

The

Plain Brown Rapper

THE SAA NEWSLETTER

Carrying the message of hope to the sex addict

Volume: Nine [9]

Month/Year: April, 1997

Recovery Toolbox

Page 4....."Anon" from NTI [Northern Tier Intergroup] speaks of "Mindful Meditation" as a way of "being present".

Communications

Page 3. Italy calls for Pen Pals. Will you write? Also report from NTI about meeting/retreat plans. And.....note from NCSAC; and a newsletter.

Fellowship Forum

P. 2: Dean G speaks of the "cute"..."fire-breathing"..Dragon....
P 5: Financial.....//P. 6: Financial comment ...Editor., PBR

Steps, Traditions, and Topics

Page 3. A BHASAA member does historical link to Step Four. Tradition Four on Page 4

Reports: ISO Board, Literature Committee, Prison Outreach, Convention, Groups and Intergroups, Office, Financial and Oversight, Subscription, Other items of note

"LITCOM..." Short for "Literature Committee". Job? To edit and produce literature for the fellowship of SAA. Hours? Many. Who Helps? Every member of every group, every intergroup. Why? To promote sobriety, peaceful recovery, 12th step and fifth tradition work. "If you haven't read [studied] every piece of available SAA literature, you may be cheating yourself and others of that 'serenity, courage, and wisdom.."

Synopsis of Literature Committee Meeting/Teleconference

Sunday March 9, 1997

Present for the 3 1/2 hour session were: Scott B.[at Lg], Chair; Robert S.[NC], Secty.; Frank A.[Pacific]; Jeff W.[GL]; Dave R.[SC]; John R.[NE]. Absent: Louis D.[SE]. Vacant: Intermountain. Since Steve B., PBR Editor resigned as of 3-1-97, that voting position is also now vacant.

"Check-ins" were followed by a moment of Silence, then the Serenity Prayer, Tradition Nine and the meditation reading.

The Literature Committee uses "Sub-Committees" to work on various projects and issues

between meetings. Abreviation herein is "subcom.

Robert/Dave/Jeff are subcom to review "Role" of Lit Com [as defined in By-Laws. Report at May 22nd meeting.

Scott to acknowledge receipt of letter from Rich S. who submitted suggestions on "Word Usage" in literature and also on word "celibate" in 3 Circles brochure. 3 Circles is "Conference Approved" and will have to go to delegates for any change. Other suggestion being considered.

Changes have been made in all appropriate literature concerning "official" "First Step Wording".

[There had been some discrepancies].

Entire list of subcoms was reviewed. Currently they are: PBR, Large Book, Translations, 12 Concepts, Sponsorship [pamphlet], 12 Step "Piece", Reacting to submissions from fellowship, Questions & Answers [professionals and others], Working With Others, Internet, Women's Literature.

A delegate directed work to be completed by the ISO Board and Lit Com was to have been complete [by Feb] was a "Statement on general philosophy on 12 stepping and anonymity....". It is still in the hands of the Board and will be reviewed by LitCom as we receive

it. In conjunction with dialogue on 12 steps, [certain] members of the LitCom received 30 pages of "A Guide to the 12 Steps of SAA, a work of Michigan members. According to the authors, it is to be presented later [and anonymously] to the fellowship for consideration.

"Questions/Answers" [as above] seemed acceptable but were referred back to subcom [Scott/Jeff] to further study and consider publication in some future form.

The Committee accepted Steve B.'s resignation as PBR Editor with regret and with deep appreciation for his diligent work. It was agreed the position needs more support and assistance in many ways. Our best wishes for his continued success in recovery, and for peace and well-being, are hereby given.

NOTE: The LitCom next meets at Convention on Thursday May 22, 1997 at 8am. Anyone may attend, however if one has an item for presentation or discussion, they should contact Scott B, Chair, immediately to see

Robert volunteered, with Jerry B.'s layout help from the ISO Office [with permission of the Office Oversight Committee], to publish the next 3 issues of the PBR [Mar/Apr/May]. [Note: subsequent OOC decision 3-11-97 that Jerry B. not do layout.][PBR will be done with alternate layout by Robert S.]. Jeff/Dave will co-chair subcom to address long term concerns of publishing the PBR.

The ABSTINENCE STATEMENT brochure is done! Available from ISO Office. Congratulations to Jeff, et al, for jobs well done. Conference approval pending.

