

The

# Plain Brown Rapper

THE SAA NEWSLETTER

Carrying the message of hope to the sex addict

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volume: 9 no.3  
Date: March 1997

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## Steve B., PBR Editor, Takes Leave, With Our Regrets

Steve B., for his own personal reasons, has resigned as Editor of the PBR as of March 1, 1997. As Editor, he was also a voting member of the Literature Committee. On behalf of the Literature Committee, the ISO Board, and the fellowship, we give humble thanks for his untiring efforts to continually improve our monthly message of experience, strength, and hope through the written word, and for his diligent work as a member of Lit Com. Since he lives and did write from his home in Houston, we know we will see him at Convention in May.

Steve, all we can say is, "Thanks from the bottom of our hearts for such a wonderful job. May your service to all of us never be forgotten. And may your continued recovery bring you many Blessings, much Joy, and Peace, in abundance!"

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Perhaps that's what hap-

Robert S., Lit Com member, acting PBR Editor, next 3 issues.

pens when a good man leaves and there's no one on board at the exact right moment to replace him/her.

When the Lit Com met on March 9, 1997, Steve had tendered his resignation having agreed to publish the January and February issues. This left the Lit Com. with the

"We're gonna miss you Steve....."

task of completing the year's publications with no apparent heir. They asked for a volunteer.....

Robert S., Lit Com. Secretary, agreed to give it a shot, albeit without the same computer hardware or software with which the newsletter had been drafted.

That, of course, is why you now see it in different format. It is hoped that you in the fellowship can bear with not only the format changes, but with the content and the editing. So far there have been no submissions from the fellowship. That will change however. Won't it? Will not all of you out there at the four corners of the earth submit your written elements of wit, wisdom and recovery? Yes!!

What is needed: YOUR personal stories of hope, your experiences, your strengths, and whatever else has given you progressive recovery.

These need not be of any particular length nor be professionally written. No particular technique or form. Poetry is still "in" and welcome. Each author might well include phone or address so any questions the editor might have about any portion could be answered. Let's DO IT!!

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## Letters to the Editor

First of all, I [your temporary editor] don't know of any former "letters to the editor" as such. But in the hope that such a column might serve the added purpose of gathering a story or two of experience, strength and hope, the PBR would like to offer you the opportunity to write. We're not suggesting that we get into areas of "cross-talk" and/or uninvited "feed-back", but there just might be a thought about a set of issues from other points of view. Perhaps many of you may be more encouraged to "write a letter" than to "write an article". It might seem to lend itself to "informality" and therefore easier to put on paper, or send on the e-mail.

And a "letter to the editor" may just open the fellowship to some other suggested opportunities for enhanced recovery. After all, it appears as if we enjoy the recovery process by associating ourselves together and listening, feeling, touching the work and experiences of others. Why can't we do it through the written word? Let's hear from you, eh?

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And....  
Speaking  
of  
Letters.....

Here's a sample,  
at least of portions,  
of one from Eliza-  
beth S., not to the  
PBR, but to the

"Dear Lit Com Members,

I was very glad to see my article on outreach to women in print in a recent [PBR] [Sept of 96]. Since its publication, I have also received a few [five] letters from members of the fellowship in response to the article. The letters were all supportive and several, in fact, stressed the need to carry the message to women n prisons. I was also very

"...in practice, few women attend [mixed-gender] meetings and many who do show up disappear again very

excited when a fellow SAA down here in Bloomington showed me the latest ISO Quarterly Newsletter, in which "Women's issues [Elizabeth S. letter]" was listed a New Business for the Lit Committee!

I decided to write to you as soon as possible to update you on our activities in Indiana concerning this issue. Enclosed you will find a draft of a new pamphlet we have started using in the Bloomington groups. After writing the article which was published in the PBR, I just sat down one day and decided to hammer out a draft of the sort of pamphlet that I thought would address our needs here. It has gone through several drafts (with input from the Bloomington fellowship,

including both male and female members) and was approved in its current form to be distributed to female newcomers to the Bloomington groups. Recently we also brought it up to the Indiana Inter-group and have made it available for other groups in Indiana to use if they choose (also asking for

.."since we started using the pamphlet, female attendance here in Bloomington has risen 400 %

feedback).

