



May, 1990 Edition

The purpose of the Newsletter is to be a voice of the SAA membership. Written by and for brothers and sisters recovering from compulsive sexual behaviors; to be informative, sensitive and expressing the experiences, strength, and hope of recovering members. It is intended as an additional tool of recovery for those working the twelve-step SAA program.

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P.O. Box 3038, Minneapolis, MN 55403 — Telephone 612-339-0217

From Grace to Shame and Back Again

Contamination of a recovery program by the core beliefs of sexual addiction. Sometimes I forget completely what companionship is. Unconscious and insane, I spill sad energy everywhere. My story gets told in various ways: A romance, a dirty joke, a war, a vacancy.

Divide up my forgetfulness to any number, it will go around. These dark suggestions that I follow, are they part of some plan? Friends, be careful. Don't come near me out of curiosity, or sympathy.

-Jelaluddin Rumi-

Five years ago, I experienced a rebirth; I entered recovery. As I was hitting bottom, there were times I thought I might not make it. Like birth, the process was painful and frightening. But the result was such a blessed state of grace! After decades of "spilling sad energy everywhere" I decided to take certain steps and was sure I would never again open the door to that old behavior.

I was wrong. After two years, I fell back into my shame and spent several years in isolation and acting out before hitting bottom again. I have been back in my twelve step group for about a year now. This essay is an attempt to gain clarity about how the core beliefs of sexual addiction had contaminated my first recovery program.

THE CORE BELIEFS

In the poem above, Rumi identifies isolation ("forgetting completely what companionship is") as the antecedent of acting out ("I spill sad energy everywhere"). Pat Carnes in *The Sexual Addiction*, pushes the chain one step further back: isolation is due to shame. Carnes' four core beliefs of sexual addiction are a concise summary of the addictive causal chain:

1. I am basically a bad, unworthy person.
2. If people knew who I really was they would leave. No one could love me as I am.
3. I can't rely on others to meet my needs.
4. Of all my needs, sex is the most important.

This analysis helps me to see that sexual acting out is not a painful irrationality existing in isolation, it is instead the final link in a dysfunctional chain of cause and effect stretching back into earliest childhood.

To recover from sexual addiction, I must do more than change my behavior. I must also heal what is motivating the behavior. Self-acceptance and healthy relationships are the essence of recovery. Ernie Larsen writes in *Stage II Recovery*, "I believe that learning to make relationships work is the core of full recovery."

POSITIVE FEEDBACK LOOPS

This is not to imply that controlling dysfunctional behavior is unimportant. It is **essential**. Until we limit our acting out, we don't get a chance to work on the core beliefs.

Acting out reinforces the core beliefs. After sexually inappropriate behavior, I feel flawed to the core (belief one). The burdensome secrets of my behavior left me feeling unfit for human contact, even a menace to others (belief two). It was foolish to even consider that others might help such a loathsome person as me (belief three). My only relief was more compulsive behavior (belief four).

Sexual acting out generates feelings of abnormality (1), isolation (2), and neediness (3). Acting out creates the prerequisites for more acting out. No wonder it escapes control! Acting out creates a positive feedback loop, a vicious circle. The more often and more shamefully I acted out, the greater the pressure to act out again.

Positive feedback—feedback that increases rather than corrects deviations from stability—is damaging. When a microphone squeals with "feedback," you're hearing positive feedback. Epidemics and chain reactions and explosions are positive feedback loops. So is compulsive sexual behavior.

From Grace to Shame and Back Again (continued)

Sexual acting began as a tool to blunt awareness of the painful core beliefs, but my life exploded out of control as I inadvertently created positive feedback loops. I lost control over my behavior and it threatened to engulf my life in chaos. But halting the behavior did not eliminate the core beliefs. They had touched everything I had ever done in my life and my recovery was no exception.

There are two ways, in particular that the core beliefs contaminated my recovery program:

1. I set goals I could not keep; my recovery program provided further evidence of my "badness."
2. I granted myself only a conditional right to be in a recovery program. I felt I had to earn a place with my sobriety.

A PROGRAM OF RIGID RECOVERY

In my daily life I function from a state of "conditional normalcy." My fundamental human rights and dignities are contingent on some achievement or quality. **Because...** I have a good job, or own a fast red car, or get good grades in school, or have blond hair, or run five miles a day, or have a good stereo, or pump iron... I'm OK and other people want to be around me and will meet my needs.

I'm not sure I have ever engaged in activities that did not either bolster my contingent self-esteem or provide evidence for the core beliefs. If I performed well, I was, for that day at least, OK. If I performed poorly it was evidence that I was flawed, that the core beliefs were correct.

