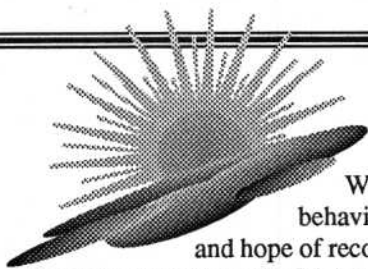


THE *Plain Brown Rapper* The SAA Newsletter

50¢



November, 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 the Editor

I received a special gift yesterday. It was doubly special because it was from my 5-year-old daughter. I received a Teddy Bear. And what a fine bear it was: soft, fuzzy, warm; not just a good Teddy Bear, but a *great* Teddy Bear! I was totally surprised at the gift. In fact, it took a couple of moments before it sunk in that I could take it home with me, that it was mine. My daughter, of course, was as ecstatic as I was for she knew what she was giving — she knew all about Teddy Bears.

Teddy Bears are soft: no harsh edges or sharp points. Teddy Bears are fuzzy: they are quite sensual in a very nonsexual way; they can tickle, stroke, and caress, often at the same time. Teddy Bears are warm: comforting, always forgiving, loving. And Teddy Bears are great listeners: with eyes and ears open wide, and an understanding smile on their faces.

We can learn a lot from Teddy Bears: how to be soft, how to caress, how to comfort and love, how to listen. This, of course, is no surprise to my Teddy Bear (whose name is Fredrick Michael Beary — “Fred” to me). He already knows how to be a Teddy Bear. He also knows what he likes. He’s sitting with me now and thinks this is a fine article about Teddy Bears — I can tell ‘cause he’s smiling. ☺

Tradition Three

The only requirement for S.A.A. membership is a desire to stop our compulsive sexual behavior.

In the earliest days of A.A., there were many conditions to become an A.A. member. In fact, each A.A. group had its own unique rules of membership. To make matters worse, many of the membership rules of one A.A. group contradicted the membership rules of another A.A. group. It’s been said that if you were to take all the different rules from all the different groups and lay them side by side, nobody could have possibly joined A.A. at all!

Imagine that situation for a minute. How could there have been any sense of brotherhood or fellowship (except perhaps in a very narrow sense)? How could A.A. have grown? If things remained that way, do you think that we would be here now in S.A.A.?

Tradition Three was the way A.A. was to get over a self-defeating, narrow-mindedness and enter into the realm of a truly universal body of mutual healers. No addict can heal him or herself by him or herself and no group can be fully healthy and functional by itself. We all need each other, despite the differences among us.

the ancient Greeks had a saying: “As the microcosm, so the macrocosm.” In plain words, as the small, so the large. The principles that work for the individual will also work for a group of individuals. If an addict needs a brother to recover, then, if we apply this principle, a group needs other groups to recover.

Recovery means forever the end of the awful burden of isolation.

Continued on Page 2

Tradition Three (continued)

Have you ever felt that awful burden of isolation? That feeling that you are looking at the world through the wrong end of a pair of binoculars? That you are alone, misunderstood, hopeless, and afraid? That no one would love you if they really knew who you were? That it's best to hide out from others and live in a shadowy world than to trust that another person would meet your needs? Remember, dear brother or sister of this fellowship: the **only** requirement for S.A.A. membership is a desire to stop our compulsive sexual behavior.

There are no strings, no conditions, no hoops to jump through, nor even any promises to make to end the pain and burden of your addictive isolation. As the *Twelve Steps and Twelve Traditions* plainly puts it:

“You are an A.A. member if *you* say so. . . . No matter who you are, no matter how low you've gone, no matter how grave your emotional complications — even your crimes — we still can't deny you A.A. We don't want to keep you out. We aren't a bit afraid you'll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same chance for sobriety that we've had. So you're an A.A. member the minute you declare yourself.”