The pamphlet is very much geared to the SAA situation in Indiana. We have approximately 20 active groups in the state, and virtually all of them are, on paper at least, mixed-gender meetings. Yet, in practice, few women attend meetings and many who do show up disappear again very quickly. (There is of course a hard core of female old-timers, mostly in Indianapolis.) The pamphlet is designed to help make a female newcomer at a predominantly male meeting

since we started using the pamphlet, female attendance here in Bloomington has risen 400% (from one regular female member--me--to four).

I realize the pamphlet may not be suitable for the fellowship as a whole or for meetings in every area. It's just some grass-roots stuff

that I wanted to throw your way before your next meeting. Hopefully some of the ideas will be of use to you in your discussions. Also, I remain very willing to work with you on refining this project. Please feel free to contact me by letter, phone, or e-mail. I am terribly excited that some of my words and ideas may be of service to the fellowship which has given me so much.

Greetings in recovery,  
Elizabeth S.  
c/o Hope and Recovery  
P.O. Box 464

Bloomington, IN 47402 "

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Editor's Note

You see there is no phone or e-mail address here. Since Elizabeth gave that to the LitCom, it's best she respond directly to anyone who writes. You may wish to drop your e-mail and/or phone as you wish to the address above. I would almost bet that for a small donation, [maybe a buck or two] you may be able to get one of these brochures. The Lit Com has this on their agenda but you may be able to give some valuable input to the process. Remember, the process of approving literature goes from the "submitter"[on the local or Inter-group level] to the Lit Com. Then after LitCom work it goes to the fellowship for a final approval process at one or more Delegate Meetings [at Convention]. Here's your opportunity to get your recommendations in NOW.

# Recovery Toolbox >>>>.

"I knew.....deep down.....the weekly meetings would end...I would emerge free again..." [Dynamic #9..."tunnel vision"].

## RELAPSE DYNAMICS

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 hunk of me that said it would really be over soon, the weekly [or more frequent] meetings would end, 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 ok 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'd had no center circle behavioral problems either.

I can only thank my Higher Power the above beliefs never materialized into the same acting out behaviors I experienced for some 40 years or more. Through the 12 steps and 12 traditions of SAA, something was gradually destroying that

deep-down, gut feeling I would find that "once-and-for-all" healing.

I did go through out patient treatment in a CD program, but only because I could not afford in-patient for sex addiction. And no place in the hinter-lands of the Dakotas or North Minnesota to do any SA counseling for which my insurance would pay. My [3] CD counselors integrated it into my OP work.

I received many 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, 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 & folders. I couldn't help spot on the first page the word "denial". That hardly referred to me, after all I was in recovery.

Another on page one was "Defensiveness", another, "Attempts to impose sobriety on others", another, "Adamant commitment to sobriety".

The list goes on: Easily angered", "Plans begin to fail", "Self Pity", and the one that really hit me 'tween the eyes was "Unreasonable Resentments". I remember in Houston a wonderful friend named Steve, who said an expectation was the start of a "pre-cast" resentment. How correct he was. That comment helped me to more carefully review this list more 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 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.

[Continued on page 5...]

# Recovery Toolbox

continued.....

## Sponsorship Question

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, Kevin K., only yesterday, we recounted some of those difficult times when we served together, when my rigidity over-ruled 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 mean in my daily battle in sobriety, from ALL my addictions! RVS.....

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The moving finger writes  
and

having writ, moves on.

Nor all your piety and wit,  
can lure it back

to cancel half a line;

Nor all your tears

wash out a word of it.

Omar K.

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Honestly now, and raise your hands on this one: How many of you, 1] had a sponsor from the start of your program, and, 2] still have one? How many started with none and found that it didn't work

**THERE ARE A LOT OF QUESTIONS ABOUT SPONSORSHIP! MAYBE MORE THAN ANSWERS! WHAT'S YOUR EXPERIENCE? YOUR SUGGESTIONS?**

well? How many began with one and dropped him/her after a short time? How many have enjoyed [ or hated] co-sponsorship? How many of you have ever had a sponsor tell you "That's it, I'm done with you"? [And for what reasons?] Ever had a sponsor walk out on you because you had [too many, whatever that is...?] SLIPS? Ever dumped a sponsor because you didn't "measure up" [to some preconceived "measure"]?

