The PBR recently received from ISO the following information on the newly adopted ORGANIZATIONAL STRUCTURE and the ORGANIZATIONAL PLAN for our fellowship world-wide. The concepts lend depth and vision to our FIFTH TRADITION and our TWELVE STEP work on a global basis.

ISO Organizational Structure

In 1995, when we changed our organization name from the National Service Organization of SAA, Inc., to the International Service Organization of SAA, Inc., we formally recognized that our fellowship extended beyond the borders of the United States of America.

We also formally expressed our hopes that SAA would flourish throughout the world.

Yet, having made these statements, we were without any kind of policy to guide us in developing into an international organization.

In January of this year, at its mid-winter teleconference, the Board adopted a policy to guide it in making future decisions.

Rather than explain or interpret the Board's policy, the structure, as it appears in the meeting minutes, it is presented here, along with a second action which defines current regions.

ORGANIZATIONAL PLAN

Organizational Levels

The Fellowship will be divided into regions designated by the Board of Trustees. In designating regions, the Board will use these classifications and criteria:

1. Autonomous Regions are defined as geographically contiguous, self-supporting areas composed of forty or more currently registered active groups. Each Autonomous Region is represented by one voting Board member and one Literature Committee member.

cont. on page 2  PAGE 1
elected at a regional convention or caucus.

2. Developing Regions are defined as geographically contiguous, partially self-supporting areas composed of from twenty to thirty-nine currently registered active groups. Each Developing Region is allowed one non-voting Board observer whose participation in meetings is regulated by the voting members and is at the expense of the region. A Developing Region may be represented at Literature Committee meetings by a non-voting observer whose participation in meetings is regulated by the Literature Committee and is at the expense of the region. The delegates from a Developing Region will caucus with an Autonomous Region designated by the Board.

3. Outreach Regions are defined as geographically contiguous areas composed of less than twenty groups who have expressed a desire to be recognized as a unit and who seek the support of an Autonomous Region Sponsor.

Autonomous Regions


South Central Region: Arkansas, Kansas, Missouri, Oklahoma, Texas.

Southeast Region: Alabama, Georgia, Florida, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee.

Canada

Eligible For Outreach Region Status

Australia, Central America, Mexico, South America, the United Kingdom, and all other areas of the world with from one to nineteen meetings.

There is one exception, however, which the Board adopted during its March teleconference: Latin America, which was designated a region by the Board during the 1995 convention, will retain an Autonomous Region status until the year 2000 at which time it will revert to its appropriate status as defined in the Organizational Plan approved by the Board on January 18, 1997. It is hoped that Canada, as the only geographical area meeting the criteria for Developing Region, will continue to grow towards Autonomous Region status, and that areas eligible for recognition as Outreach Regions will take advantage of this status and develop a mentoring relationship with an Autonomous Region.

Finally, the name of the Southwest Region was changed to the Intermountain Region with Idaho, Montana, Utah, and Wyoming being transferred from the Pacific Northwest Region, which is now called simply the Pacific Region. Kentucky was moved from the Southeast Region to the Northeast.

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The following definition is from the May, 1993 PBR which was submitted [then] by Fred J. of Mpls. It is used as a prelude to this 1997 story.

SOBER
a dictionary definition:
Moderate in amount or quantity; indicating a thoughtful character of intent; unhurried; peaceful; unpretentious, humble; marked by moderation; subdued; reasonable, tempered; carefully reasoned or considered; free from fancy or exaggeration; realistic; dictated by sane and sound reason; rational; freedom from unreasonable excess; temperate; implies moderation, self-control and restraint operating against the excessive, extreme, extravagant or violent; continent, indicates deliberate accustomed restraint on desires, especially sexual desires.....

cont., page 4
26 Hours of "FREEDOM FROM COMPULSIVE SEXUAL BEHAVIORS"!!! WHAT AN ACCOMPLISHMENT!!!
THAT'S SOBRIETY, AIN'T IT???? AIN'T IT???

