

The Plain Brown Rapper

THE SAA NEWSLETTER

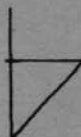
Volume 9, Issue 7

Carrying the message of hope
to the Sex Addict who still suffers

October-November, 1997

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LITERATURE COMMITTEE "STILL GOING"

The LitCom met Sunday, August 17, 1997 by teleconference. Since the Annual Meeting, Sub-Committees by and large had been somewhat inactive. There is work in progress, some old, some new.

The LitCom feels it would be advantageous for Sub-Committees to have written guidelines for activities and so are planning a "manual" for each. The manual will be somewhat general, but for new members, it will outline the purpose, membership, goals, timetables, meeting and corresponding, budget, if any, coordinating efforts with others, and generally whatever is necessary to the effective function of these groups. Problems of distance and contacts are great since most cannot meet "face to face" unless at the annual meeting, or unless the membership is made up of persons from one local area.

Already in preliminary draft form is the pamphlet on "Sex Addiction Recovery and the Internet" [see other article, this issue]

Also prepared by Elizabeth S. is a preliminary statement on "Other language" Translations, to be brought to the next meeting.

Elizabeth has also sent out 40 copies of The "Women's Pamphlet" as previously submitted for review and refinement. There have been donations given for copies; these funds are being held for the time being.

The PBR layout is still being re-visited, and will be until some form is found to be more appropriate. Also policy on content of printed material submitted for printing will receive continuing attention. The "4 column" format is discarded in favor of three. The "continuation" of articles on more than two pages is hard to read and is discouraged.

Previous issues of the PBR carried the list of Sub-Committees

and they will be posted in a more regular format so that the membership will be aware of activities, and also because it may attract new trusted servants to work on them.

There is a continuing concern over the need for more articles of all kinds for the PBR. This month there is no poetry nor any correspondence from the prison members. Also needed are continuing reports as to "what's going on" in the various area, especially where the Intergroups are functioning well, and where planning for special events is "far enough ahead" so that the PBR may be used as a vehicle of information about them.

The next LitCom teleconference will be Sunday, November 16, 1997 at 5 PM, CST.

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EDGY FEELINGS FROM MAIL WITH OLD ADDRESSES....

In the days of my glorious addictions, letters which came from "old return addresses" were enough to make me shiver, especially if addressed to someone in my household other than me! Anyone identify?

I had one forwarded to me by the ISO office which was addressed to "Chief Honcho Editor, PBR". It could have elicited one of several thoughts, most of which might have been negative.

But in this case the return address gave me cause to smile for it was from a recovering friend whose place I took on the Literature Committee a year ago. It's not hard to picture a smiling Barry D. as he printed the words on the envelope.

Thank God for the return of some well-deserved humor in the lives of
[.....CONT. NEXT COLUMN]

BARRY D. WRITES...

recovering persons!!!

And he sent an article which he had asked fellow-SAA'er Scot Z. to put on paper for the PBR. Scot had given it as an oral presentation to his group. It's on Steps 2 and 3. As it is with some hope the PBR staff, et al, would publish a [the] Step[s] and Tradition[s] in the months that matched their numbers, we're publishing the article in the February/March issue.

Thanks Scot, for the article, and thanks, Barry, for the joy of receiving it. However, if "Chief Honcho" is the same as "Big Wheel", I will avoid all the puppies on the walking path tomorrow.... Ed.

The Treasure of a note from the heart....

The PBR got the following letter with a part of another. The "part" is printed first below....

"Hello Recovering Road Warrior, Thanks for sharing your life as it unfolds.... As I worked....I thought of you. You were very quiet in [our gathering]. I think not because you were pouting or felt removed from the group but because your level of trust in them had grown so much. Anyway, that's what I thought. You are a burly man, my friend, made burly by God and probably not meant to tip-toe through life. I really believe that God does not read the havoc wrought by our actions so much as He does the aspirations of our hearts. And [name], you have the best of hearts. Love, [name]"

And the one from the recipient....

"I cried when I got it; I get tear-eyed when I read it again. It's more than a head knowledge I have that I am loved. Even by someone who knows me at my worst. Yet sees me for what I hope I am."

Thanks. [name]

[Ed note: Asked to be nameless with hope that each of us might be remembered...often.]

**ISO BOARD WORK NEVER
DONE.....ALWAYS, THERE IS...
ONE MORE RIVER TO CROSS.....**

FROM THE ISO BOARD

[A synopsis of the Board meeting minutes is given here rather than to publish the document in its entirety]

The ISO Board met by teleconference on Saturday, August 16, 1997. Meeting opened with a moment of silence, the serenity prayer, and the AA Fifth Concept of World Service. Previous minutes were approved as were the financials from May, June, and July, 1997.

Bruce L., the 1998 Hampton, VA Convention Chair was present and reported on Convention planning. The Board approved opening an ISO Convention Bank Account and approved the Convention Fees. Until April 1, 1998 the fee is \$65.00; until May 1st, \$75.00; and \$85.00 thereafter. [The PBR will have more in the next 3 issues on the specifics of the Convention].

