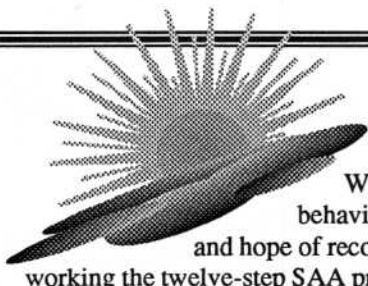


THE Plain Brown Rapper The SAA Newsletter

50¢



August, 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.

Copyright © 1990 by SAA National Service Organization
P.O. Box 3038, Minneapolis, MN 55403 — Telephone 612-339-0217

What is your ministry? Often we think of a ministry as having to do with a church; but that is not necessarily true. Is not Step Twelve a calling to a ministry? Step Twelve asks that you minister to others with your time, concern, your story, and your group. I ask again, what is your ministry? Are you a good listener? Do you have special wisdom others see in you? Maybe your story is a ministry you perform at speakers meetings. Are you a sponsor? Being a sponsor is a ministry — a very important one. What is your ministry? Are you an Intergroup rep? Or do you participate in the NSO? Do you volunteer time at the NSO office? Or are you a heavy monetary contributor? What is your ministry? Are you good at hugs? Do you cry with others? Do you lift others up? Even a moment of attention given to a newcomer can be a ministry. And if you are new to the program, a phone call can be a ministry. Or attending group can be a ministry. What is your ministry? I ask this question not to shame, but to encourage you to explore. For we are all special and have something to give. So again I ask: What is your ministry?

SAA & SCA Conventions Lead to Cooperation

Frank H., one of the founders of Sexual Compulsives Anonymous (SCA), asked me if I would contribute a short piece to *The Scanner*, SCA's equivalent of *The Plain Brown Rapper*. It is a great idea, but a tough assignment. This article is being submitted to both of the above periodicals for reasons that I hope will become apparent.

Over Memorial Day weekend, Sex Addicts Anonymous held its Third Annual Convention in the Twin Cities. Pat C., one of SAA's founders, gave the keynote address. The 200-plus listened to his talk about his life and struggles, the beginnings of SAA in 1977, and his reflections on the various 12-step sexual recovery programs now in existence (we know of four: SAA, SCA, SLAA, and SA). This enthralled audience gave him the standing ovation he deserves for his part in helping so many people get into recovery. It was a treasured time, and happily one that can now be enjoyed by others on audiotape. The SAA convention ended on Sunday afternoon in about as powerful a way as possible — with Linda M.'s personal story (also, thank Higher Power, on tape).

Far too much occurred at our convention to even sketch the highlights. Even before Pat C.'s urging of the need for greater appreciation of the gifts the other 12-step sexual recovery programs offer, the National Service Organization of SAA had decided to recommend to the SAA convention delegates that the NSO be authorized to pursue as a goal for the coming year "dialogue" with the other three programs. Our delegates said, "do it."

It just so happened that SLAA had a convention in Philadelphia a week after SAA's, and SCA had a convention in New York City two weeks after ours, to celebrate their 8th anniversary and to establish their International Service Organization. Philadelphia was too soon to get to, but the NSO authorized me to go to New York City as a representative of SAA to the SCA convention.

Continued on Page 2

SAA & SCA Conventions Lead to Cooperation (continued)

The genuineness and warmth of the reception accorded me by the SCA convention (to which I was able to give the best wishes of SAA), and especially the six members of their ISO Board, was incredible. Like SAA's convention, SCA had speakers and workshops and ISO/NSO meetings. And it was a great convention. How I wish I could have a tape of their entertainment night gala — it was hilarious and would pick up the spirits of any addict.

As SAA is a couple of years ahead of SCA in the formation of its organized structure, I was invited to attend SCA's Board meetings, and my participation was welcomed. One of the topics discussed was whether there were any reasons for SCA to maintain a separate identity from the other 12-step fellowships, especially as there are so few differences between SAA and SCA.