In particular, my first recovery program was swept into this dysfunctional system. Although I was changing my behavior, the core addictive beliefs still defined who I thought I was and how I thought relationships worked. Sobriety became one of the supports of my contingent self-esteem, "I am (still) basically a bad person, but I am OK now because I have x time of sobriety." Medallions became tokens of my contingent self-esteem: This 30 day medallion proves I can come to this group. Except for my 9 month medallion, people see that I am dangerous. The only reason others listen to me is my 18 months of sobriety.

It was only through achievement that my fundamental needs for membership and companionship could be met. My recovery wasn't about dismantling the core beliefs. It was a way of feeling good despite them.

This rigid recovery program that bolstered a wounded ego was a menace to others. I kept sharp watch for laxity and delusion in my brothers' recovery programs. When I found them I felt justified in feeling OK about myself. Conditional self-esteem requires finding others who don't seem to be measuring up. I once confronted a brother on "not being in touch with your feelings." This occurred during his first step presentation and contributed to a painful experience for him. He stopped coming to group. Within a few weeks I was no longer coming to group either.

FALL FROM GRACE

Recovery and sobriety began to feel like walking a precipice. I had so much to lose and there were so many ways to fail! If I slipped and acted out again, the bulwarks I had built against the core

beliefs would be swept away. I could lose my license to be in recovery to feel good about myself and to associate with people who were important to me.

Well I did "slip." I was out of town at a convention. I left the convention and spent all one afternoon and evening cruising pornographic bookstores and then all the night compulsively masturbating, dozing, and waking again to masturbate. After almost twenty months of sobriety I had conclusive evidence (conclusive to me at least) that I was a bad, flawed person. I fell from grace.

The pain of the core beliefs that I had kept in check for two years with the conditional self-esteem of a recovery program burst forth. I experienced weeks of flattening depression. I worked listlessly and groused at or avoided my wife and kids. I didn't call any brothers—how could they possibly respect me anymore? At meeting I couldn't hold my head up; I couldn't look people in the eye and after a few meetings I stopped going entirely.

AND BACK AGAIN

"But many of them did recover if they had a capacity to be rigorously honest."

-AA Big Book-

The addiction is truly cunning baffling and powerful. It was able to use my recovery program for nourishment! As powerful as the addiction is though, there is one thing it cannot do. It cannot confer happiness and it cannot protect from pain. I spent two years in initially mild, but steadily increasing pain. That pain was eventually more than I could tolerate and I hit bottom for a second time.

Since returning to the program I have run a much different program. I have to be wary of not creating a recovery program that feeds the core beliefs. Honesty, self-acceptance, and healthy relationships are more important than "Thou Shalt Nots."

The heart of my current recovery program is reversing the core beliefs and living the core affirmations:

1. I am basically a good human being and I deserve to have things work out well for me.
2. Many people like having me around and like me more the more they know of me.
3. I can ask for what I need. Some people will try to understand and meet those needs.
4. I have many things I enjoy doing with my time and energy. At many times other needs are more important than sex.

Controlling addictive behavior is essential, but **focusing** on behavior change is dangerous to me. My boundaries aim at behaviors which:

- a. most powerfully feed the core beliefs and
- b. are within my conscious control.

I am wary about setting boundaries that will prove once more that I am a bad person. I have the capacity to use a recovery program as a club against myself.

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NSO REPORTS

It's time for an update on what your National Service Organization is doing.

We had our midyear Board of Directors meeting in Tucson at the end of January. At this meeting we drafted and adopted bylaws which maintain the structure and traditions of each group being autonomous with the NSO serving those groups.

Voting rights have been established for the convention in May at Minneapolis. Each group registered with the NSO is entitled to one vote. We would like to encourage groups to register with the NSO office as soon as possible. However, group registration can also be handled at the convention. The official call for delegates has gone out in the February *Plain Brown Rapper*. If you have any questions regarding delegate election or registration, please contact Douglas at the National Office at 612-339-0217.

The NSO Board is now accepting bids for cities or locations to host the 1991 and 1992 conventions. Those interested please contact the convention liaison (yours truly) through the NSO office at P.O. Box 3038, Minneapolis, MN 55403.

Donations from both groups and individuals are needed to fund the operations of the expanding NSO office. We are presently servicing a large number of calls from addicts seeking help and are trying to register groups in order to service that need. We need more than the part-time staff we presently have. We rely entirely on your donations. Please send what you can.

The mailing lists I am currently using are from the Twin Cities Intergroup files. If you no longer wish correspondence or if you are getting duplicate correspondence, please let me know.

I hope to see you Memorial Day Weekend in Minneapolis at the Third Annual SAA/COSA National Convention. Please introduce yourself—I'd like to meet you.