Jeff is new Chair of LARGE BOOK subcom. He will call Pat C. to determine future subcom work having to do with writing/publishing.

John suggested contacting AA about the issue of TRANSLATIONS. Frank is Chair of the subcom, will contact AA, & will, through Jerry B., receive ISO Board concerns with the processes of producing this literature.

Jeff and Mark N. are a subcom to work on the issue of "Dealing with Minors Attending SAA Meetings". Mark N. had submitted a draft for LitCom review. The subcom will have recommendation for LitCom at May 22 meeting.

Two items from the Delegate Meeting of 1996 were: "Brochures aimed at Women's Recovery and Sex Addiction and the Internet". Approved a motion to activate the subcom on "Women's Literature" and add Kim C.[LitCom alt.NC] to the list. Others: Carol B., Pamela L., Karen E., Kay S.[Others may volunteer].

Internet subcom Chair to be Dave R, John R., Frank A., Bob D., and Joel.

12 Concepts subcom is working on third revision. Recommendation will be ready for May 22 meeting. The Fargo, ND group and the Northern Tier Intergroup teamed up to revise the SPONSORSHIP pamphlet originally authored by Fargo. It was sent to LitCom for possible use. The subcom on SPONSORSHIP will review and have report at convention. The Committee noted changes in regions and modifications of travel procedures by the ISO Board. Adjournment. Attest: Robert S. sec

FELLOWSHIP FORUM The Dragon by the Door.....by Dean G.

I see my addiction as a little cartoon-like dragon which sits outside my door. It is small, green, and as cute as a little puppy. It looks happy to see me whenever I open the door to go out.

Any time I forget about it when I go in or out can be disastrous. Should I forget that it is present, it runs into the house. As soon as it is in the house it changes; it suddenly swells up in size to fill up the entire house. It also changes from cute to become a fire-breathing, dangerous creature which I can't control.

I no longer have control when my addict takes over. I am powerless and it is in charge instead. Robert Lewis Stevenson described it beautifully when talking of Dr. Jeckyll and Mr. Hyde:

"My devil had long been caged, he came out roaring. In my case, to be tempted, however lightly, was to fall. Instantly the spirit of hell awoke in me and raged."

When the dragon gets inside he takes over. He stays until he decides to leave, or until I have acted out in my addiction. Choice is no longer available. The only time I have a say in anything is before the dragon gets in. If I always remember he is there, waiting to get in, I can stand guard whenever I go in or out. By always being aware of the addiction and by always being on guard I can keep the addiction from taking over.

Five hundred years ago Thomas a' Kempis described what we addicts must do to maintain our sobriety. He wrote in Imitation of Christ,

"However, we must be watchful, especially in the beginning of temptation, because then the enemy is easier to overcome, if he is not suffered to come in at all at the door of the soul, but is kept out and resisted at his first knock."

Sometimes I resent always having to be on guard against the addiction. Resentment is easily replaced with appreciation, however, when I remember what it is like when the dragon gets inside.

Letters & Other
Communications

Got an e-mail from Jerry B at the ISO office about a fella from Italy who would like a pen-pal. He says there are no meetings in his country and asked people to write in support of his [and the writer's] recovery. For any who would give a hand and pen a line, here it is:

Alfonso M
Via Dei Bardi 27
50125 Firenze, Italy

[We know the last name but hesitate to publish it. We presume a letter will arrive if addressed as above. If he chooses, you will be given his last name].

Postage will be 60 cents for the first one-half ounce; a dollar up to one ounce; up to one and one-half ounce is \$1.40.

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The Black Hills group got a note of thanks from Dave B., NC ISO Board member for a small contribution to his travel. He was alternate until John B. resigned. He expressed his disappointment in that he'd missed his first teleconference due to a misunderstanding. Sorry to hear that. Fargo will send he and three others to Houston though.

Fargo is a part of the Northern Tier Intergroup who met April 5th in ND's capital city, Bismarck. Had a continental breakfast followed by a delegate meeting. They are planning a summer retreat, probably near the center of ND. Dave B. is [was?] chair at least until the meeting. South Dakota is a part of NTI but the miles are many so organization is SLOW.

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Let's hear from some of you other groups/intergroups, eh?!?!??