The SCA Board decided, at least for the present time, that they wanted SCA to be known as a 12-step program for recovery from sexual addiction and compulsivity that was started by gay men and that is gay affirmative. SCA is open to both sexes and people of all orientations, though in most parts of the country its members are primarily gay men. It was eloquently argued that with sexual addiction having the history it does within the gay male community, it is important that there be a voice raised by gay men to say, "We have found something better." If the call was coming from outside the gay community, and if not sympathetic to gays, that call would be far less persuasive.

While I had harbored in my heart the hope that SAA and SCA would "get married" as a result of my trip (and why not, as SAA lets its members define their own sobriety and therefore one's sexuality is not an issue in SA, many of whose members are gay and lesbian; and after all, isn't recovery recovery, no matter what one's orientation is), no marriage occurred, and for reasons I can deeply respect. But if not marriage, we made steps towards being great friends. The NSO had a teleconference call that same weekend, and both Boards agreed that we would appoint a liaison to attend the meetings of the other Board, so we will know what each is doing and be able to share views with each other. The members of both Boards will get the publications of the other. SAA will explore the possibility that the SAA Directory will, in the future, contain a list of all the SCA meetings as well. (It is a matter of vital importance to many in recovery that when they travel they can find meetings to attend. Most of the meetings of the 12-step fellowships do welcome travellers, even though they belong to a different program.) And we will also explore the sharing of materials at the literature level as well.

I think we are off to a great start. Pat C. said he knows the members of the various fellowships across the country want us to be coming together. In New York City I found the trusted servants in one of those fellowships welcome me with great warmth. And they were open, honest, flexible, and had the same goal: a life restored to sanity after the destruction of our addiction.

John B.

NSO Board Member for the North Central Region

Affirmations

To Lester D. who presented the Saturday workshop on sexual abuse at the SAA Convention:

A special "thank you" has been expressed to you by an anonymous person who said the workshop was very special to her, and also wishes to thank you for the miracle of sharing that was found there. Good job, Lester!

NSO REPORTS

From the National Service Organization Office

Please send in group registration forms so that we might give out correct referrals to those who still suffer.

Please inform us if changes occur in your group, affecting your listing in our directory.

Thank you for supporting the National Service Organization with your contribution. Your gifts to the program continue to help carry the message. The program works!

Group Guide Request From the NSO Literature Committee

S.A.A. has been distributing a Group Guide for a number of years as part of its literature. The Literature Committee has decided to evaluate and revise the current Group Guide to better reflect the needs of our fellowship. We are therefore asking that any and all members of S.A.A. help us in this evaluation by looking over the Group Guide that is currently in circulation, and sending to the N.S.O. office all comments and/or revisions to the Guide by August 31, 1990. If you do not have a Group Guide available in your group, you can obtain one for a nominal fee from the N.S.O. office in Minneapolis. Thank you in advance for your help.

Donations to the National Service Organization

GROUP:	CITY:	STATE:	AMOUNT:
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
SAN ANTONIO S.A.A.	SAN ANTONIO	TX	75.00
HOUSTON INTERGROUP	HOUSTON	TX	16.00
ESSAY — TUESDAY	MADISON	WI	10.00
ESSAY — THURSDAY	MADISON	WI	10.00
ESSAY — SATURDAY	MADISON	WI	10.00
	TOTAL		\$577.30

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

Convention Feedback

Dear Fellow Addicts:

One of my duties as a member of the NSO Board of Directors is that of Convention Coordinator. My first task is to formulate guidelines for future SAA conventions. To efficiently serve the membership and its needs, I need your input.

If you have attended one or more of the last three conventions, I would like to hear from you as to:

1. What worked the best.
2. What didn't work.
3. Which of your needs were met.
4. Which of your needs were not met.
5. Other suggestions.

Please identify the city/state and year of the convention in your comments.

Your input is vital as these conventions are to serve you and your recovery. Please let your voice be heard by mailing your comments to:

Convention Coordinator
c/o NSO-SAA
P.O. Box 3038
Minneapolis, MN 55403

I'm looking forward to hearing from you.

