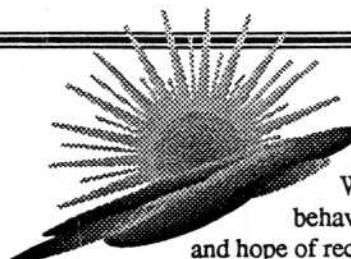


THE Plain Brown Rapper

The SAA Newsletter

50¢



June, 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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Next month we will begin a new format, one which we (that is, the NSO Literature Committee) hope will add value to the *PBR*. In this new format, we will be presenting columns specifically addressing women's issues, childhood issues, outreach, and new member issues, along with our regular stories. We feel that, with this change, we can provide a more informative and substantive newsletter to better serve you. Of course, this new format is dependent upon your articles and stories concerning these issues. Your submissions are what make this newsletter valuable. We also encourage you to write us with your feedback. It is very valuable to us.

Speaking of feedback, I recently received a letter from a brother who had some serious concerns about a recent article. He felt some of the thoughts expressed in the article were not consistent with the SAA Twelve Steps. I appreciated receiving the letter since it gave me food for thought. Also, it gives me the opportunity to make two points concerning the *PBR*:

1. Stories and articles are written by recovering addicts, not recovered addicts (if there is such a thing). As the editor, I restrict my editing to only those areas which I deem unsuitable by reason of language or sexual explicitness. It is not my place to determine the "correctness" of an article or story. So stories and articles can and should be debated in your group, with your sponsor, or with others. That, I think, is where growth can come from.
2. We each have our own experiences. What works for some may not work for others. It is important to take what works and let go of the rest. That, again, is where growth can come from.

I appreciate the feedback and encourage all of you to write out your thoughts, suggestions, and concerns.

Letter From a Survivor

Part I

I am a 36-year-old survivor. I am a survivor of emotional and physical abuse, rape, incest, and sexual abuse.

I have walked a very dark road for six years. The road is getting a lot brighter. I see some sunshine at the end of the woods. I've been in locked wards, treatment centers, counseling, and support groups. I am in counseling now. I need to be careful who I share with for my protection. One of the keys to getting healthy is talking about yourself and journaling. For me, I am working a program. I am involved in SAA, ACA, AA, and counseling. I have a very strong spiritual program. I have a one-year medallion in ACA, six years in AA. I've been in SAA for one year and have had my slips, picked myself up and started again.

Two years ago I asked God to open the doors wide from the past. Let me tell you He did. I have come so far and I am still growing. I am very proud of me.

I say to other victims we can all be survivors! I needed the willingness or I would have killed all of me a long time ago. Slow down, reach out—I needed to take lots of risks with people. I learned I did not need to do it alone.

Continued on Page 2

Letter From a Survivor (continued)

I do a lot of imagery and meditation. The animals have shown me how to slow down and be cautious, and how to take this good love slowly. The river of moving water has taught me how crying will make me smooth and also how to let life move on.

God has helped me so much with His free gift of nature. God gives me the gift of nature, to walk along and be free from stress and to enjoy. God also gave me the gift of pain, so later I could enjoy.

A lot of time the road is rough. It does smooth out with water and tears from me. I have done a lot of crying—and that is the gift of pain—or I would not be where I am today.

God bless you all on your path and journey of finding out who you are after the pain of life and love itself.

Part II

Through the process of surviving that horror I came from, I was also an abuser. That proves to me that if I did not go deep inside my soul to the maximum, extreme horrible hurt, I would pass on the hurt, either through emotional, physical, or sexual abuse.

Sometimes I do not recognize it until it happens. It is never too late to change. Even after it happens it does not mean I am a defect. It only means I need to work harder on me. I felt like I did everything to my child that was done to me. I felt guilty for it. I am not sharing this to abuse myself, I am sharing it because I do not need to blame or be ashamed. It was learned behavior.