Office Manager's Job Description and Salary was approved as was a contract with the PBR Editor. The Literature Committee was informed of the contractual action. The Board also approved the publication of six [6] "double" issues of the PBR with no change in the subscription price.

Travel reimbursements have been adjusted because of a need to contain expenses and the Board approved the disbursement of funds over a four month period to year's end.

The Board approved 1996 Interfellowship Recommendations with regard to the exchange of brief statements of attributes and description of the Fellowships, and that SAA continue to participate in future annual "Interfellowship Forums" on a year to year basis. Also to be provided to other fellowships will be the SAA International Meet-

ing Directory, Local contact phone numbers, Central Office phone number, and a copy of the SAA Literature Catalog, with permission for them to disseminate this information to their groups at their discretion. A statement describing SAA is to be developed and sent to the other "S" Fellowships, along with items mentioned above. Not approved was a recommendation to exchange fellowship meeting information with the provision that we [the Fellowships] acknowledge the presence of a particular other fellowship in the area with instructions for contacting.

The Board approved the use of a common name and logo for the 1999 Convention with the understanding the SAA Board does not speak for COSA in this matter. Their concurrence will be required before this can take effect. COSA and Convention Committee to be informed.

The next scheduled Board meeting is 10 AM, Saturday, Nov. 15, 1997.

**FROM HOUSTON...
CONVENTION'S NOT
OVER TIL' IT'S OVER**

From the "LIVING IN THE LIGHT" CONFERENCE EVALUATION SHEET:

In the section marked: "SPECIFIC COMMENTS ABOUT THE CONVENTION" came: "Everything was great except the quiche at the Sunday Breakfast".

The PBR found a sort of "sequel". From the book, "Don't Squat With Your Spurs On!" by Texas Bix Bender:

"The best way to have quiche for dinner is to make it up and put it in the oven to bake at 325 degrees. Meanwhile, get out a large T-Bone, grill it, and when it's done, eat it. As for the quiche, continue to let it bake, but otherwise ignore it."

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And another gastronomical gem from the same book:

"The best way to cook any part of a rangy ol' longhorn is to toss it in a pot with a horseshoe, and when the horseshoe is soft and tender, you can eat the beef."

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GROUP CONSCIENCE INFORMATION SHEET, FROM RC, SD...

The Black Hills Area SAA Group developed a "Protocol" sheet as a "handout" for all new members. Many of the items relate to the material found in SAA's "Group Guide", to the extent the group has adopted them for use.

The "Group Conscience" was the affirming authority, so it is flexible and may be changed by any subsequent "Group Conscience".

It lists the definitions as in the Fellowship Group Guide but goes beyond that to list our local trusted servants and what the generally accepted duties entail. It explains what happens [generally] at each of their meetings since they

consist of steps/traditions, topics, tapes, personal presentations, and mini-first steps when a new member is present. It explains such things as the use of the "meeting guide", the post office box, their resource contact phone, business meetings, anniversary celebrations, group inventories, sponsorship, sharing, 7th Tradition fund uses, etc.

It is felt the item helps new members "get their bearings" so as to feel knowledgeable about all that goes on at meetings and the work of the group.

If anyone would like a copy, write BHASAA, P.O. Box 9136, Rapid City, SD 57709.

ANOTHER FIRE DRILL.....By Steve B...

PRACTICE — PRACTICE —PRACTICE

ANOTHER "FIRE DRILL"

Steve writes from Oregon: "Please consider this "fire drill" letter for [your] newsletter. I use this letter as a daily reminder of my sobriety and for use when I get that, 'Oh, my gosh, I could act out.' I hope others might be able to relate to it."

Dear Steve,

Thank you for reading this letter. I really do care about you—you are worth a better life. Start by breathing—Take several deep breaths --- First no matter how you are feeling right now, it will change. It will be different soon, probably by tomorrow morning, you will awaken feeling differently.

I can anticipate with some certainty that one of the following is happening for you — that you have temporarily forgotten is just fine — it is part of this disease and why you wrote this love letter. What you are feeling could be about today or a long time ago, or a mix.

Loneliness/aloneness/feeling like the only one — This has been a deep well that you've tried to fix with your addiction - you know that acting out has never even begun to fill it up - all your acting out has never given you what you really want - relationships that are real and honest and loving.

Take your phone list out and see the real men and women who are doing what you are doing - saving their lives - and see their faces and hear their voices. These are the people doing exactly what you are doing and know exactly how you are feeling right now. Now call, call until you reach one person or more who you can feel safe [with] and talk about what's going on for you. Someone who can sup-

port all the truth of what's going on for you. you can break your isolation loop right now by simply calling a voice that cares.