Your trusted servant,

Victoria

Donations to the National Service Organization:

THE SERENITY FELLOWSHIP	ATLANTA, GA	\$13.50
DAVENPORT S.A.A.	DAVENPORT, IA	50.00
BLOOMINGTON S.A.A.	BLOOMINGTON, IN	10.00
FLINT S.A.A.	FLINT, MI	10.00
HOPE AND RECOVERY GROUP	HOLLAND, MI	15.30
SAGINAW S.A.A.	SAGINAW, MI	15.00
LANSING S.A.A.	LANSING, MI	5.00
5:30 THURS, CLOSED, MEN'S	ST. PAUL, MN	16.00
ROCHESTER S.A.A.	ROCHESTER, MN	10.00
8:00 THURS, CLOSED, MEN'S	ST. PAUL, MN	35.00
LONG LAKE, CLOSED, SUN.	LONG LAKE, MN	35.00
5:00 THURS, OPEN, MEN'S	S. MPLS., MN	12.00
7:30 A.M. OPEN, MEN'S, TUES.	S. MPLS., MN	18.00
5:30 THURS, CLOSED, MEN'S	BLOOMINGTON, MN	3.00
7:00 WENS, CLOSED, MEN'S	ST. PAUL, MN	5.00
7:00 TUES, OPEN, GAY/BI-MEN'S	MPLS., MN	15.00
LAKE HARRIET, SUN, BOUNDARY	S. MPLS., MN	27.00
7:30 MIXED, MON, OPEN	GOLDEN VAL. MN	8.00
7:00 WENS, BOUNDARY, MEN'S	S. MPLS., MN	7.50
5:00 THURS, CLOSED, MEN'S	EXCELSIOR, MN	35.00
5:30 TUES, CLOSED, MEN'S	ST. PAUL, MN	24.50
4:30 THURS, BOUNDARY, MEN'S	S.E. MPLS. MN	12.50
6:30 SUN, OPEN, MEN'S	S. MPLS. MN	9.00
SYRACUSE S.A.A.	SYRACUSE, NY	20.00
FREEDOM GROUP	TULSA, OK	10.00
MUSIC CITY S.A.A.	NASHVILLE, TN	30.00
HOUSTON INTERGROUP	HOUSTON, TX	16.00
SAN ANTONIO S.A.A.	SAN ANTONIO, TX	75.00
ESSAY - TUESDAY	MADISON, WI	10.00
ESSAY - THURSDAY	MADISON, WI	10.00
ESSAY - SATURDAY	MADISON, WI	10.00
TOTAL		\$572.30

N.S.O. BOARD TRIP FUND:

THE SERENITY FELLOWSHIP	ATLANTA, GA	\$15.10
LANSING S.A.A.	LANSING, MI	25.00
HOPE AND RECOVERY GROUP	HOLLAND, MI	40.00
5:30 ST. PAUL MEN'S CLOSED	ST. PAUL, MN	16.00
6:30 S. MPLS. OPEN MEN'S	S. MPLS., MN	39.00
TOTAL		\$135.10

From Your NSO Literature Committee

We are presently evaluating all the literature available to SAA groups. Creating new materials, updating old ones, and distributing literature have become exciting and challenging projects. There is much work ahead of us in accomplishing our goals, and we will be needing your help in a number of areas.

First, if your group is using materials you have created as part of your meeting, and you feel it would benefit others, please send us a copy. The only restrictions we have are that SAA members have written the material, and that the material is wholly original—part

of it is not taken from another 12-Step program (e.g., SLAA, SA, AA). This is to prevent copyright violations.

Second, we are in need of individuals who love to read. We are putting together an anthology of *Plain Brown Rapper* articles and poems, and are in need of seasoned program veterans to pick the "best of the PBR" for publication.

If you can supply help to us in any of the above areas, please drop a line to Douglas at the NSO office. Further areas of opportunity will be announced in future PBRs. Stay tuned.

Twin-Cities Intergroup Welcomes You to the...

3RD NATIONAL SAA/COSA CONVENTION

CARRYING THE MESSAGE

May 25, 26, 27, 1990

**SHERATON—Airport Hotel
Minneapolis, Minnesota**

Program will feature, speakers, workshops and meetings
focusing on the Twelve Steps and Traditions of SAA and COSA
Lots of How to Do It Information

**EACH SAA GROUP IS ENTITLED TO SEND
A DELEGATE TO THE CONVENTION BUSINESS SESSION
AT WHICH THE BY-LAWS
AND OTHER IMPORTANT BUSINESS WILL BE CONSIDERED**