The scene: supper, Tuesday, May 1, 1997. Players: Me[m], wife[w],
da, dada, be our guest, dadadada us be
blest. Amen." All ate. M gathered
dishes, W called aunt in MN to access
room for Wed nite enroute ND. M-
irritated at lateness. All proceed in
auto to adult dance practice. W-
"think it inappropriate to be so late in making
room arrangements". W-silence.
GS-"We're going to be at mom's for 3
months this summer". M-"School
doesn't get out til mid-June". [The start
of argument and adult logic taking
over]. W-"Just 'stop it', "R", [Me].
M-didn't stop, right then; in a block
maybe. Silence for 2 miles to Legion
Hall. Inside in silence, removing coats,
kids climbing rails, walls, nothing
Drastic. W-"I can see why "H" [my first
wife] wanted to stay at work all the
time." M-"That's not in the rules of fair
exchange, but if you wish to
continue...?" W-"Do you want to
practice?" M-"OK". [We talk to all
dancers except to each other for 2
hours]. Gather kids, head home.
Silence for 4 miles, silence while
watching news, silence [but not
detaching] at beddy-bah. Usual
touches before sleep. Slumber all...

Wed am 5:30, M-awake, still a bit
hyper. 6:00 W-up and at 'em [she
works at 8:00]. Get kids up, feed 'em,
head 'em for broom chores, teeth, etc.
M-fixes the "Slim-Fast" for M/W, waits
at table for W who comes, takes
meditation books [6 each] from usual
place. M/W drink and read respective
thoughts for day. Both M/W still
apprhensive, little direct talk.
M-made am for calling late for
lodging, comments on former wife.
M-acknowledged wrong-headed logic
with children and for being
argumentative. W-leaves for work;
M-take kids to school.

M-home at 8:20 AM; prepare wife's
"driving lunch[es]" for 500 mile trip
beginning at noon, then pay bills, make
computer entries, etc. [M's cold
and contingent asthma problem now 3
weeks old, but better...?]

W-home at noon, asks about
specific credit card for possible
charges for daughter's wedding stuff.
M-"Doesn't matter, we have other
cards, just make a special account for
it." W-"I'd rather do it my way." [heads
for office area, gets folder from desk,
makes call] M-"Where are you
calling?" W-"To see if this CC is still in
force; it is." M-[is visibly upset]
"Please do it any way you like..."
W-[looking through file drawer].
M-"What are you looking for?" W-"My
IRA check book." M-"What for?"
W-"Well I just may want to write "I"
[daughter who is getting married July]
a check so she can get some things
and we won't have to take it from
current funds or charge it." M-"Money's
money, what's the difference from
where you take it?" [Helps her look for
the d... check book, never did find it.]

Sponsee [S] comes to door. M-
"Please come back 1/2 hour, M/W
are preparing for her to leave." [reality:
"we're having a family spat"] S-"OK"

Upon impending departure: M/W
[agree that we are "on the slippery
difficult and had been for a few days
perhaps]. Cool good-byes, but not
hospitable.
Sponsee returns 1:00 PM. 1+ hour
with [our] problems. [who needs the
sponder in the worst way, eh??!!]
3:00 PM Wed. M-takes kids from
great hall, gets in car first, radio is on,
announcer says, "3:06 PM."
GS-"That's not the right time." [I
wonder where he got that dynamic
from...??]. M-"Why not? How do you
know? He's got to have... and
thought he didn't like how I behaved
[I rather
looked him right in the
eye...]. Home. A few
menial 5 minute chores, clean up
for fried spuds, BBQ beef, corn; sit
down. Phone rings: KM [kids' mom]
friends, the postman[P] came for coffee.
W-"Wanna talk to....?" M-"No." M/W
say cool "see-ya's". M-Fix myself a
cold chicken breast sandwich w/mayo.
Eat it, take my meds, get to bed.

Think about acting out in this 26
hours? Masturbation? Cruising?b?c
Looking up an old flame? Playing
guitar in the nude; with guests? None
of the above, or any other! Can't.
They're in my center circle. My HP
keeps me clean. No kiddin'! A day at
a time!

Thurs. AM. M-Fixed hot cakes,
made amends to GS/GD. Told them
they didn't like how I behaved [I rather
forced that; "and look me right in the
eye when you say it, and mean it!"]. To
school.

