SAA-ISO Board member who will share any complaints received with other board members who will then establish a plan for appropriate response. The complaint response will be coordinated by the SAA-ISO Board Chair.

Fellowship members may also choose to discuss their complaints about the ISO staff directly with the Director of ISO-SAA fellowship director by calling Carol Ann at 800-477-8191.

## Local SAA Events

### Gulf Coast Region Intergroup's annual SAA Serenity Retreat

SAA members of the Gulfcoast Region Intergroup will hold their annual SAA Serenity Retreat entitled "Back to the Future" on April 13 - 15, 2007. The event will feature workshops on Steps 1-3 (New Orleans), Steps 4-7 (Baton Rouge), Steps 8-11 (Slidell), and Step 12 (Lafayette). There will also be a talent show on Saturday night. Included in the \$120 registration fee for three days is a room; breakfast, lunch and dinner on Saturday; and breakfast and lunch on Sunday. One meal is included with the one day \$50 registration fee for just Saturday or just Sunday.

To receive a registration form or for more details, call:

- Frank B. in New Orleans: 504-289-9665
- Paul P in Slidell: 985-643-6498 oots@bellsoth.net
- Ben S. in Lafayette: 337-981-6392 cajunmagic@cox.net
- Bill P. in Lafayette: 337-981-7624 (h) / 337-296-4983 (c)

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### Pathways to Spirituality, a Texas SAA Retreat

"SAA members of the Austin SAA Intergroup will hold the Pathways to Spirituality, a Texas SAA Retreat on April 21 - 22, 2007. Meals and lodging are included in the \$70 registration fee. The event will feature three workshops:

1. Came to Believe, Made a Decision
2. Sought through Prayer and Meditation
3. Real World Spirituality

To receive a registration form or for more details, call 512-370-9571 or write to:

Austin SAA Intergroup  
PO Box 1056  
Austin, TX 78767

## 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 Spring Retreat 2007

"SAA members of Tulsa, Oklahoma will hold their SAA Spring Retreat 2007 on April 28th, 2007. The event will feature A session on the slogans, guest speaker Omer G. on "The Maintenance Steps (10-12)", plus discussion of "Tools of Recovery". Registration will begin at 8:00 AM. Lunch, refreshments and meeting space are included in the \$8 registration fee.

To receive a registration form or for more details, call:

- Chris N.: 918-633-2931
- Ed W.: 918-638-9748

or write to: [serenitytulsa@yahoo.com](mailto:serenitytulsa@yahoo.com)



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

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Tim D.  
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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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