Afraid/Angry -- It's ok to be angry, afraid, in fact it's ok to be anything that you are feeling - but you can't afford to stay in your fears and resentments - they will lead you to act out which will kill you. Call someone now. If your anger is about a person you care about, first realize that being in relationships, well it comes with the territory sometimes and that you can keep the focus on you — what are you feeling, how are you setting yourself up, how are you setting up a "triangle"? It is an old ingrained coping skill that you can undo right here by feeling your feelings — the story line is not nearly as important as your feelings and you do have a right to them.



Euphoric Recall/Fantasy/ Plotting to Act Out. STOP! Breathe! STOP, Steve and come back to your hands... Steve, look at your hands because that is where you are right now. Look at your environment, take a break and be where you are.

You deserve more than shameful sex. Remember the book store booths. You had the power to unlock that door then and you can unlock the door now. The fantasy you have been having is not about sex! It is about repressed feelings, shame and isolation. Remember this view and call some one you trust and talk —tell the truth—every last bit— you are worth the truth.

Hunger/Tired/Stress -- Steve, after over 20 years of not knowing you were hungry or tired or stressed, it's ok that you don't know it now -- it takes time to learn to take care of yourself.

So— When did you last eat? Did you drink coffee? When did you sleep? [Steve, you are going through amazing changes; your body needs extra sleep]

Breath again, honey -- Find you Buddha nature -- in fact you can do Tong Len for yourself, just the way you are right now.

The choice to unlock the door has always been with you. You can take the action to unlock the door, reach out, and love yourself into a better life. You have the freedom in your choice. You will have no freedom in your acting out. Steve, many years ago you stood outside the door, 10 years old, alone and afraid. Today you are an adult - a loving, sharing man who now has the power to make the decision the little boy couldn't. That little boy and your life awaits your answer.

I Love You....



THE CYCLE RIDE

It was about .52 degrees, raining. The interstate was wet, traffic moderate but moving at speeds to 75mph which is legal here. My '74 BMW kept pace, its 23 years and 80,000 plus miles notwithstanding. In fact it always did run better at cooler temps, The drops of rain that made their way around the wind screen and hit my face seemed cold as ice crystals.

My boots and leather gloves were wet, but I was dry under the wet suit and helmet. In fact my mind was a hot-bed of activity as I pondered why in hell I was on this 55 mile journey on a motor cycle. The trip was necessary; physical therapy at the VA for an arthritic and painful cervical spine. But on the cycle.??!!

It's a long story as to why I didn't have an auto anymore, but it is a part of this scenario, a part of this "cycle ride" that had nothing to do with bikes of any kind. We have another family auto and my wife uses it for her work. But it WAS available for my use today, IF I so chose.

I am a recovering "narcissistic" sex addict, a "moody" one, a "resentful" one, a [fill-in-the-blank] one. Also a martyr. I just have a lot of character defects.

It began last night as my son and [2] grandkids left our house. I mentioned the house across the street was for sale in case the one he was negotiating for might not be available. He averred, "...not to be offensive, but it might just be a bit too close". Of course, I cannot be intimidated by my child, so I made some smart remark to the extent "...he might need a baby-sitter...", and another having to do

with company he might not wish me to know of.

And of course I had that right, he IS my child [of 38...]. And I had worked for him all day Friday and refused a \$50.00 bill he had offered. And...taken care of the kids for the week-end. And all the other things a "recovering" father does for his youngest, now a single parent.

Then at bedtime my wife asked if I wanted to take her to work early so I could take the car to the VA. I said, "Whatever you want to do". She: "Don't take care of yourself [my name], let someone else make the decision".

Immediately I was off on that cycle to the great southland, Kansas by nightfall, Texas maybe, maybe Arizona. I know people all over this country. You know, "I'll eat worms and then I'll die" sort of thing. Same junk. I remember my grandfather used to mumble the same sort of stuff; "Getting sick of this damned "gubmint"; damned town. Gonna get me a covered wagon and hook up old Rex and Stub [two of the horses he owned] and head down the road."

I couldn't sleep; read another chapter in "Emotional Intelligence" from 11:30 to 12:30. My neck hurt.

As always, when in the shower, alone or together, my wife and I recite [during my cold water cycle] the serenity prayer, then the coupleship affirmation or the 12 steps. After those, as I stood dripping, I told my wife of all those feelings. She had some responses but we didn't have any hassles over it. I said as long as it wasn't raining [and it WASN'T at that time, here at least..] I'd take the bike.

True to her word, she

wasn't going to be co-dependent enough to coax me, even offer any other solution. Time was short, 7 AM and I had to be there at 8. I left well dressed for the chill. Not to worry, the forecast was correct, and I hit rain in less than 4 miles. On went the wet suit in the dry of the underpass. I knew this day was probably downhill from here.

Did the thing at physical therapy, took Rx's to pharmacy, then to the cafeteria to wait till filled. The retail store is just across the way. First there to look at the bargains; things are always less costly here. And so I bought five shirts I could have done without and a cap. Then to the cafeteria where I ate liver and onions, fries, et al, fat, cholesterol, calories notwithstanding.

Am I a sex addict? A buy/spend addict? A compulsive eater? A control freak? Where in the devil have I been for the last 8 years?