There are a lot of questions about sponsorship. Maybe more than answers. The PBR would like to print some of your experience, as a sponsee, if you have had sponsors. And as a sponsor,

if you acted as one. Also if you've fallen in the crack of "neither".

What prompted these questions, and why they were inserted in the "Toolbox" section, was that I talked to an old friend today about a thousand miles away and he/she [it was one or the other, we just wanted to assure anonymity.] was having some problem since word of the area gave some indication of sponsors leaving sponsees

because of slips/relapses. There's more to the story perhaps, but it may open our eyes to the continued search for group and/or fellowship conscience on the subject.

The LitCom has this tiger for the moment, at least in the pamphlet stage, the originator being the Fargo, ND group, then to the Northern Tier Inter-Group [ND/SD]. They could use some feed-in from the hinterlands where you live and work at recovery.!!

Send letters to Editor, PBR, P.O. Box 9136, Rapid City, SD 57709. e-mail= robson@rapidnet.com[all small letters] or to ISO in Houston.

**LIVING  
IN THE  
LIGHT.....**

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If you haven't registered by Mar 31st for the May 23-26, 1997 convention in Houston by now, you've missed the chance to save 10 bucks. You can still save 10 by making it before the April 30 deadline. DO IT!!!

"HUT, TWO, THU-REE, FO-AR, To your LEFT, RIGHT, LEFT...." "YOU HADDA GOODHOMNULEFT, YOUR MAMA WAS HOMNULEFT...." "SOUND OFF.."

Even those of you who might not have been in the military will prob'ly recognize the familiar ring to the above marching epic. It may have been used in your high school band, the scout troop, ROTC, and hearing an ol' recruit relive his/her glory days.

I've done many-a-step in the drill of the '50's conflict. It took many steps at times to get to "the place". And connected to all the other steps I took in life, it too, was a part that contributed to the addiction I had from as far back as I can remember. They were just one-two, three-four, over and over again.

Ultimately however, they led to the hard place called bottom.

I was relating to a close friend just this morning a bit of my story as we talked about coming out of this hole a step at a time. I shared my narcissistic lack of victim empathy in recounting the plight of a young lady I had impregnated at age 17 [50 years ago] who bore the child, gave it up. I left without seeing her again. A year before getting into SAA and treatment eight years ago, I compounded the injury by finding her place of work and by phone 500 miles away, without thought for her, and the pain she had been through, I asked about the baby. I said I was turning

over a new leaf and wanted to make it up to her. [At the time I was neck deep in religious addiction to supplement all my others].

As I see that sick act today, I am so happy she was well enough to just hang up in my ear.

How many steps will it take to get free of these problems? Not many, just 12. But just like the over and over repetition of one-two, three four, these steps will have to be done over and over. And over. And I still will not be at "the place". It truly is the journey, and it's a painful SOB. But how else?

I write this for the 3rd issue of the 1997 PBR. At a step a month, it's time for step 3. For at least the seventh time, I work on Step 3: "Made a conscious decision to turn my will and my life over to the care of God as I understood God".

Until 1989 I hadn't really

"...It follows: If I didn't get steps one and two, there was little chance that...thuree and fo-ar would follow any time soon."

made many conscious decisions. In fact it was more survival instinct that sent me to the program than awareness. I knew the "hard place" only when I felt it.

Being a person either in

total control [or completely absent], I wasn't too interested in giving any of that up. The first time I went through step 3 was more out of anger and resentment than willingness. But it follows: If I didn't get steps one and two, there was little chance that steps "thuree and fo-ar" would follow any time soon, at least with any willing desire to make them profitable for recovery.

Mostly I have found, it's my grandiosity that keeps me stuck from time to time. The center circle sexual acting out behaviors have not arisen for a some years but those character defects still plague me somethin' awful.