That is not to blame them; it is acknowledgement. It only showed me I needed to go deeper inside me, dig deep inside. I hurt with such extreme pain that I thought

I would die or kill the pain before I would ever survive; that death would take over and there would never ever be a life thereafter for me. Like God talks about, I acknowledged that Jesus was a victim too in order for me to be the beautiful child I was when I was born, before adults took over my body and life. I needed to dig, be hypnotized, go down into the dark grave inside of me. I needed to have the negative part of me die in order to start being reborn and more alive than before.

I started my road to recovery in 1983. Each year I have been seeing sunlight a little at a time. Some years it has gotten brighter, then it hides again. It's then time to go inside and take an inventory of what I am saying to myself.

I always thought I was going to stay the same. I grew up in an alcoholic home. I was a robot: a sex toy for a lot of people.

On February 4, 1989 I was emotionally born. My feelings became real.

I am coming to life. It is very scary compared to where I came from.

The abuse that was done to me was not necessary; it was something very real. I can never describe it: it was devastating beyond what people talk about. Those who have not been there would never really deeply understand.

I am a survivor. I've learned to talk about it all. I am willing to share my story to help other victims become survivors. Thank you all.

A grateful survivor...

— Marjorie
Minnesota

*It's impossible to
Fail totally
If you dare to try*

NSO REPORTS

Why is There an N.S.O.?

In the beginning, there were only a few groups and everybody knew everybody else. Now we have grown to a point where it is possible to lose each other in a crowd. The N.S.O. can help us stay in touch and take the pain out of isolation.

As the healing process happens in my individual program, so does my need for a healthy interdependence with others in recovery. This interdependence means to me:

- Carrying the message
- Outreach programs
- Developing literature
- Networking through directory

to enable sharing my experience, strength, and hope. This is the balance and serenity offered by this program.

Therefore, support is requested! Even if your group is new or only has one or two members, the N.S.O. would like to know **where** you are.

Obviously, for the N.S.O. to operate in the reality of this world, a consistent financial need exists to provide any benefits. The only place the N.S.O. can get it is from us, the groups. So, I request the following:

- 1) Please register your group with N.S.O.
- 2) Please offer the option to your group to contribute monthly to the N.S.O. after expenses (e.g., 60%/40%, 50%/50%).

The continuity of all these factors will provide an opportunity for additional growth.

For myself — "I am responsible."

Your loving servant,

Lisa G.

Syracuse, NY

Donations to the National Service Organization

Group	City	State	Amount
WEDNESDAY STEP	TUCSON	AZ	\$ 15.00
TUCSON INTERGROUP	TUCSON	AZ	72.00
DES MOINES S.A.A.	DES MOINES	IA	50.00
ALL IOWA RETREAT		IA	20.00
CHICAGO, SAT.			
MARTHA WASH.	CHICAGO	IL	100.00
FLINT S.A.A.	FLINT	MI	20.00
SWARTZ CREEK S.A.A.	SWARTZ CREEK	MI	10.00
REDFORD S.A.A.	REDFORD	MI	20.00
LANSING S.A.A.	LANSING	MI	10.00
LANSING WED. NIGHT	LANSING	MI	30.00
ANOKA - MEN'S MON.			
CLOSED	ANOKA	MN	51.00
TUESDAY WOMEN'S			
CLOSED GROUP	MPLS.	MN	5.00
5:30 THURS, CLOSED, MEN'S	ST.PAUL	MN	16.00
SAT. MIXED OPEN	S.MPLS.	MN	12.00
SUNDAY MEN'S BOUNDARY	ST.PAUL	MN	6.00
MARK J.		MN	25.00
LONG LAKE, CLOSED, SUN.	LONG LAKE	MN	31.00
NOON MON MEN'S			
BOUNDARY	MPLS.	MN	7.50
THURSDAY CLOSED			
MEN'S 4:30	SEMPLS.	MN	10.00
5:00 THURS, OPEN, MEN'S	S.MPLS.	MN	12.00
THE DTA'S	SE.MPLS.	MN	40.00
7:30 A.M. OPEN, MEN'S, TUES.	S.MPLS.	MN	13.00
7:00 TUES, OPEN, GAY/BI-			
MEN'S	MPLS.	MN	15.00
LAKE HARRIET, SUN,			
BOUNDARY	S.MPLS.	MN	26.00
7:30 MIXED, MON, OPEN	GOLDEN VAL.	MN	40.00
THURSDAY MIXED OPEN			
GROUP	BR.CENTER	MN	17.50
7:00 WENS, BOUNDARY,			
MEN'S	S.MPLS.	MN	7.50
WEDNESDAY CLOSED			
MEN'S	ST.PAUL	MN	5.00
5:00 THURS, CLOSED, MEN'S	EXCELSIOR	MN	25.00
5:30 TUES, CLOSED, MEN'S	ST.PAUL	MN	23.00
6:30 SUN, OPEN, MEN'S	S.MPLS.	MN	12.00
WOMEN'S BOUNDARY,			
SATURDAY	S.MPLS.	MN	35.00
MONDAY MEN'S BOUNDARY	ST.PAUL	MN	22.50
LAKESIDE GROUP, OPEN			
MEN'S	S.MPLS.	MN	26.00
MONDAY WOMEN'S CLOSED	GOLDEN VAL.	MN	17.50
FARGO S.A.A.	FARGO	ND	15.00
FREEBIRD GROUP	TULSA	OK	20.00
KNOXVILLE S.A.A.	KNOXVILLE	TN	10.00
HOUSTON INTERGROUP	HOUSTON	TX	12.00
JOURNEY GROUP	AUSTIN	TX	20.00
LAKEWOOD S.A.A.	OLYMPIA	WA	7.92
TOTAL			\$933.42
<u>"CARRY THE MESSAGE" CONVENTION DONATIONS</u>			
JOURNEY INTO LIGHT GROUP	DAYTON	OH	\$25.00