When I got home, the note read, "Dear [my name], You are very special to me. Love, [wife's name]". CRASH!

I'm here, and quite, yes very, glad I AM right here. Where would I have been tonight if I'd been somewhere else these past 8 years? Repetition Compulsion? Family of Origin dynamics? Logic of Absurdity? Illusions of Control?

And I says to myself, "Self, take it easy! One step at a time! It's not the destination, it's the journey that's important." [BUT: try to avoid the "cycle", at 50 degrees in the rain].

.....ANONYMOUS
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LETTING GO OF EGO

I continue to struggle to feel a real sense of belonging in my SAA homegroup. I've been in this program for 5 years, in sexual addiction recovery for 8, and in my homegroup for 4. Unfortunately, I feel

shall all almost certainly fail to recover. Tradition 12 outlines the principle of anonymity that we are to be of humble service as "trusted servants" asking for no recognition so "that our great blessings shall never spoil us..." [12x12, p.189-192]. Studying and reflecting upon these traditions is helping me to

the attention and nurturing I crave. Here I must stop myself and ask the question: OK, so maybe this is true, but can I change others or should I be asking for the courage to change? Without even consulting my sponsor, I realize that the latter is probably the better answer. I therefore decide to look at the

....JAMES H..."A selfish attitude is not the only by-product of my overgrown ego. My competitive attitude toward recovery also causes me to constantly view others' success as my failure....."

less connected to members of this group than I feel to any other meeting I attend. I am writing this essay to get a better understanding of why this is so and to perhaps find the wisdom to change or accept whatever I need to. There are perhaps three main reasons why I struggle to feel their love and acceptance. First, my ego and my desire for prestige and respect tend to dominate my view of the world. Second, I have a competitive win-lose attitude toward recovery. Finally, my group is composed mainly of young males with less than 1 year of sobriety. In the following paragraphs I will take a closer look at each of these reasons.

It is dangerous, if not uncommon, for a sex addict to have a large ego. The A.A. book "Twelve Steps and Twelve Traditions" [12 and 12] states that "...all of A.A.'s twelve steps ask us to go contrary to our natural desires...they all deflate our egos" [p.55]. The A.A. Big Book says our egos are fed by self centered fear and selfishness [p.62]. At first this was hard for me to understand. I've been a good member. I've been of service, involved in intergroup and literature. Isn't that what recovery is all about...service? Then I realized it isn't that being of service is a problem. It's just that I need to have the proper attitude toward service. I therefore decided to look toward traditions 1 and 12 for some guidance. Tradition encourages us to put our group welfare ahead of our own because without the group we

improve my attitude toward my homegroup.

A selfish attitude is not the only by-product of my overgrown ego. My competitive attitude toward recovery also causes me to constantly view others' success as my failure. I've been going to meetings and trying to work the program to the best of my ability for quiet a while, but long term abstinence continues to elude me. My ego continues to bristle when I hear someone saying how they have "worked the program" successfully. I feel like their success only punctuates my failure. Looking at the traditions, I can see that this is a losing attitude. We are in this thing together. We all suffer from the same illness, and we all need God and each other to find a way out. If I keep reminding myself of this truth and praying for the sanity to believe it in my heart, a warm affection toward my homegroup may finally be allowed to bloom.

My last reason for having difficulty with my homegroup has to do with its makeup. Most of us are young between the ages of 21 and 40. Being addicts we are naturally self-centered and tend to want more recognition or prestige than is healthy. Being young men we tend to be takers not givers, doers, not nurturers. Maybe that's why I rarely am approached by another member to ask me how I've been, how is my job, my marriage, my daughter, etc. Sometimes I prefer the company of older men and women because they seem to be more willing to give me

prayer of St. Francis of Assisi:

... "Lord, grant that I may seek to comfort rather than be comforted--to understand, rather than to be understood--to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen [12x12, p. 99]

This prayer directs me to stop worrying how I am neglected and unloved in the meeting and start trying to give to other members without expecting anything in return--not money, not recognition, not even a simple thanks. Surely this will lead me in a better direction than silent, lonely sulking. God bless the program of S.A.A. for showing me the way.

James H., CA

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Living in The Present... by Richard J....

1997 - SAA RECOVERY DAY - London

FROM THE BRITISH ISLES.....Richard J.

His experience, *Living in the Present*--SAA Recovery Day--

Hi, my name is Richard J. I would like to share a little about my experience of the Living in the Present--SAA Recovery Day-I prompted by the honesty of William's account. [ed note: William's account was published last issue of the PBR]

I cannot talk about everything that was important to me, and I cannot list all those who contributed to the Day, much as I would like to honour them: their names would mean nothing to you, although they mean a lot to me.