When does "not turning it over" become "relapse"? For me it's when I treat myself and others with less respect than is due us. And these behaviors take place when I stop doing not only step 3, but all of them. When I hold back on my daily meditating routine, avoid my daily readings, miss a meeting.

Yesterday's reading: "Them which stops going to meetings are not present at meetings to hear about what happens to them what stops going to meetings".

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## Tradition Three...

"The only requirement for membership in SAA is the desire to stop compulsive addictive sexual behavior."

The AA people tell of a time when every AA group had "membership rules". They say at one time groups were asked to submit lists of "membership rules" to what is now the General Service Board. The rules were known as "protective regulations". This, so to speak, was to assure that only the "pure alcoholics" could "get in". And the stories go about the multiply addicted, the atheists, other seemingly ner-do-wells.

How many rules do we have in SAA groups around the world? No, not the written rules, there are none. I wonder about the un-written ones, the messages that are sent via the looks and actions of those of us who sit around the table. As I listen to someone's story, and it goes on and on and on and on, it's downright difficult for me to wish we "had a rule". About the time one could spend, and "a rule" about sticking to the subject, that says the conversations about your car, your dog, your work, your whatevers that are "unrelated to recovery", are out of order. I've been guilty of that kind of behavior, the kind that says, "if you'd work your program like I work mine", you wouldn't have so many problems, and you wouldn't have to carry on these long diatribes which are borrrrrriiiiiing!

Ah, yes, the "pure" addict, the one with only one problem, Sex Addiction. The kind we can get right to the heart of, deal with, write a formula of recovery for, and move on, God, just move on!!

I've often wondered how in the [ ] I could tell if Alex, Ben, Charles, Don, Ebenezer, Frank, or any others down the alphabet *REALLY HAD A DESIRE TO STOP* compulsive sexual behavior. I know. I'll be God. Just like the TV show, "God for a day". [Or was it King, or Queen?] As God, I really can know, or at least be *pretty* sure, that [ ] is really serious about this stopping the sexual deviance bit.

I suppose I, or anyone, can make it sound as if it's somewhat humorous at times but I wonder just how long it took me to even appear, in talk and action, as if I were really in recovery. What is more sinister is the fact that these feelings of antagonism, especially if they are acted out in some resentful ways toward others, are at least as sick and dangerous as the sexual component of my addiction and compulsivity.

Looking at this tradition from the standpoint of a potential sponsor/sponsee relationship, the external behaviors of any person, as interpreted by others, might be a detriment. If I "don't think you are sincere about

wanting to "stop your addictive behavior", I might not want to be your sponsor. And even if I've been your sponsor for some time, and you've had a few slips, I might have the impression you are not serious about this recovery business.

Is it a matter of trust? A matter of faith? A matter of empathy? A matter of remembering where we all were at any given time in our addictive, compulsive cycle? A matter of looking hard at step 12 and tradition 5 perhaps.

Where do each of us find the virtue of love and patience?

Doubtless in the arena of expectation, either for ourselves, or about others. These are breeding grounds for resentments.

Am I as fearless as I make believe? Hardly. That's why I have to play God occasionally. To spin out of the cycle, I must reverse the process.

Awareness, being in the present, is the greatest gift I can ask for. Or perhaps it should be: "the greatest gift I can work for". Some quiet, some meditation, some presence, with myself, might ease those anxieties. The anxiety is not about others, it's about me. When I know I have the desire to "stop addictive behaviors", the behavior of others is less likely to be of concern to me. RVS

# NARCISSISTIC PEDOPHILE

Within two weeks of my hitting bottom almost 8 years ago, I was in the office of 2 addiction counselors, one of whom was to be my primary sexual addiction counselor for the first few years of my program, one who took me through the first 13 weeks of outpatient work. With an interest in getting into an inpatient treatment center [Golden Valley], I called them, met with a psychiatrist, a psychologist, and a CD counselor. My insurance would not pay for inpatient treatment, nor could I.

In seeing the psychologist, my diagnosis was as above. Prognosis: not favorable. I asked for a complete set of my tests and all my records. What I saw scared h... out of me. The word "pedophile" seemed to wrap my throat in suffocating tightness.