S.A.A. Financial Statement — First Quarter, 1990

	Literature	Twin Cities Intergroup	N.S.O.	TOTAL
BANK BALANCE				
AS OF 12-31-89	1,431.09	516.42	853.32	2,800.83
<u>INCOME:</u>				
DONATIONS		2,099.35	3,494.50	5,593.85
SALES	6,838.00	696.73		7,534.73
COST OF SALES	3,344.94			3,334.94
TOTAL	3,493.06	2,796.08	3,494.50	9,793.64
<u>EXPENSES:</u>				
RENT		375.00	375.00	750.00
PHONE		314.81	296.01	610.82
TELE-CONFERENCE			541.00	541.00
INSURANCE		37.50	37.50	75.00
COMMISSIONS			696.73	696.73
OFFICE SUPPLIES		489.10	66.06	555.16
POSTAGE	612.14	36.00	25.00	673.14
WAGES		1,532.49	1,532.49	3,064.98
PAY ROLE BENEFITS		12.60	12.60	25.20
PAY ROLE TAX EX.				
MISC.	30.25	7.57	26.92	64.84
EQUIPMENT EX.		283.22	60.50	343.72
PROGRAM EX.	753.00	45.00	90.53	888.53
BOARD EX.			764.50	764.50
TOTAL	2,581.32	2,644.19	3,828.00	9,053.62
<u>JOURNAL:</u>				
ACCTS. RECEIVABLE	-83.20	-696.73		-779.93
INVENTORIES	5.61			5.61
ACCTS. PAYABLE	1,523.60	-32.71	269.93	1,760.82
PPD. EXPENSES		-125.40	-125.40	-250.80
TOTAL	1,446.01	-854.84	144.53	735.70
BANK BALANCE 3-31-90	3,788.84	-186.53	664.24	4,266.35

Listen

When I ask you to listen to me
and you start giving advice
you have not done what I asked.

When I ask you to listen to me
and you begin to tell me why I shouldn't feel that way,
you are trampling on my *feelings*.

When I ask you to listen to me
and you feel you have to *do* something to solve
my problems,
you have failed me, strange as that may seem.

Listen! All I asked was that you listen,
not talk or do—just hear me.
Advice is cheap; 25 cents will get you both Dear Abby and
Billy Graham in the same newspaper,
And I can do for myself, I'm not helpless.
Maybe discouraged and faltering, but not helpless.

When you do something for me that *I can and need to do for myself*, you contribute to my fear and weakness.