Victoria
Trusted Servant

New South Central States Region Representative

To all SAA groups in the South Central States Region: My name is Steve N. and I have been elected to the National Literature Committee as your regional representative. Please send me any feedback as to any revisions, rewriting, or adoption of Section One of the Group Guide which is currently being used by our groups. Send all replies to me in care of National Service Organization of SAA, P.O. Box 3038, Minneapolis, MN 55403.

**SAA ORDERING INFORMATION
SUMMER 1990**

Mail to: S.A.A. Literature, P.O. Box 3038, Minneapolis, MN 55403; phone (612) 871-1520

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

National Service Organization Approved Literature

QUANTITY		TOTAL AMOUNT
_____	S.A.A. Group Guide	@ 4.50 _____
_____	Abstinence and Boundaries in S.A.A.	@ 2.50 _____
_____ or 12 for 25.00 _____	
_____	First Step to Recovery	@ 1.25 _____
_____ or 12 for 10.00 _____	
_____	S.A.A. 21 Questions for self assessment, brochures	@ .10 _____
_____ or 12 for 1.00 _____	
_____	The Plain Brown Rapper (1 year)	@ 6.00 _____
_____	NEW The Plain Brown Rapper group subscription rates (1 year, each)	
_____	10 to 19 to the same address	@ 4.50 _____
_____	20 or more to the same address	@ 3.00 _____
_____	NEW S.A.A. Fellowship Directory	@ 3.50 _____
_____	S.A.A. Medallions	@ 2.50 _____
_____	Blank _____ 6 MO _____ 18 MO _____ 4 YR _____ 7 YR _____ 10 YR	
_____	1 MO _____ 9 MO _____ 2 YR _____ 5 YR _____ 8 YR _____ 11 YR	
_____	3 MO _____ 1 YR _____ 3 YR _____ 6 YR _____ 9 YR _____ 12 YR	

"CARRYING THE MESSAGE" CONFERENCE - AUDIOTAPES

QUANTITY		TOTAL AMOUNT
_____	1. The Founding of S.A.A., Pat C.	@ 6.00 _____
_____	2. Multiple addictions: Barbara B.	@ 6.00 _____
_____	3. Measuring and Celebrating Progress, Rich S.	@ 6.00 _____
_____	4. Exploring Healthy Sexuality, Douglas P.	@ 6.00 _____
_____	5. Sharing our recovery — Three stories: S.A.A., COSA, and a Couple	@ 6.00 _____
_____	6. Sharing our recovery Part Two	@ 6.00 _____
_____	7. Personal Stories, Gregory M., Linda M.	@ 6.00 _____
_____	☐ Order any six tapes for the price of five	@ 30.00 _____

Twin Cities S.A.A. Intergroup Literature

_____	NEW! Getting Started in Sex Addicts Anonymous; a beginner's packet for recovering sex addicts	@ 2.50 _____
_____	12 for 25.00 _____

Other Recovery Literature

_____	Answers in the Heart (meditations)	@ 8.00 _____
_____	Out of the Shadows (Carnes)	@ 12.00 _____
_____	Contrary to Love (Carnes)	@ 11.00 _____
_____	Women, Sex, and Addiction (Kasl)	@ 20.00 _____
_____	Hazelden Collection of step guides	@ 10.00 _____
_____	Hope and Recovery (paper-back)	@ 12.00 _____
_____	Hope and Recovery (abridged, on tape)	@ 17.00 _____
_____	Hope and Recovery Workbook	@ 10.00 _____
_____	A Male Grief: Notes on Pornography (Mura)	@ 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 Literature:

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 written sexual sobriety programs. This booklet is a helpful tool for individuals who are in the process of defining both abstinence and boundaries in their own program.
3. **First Step To Recovery** — A helpful booklet (guide) for preparing a first step presentation. The guide is useful to facilitate 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 people seeking to find out if they have a sexual addiction.
5. **The Plain Brown Rapper** — 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.
7. 1990 "Carrying the Message" Conference audiotapes — A selection of powerful recovery presentations from the conference.