I turned my records back to the facility since they recommended it for safety's sake, other family members, etc.

I was so fixated on the label "pedophile". I worked a diligent program, or so I thought. I read a lot, I learned about pedophilia.

Since I was an incest perpetrator, there was little use in trying to

avoid the label. I listened to tapes, got more books, went to what retreats and conventions I could afford.

I think over the 7 years I made some progressive recovery. My control issues were not confined by any means, my anger/rage outbursts were not the healthiest. But I was free of center circle sexual addictive behaviors. Since the children had left some 25 years before that seemed not a problem.

But I saw some signs that all was not dead nor dormant. I voluntarily attended an offenders program for about 18-20 weeks [and how sick is that program, I thought!]. And over the years I began to shake the label issue somewhat. Or rather HP did, my group[s] did, my sponsors did, I benefited.

Then my wife, who is also in recovery of her own, bought me a book, "Trapped in the Mirror". It was for our

At first I was chilled by the word Pedophile. It took me 7 years to see the culprit behind the culprit:

3rd anniversary. In it she wrote, among other things, "Life with you has been very interesting...". I'll bet it has !!

On the third page of the introduction it tells about persons who marry narcissists. It further tells of how my own disease was passed down to

me through the ranks of family, "...acquired through identification with the power-

ful parent."

I could have written the DSM-III characteristics; I seemed to have most of 'em. Fantasies, inflated sense of self-importance, uncritical adoration, exhibitionism, rage with little cause, cool and indifferent treatment of people as punishment, severe feelings of inferiority, shame, emptiness, a sense of entitlement with tendencies to exploit, overidealize or devalue people [narrow focus], inability to empathize.

A new work appears along with the old. A challenge? To say the least. My eyes open slowly, bit by bit. The trip is forever. Slivers of light here and there, from everywhere, if I will just awake to the reality of the day.



# Fellowship



There's not much mail this month. Perhaps it's because I just got this job and no one knows where to find me. Or maybe 'cause no one likes me. Or maybe.....? At any rate, what you see on this page will be some things we've [I've] pulled from various and sundry places to pass on to you. And of course, I'm hoping you will want more than what is here, since then you all will send in what you want to see in print. And we [I] promise to spell your name correctly [at least your first name]. What's needed: Letters, opinions, commetary, news of

Don't know how many of you get a copy of the Indiana "Check-in". Dan S. edits it and it's published 4 times a year it seems. I got the Fall '96 issue and it's filled with great stuff. They're a workin' bunch. In fact they are working on a bid for the 1999 convention. A few highlights of activity:

Mike C. was chair for the 96 Fall Retreat [2nd annual]. Topic: "Spirituality, Healthy Sexuality and Recovery". He reported good weather, good food [get this: hot biscuits and sausage gravy...STOP IT] Jeff and Judy H.[ of Mpls we think] were facilitators for the 5 sessions, meditations and "thought provoking exercises and games". They talk of "Twinkling", a form of communicating love and support, one to another. [We'll all get a demonstration when you bring it to Houston this May]

They had 50 attend. Up from 23 in 95. Had people from Illinois, Ohio, Minnesota, and of course, Indiana. And they made a profit of \$176.25. Special thanks to Walt, Kate, Bill J., Dale W., and Bill S. The next retreat is the week of Oct 17-19, 1997. They say all are invited.

Write Bill S., Editor at P.O. Box 20834, Indianapolis, IN 46220. 75000.2356@compuserve.com is the e-mail. 317-545-9783

But there's more.....They had a booth at the health fair and offered data on SAA on Oct 6th. Had 70 people at the IISAA/COSA picnic, games, hiking, fishing, volleyball, water balloons

And their prison outreach program is expanding. This is an active bunch of recovering persons! And the newsletter's great folks !!!

You've seen the report on activities of the Indiana group [look left...<<<]. We'd like to hear from the rest of you in the cities, towns, and boroughs, OF THE WHOLE WORLD!!! How about sending some info?"?"?"? Send to: P.O. Box 9136 Rapid City, SD

## FROM THE MAY'93 PBR....

Home Steel Home  
My home is a big headache  
a place of steel and stone,  
an iron cell, a place in hell,  
that no man wants to own.