But, when you accept as a simple fact that I do feel what I feel,

no matter how irrational, then I can quit trying to convince you and can get about the business of understanding what's behind this irrational feeling.

And when that's clear, the answers are obvious and I don't need advice.

Irrational feelings make sense when we understand what's behind them.

Perhaps that's why prayer works, sometimes, for some people because God is mute, and He doesn't give advice or try to fix things. "They" just listen and let you work it out for yourself.

So, please listen and just hear me. And, if you want to talk, wait a minute for your turn; and I'll listen to you.

— Anonymous

Days of Consciousness

Today I thank God
For my sexual addiction.
Something I thought
I would never do.
Not after all those
Lonely and shame-filled
Days and nights
In Hell.

This addiction has brought me,
Hissing and scratching
Like a frightened cat
On the way to the vet,
Closer to myself
And closer to God
Than I have ever been.

It is my good fortune
To be a sex addict
In these days
of consciousness.
In these days
Of hope and recovery.

— John B.
Michigan

Have You Ever?

Have you ever stopped to wonder why:
There's so much azure blue in the sky?
The grass is so green in summertime?
The birds go South to a better clime?

Have you ever thought to ponder how:
Green grass is digested by a cow?
Animals survive in wintertime?
Seasons change with the passage of time?

Have you paused to consider when:
The storm of life will be calm again?
A young person will reach their prime?
God will call you to end your time?

Have you ever taken the time to:
Reflect on what makes the person you?
Consider the difference you make?
Thank God for everything you take?

Have you ever listened to the sound:
Of friends and family all around?
Of nature waking at crack of dawn?
Of God loving you, His favorite pawn?

— Walt P.
Iowa

Healthy Choices

I desperately wanted to call my old companion and beg for reconciliation. Instead, I honored her truth and her choices and set to work on myself.

I wanted to scheme a way to make her fall back in love with me. When I surrendered, instead, I was later rewarded with true serenity.

I visited a former flame who sought to make love. We chose instead to hold each other caringly. Later, I was filled with love and respect for myself for having stayed true to my program and maintained my celibacy.

I yearned to masturbate to medicate and relieve the painful feelings of loss. I resisted and later was rewarded with my full feelings and many tears, reminding me that I was a human being and filling me with joy to be alive.

I was tempted to prove my attractiveness by flirting with waitresses and sales clerks, and by catching the eye of women on the street and in passing cars. Instead, I sought out and delighted in the real and meaningful friendships of men and women in my life.

I chose not to cruise down the street with the prostitutes. Later, I took time to appreciate my special relationship with my daughters.

The friend I stayed with had Playboy magazines in his home. I asked him to please put them away, and later relaxed with a novel.

In SLAA meetings I was pulled by old habits to check out the women; their faces, their breasts, their responses to me. Instead, I focused my attention on the presentations and each person's sharing. I received many lessons for my life.

I was tempted to tell women friends how attractive I found them in my heightened state of emotionality to experience that rush when I sexualize everything. Instead, I listened to them talk about their lives and shared with them about mine.

I was tempted to divert my fear and pain into fighting and anger at my ex-wife over the children. Instead, I made a list of resentments, amends, and gratitudes from the old relationship. This helped me heal one of my greatest sources of anger and resistance in my current relationships with women.

On my trip to Albuquerque I decided not to have any sugar or caffeine in order to have the greatest clarity in my feelings throughout the visit. Later, I was rewarded with a physical calmness through these difficult issues that I have never experienced in my life.

There was a time I would have used work, political activism, depression, and medication or sex to avoid my feelings. Today, through the tools of my men's daily meditation book, 12-Step meetings, my writings, and my celibacy, I have been able to feel my true feelings, use them as a guide to correct action, heal the deepest of hurts, and move on with my life.

I am not perfect, nor do I wish to be. I am just a grateful recovering sex addict.

I give thanks to the 12-Step program for its insights and structure; to my brothers and sisters in the program whose loving support heals my heart and opens my soul to God; and to myself for many years of hard work. I hope that my success lends support, hope, and courage to any of my brothers and sisters who need it.

— Joel H.

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 July newsletter by May 31, 1990.