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".....From where the sun now
stands I will fight no more
forever..."
Chief Joseph, Nez Perce 1877

Got a letter from Linda Hudson, President of the National Council on Sexual Addiction and Compulsivity in Marietta, Ga, extending an invitation to membership. NCSAC promotes public understanding, awareness and recognition of sexual addiction....throughout the professional and lay communities. Their first position paper was on Sex Offending vs Sex Addiction and a highlight of it was published in their winter/spring 97 newsletter. If there is any interest on the part of any of you, maybe we could gain permission to reprint. Or get a copy from your library; it's interesting and informative. In each of their issues they also have "Twelve Questions", not unlike the ones in our SAA brochure. They also have the SAA [and COSA and other "S" groups] addresses in each issue.

STEP TIME...."FOUR"

"An Ass That Should Have His Ears Cropped", was the editorial headline of the New York Mercury in 1867. It was speaking of the man Henry Bergh, son and inheritor of millions from his shipbuilder father, Christian Bergh. Henry nearly drowned when, at age 10, he moved to stop two 17 year olds from drowning two puppies and five kittens. He slipped into an icy river and was saved by a workman. When telling his mother and sister of the ordeal, he said, "I was saved for some purpose".

Although rich, he was raised with prudence as well as honesty.

He was an emissary to Russia for 20 months, but mostly travelled with his wife for nearly 30 years, striving to write literature. It was while riding in a carriage with his wife on a St. Petersburg street they came upon a teamster with his wagon stuck in the mud. The man was beating his struggling horse unmercifully. Through his driver acting as interpreter he ordered the teamster to stop and gave him a tongue lashing to boot. It was to be

a turning point in what seemed a life of ease and oppulence, but somewhat without purpose.

He was nearly 50 when he would begin 22 years of strenuous labor in behalf of man's humble kinsmen, the animals. It was forty years since England had organized the Society for the Prevention of Cruelty to Animals in 1824.

His story chronicles man's inhumanity to beast from horse-beating, dog fighting, cock fighting, bull fighting, "ratting", certain types of hunting, dissecting animals alive, the filth in areas of milk production, and animal conditions there, and in the killing pens, to what is now the American Society for the Prevention of Cruelty to Animals. Henry was in the mud and on the streets putting teeth in the law. It lives today.

What is more astounding is that in 1874 Bergh, through his attorney Elbridge T. Gerry, and under the laws governing cruelty to animals, caused the case of Mary Ellen Connolly to be brought before Supreme Court [New York] Judge Lawrence. She was in rags, welts and a scissors wound on her body.

The mother was convicted, the child taken, and when Bergh had given the caretaker 25 dollars for clothing, he returned to his office and drew up the charter for the Society for the Prevention of Cruelty to Children. He, Elbridge, and John D. Wright, its first President, signed the document.

And what has all this to do with Step Four? For me, nothing when I did "my first" step four. Or second, maybe third time around also.

Even though I knew how my grandfather set the examples of animal abuse to his family, I never really saw how this transcended to abuse of persons, me included, or how I, as a recipient of those examples, would continue the practices to my family.

CONT. ON PAGE 4

STEP TIME.....FOUR, cont.

Not only did I participate in the practice of, "It's a nice day, let's go kill something" behaviors of shooting just for the sport of it, I continued the "spare the rod and spoil the child" mentality in many unmerciful ways as well. I abused physically, emotionally, mentally, and then-sexually.

My children were powerless. And they lived in the land of anxious unknowing, what was to happen next. How punishment was to be met out. The withholding of privilege, the put-down, the taunting, teasing, the "one against the other" comparatives.

I was a man of rage, vengeance, and total control. Also a man of sexual compulsivity, my drug for trying to contain the rage, and the shame from which it was born. That was the under-side.

The outside was a facade of Christian goodness, upstanding community citizen, successful c.e.o.

My recovery is progressive in that each new day, each SAA meeting, each interface with humanity and the universe, opens new awareness of reality. Where I was, what happened, and where I am now. I do not stand in awe anymore of what I find out about myself, whether in the experiences of others around the table, in a book, a song, a poem. I put each in one of 12 compartments, and work the step again. In order, out of order, matters little. Let my HP be my guide.

And speaking of HP, I found the aforementioned book in a discard pile in the Watertown, SD library. Didn't know a thing about Henry Bergh, but since I am also a buying, spending addict, I dropped a quarter in the box and took it home.

A Black Hills Area SAA Member

TRADITION FOUR... "EACH GROUP SHOULD BE AUTONOMOUS EXCEPT IN MATTERS AFFECTING OTHER GROUPS, OR SAA AS A WHOLE."