Twin Cities Intergroup approved literature:

8. **Getting Started in S.A.A.**, a beginner's packet for recovering sex addicts — This newcomer booklet offers a great deal of information which helps to ground people in the program of S.A.A. The booklet focuses on answering questions beginners often have about recovery from sexual addiction. Many people already in the program have found it very helpful to read this booklet.

Other Recovery Literature:

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

In keeping with the sixth tradition, S.A.A. offers no opinion on non-program materials. We choose to sell these items as a means of offering resource options, but they do not necessarily represent S.A.A. The conference tapes although put on by program people, are not yet approved.

Climb the Mountain; Listen to the Wind

As I was walking with my head held down,
I could not see
The mountain up ahead, standing tall
And steep and free.

Suddenly, I was engulfed by its shadow,
Spreading far;
I felt so empty and so all alone until I looked
And saw the star,

Perched on the peak of the mountaintop,
Spreading its light.
I started to climb; it was steep and hard,
But, the star was bright.

I wanted to stop, but the Spirit said,
"No, you have to fight."
How could I? No one could help or even
Resolve my plight.

I reached down deep inside myself and grabbed all the strength
I could muster.
I climbed and sweat and cried till I finally made the top
And saw there a cluster.

A cluster of friends with love and care
Cheered as I stumbled up;
They reached out their hands, pulled me through,
And gave me a drinking cup.

I drank from the cup of Life;
I felt the Love all around me.
My heart was beating strong;
The Spirit had brought me here to be free.

The Wind was blowing very strong;
I turned and faced it to the West.
I listened and heard the Wind and deep down,
I knew that it was best.

As I stood there with my friends on the mountaintop,
I looked down
And saw those who would be in control, so small
Down there on the ground.

I smiled as I knelt down to pray
And the star shone back within my gaze.
I turned my life and strife over to God,
As I looked up through the haze.

The Wind blew harder on my face,
As I knelt in the rocks and dust.
Then the words made sense as the Wind brought them to me,
"In God I trust."

*Walt P.
Iowa*

New Group Concept

To my fellow addicts,

I am a recovering sex addict whose main compulsive behavior is denying my sexuality by "acting in." After being brought out of denial by a wonderful (yet painful) workshop on sexual Anorexia at this year's convention, we are starting an SAA group in Dallas with a primary focus on recovery from our sexual anorexia. The response has been overwhelming. There appears to be many more people suffering from this end of the scale than I realized.

We want to make contact with others with our problem to help develop literature and 20 questions for sexual anorexia. We would like to hear from you. Please send all correspondence to The Promises Group, 6910 Skillman, #2002, Dallas, TX 75231.

Listen Revisited

When you ask a question, you indicate that you are interested in me; my thoughts, ideas, and/or feelings.

When I answer your question, I am giving you a sacred part of me; what I think, what I believe, how I feel.

Unless my answer is a simple yes or no, I believe that the door to dialogue has been opened. I believe that it is important that, prior to your rebuffing or disagreeing with my answer, you recognize it as a valuable part of me.

If your immediate response is to argue, dissuade, or prove the rightness of your feelings, I feel that I have been tricked into an attempt to force your thoughts, ideas, and/or feelings.

Now I fully believe that it is both reasonable and logical two people will have differing thoughts, ideas, and/or feelings regarding any issue. This is the very backbone of relationship and community.

BUT both relationship and community are built on the concept that the differing parties desire to work toward a common end; and it is altogether possible that that common end may be so simple as: "OK, we disagree, and so we may live in peace."

If, however, there is demanded a total resolution, then we must work toward an agreement that one will bear the burden of making the final decision, and accept the consequences of that decision.

Cal L.
Minneapolis, MN

Thought for the Month...

*Pain nourishes courage.
You can't be brave if you've only had
wonderful things happen to you.*

— Mary Tyler Moore

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 September newsletter by July 30, 1990.

Unless otherwise noted, the contents of all articles, stories, and poems that appear in the *Plain Brown Rapper* reflect the opinions of the respective writers. Those opinions are not necessarily shared by the N.S.O., S.A.A., or the Literature Committee. Discussion of the contents of this newsletter is encouraged.