I don't remember much about the workshop I led on Bottom Line Behaviours. Thank goodness we had The Three Circles to read! I would have been lost without it. When I'd tried to prepare a chair before hand [at 2AM that morning, of course] I had come up with very little. I had no ability to say whether any of the behaviours I know are Bad as such. I could not even say for certain they were always and entirely bad for me; perhaps my decision to start visiting prostitutes 20 years ago was an attempt, however mistaken, to connect to women, a choice of some sort of reality over the total unreality of Girlie Magazines and hard-core pornography. I don't know. Driving a car without glasses is fine for some people; once it was fine for me. Now it not. Nowadays I wear glasses when I drive, for my own sake as much as other's. And now I know that sex with prostitutes is not good for me, and most of the time I do not want it. And I know that I feel much better now my masturbation is a quarter of what it used to be, -and that I would probably feel more alive still if everyday of the month was clear of it instead of just half the days....

I don't know quite where in all this my uncertainties about leading a workshop became obvious to everyone. I was simply glad to be able to stop talking and throw the meeting open to everyone else. I don't even remember much of people's shares. One thing I do remember was Tim thanking me for showing my vulnerability-because it gave him permission to be vulnerable himself. Thanks for your service to the Recovery Day, Tim, but a special thanks from me for telling me in that one sentence why I was there, for reminding me that that's *How it Works*, that being vulnerable is the greatest gift we can give one another.

And here, writing this two months after the Recovery Day, I at last get the point: my bottom line behaviours are not good for me because they reward me for withholding my vulnerability. It is as simple as that.

I cannot say anything about workshops I did not attend, although I know I have to ask myself seriously why I did not go to the one on Sponsorship; there's an issue for me there. Have I fully come out of denial? I don't think so. Thanks Howard for the workshop on Enjoyment-That was a real challenge for a poor addict! And thank you Jude for the description of the addiction as a life-diminishing illness. I do not want to live a diminished life any more. Sometimes I do, of course' -Shrink into my bubble of compulsion; I don't want to admit that I have anything to offer-but with many backward steps I am striving to live a life.

I find that I have mentioned name, so I have to mention one more, Michael. Without you it would not have happened. And thank you for letting go and letting others help it happen too.

Thank you.....Richard J.
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**Colorado Fall Conference
HEY-HEY-HEY !!
GOTTA HURRY**

**!!
SATURDAY
OCTOBER 18, 1997**

1997 COLORADO FALL CONFERENCE--A NEW VISION-

The 19th Semi-Annual "S" Conference in Colorado Planned cooperatively through The Colorado Service Group, is meeting SATURDAY, OCTOBER 18, 1997 from 9:30 am to 5:30 pm at St Joseph's Episcopal Church/Parish Hall, 11202 West Jewell Avenue, LAKEWOOD, COLORADO [Greater Denver]. The Group serves local meetings of COSA, RCA, RSOA, SA, SAA, S-anon, SexA, SCA, SLAA, SLA.

Speakers will be from one or more of the above groups and are: Denver H., Debbie H.-- "Our Recovery Experience"; Rich S.-- "Measuring Progress"; Walt I.- "Reaching Out to Those Who Still Suffer".

There will be Four [4] "TOPICAL SESSIONS". One for NEWCOMERS on "Tools of the Program", "Sponsorship", "Withdrawal", "Pain", "First Step Inventory". Another just for SEXUAL ADDICTS on "Embracing Consequences" "Women's Issues"[women only], "Addressing L&R Addiction", "Online Recovery", "Slips". Another just for CO-ADDICTS on "Detaching", "Boundaries", "The 12 Steps and COSA", "Attracting Newcomers to COSA". The last will be a session on MATURING and will include subjects on "Couples sharing with Couples", "What do we Tell The Kids?", "Building Long-Term Relationships", "Working Steps 4-9"[Cleaning up the wreckage of the

(Continued on page 8)

(Continued from page 7)

**1997 [Fall]
Conference....**

**1998 [Spring]
Conference....**

past], and "How to Handle the Business of Our Meetings".

There will be a Recovery Literature Display, Fellowship Periodicals, and Announcements of International Conferences.

Coffee will be ready at 8:00 AM. A box lunch will be served from 1:00 to 2:00 PM. There will be an informal 7:00 pm supper gathering at Village Inn for those interested.

You're too late for the early registration so the fee is \$12.00, a bargain in anyone's language for a day of recovery like this one. **INCLUDES THE LUNCH!**

INFORMATION & DIRECTIONS: Call Dan D.-303-975-1710, Orlando-800-605-8979, Marge K.-719-597-8610.

This is late; we hope you get it in time to attend.

MORE FROM COLORADO, WITH PLENTY OF TIME!!

Already planning for **SPRING!** We are informed that the 1998 Spring Conference is planned for May 1st, 2nd and 3rd. You can't say there isn't time to make suitable arrangements to attend!!

The 20th Semi-Annual "S" Conference will be at the St. Francis Retreat Center in Colorado Springs. Further information indicates that one of the SAA "Co-Founders" will be on the program.

Put it on your planning calendar. It will be a lead-in to the Annual SAA Convention in Virginia at the end of the same month.

There will be more about both these important recovery gatherings in future issues!