**PLAN NOW TO COME AND SHARE YOUR EXPERIENCE, STRENGTH
AND HOPE, AND LEARN FROM OTHERS.**

Dear Higher Power

Reveal to me what I need for today
 And if I'm not ready, be patient with me
 The baby steps I'm taking are great steps to me in my process
 of relearning
 Reveal to me so that I will be steadfast with my boundaries
 My progress can be measured by my self-acceptance
 Which you show me in my serenity

— Lisa V.
 Tucson, AZ

Sittin' Up

I'm sittin' up and it's late at night
 I'm bobbin and weavin', fightin' the good fight
 Once again I'm in the ring you see
 Fighting with that old addict in me
 I'm tired and wasted, but he doesn't stop
 He lands his killer punch with a surehanded pop
 And here I am again on the floor
 Ashamed and humiliated
 I don't know if I can take anymore
 But I've got to get up and look him in the face
 I can't be defeated and give up the race
 It's becoming apparent that I can't beat him alone
 I need some greater power to help me set the tone
 But I've tried to use a higher power before
 But I toyed and played games and finally walked out the door
 I know that he's there, waiting in the wings
 He'll give me the strength that I need in the ring
 I have to follow and let him lead
 And I'll get back my patience, my strength and my speed
 When we fight again, and I know that it's soon
 It will be the addict reeling with his head in a swoon
 I'll beat him down and then do it again
 By then the referee will be counting to ten
 But before I raise my hand and do a victory dance
 When it comes to a rematch I know there's a chance
 I'd better be prepared to fight all over again
 This time I hope with the help of my friend
 I can't play games this time or manipulate
 Because if I do it will be too late
 That bastard addict will get the best of me
 And again and again it will be his face I see
 Instead of finding the real me.

— Mark

From Grace to Shame and Back Again (continued)

Keeping recovery free from conditional self-esteem is a tough problem. I don't have a solution and don't even understand the problem very well. Humility seems like the best strategy, "none of us have gone far." Intolerance and arrogance are signs that I am not feeling good about myself. If I am tempted to give advice, I look hard for contingent self-esteem. I use arrogance as a cue to do self-forgiveness and self-acceptance affirmations.

Although things are still difficult, my serenity and ability to be in relationships are better than they have ever been. This closing poem is an inspiring promise of the fruits of a life built on the core affirmations of recovery instead of the cores beliefs of addiction:

The Guest is inside you, and also inside me;
 you know the sprout is hidden inside the seed.
 We are all struggling; none of us has gone far.
 Let your arrogance go, and look around inside.
 The blue sky opens out farther and farther,
 the daily sense of failure goes away;
 the damage I have done to myself fades,
 and a million suns come forward with light,
 when I sit firmly in that world.

-Kabir-

— Greg S.

Love and Compassion

God accepts me, will you?
 Please accept me as I am.
 Do not ask me to excel intellectually or athletically.
 Love me, care for me, teach me, but please do not pity me.
 Believe that my life can bring honor to God in a unique way.
 My weakness will demonstrate the power of God, with help
 from others.
 Please love me through your eyes.
 See my gifts as well as my limitations.
 Rejoice with me in each step I take, but do not compare the
 size of my steps to those of other people.
 Do not force me into a mold that just will not fit.
 Tell me of God's love and help me to mete and know and love
 God.
 God bless you, SAA

— Bob P.
 Chisago City, MN

Symptoms of Recovery

In preparing to give a sponsee a medallion, I wrote the following paragraphs so that I would not forget all that I wanted to say to her.

When I came to this program I heard talk about gifts, and did not understand what they were talking about. I had considered a gift as giving or receiving a material object. Since then the word's meaning has broadened for me to include the things that money cannot buy, such as: being able to notice and appreciate a sunrise or sunset, seeing the beauty in a grove of trees, being part of a happy memory, or being allowed to share my gift of recovery with another human being. When you asked me to be your sponsor, I felt honored and privileged to be given the opportunity to help you, and strengthen my program at the same time.

I believe the child in each of us is our direct connection to Higher Power, and that this child knows the truth at all times, and struggles to have the truth validated, to be freed to be who each of us is intended to be. I see that in you.

When your addict is out working hard to screw things up for you, it is your child that feels uncomfortable, scared, angry, whatever the situation calls for. At these times I see and hear you reaching out, letting me know what is happening to you, where you are at, and looking for validation and support to see the situation through. I have heard you in confusion, frustration, fear, and pain. I have heard you in need of reassurance, support, guidance, and acceptance. I have also heard your triumphs. I have heard you in need, sharing your need, processing information, and listening to your own inner self, and making decisions to aid your recovery.

The most of what I want to say to you is that all of these are symptoms of your recovery, evidence of working to get well, and that you are in the process of doing so. I would not have heard any of this if you did not have the willingness to do whatever it takes. I believe in you, that you are going to make it, and I am grateful you are in my life.