Who, ultimately, are paying the
price for asinine behaviors of we
adults? All who are near, and
powerless, especially the young.

No group meeting today. A best
friend, the postman[P] came for coffee.
He was [and often is] my group. We
share much, we have much in
common.

As you may compare my behaviors
with the SOBER definition, perhaps
you will rejoice with me for recovery,
for I can only guess where I would
have been without it.

Robert...
"TAKE WHAT YOU CAN USE AND LEAVE THE REST......".

Is it really that easy? Do we addicts really "Leave the Rest"? Is it possible to assume we are addicts just because we can not? What is that tenacious part of us that "just won't let go"? As "temporary editor" of the PBR, I have had to re-evaluate my personal position on several given issues, then separate them from issues raised by a writer of a submitted article. Just as, perhaps, I would have had to do in a meeting when someone's words just "gravel" me. Invariably, and without reservation, I know that some old tape is playing; some old expectation has just turned into a resentment. And it just sits there, gnawing away at my gut, until my head trips over my head-trips, and I awaken. Sometimes quickly, sometimes slowly....as in the promises. It Will, if I Will.... Ed.

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STEP-TIME...

FIVE

"ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING, THE EXACT NATURE OF OUR WRONGS." Does it ever occur to us how things sometimes seem to "run together" in our lives? That no activity is really an isolated happening? That "process" is just a matter of seeing, believing, even acting, upon the whole of life, not just on the individual components?

In searching for the REALITY of life, however, we may need to take some of our global mass apart for some analysis of it before we can begin re-construction. If our lives are wired and glued together in addictive ways, we truly are a "mass". Also spelled "mess".

When we begin the steps it's one at a time, first things first, easy duz it, be gentle, etc., act as if, KISS, and all the rest. Is this a "taking apart" or a "re-construction" process. Both perhaps.

What is noticed about step FIVE might also be related to step SIX, even step SEVEN. Most recovering people might say, "Of course they are!", we got to "admit", "get ready", then "humbly ask...".

Notice the language, the words of each step, particularly the last 2, 3 or 4 words in each step. Did AA place those there to confuse me?

Is a "wrong" a "defect of character"? Or a "shortcoming"? If God removes my "shortcomings", will the "character defects" and the "wrongs" go with them? Are these "vagaries" of the language, or do they really serve some nobler, deeper, purpose?

In my hyper-active left brain logic there are times I can't resist taking things apart to the degree that I not only can not put the parts back together, I cannot even identify those parts. Maybe that's why the plateaus of recovery are important to search out, to define. The plateau of confusion comes all too often it seems, especially when my feelings, my thoughts, my actions are so bound up in a global mass, that I'm almost back into another cycle of addiction. Or maybe I'm leaning into another addiction/compulsion.

Step Five is most certainly related to 6 and 7. But it relates to all the rest as well. It's just because the un-identified pieces are laying around the threshing floor that I miss the true connections of ALL the steps, all the traditions, in fact, all of life.

Any re-modeling project is harder, dirtier, more time consuming, and more aggravating than "building a new one". The old rot has to be removed, the salvage has to be cleaned and sanded, the old solder has to be melted off the defective wiring, before anything can be re-attached. Not only do the parts have to be renewed but some of the foundation must be in good enough repair to accept the re-attachment.

This is me scattered over 9 acres. What am I to do while this "cleaning process" is going on?

Part of my problem is that my procrastination leads to lethargy, then to super repairman. And some of the old adulterated parts go back on to a shaky foundation. Certain functions may be improved, but still not working "like it should".

And this is where perhaps the self-talk of head-tripping, fantasizing, catastrophizing, needs to be met head on at the next SAA meeting, or with my sponsor, even listening to the spoken or written words of another in recovery.

Yes, REALITY is the awareness of the minute, individual parts, actions, even words, within the whole.

RECOVERY is the acceptance of the slogging pace of "take apart" and "put together". Even "doing it wrong" until I "get it right".

TRADITION FIVE......