THE ADDICTION

THE ADDICTION

For some reason your editor believed the following to have been published in a previous issue of the PBR. Searching, he [I] found it not. It was submitted by Irving N. and dated 20 March, 1997. Thanks Irving, for your contribution, finally in print.

In the beginning...darkness was upon the face of the earth, and G-d said, "Let there be light and light was". And G-d saw the light and it was good.

Good and evil,
Light and darkness,
your soul, the addict.

The addict says....

You're worthless, evil,
shameful, I'm in control.

Your soul screams....but your mind

only listens to the lust.

The addict says....

You're a pervert, sick
worthless, evil, I'm in control.
Your soul pleads....but your body
only wants to satisfy the urges.

The addict says...

You lust for women, you
lust for men, masturbate, have sex,
You're a pervert, worthless,
evil, I'm in control.

Your soul cries....and then you cry
and ask for G-d's help and say to
the addict...

I'm a good person, worth-
while, pure, I love men, I love
women,

I love my wife, and G-d
loves me. I'm healing myself from
painful wounds, but I'm in
control now.

by.....Irving N

SEX ADDICTION
RECOVERY
AND THE
INTERNET

At the Houston Convention there were several sessions on current issues on recovery and related topics. These sessions were attended by many persons, several of whom volunteered to work on specific issues before the Fellowship.

One of these sessions was: Sex Addiction Recovery and the Internet.

Robert F. took on the job of writing the first draft of a pamphlet which was sent to the Literature Committee for review and comment. It was forwarded to the PBR. At this time we are publishing only the "Forward" since we are not sure the latest draft is in our hands. For sure this is an important issue. We can't assure you we can get a copy of the "draft" to you immediately, but if you'll write the PBR, we'll forward your request to those who can supply. The LitCom would also solicit your input on this project; send your ESH!!

Forward

As you are probably aware, the internet, in it's many forms, provides too many possibilities for sex addicts to slip in their recovery from their addiction. The purpose of this pamphlet is to help sex addicts avoid acting out via the internet. Many of us found that working on a computer, whether for vocation or leisure, can present us with feelings of isolation and loneliness which can, in turn, lead us to the desire to act out. If you add to that the plethora of sexually explicit material and opportunities to act out on the internet, you create a strong poten-

(Continued on page 9)

SEX ADDICTION AND THE INTERNET

(Continued from page 8)

tial for us to lose our abstinence. However, sitting at a terminal and its necessary "aloneness" need not create loneliness and pain.

+++++

PAUCITY

"SMALLNESS OF QUANTITY"; DEARTH.... According to Webster's New College Ninth...

And it's only 7 words away from "PAUNCH", which refers to the belly and its contents, or maybe moreso, a "POTBELLY".

We have a PAUCITY. Of what?

Note we have no current letters from inmates this issue. We'd like some; please write us; let the PBR be a part of another meeting, maybe the only one you have.

But we need other articles also. This issue took nearly everything in the drawer. We want to hear from you. As we said before, polish is NOT important, the message is.

We'd like some good poetry as well. Put it in rhyme. LET'S HEAR FROM YOU ALL !!

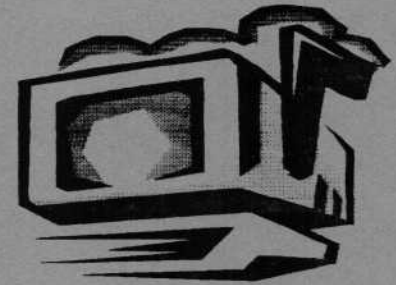
OUTREACH WITH COMPUTER TECHNOLOGY

Many of you have already visited the SAA Web page [http://www.SAA-Recovery.Org] and found information about groups, meetings, and other recovery information.

We have indicated below what information is being requested in case you should need it.

SAA WEBSITE REGISTRATION FORM

At its 1996 pre-convention meeting in Minneapolis, The Board of Trustees voted to establish a group directory that will be published on the SAA Internet Homepage.



the Board decided to compile a separate meeting list based on information solicited specifically for publication on the Internet.

If your group wants to be listed on the SAA Homepage Meeting Directory, please complete and mail in this form.

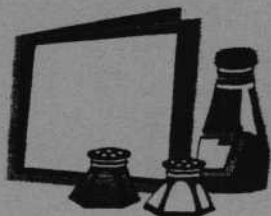
Below is information which is listed on the form. Obviously the lines, spaces, etc. have been omitted for listing here.

- GROUP NAME
MEETING DATE AND TIME
MEETING LOCATION
Name of Facility
Address
City/State
Floor/Room/Directions
Special Instructions
INTERGROUP
VOICE MAIL PHONE CONTACT NUMBER
INDIVIDUAL PHONE CONTACT[S]
First Name Initial Phone number
First Name Initial Phone number
E-MAIL CONTACT[S]
First Name Initial e-mail number
First Name Initial e-mail number
MEETING TYPE:
[e.g.-Men-Mixed-Women-Gay-Christian-Other]

MAIL TO: ISO OF SAA P.O. BOX 70949 HOUSTON, TX 77270

PLEASE SEND IN YOUR INFORMATION SHEET! MANY THANKS!