My home in hell is one small cell,  
where lights glow night and day.  
Although I rage and pace my cage,  
I still must stay and pay.

But don't be sad, it's not so bad  
'cause I hide it deep within,  
No trace outside, it's deep inside,  
What my trip through hell has been.

John G. \*Liberty Co. Jail, Texas  
[We hope you're out now John!]

## Reports

### PRISON OUTREACH

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There are many of you who get the PBR who, I'm sorry to say, will not be at the convention. There is a hand out being printed at this time with many facts in it pertaining to the Prison Outreach structure and a job description for Prison Outreach. This is going to be handed out at the convention. If any of you would like a copy of this, you may contact the Chairperson of the Prison Outreach Committee, the address is :

Arnold D.  
P.O. Box 502  
Mt. Morris, MI. 48415

We have a structure set up where there is very little for each person to do in the program, unfortunately there are people who have quit because they have nothing to do. I have contacted these people and told them that if they have just held a position in our new structure, they have done a great job. If they have done anything extra, that's just a plus to the program.

We have volunteers who say, "I've been on the list for a year and I have not received one letter". We need people on the waiting list for new people who write to us from prisons, if you are one of these people and you want to write to an inmate now, you can contact your Prison Outreach Regional Coordinator or you can contact me, we will get you someone to write to now. We need to have another drive for Prison Outreach Volunteers, we have many Regions that are getting very low on Volunteers on the waiting list. We have had some regions that have had to go to other regions to get volunteers to answer letters. What ever the situation, we can handle it today with the new structure.

If you are a volunteer waiting to write someone, there are some things that would help you when you do get someone. You need to know if there is a P.O. Box that you can use to receive your return mail. We do not want

anyone to receive mail at your home address, we have had some bad experiences from this. You may trust the person to whom you are writing to, but if someone else gets that letter in prison, you may have someone knocking on your door that you don't want there. This has happened. So please don't use your home address on your letters to inmates. If you can not come up with a P.O. Box to receive your mail in, the ISO Office will handle it for you or your Regional Coordinator or the Prison Outreach Committee will be a middle person for you. There are several ways this can be handled.

Volunteers also need to know that ALL mail is opened before it reaches the inmate, and much of it is read, so don't write anything that is going to incriminate yourself. It is good to share your story with the inmate but you don't wait to become a cell mate to that person.

We also have volunteers who are going into prisons and putting on meetings. This is a very rewarding task and it is very appreciated by the inmates. This has been a very healthy high for me, it has replaced my unhealthy acting out highs I got before recovery. I have been going into the Thumb Correctional Facility at Lapeer Michigan for nearly eight years. A lot of different people have walked through those doors for meetings. We call the meeting, "The H.O.P.E. Program" for the safety of the people in that meeting. I have meant many of those same people on the outside after there parole as they come to our weekly meetings. There is a special relationship there. I am going to do something new on the 21st of this month (April), I am going to pick up an inmate from prison as he is released on parole, Frank has no one who can pick him up so he gets a bus ticket to the town he is going to. It is so very scary for an inmate to walk outside those walls, I don't want to see anyone do that if I can help it. I know I can't help everyone who is getting out, but I can help this man. He is also a member of the H.O.P.E. Program at the Thumb Correctional Facility. I have no idea what is going to take place when I pick

him up with another recovering person with me that day. I may not be chairing any more meetings inside the walls after that, we will wait and see. If I get into trouble by doing this, I will write another letter to the PBR so you may learn from my experiences. I hope all of you get involved in Prison Outreach in one way or another, it is so rewarding! Ever letter I receive is another affirmation for me, it is so great. If you have any questions, comments, concerns etc, please contact the ISO Office or Myself and we will answer your questions and concerns. Today we have choices and we are not alone, Thank you for being there.

Your Friend In Recovery  
Arnold D.  
Prison Outreach Committee  
Chairperson

### Board and LitCom

One thing of immediate concern to both Board and LitCom members is a matter of travel funds for their annual meetings at Convention. Due to scarcity of funds, groups and intergroups are asked to donate to such travel in whatever ways they can, and will. ISO cannot pay the amounts as in 1996 as it was beyond budget. And it does take funds. If you want the ISO Foundation to serve the fellowship [that's us!!], please send a few bucks to those in need or directly to ISO earmarked for "travel, Board and LitCom". It's much appreciated.