In 1995 I wrote on both "five's" as they suggested a connective process at work. To carry the message to those who still suffer. Group work. But without an individual, no group work gets done. I need new contacts, even with "old" associates. It keeps me headed in a recovering direction as I take apart, and re-assemble the parts.
FELLOWSHIP

Only one letter this month. It was mailed on April 1, 1997, went to ISO, then to the PBR. We had to omit it last month for space. We apologize Bob L., but here it is, just as you wrote it. It will touch others.

"Hi ISO,

For your PBR. I'm not so interested in publication, as just sharing and expressing my experiences in a healthy way.

This letter to Higher Power came from doing work in Carnes workbook with my sponsor. I found it challenging to write a personal letter, so I was moved to do it as personal as I could...."

"Dear Jesus,

Thank you for the gift of love, life and graceful laughter. All the good I am I have in faith from you.

I've abused many of your gifts, refusing to obey laws and guides to right living and loving as shown to me thru my brothers and sisters.

Forgive me. I can't totally amend the pain I've done to others and myself. Your mercy I ask.

I need your help to turn from addictive triggers and desires. I came to believe and know I need you to do this when I lost my family and career. Then, I humbly turned my life over to you.

Somehow, I was led to SAA where I continue to meet you.

Your son,
Bob L.

RECOVERY TOOLBOX

In the "olden days" of life I often felt as if I'd maybe never "get it right", especially in the presence of others whose power was greater than mine. And since I didn't have any [or so I told myself], I was free to feel such inferior feelings in the presence of just, well, anyone.

This persisted long into recovery but after 7+ years it's still not gone. Sometimes it lingers as a thought that no one close to me really wants me to improve, not in recovery, not my skills, not my intellect, not improve, period.

I think I often looked at others who did improve as doing it just to arrogate themselves above my level. To make sure I knew my place beneath them. It was, still is, hard to create for myself a new set of rules within which to "improve the product".

Of course this is all tied up with my own narrow view of myself, and the continual looking at me as the center of the universe [s]. This is recognizable, over time, and even I can deal with it.....sometimes.

What I have done since the inception of my recovery was to be engrossed in, by, and with, the experiences of others. I still believe that these interfaces, in whatever form, will help me. Just like meetings, sponsors, all the tools of recovery.

I never liked to read especially. I was lazy, even with ability. In retrospect my reading in later life was based on the "arrogation of self" above others in my field, my social strata, even family.

In my early days there was no such thing as a "tape", let alone one with any healing messages on it. And the records of the day were traditionally addictive, maybe co-dependent, or at least pointing in that direction. Sexual, too, if you tuned to some of the country.

There were "dirty" books, "dirty" records, even before it became known as "porn". I did have some time for those sorts of things.

I have been chided, mostly by some family and closer acquaintances, about my intensive interest in "books and tapes". Made to look like the indoctrination of a pyramid scheme, or a cult, or religious persuasion, perhaps.

It has been with great difficulty that I have finally taken some personal pride in what I have found inside some of those covers, and...
**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**

Every thing is ready for your arrival. You are the only one missing. Get a form from your group or call 713-869-4902. **GO-GO-GO**

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**RECOVERY—THE ONE-SOCK METHOD**

"I am a recovering sex addict, with a little over four months of sobriety. I want to share a very helpful idea which was given to me by Peggy. Peggy tells the story of her problems with housekeeping during her early days of recovery in another fellowship. She let her house get dirty, and then felt so defeated by the mess that she wouldn't attempt to begin cleaning. This put her into a "downward spiral" of slovenliness and overwhelm.

Peggy finally discovered what she calls the "One-Sock Method". She began giving herself permission to pick up just one sock, instead of beating herself up for not getting the whole house clean. She found that once she allowed herself to make a small beginning, she would often continue and do some more housecleaning. In this way, she was able to make housekeeping more manageable.

In the past, I would put off many self-care tasks until I had a big block of time to devote to them. I now am getting better at taking a few minutes in the midst of a busy day to do some important self-care work.

One of the promises of the program is "We will intuitively know how to handle situations which use to baffle us." The "One-Sock Method" is helping that promise to come true for me, on day at a time.

[This was submitted by "Perry" back in July of 1994.....familiar to anyone you know.....??]"

---

**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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