KETCHUP OPPORTUNITY!!!



**NEVER HAD A CHANCE TO MAKE IT BIG IN
KETCHUP???**
**HERE'S YOUR CHANCE TO DO SOME GREAT
THINGS IN THE FIELD OF KETCHUP.....**

Well..... So it's a play on the language; hope it "KETCHED" your eye.

And we're speaking about the "Catch-Up" that's urgently needed in making up the current ISO of SAA budget deficit this year.

In 1997 the "DONATIONS" columns of the ISO of SAA financial ledger are \$3,464.00 below our budget expectations as of the end of August. This is both for Groups and Individuals.

We know from receipts that up to this point, only 166 groups out of 522 registered groups, and only 189 individuals out of an estimated 2500 to 4000 individual members have sent contributions since LAST September [that's 1996].

Since we all know the value of our recovery journey compared to the cost of our addictions, let's all take another look at how we value our present life position. [See the enclosed "flyer" and read pages 160-161 in AA's 12x12].

Support for the ISO comes from roughly five [5] to ten [10] percent of its individual members and from about one-third [1/3] of its registered groups.

It's not as if the Fellowship is "squandering" the funds. The opposite is quite true, and has been for years; cutting expense is the order of the day. Budgets are prepared carefully, based upon previous years experiences, and each year are evaluated just as carefully by our delegates to the National Convention.

Our ISO office is one of the seats of "ATTRACTION" for persons reaching out for help. On our [individual and group] behalf, in doing outreach service, the ISO office, in the last 12 months [as of August 31st], responded to over 3500 inquiries by phone, mail, and e-mail; processed 428 membership e-mail requests, filled 770 literature orders, sent over 1800 copies of the PBR to prisons, and filled 79 inmate literature requests. The ISO is truly helping each group fulfill Tradition 5. Worth our support, eh?

In with this issue of the PBR there is a special appeal form for your use. Your contributions are tax deductible to the ISO of SAA Foundation. And you don't HAVE to use the form; just mail your contributions to the ISO office at P.O. Box 70949, Houston, TX 77270.

GET IN ON THIS "KETCHUP" BONANZA. !!!!!=====+++++

STEP 10
TRADITION 10
++++
STEP 11
TRADITION 11

10] "Continued to take personal inventory, and when [I] was wrong, promptly admitted it".

11] "Sought through prayer and meditation to improve [my] conscious contact with God as [I] understood God, praying only for God's will for [me] and the power to carry it out."

Step four was hard enough! Anything worth doing is worth overdoing, eh? Is Step 10 "overdoing", especially when it's almost an everyday occurrence that I do something "wrong"?

As I look at Step 10 it is a daily "new beginning" to a stage of recovery beyond my age-old sexual "acting out". It is the new perspective placed on ever-changing behaviors I put in, and take out of my center circle. Perhaps Stage II, III, or beyond. A way to deal with the character defects that prompt the addictive behaviors. It's also a path that has no ending; step 10 is sort of the "shoulder" of the road, the "rail" on the bridge, that keeps me aware that I may be getting close to the edge... A "centering device", if [I] will, eh?

Step 11 in this new program of life prompts me to learn anew the art of prayer, perhaps since many of us had first thought of in some "scientific" way. Structured and logical, "ask and receive", looking for the immediate response from our HP. Probably don't work that way. And because it did not, I sought immediate gratification somewhere else. "Self-will" is a name by which it sometimes known. Simple? As pie !! Easy? Hell no. Necessary? Better believe it !!

[For traditions, go to page 12]...

The Plain Brown Rapper-Carrying the message of hope to the Sex Addict who still suffers-Oct/Nov. 1997

International Service Organization of SAA, Inc.	
Balance Sheet	
As of August 31, 1997	
ASSETS	
Cash In Banks	
ISO Checking	-206
ISO Savings	
Capital Reserves	2,016
Operational Reserves	16,004
Health Reserves	1,984
Total ISO Savings	20,004
Total Cash In Banks	19,798
Accounts Receivable	
Accounts Receivable - Trade	849
Accounts Receivable - Others	0
Total Accounts Receivable	849
Other Current Assets	
Product Inventory	
SAA Literature	459
SAA Medallions	971
Non-SAA Literature	1,128
Total Product Inventory	2,558
Operating Supplies	400
Prepaid Expenses	
Prepaid Postage	139
Prepaid Security	0
Prepaid Equipment Leases	139
Total Prepaid Expenses	278
Deposits	
Office Security Deposit	325
1998 Convention Hotel Deposit	250
Total Deposits	575
Undeposited Funds	0
Total Other Current Assets	3,811
Total Current Assets	24,458
Fixed Assets	
Furniture & Fixtures	683
Office Equipment	4,576
Leasehold Improvements	260
Total Fixed Assets	5,519
TOTAL ASSETS	29,977
LIABILITIES & EQUITY	
Current Liabilities	
Accounts Payable	
Vendors	831
Health Benefit	1,984
Total Accounts Payable	2,815
Other Current Liabilities	
PBR Subscription Obligation	1,372
Sales Tax Payable	56
Total Other Current Liabilities	1,428
TOTAL LIABILITIES	4,243
EQUITY	
Opening Assets	23,014
Opening Liabilities	-1,121
Opening Equity	21,893
Current Equity	25,734
NET INCOME	3,841
TOTAL LIABILITIES & EQUITY	29,977

IT TAKES VERY LITTLE EFFORT TO WATCH A MAN CARRY A HEAVY LOAD.
Chinese Proverb-Proverbs to Live By....