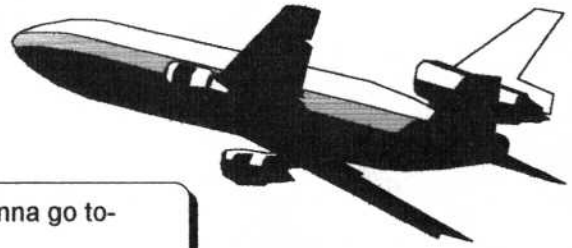
There is a tremendous amount of delegate business this year. If you haven't taken your delegate packet to your group for their input, please do so. Each group can make a substantial contribution with their input.

As to LitCom, there are positions on sub-committees if you want to contribute. E-Mail capabilities are helpful for timely exchange of information and will enhance communications. Join in!!!

\*\*\*\*\*

That's about all the room for now. Check us out next month!!

**Time  
to  
FLY !!!!!!!**



And we're gonna go to-  
Houston,....  
Houston,.....  
Houston

Living  
in the  
Light

'97

Convention  
Highlights...

May 23, 1997--Friday  
Evening  
Conv. opening celebration  
SAA Opening Speaker,  
COSA Opening Speaker

Saturday  
Workshops [sessions 1-4]  
Dinner Banquet  
SAA Keynote Speaker  
COSA Keynote Speaker

Sunday  
Workshops [session 5]  
Luncheon  
Workshops [sessions 6-7]

Monday morning  
Brunch  
SAA Closing Speaker  
COSA Closing Speaker  
Farewell/Closing Ceremonies

And for DELEGATES!  
Please don't forget that  
REGISTRATION begins at  
7:30 AM Friday and meetings  
start at 9. Lunch at noon-1:30  
and then till 5. Focus Groups  
to 6:30. Delegate meetings on  
Saturday 9-11 am, then Re-  
gional Caucuses until noon.  
Then on to Convention Activi-  
ties. There's a bunch of busi-  
ness. YOU ARE NEEDED!!

Please notice that this rectangle is directly opposite the lower edge of Page 12 and there's a reason for it being so. Of course it is to allow you to: cut, clip, tear, rip, sever, hack, or otherwise separate the SUBSCRIPTION FORM from the rest of the sheet WITHOUT having to lose some important message which may have been affixed to the back side. In this case the important message is: Fill out the reverse and mail with \$\$\$[or yen, or marks, or rubles, or....] to the ISO office. And THEN, Write your good friend and ours, Jerry B. a note of greeting, good cheer, or another of your choice, but always positive, EH???

Hi Jerry, \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ In Recovery, \_\_\_\_\_

Page 11

**Take what you can use and leave the rest...**

Have you ever heard that phrase before??? Most of us have--seems it came from one of those first 12 step meetings we went to. I say "one of the first". It most likely was at THE first meeting we ever attended. It comes out of the traditional "closing" of [most of] our group meetings; out of the "Group Guide", I think.... There may be a chance, however slim, that we didn't HEAR it the first time...

**Probably the same for what we find in the PBR, wouldn't you say.....?**

Perhaps as much as we get from a meeting can be said for what we get from the PBR. As we go through its pages, sorting out what we savor and what we don't, we are supposedly integrating this information into our recovery, just as that from others at a meeting. Sort of like eating a meal. Maybe like letting our bodies tell us what we need [or our minds telling us what we THINK WE NEED ] at any particular time. Within the ranges of what "we like" and "dislike", of course.

**Ever throw out a left-over cheese sandwich....**

...and find out along the next 6 miles of hiking it might taste better than it did a couple hours ago...??

**Maybe it's the same with what we gather from meetings and the PBR....**

Don't toss out the information too soon; it may have some nourishment left in it. And that's why:  
**...You need your own personal subscription to the PBR !!!! And READ 'EM AGAIN!!**

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\*\*\*\*\*

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