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In the "Twelve and Twelve", there is an interesting story about a great mistake made by one group in the early days of AA. A building project formed by visions of great healing and support for addicts. And about the 61 rules applied to the project. When the process fell apart, rule number 62 was applied. It was, "Don't take yourself so damned seriously."

As AA has learned through trauma, perhaps I will, my group will, SAA will.

But for persons who are driven to use compulsive, addictive sexual behavior as a drug to soothe the endless and anxious pursuit of life itself, this is not an easy learning process. "I want what I want when I want it" runs through my life constantly.

"My" group is a composite of persons not too much unlike myself, and each of us may have a

touch of grandiosity which adds to the mix. Sometimes the grandiosity covers the purpose, but as long as it is acceptable to the group as a whole, it continues, and gives the group its unique characteristics.

Some of these might be quite productive in enhancing the recovery of members. In other cases, perhaps not. Is there "quiet agreement" on the "status quo"? Are we "o.k.", just as we are?

Do we really need a group inventory occasionally? Or is it like our family of origin, where nothing is talked about? Does autonomy mean we don't have to do a damned thing in the area of change? Just business as usual?

The January PBR ran the 7 point inventory "check". Perhaps we could examine where our autonomy is taking us, and see if it is really where we want to go.

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RECOVERY TOOLBOX

Ever hear the term, "He's beside himself"? Sounds like an "out of body situation, eh? Perhaps as if he really is somewhere else. As an addict, I think I lived most of my life that way; either ruminating over yesterday's errors, or creating a utopia for tomorrow. I simply was never with me.

I've heard the terms "meditation" and "mindfulness" as representing actions that are "centering". If either has to do with "thinkin", I'm lost. Most of mine was "stinkin". "Mindlessness", perhaps. Maybe I was lost, even with a head-full of thoughts.

With a few years of sobriety [except for control!] I finally take some time to think about what I am feeling, NOW! I try to be "present and accounted for" at these times. I breathe, and feel the air go to my lungs, to my aching neck, shoulders, back. I sit, and feel the chair on my gluteals; I lie [not so much anymore] and feel the floor on my back, or my belly; I stand, and feel the floor with my feet. I'm important. I need to concentrate on ME. But not lose the sight and sound of the world around me. I practice more each day; I think it's working. Hope so; I wannabewhereIam!!

Submitted by: Anon...[NTI]

The PBR is constantly in need of your stories, experiences, observations. Not Nobel Prize winning literature! Just tell it like it was, and is! We will all be the beneficiaries of your recovery. Do it!!

FINANCIAL MARCH 1997

INTERNATIONAL SERVICE ORGANIZATION OF SAA, INC.

Financial Summary March 1997 & Year-To-Date

	March		March Over/Under		YTD		YTD Over/Under	
	Actual	Budget	Budget	Budget	Actual	Budget	Budget	Budget
Income	3,040	3,110	-70	9,789	9,789	9,270	519	
Sales	4,302	3,731	571	10,746	10,746	11,057	-311	
Donations	45	0	45	90	90	45	45	
Interest Earned	7,306	3,345	3,961	10,789	10,789	6,995	3,794	
1997 Convention	0	9	-9	0	0	19	-19	
Uncategorized Income	14,694	10,195	4,499	31,414	31,414	27,386	4,028	
Total Income	1,652	1,841	-189	6,055	6,055	5,551	504	
Cost Of Goods Sold	13,042	8,354	4,688	25,359	25,359	21,835	3,524	
Gross Profit	2,028	2,088	20	7,197	7,197	6,900	297	
Expense	248	248	0	744	744	744	0	
Wages	155	155	0	543	543	535	8	
Health Benefit	0	0	0	0	0	0	0	
Payroll Tax	0	0	0	0	0	0	0	
Sales Tax On Purchases	49	49	0	146	146	147	-1	
Depreciation	0	0	0	0	0	0	0	
Office Insurance	0	0	0	0	0	0	0	
Travel/Meals & Lodging	0	0	0	69	69	0	69	
Meeting Expense	350	199	151	991	991	697	294	
Postage/Shipping	770	353	417	1,572	1,572	1,217	355	
Phone	85	50	35	310	310	220	90	
Utilities	0	24	-24	32	32	74	-42	
Professional Fees	731	328	403	1,400	1,400	1,023	377	
Office Expense	77	69	8	219	219	219	-1	
Equipment Leases	325	325	0	975	975	975	0	
Rent	11	16	-5	32	32	56	-24	
Advertising	112	90	22	399	399	290	109	
Committee Expense	39	420	-381	724	724	1,660	-936	
Houston Convention	0	0	0	0	0	0	0	
Bank Charges	0	25	-25	0	0	75	-75	
Bad Debts	0	0	0	0	0	0	0	
Uncategorized Expenses	4,979	4,359	620	15,352	15,352	14,832	520	
Total Expense	8,063	3,995	4,068	10,007	10,007	7,003	3,004	