— *Laura S.*
Minnesota

Do you have a story, a poem, an experience of growth, or would you just like to share your emotions and feelings? Please write The Plain Brown Rapper. Your brothers and sisters in SAA would like to hear from you. We have much to share with each other. Please write to PBR Editor, c/o SAA, P.O. Box 3038, Minneapolis, MN 55403. If you have a modem, or can submit your writing on a computer disk (either Macintosh or IBM), that would be greatly appreciated. For more information concerning telecommunicating your article, please call the NSO office. Please submit all writings for the June newsletter by April 26, 1990.

Bylaws of the National Service Organization of SAA

Adopted by the NSO Board of Directors in February 1990 at their meeting in Tucson Arizona to guide the organization.

Article I

NAME AND LOCATION

SECTION 1. The name of this corporation shall be the National Service Organization of SAA.

SECTION 2. The office and principal place of business of this corporation shall be at 2400 Blaisdell Avenue So., Minneapolis, Minnesota, 55404.

SECTION 3. Other offices for the transaction of business shall be located at such places as the Board of Directors may from time to time determine.

Article II

MEMBERSHIP IN THE CORPORATION

SECTION 1. The members of this corporation, also known as "NSO convention delegates," or "national convention delegates," shall consist of one individual elected by each SAA member group as its national convention delegate.

A) An SAA group is defined as: two or more addicts meeting together regularly for the purposes of recovering from their sexual addiction and reaching out to others suffering from sexual addiction, who are self-supporting and have no other common affiliations.

B) An SAA member group is an SAA group that has registered itself with the National Service Organization of SAA, and follows the 12 Steps and 12 Traditions of SAA.

C) For the purposes of electing members of this corporation, each person who attends more than one member SAA meeting a week is entitled to vote for the election of an NSO convention

delegate from each member group that person attends.

SECTION 2. Each NSO convention delegate can have no more than one vote. Thus should one person be elected a delegate by two or more SAA member groups, that delegate will have just one vote, and should so inform each group.

SECTION 3. Membership in this corporation may not be transferred to another person except by the SAA member group that elected the NSO convention delegate. Each such delegate may, however, transfer his or her power to vote at an NSO convention by exercise of a proxy enabling an alternate, elected by the same group, to vote during his or her absence from the convention business meetings.

SECTION 4. Each SAA member group shall normally elect its NSO convention delegate and alternate by February of each year, for a one year term, upon a call to do so issued by the NSO Board of SAA. An NSO convention delegate's membership continues for one year unless either the group dissolves, or no longer qualifies as an SAA member group, or a new national convention delegate is elected by that group to replace its prior delegate, which a group can do at any time it chooses.

SECTION 5. In keeping with Tradition Four, this corporation may, from time to time by action of its NSO convention delegates, place qualifications on those who would be members of this corporation.

Article III

MEMBERS' MEETINGS

SECTION 1. Each calendar year the NSO Board shall convene, at a time and place at its discretion, a meeting (called the national convention) of the members of this corporation. The temporary chair of that meeting shall be the Chair of the Board of the NSO. Each NSO convention delegate, NSO Board Member, and NSO staff member, attending the annual SAA national convention, is entitled to one vote on any matter arising in the general sessions of the national convention.

SECTION 2. A quorum for conducting business by the NSO convention delegates during previously scheduled business sessions at the national convention shall be those delegates (or their appointed alternates) present at those sessions. For any added or "specially called sessions," a quorum shall consist of 51% or more of those national convention delegates (including appointed alternates) registered and attending the convention.

SECTION 3. Recommendations approved by a majority of the delegates (and authorized alternates) voting at a national convention must be considered by the NSO Board of SAA. In its deliberations the Board shall ever bear in mind that the ultimate authority and power in SAA lies in the body of the fellowship, and the Board acts as the Trusted Servant of the fellowship.

SECTION 4. Any changes in these Bylaws must be approved at one NSO convention, and ratified at the following year's convention before they take affect.

SECTION 5. In conducting business, NSO convention delegates and their proxies (during the national convention or other meetings) shall honor the principal of giving full opportunity for those opposing a resolution or measure to air their objections.

SECTION 6. Other than a vote to fill vacancies on the NSO Board, if a vote of the NSO convention delegates between national conventions is deemed necessary by the Board of Directors of this corporation, or petitioned for by 15% of the NSO convention delegates, each convention delegate of record shall be mailed a ballot containing the proposition to be voted on, and the vote of those responding within one month of the date the ballots were mailed out shall be the total which shall be used to determine if the measure passes or fails.

SECTION 7. NSO convention delegates may not hold a meeting by, or vote by means of electronic communication, nor may they enter into voting agreements.