International Service Organization Of SAA, Inc.						
Financial Summary						
August 1997 & Year-To-Date						
	August	August	Over/Under	YTD	YTD	Over/Under
	Actual	Budget	Budget	Actual	Budget	Budget
Income						
Sales	3,224	3,110	114	24,584	25,860	-1,276
Donations	2,194	3,128	-934	25,054	28,518	-3,464
COSA Payments	0	0	0	68	0	68
Interest Earned	75	0	75	164	155	9
1997 Convention	0	0	0	28,294	30,058	-1,764
Misc Income	0	9	-9	0	64	-64
Total Income	5,493	6,247	-754	78,165	84,655	-6,490
Cost Goods Sold	1,919	1,841	78	16,698	15,176	1,522
Gross Profit	3,573	4,406	-833	61,467	69,479	-8,012
Expense						
Wages	3,287	1,881	1,406	18,597	18,010	587
Health Benefit	248	248	0	1,984	1,984	0
Payroll Tax	253	155	98	1,416	1,380	36
Sls. Tax Purchases	0	0	0	0	0	0
Depreciation	0	0	0	0	0	0
Office Insurance	48	49	-1	500	494	6
Tvl/Meals/ Lodging	0	0	0	2,957	5,900	-2,943
Meeting Expense	0	0	0	1,224	300	924
Postage/Shipping	149	278	-129	1,916	1,853	63
Phone	311	154	157	2,270	2,524	-254
Utilities	74	80	-6	584	570	14
Professional Fees	0	24	-24	32	194	-162
Office Expense	194	363	-169	3,176	2,698	478
Equipment Leases	75	69	6	560	564	4
Rent	325	325	0	2600	2600	0
Advertising	40	16	24	171	136	35
Com/tee Expense	149	90	59	1,152	740	412
Houston Conven.	0	0	0	18,416	24,284	-5,868
Bank Charges	0	0	0	29	0	29
Bad Debts	0	25	-25	41	200	-159
Misc. Expenses	0	0	0	0	0	0
Total Expense	5,154	3,757	1,397	57,626	64,431	-6,805
Net Income	-1,580	649	-2,229	3,841	5,048	-1,207

BUDGET OVERVIEW

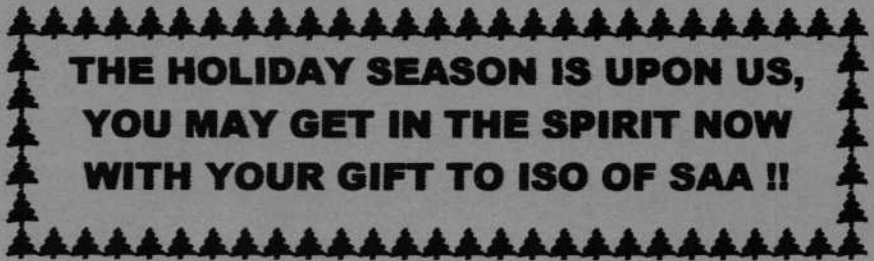
Figures speak for themselves although it is sometimes said that "Figures Lie and Liars Figure". In the case of the Balance sheet at left and the Summary above, we believe THAT is NOT true.

The Balance sheet reflects a relatively healthy picture since we do have some equity. Thankfully since in 1992 the Board voted to hold [about] a 3 month operations expense in Reserve, that is about accomplished. There is also a small Capital Reserve, however a computer crash could send that in the red quickly.

What is a bit more sinister is the Financial Summary. If it was not that recent conventions have been quite successful

there is little doubt we would still be in the red. Seems as if the 2-250 members attending the conventions are those keeping the Fellowship afloat, at least to some extent.

That's why the Appeal at this time. Literature and Medallion sales are down from budget expectations for the year by \$1276, Donations are tragically down by \$3464. Although the convention income looks on the statement as if has lost money, it too, refers to the Budget figures. It did, however, make an income over expense gain. Here again, they expected to expend more than they did. What's important is the ability of the ISO Foundation to maintain a healthy financial picture. In order to do that, the Fellowship must take the responsibility since it was the Fellowship that created it.



**THE HOLIDAY SEASON IS UPON US,
YOU MAY GET IN THE SPIRIT NOW
WITH YOUR GIFT TO ISO OF SAA !!**