International Service Organization of SAA, Inc. Balance Sheet As of March 31, 1997	
ASSETS	
Cash In Banks	
ISO Checking	2,448
1997 Convention	10,435
ISO Savings	
Capital Reserves	1,581
Operational Reserves	8,393
Health Reserves	744
Total ISO Savings	10,718
Total Cash In Banks	23,601
Accounts Receivable	
Accounts Receivable - Trade	545
Accounts Receivable - Others	0
Total Accounts Receivable	545
Other Current Assets	
Product Inventory	
SAA Literature	2,992
SAA Medallions	948
Non-SAA Literature	1,051
Total Product Inventory	4,992
Operating Supplies	400
Prepaid Expenses	
Prepaid Postage	69
Prepaid Security	-29
Prepaid Equipment Leases	48
Total Prepaid Expenses	89
Deposits	
Office Security Deposit	325
Total Deposits	325
Total Other Current Assets	5,805
Total Current Assets	29,952
Fixed Assets	
Furniture & Fixtures	623
Office Equipment	4,559
Leasehold Improvements	260
Total Fixed Assets	5,442
TOTAL ASSETS	35,394
LIABILITIES & EQUITY	
Current Liabilities	
Accounts Payable	
Vendors	1,455
Health Benefit	744
Accounts Payable - Others	0
Total Accounts Payable	2,199
Other Current Liabilities	
PBR Subscription Obligation	1,241
Sales Tax Payable	55
Total Other Current Liabilities	1,296
TOTAL LIABILITIES	3,494
EQUITY	
Opening Assets	23,014
Opening Liabilities	-1,121
Opening Equity	21,893
Current Equity	31,900
NET INCOME	10,007
TOTAL LIABILITIES & EQUITY	35,394

FINANCIAL SUMMARY, Mar'97 and yr to date
 Sales are up, Donations are down. Convention income is over budget., expected to total about \$28,000. If one takes out the convention income/expense, the ISO office is not a gold mine. To expect to put aside a 3 month reserve plus allowing for some funds with which to upgrade hardware/software, and to promote, even at minimal levels an outreach program, well...? ISO now gets volunteer services to offset expenses and this will probably continue. That's fortunate. To depend on the convention to show a profit and to create a gift to "operating income", may be a bit much. The PBR urges continued purchases of recovery resources. Your continued donations are most important as well !!!!!

BALANCE SHEET, MARCH 31, 1997
 Assets look great with the convention income there. At the end of convention it will be empty. Capital reserves are minimal and operational reserves are coming slowly, still at less than 2 months. Inventory moving about 9x in a year. Notice the PBR advance payments are carried as a Liability since this is essentially money owed [in the form of PBR's] to subscribers. It is classed as income [on the "sales" line] as each issue is sent. When convention finances clear out in June, it could have a sobering effect on the financial, unless it shows a good margin of profit. We're sorry to have to run the layout in such a form but we hope you appreciate having it in a timely way. Direct questions about it to ISO. Also drop the PBR a line on your ideas for future program funding and liquidity. ED., PBR

Living
 in the
 Light '97

If you haven't already done so, you still have time to make plans to be on your way to **HOUSTON, TEXAS**

We're told that presenters are all in place and registrations are coming steadily. Get a form from your group or call 713-869-4902. GO-GO-GO

Ever throw out a left-over Peanut Butter and Jelly Sandwich...
 .and find out, when you were 20 miles from nowhere with a blow-out, and a flat spare, that it sure would give you a little added energy to walk to the nearest service station....?

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!!

The *PBR* includes news of the worldwide fellowship of Sex Addicts Anonymous, stories of recovery, the experience of the fellowship in working the 12 steps, outreach, service work, and more. The *PBR* is our journal and a vehicle for communication. In its pages, through the shared experience, strength, and hope of our fellowship, we aim to provide gifts for your recovery and serenity.

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