SECTION 8. Member groups are encouraged to inform their delegates of their opinions on issues to be discussed at the national convention of SAA. Member groups are encouraged to leave

their delegates free to vote their own consciences, as they participate in the deliberations.

SECTION 9. National convention delegates generally vote for Directors of the NSO by caucusing with other members from the same designated geographic area. Such caucusing shall be done either at the annual national convention, or before at area conventions, as the Board so decides. Until considered by the body of the fellowship, each voting unit shall decide by majority vote if a majority is required to elect, or if not, what plurality percentage is required, or if it shall use AA's Third Legacy procedure.

SECTION 10. NSO convention delegates can call for a special convention if 20% of the national convention delegates petition the Board for such a meeting, agreeing on its location and time, which must allow the Board 60 days to notify all members of the special convention. Only the business proposed in the official convention call may be considered at such a meeting.

SECTION 11. Any NSO Board members elected at large by the convention delegates can be removed from the Board by a majority vote of the NSO convention delegates. Directors elected by area caucuses can be removed by a majority vote of the national convention delegates of the area that director represents.

Article IV

NSO BOARD

SECTION 1. The Board of Directors of this corporation shall consist of at least 7 directors elected to three year terms by NSO convention delegates and appointed proxies at a national convention or area caucus, with approximately one third elected each year from geographic "areas" set by the Board. These same delegates shall also elect nationally, for a three year term, the chair of the literature committee, who serves as a member of the NSO Board. The Board may also authorize the NSO convention delegates to elect up to three directors, nominated by the Board for one year terms, from amongst the body of the fellowship.

The Board of Directors of the NSO may, from time to time, elect up to one third of its total

directors for one year terms who are not members of SAA.

A) Whether elected by caucus voting, by voting from amongst the body of the fellowship at a convention, or by action of the Board to fill a vacancy, those elected must not only agree to serve, but their qualifications should be consistent with the guidelines for national service

B) Individuals who serve in elected positions in SAA have no rights thereby in SAA property, and shall receive no compensation for their services, though they may be reimbursed for reasonable expenses they incur as a result of such service.

SECTION 2. Members of the Board of Directors may be removed from the Board not only by those who elected them, but also by a vote of the majority of the Board for cause or for non-attendance.

SECTION 3. The officers of the Board shall consist of a Chair, referred to as "President," if necessary in dealings outside the SAA fellowship, a Treasurer, and such other officers as the Board may from time to time decide upon. The Chair of the Board is not the "head" of SAA or of the Board, but merely a trusted servant to whom conducting Board meetings has been entrusted, and the member of the Board to whom the official responsibility of signing legal papers on behalf of the corporation, using the term "President," has been delegated. The officers of this corporation may not delegate any of their powers or duties without the approval of the Board.

SECTION 4. The Board has the general powers of a non-profit corporation enumerated under Minnesota Statutes 317A.161, but shall not own real property, invest in or issue securities, act as an administrator of any person's will or testamentary trust, nor deal with the donations to or income of SAA in any speculative way. The Board is empowered to interpret the meaning of its Bylaws wherever any ambiguity occurs therein.

SECTION 5. The Board can act only if a majority of its members approves an action.

SECTION 6. The Board shall fix the date of an annual SAA convention to be held at least once in each calendar year, and notify each registered SAA group of the time and location thereof at least 90 days in advance, and publish the same in

any SAA sponsored periodical. At the national convention the Board shall make an annual report to the members, detailing the status of the corporation and the SAA fellowship, as well as the activities of the Board over the past year.

SECTION 7. The annual meeting of the Board shall occur during the national SAA convention. The date and time of the next meeting shall be set before the end of each meeting. Emergency meetings may be called by the Chair of the Board ("President" of the corporation) or any three members of the Board, and such a call need not state the purpose of the meeting.

SECTION 8. The Board shall have the power to create committees and special service boards to deal with matters of concern to the SAA fellowship, and shall have the power to employ individuals to conduct its day to day operations.

SECTION 9. In all its dealings, the NSO Board shall turn to God, as its members understand God, for guidance, and seek to be faithful to the 12 Steps and 12 Traditions of SAA, as adapted from those of AA, and to the 12 Concepts for World Service of AA, to whose authors and whose trusted servants it must continue to bear its gratitude.

CONVENTION UPDATE

Friday, May 24th

- 5:30 Step Meetings (many, we trust)
- 7:45 Keynote: Pat C. on the founding of SAA
- 9:30 Reception and Entertainment

Saturday, May 25th

- 8:30 NSO Business Meetings and concurrent Step Meetings
- 10:15 Workshops
- 11:30 Workshops
- 1:45 Workshops
- 3:00 Workshops
- 4:15 Workshops
- 6:30 Banquet
- 7:45 Sharing Your Recovery: 3 Stories (including a couple and a CoSAA member's story) followed by entertainment

Sunday, May 26th

- The AM schedule is the same format as Saturday morning's
- 1:00 Banquet
- 2:00 Closing Speakers (this meeting is open to significant others of SAA and CoSAA members)

Workshop presenters include two non-program professionals:
Craig Knocken (author/therapist) on The Addictive Personality
Connie Abbott (director: Reparenting, Inc.) on the Sexually Disfunctional Family & How to Reparent Yourself

By program people

- Rick S. (Boulder, CO): Measuring & Celebrating Progress
 - * Barbara B. (Smyrna, GA): Multiple Addictions
 - Alex B. (L.A.): Being True to Yourself (a "playshop")
 - Lois P. (Mpls.): Stories to Heal & Challenge
 - * David C. (Mpls.): Sponsorship
 - * Shelly ? (St. Paul): Sexual Anorexia
 - * Simon G. (Duluth, MN): Spirituality
 - * Gregory M. (Hermosa Beach, CA): Carrying the Message at the National Level
 - Brian K. (Duluth, MN): Beyond the Past/Facing the Present/Recovering & Spirituality
 - Marv (Mpls.): How to do successful 12 step calls
 - * Vern W. (Duluth, MN): Starting New Meetings
 - * Suzie & Hal (Mpls.): Couples in Recovery
 - Linda Mc. (Baton Rouge, LA): Using Poetry & Journaling as a Tool of Recovery
 - Kevin O. (Grand Rapids, MI): Sexual Addiction Issues in the Recovery of Older Adults
 - * Lester D. (Madison, WI): Recovering from Child Sexual Abuse (A Look From Both Sides)
 - Francie E. (Mpls.): Getting Release From Obsessive Thinking
 - * Recovery for Gays & Lesbians Panel
 - Douglas P. (Mpls.): Healthy Sexuality Panel
 - Christianity in SAA
 - Late Night Meeting for Clergy & Religious People
- (and more, we hope)

NOTE: Asterisks mean these presenters are willing to bring you in as part of a panel. If interested in participating with them, please let us know so we can put you in touch with them. Write: John B.--Program Committee, P.O. Box 3038, Minneapolis, MN 55403

Carry the Message Conference

May 25, 26, 27, 1990

Dear Friends In SAA and COSA:

It is time to register for our third national convention, "Carry the Message"! Here is your registration form, along with information on air travel and hotel reservations. As always, remember to respect the anonymity of others when registering and discussing the conference. "Anonymity is the spiritual foundation of our program. We are to ever place principles before personalities."

Conference Registration

To register for the conference, complete the form below and mail it to the NSO Office along with your check or money order. The prices for each day are printed on the form. If you will be attending Saturday night, please mark your meal choice. Send your registration no later than May 11, 1990. Make your check(s) payable to "Carry the Message".

Hotel Registration

To register for a room at the Sheraton Airport Hotel, you can call the Hotel at (612) 854-1771. To get our discount rate specify that you are registering for the "Carry the Message" conference. If you choose to use the Sheraton's national reservation line (1-800-325-3535) your room rate will be adjusted to the discount rate upon your arrival at the hotel. Rooms are available at \$41 per night with a maximum of 4 people per room (at no extra charge) from Wednesday the 23rd to Monday the 28th. If you need daycare, it must be arranged with the hotel beforehand.

Air Travel

The official airline of the conference is Northwest Airlines. Discounts apply to all fares except military and government fares and roundtrip fares under \$100. We are getting a 5% discount from the lowest possible fare. You must specify the conference name, "Carrying

the Message", and our contract number, 16374, to get our discount. To reserve a ticket, call Northwest at 1-800-328-1111 in the U.S. or 1-800-328-7747 in Canada. Your travel agent can arrange this for you if you give him the contract number. The discount is available for 3 days before and after the conference. Bus service to and from the airport will be provided by the Sheraton Airport Hotel.

Program

Guest speakers from all over will be covering such topics as addiction, sobriety, the Twelve Steps, spirituality, codependancy, continuing recovery. There will be meetings and workshops open to both SAA and COSA attendees, as well as mixed, men's, women's, couples and co-addicts' meetings. There will be a Hospitality room for conversation, meditation, prayer, and other types of fellowship. On Saturday and Sunday morning there will be a national SAA business meeting - all are welcome to attend. (We need your input!)

Entertainment

Besides the Program events, there are many activities to enjoy in the Twin Cities area. Fort Snelling State Park is a beautiful spot for a serene walk or a picnic by the Mississippi river. If you play an instrument, bring it along! There will be other musicians to jam with, and many who will enjoy listening.

Scholarship Fund

A scholarship is being established by the groups in the Twin Cities. The scholarship program has three steps: first, the individual should decide how much of the cost he can bear on his own. Second, he should approach his home group for a scholarship. The third step is to write the Convention Registration committee at the SAA office, requesting the balance. For details, contact the Registration committee through the SAA office.

Registration Form

Please send this in with your check payable to "Carrying the Message"

Registration Fees

Friday night only\$15
Saturday only (dinner included).....\$30
Sunday only (brunch included).....\$20
All Weekend
If you register before April 15.....\$40
If you register after April 15.....\$49

Saturday Night meal choice: ___Chicken
(check one) ___Beef
___Vegetarian

Name Preferred on Name Tag

Address

city

state

zip

Confidential information

(circle one)
COSA or SAA

TWIN CITIES SAA
P.O. BOX 3038
Minneapolis, Minnesota 55403
(612) 871-1520

Spring1990

SAA Ordering Information

Mail to: **SAA Literature**
PO Box 3038
Minneapolis, MN 55403
Phone (612) 871-1520

Please send me the following materials. Prices include shipping and handling.(except overseas, please include and additional 20% to help defray the additional postage).

Quantity		Amount	
_____	Group Guide	@ 4.50	_____
_____	Abstinence and Boundaries in SAA	@ 2.50	_____
_____	First Step to Recovery	@ 1.25	_____
_____	The Plain Brown Rapper (1 year)	@ 6.00	_____
_____	SAA Brochures	@ .10	_____
		12 for 1.00	_____
_____	Medallions	@ 2.50	_____
_____	Blank		_____
	_____ 18 MO		_____ 7 YR
_____	1 MO	_____ 2 YR	_____ 8 YR
_____	3 MO	_____ 3 YR	_____ 9 YR
_____	6 MO	_____ 4 YR	_____ 10 YR
_____	9 MO	_____ 5 YR	_____ 11 YR
_____	1 YR	_____ 6 YR	_____ 12 YR

Other Recovery Literature

_____	Answer from the Heart (Meditations)	@ 8.00	_____
_____	Out of the Shadows--Carnes	@10.00	_____
_____	Women, Sex, and Addiction--Kasl	@20.00	_____
_____	Hazelden Collection of step guides (12)	@10.00	_____
_____	Hope and Recovery (paper-back)	@12.00	_____
_____	Hope and Recovery (abridged, on tape)	@17.00	_____
_____	A Male Grief: Note on Pornography	@ 4.50	_____

MN residents add 6.5% sales tax

Total Enclosed

Make Checks payable to SAA Literature

Ship to:
Name: _____
Address: _____
City: _____ State: _____ Zip: _____

Literature Description

N.S.O. Approved:

1. **Group Guide**; A complete guide including a suggested meeting agenda, the twelve steps and twelve traditions, tools of the program, the promises, How it Works, etc...
2. **Abstinence and Boundaries in S.A.A.** ; A booklet of contributions made by S.A.A. members sharing their personal sexual sobriety statements. This booklet is a helpful tool for individuals who are in the process of defining their boundaries.
3. **First Step To Recover** ; A helpful booklet (guide) for preparing a first step presentation. The guide is useful in facilitating addicts in viewing the differing areas of their powerlessness and unmanageability.
4. **S.A.A. 21 Questions For Self Assessment** ; This pamphlet is a tool for discerning if a person has a sexual addiction.
5. **The Plain Brown Wrapper** ; The National Service Organization of S.A.A.'s monthly newsletter filled with fellowship updates regarding upcoming events and new projects. This newsletter is written by and for the S.A.A. membership, and includes recovery stories, insights, and poems. The P. B. R. will soon be available at group discounted rates.
6. **S.A.A. Medallions** ; The S.A.A. "From Shame To Grace" medallions are both a keepsake and a staple of recovery, helping S.A.A. members build and honor a positive history.

Non-approved literature:

7. **Answers In The Heart** ; Hazeldon; A daily meditation book written by a female and male member of S.A.A..
8. **Out Of The Shadows** ; Dr. Patrick Carnes; This was the first book explaining and detailing sexual addiction.
9. **Women Sex And Addiction** ; Dr. Charlotte Kasl; As the title implies , the book looks at sexual addiction from a women's perspective.
10. **Collection Of Step Guides** ; Hazelden; Twelve separate step guides. These guides are well crafted and can be transposed for several addictions.
11. **Hope And Recovery** ; Compcare/ paperback; A "Big Book" styled book for recovering sex addicts. Includes a section of personal stories.
12. **Hope And Recovery** ; Compcare/ cassette tapes; An abridged version of the above.
13. **A Male Grief; Notes On Pornography And Addiction/ David Mura**; This booklet is a powerful essay on sex addiction and our sexual culture.