The **only** requirement is that you have a desire to stop living the life of pain, of isolation, of madness, that means addiction. If you hold that desire within you, never mind its duration or intensity for the moment, if you merely have that desire in any real way, then you and I are brothers, we are sisters, we are friends, for we share the same goals and dreams and values. The moment we begin to realize this truth together, we are no longer in the pain of our isolation. We are members of a great universal fellowship of mutual healers. We are home.

J.J.



The Child's Corner

Dear little Ted,

Hello my nine year old boy. You're in the third grade now and you seem to like your teacher, Mrs. Young, a lot. She sings Simon and Garfunkel songs on the guitar and lets you play games and read books in the play corner of the portable classroom (chicken coop) when you finish your assignments.

Ted, you are a brave boy. You are making it through each year, though you feel crazy and afraid about yourself and our mom and dad. They act crazy and you take it all inside — trying to understand and make it better — when all you need is to be loved, listened to, understood, given freedom and boundaries. They are so wrapped up in their own fears and insecurities and abuse they have no love and support to give you.

I'm proud of you for finding ways to survive this! I'm also deeply saddened and concerned for your Spirit. You are so bright and alive within yourself, yet our dad batters this with sexual abuse of you and emotional abuse through his silence, distance, pushing religion and poor values on you, a defenseless kid. Also, our mom is so scared and scarred emotionally she tries to get her needs met through her kids rather than demanding this from her husband. This double bind of having two manipulative, child-like, battering parents is *so crazy!*

Can't you feel it! I know you can, so deeply, yet it is important that you are finding your own ways to survive and to escape this world you are living in. You're afraid to tell anyone of the sexual and emotional abuse. You're afraid to be close to anyone — your two brothers and younger sister, your friends, your cousins, aunts and uncles. *You don't know who to trust!* That's okay. You can trust yourself that you are doing the best you can. In fact, you are amazing in how you find ways to get out of the abuse, or to protect your fragile emotions while being abused.

I believe in your Spirit and know you can make it to this day — twenty years later! We can then go back together and revisit the early times and decide how we wanted to be treated. So let's ask for what we need, today!

I love you so deeply and respect your Spirit and Courage.

Ted

NSO REPORTS

Notes from the National Service Organization Office

The National Service Office needs several pieces of office equipment. We wish to gain these items so that we might improve office efficiency. Those interested may give toward a specific item (not in excess of \$1,000 per year), or you may choose to donate equipment that you possess.

All contributions are tax deductible and our office will return a receipt for these donations of funds or office goods.

Here is a list of office machines which we need. The figures which appear next to the items are rough estimates of what new products would cost.

- | | |
|--|-----------|
| 1. Folding machine | \$ 500.00 |
| 2. Laser printer | 1,000.00 |
| 3. Fax machine | 700.00 |
| 4. IBM comp. Modem | 100.00 |
| 5. A new copier which is more efficient. | 1,000.00 |

Prison Outreach Fund

A prison outreach fund has been created. This fund is aimed at supplying S.A.A. literature to people who are incarcerated and sexually addicted. Some future funds will also go toward meeting the expenses of a (hopefully) soon-to-be-formed prison outreach committee.

Current account balance: \$0.00

September Donations to the National Service Organization

GROUP:	CITY:	STATE:	AMOUNT:	
ANONYMOUS			\$100.00	
TUCSONINTERGROUP	TUCSON	AZ	\$93.55	
EAST MESA CAMELBACK	MESA	AZ	\$20.00	
JAMES H.		AZ	\$25.00	
W. LA WED. NIGHT	LOS ANGELES ...	CA	\$50.00	
DENISE H.		WASHINGTON ...	DC	\$10.00
DES MOINES SAA	DES MOINES	IA	\$50.00	
DAVENPORT SAA	DAVENPORT	IA	\$50.00	
HOPE & RECOVERY MON. NIGHT	LOUISVILLE	KY	\$70.00	
SAT. 10 AM	LOUISVILLE	KY	\$10.00	
ABB ARBIR SERENITY	ANN ARBOR	MI	\$30.00	
FLINT SAA	FLINT	MI	\$50.00	
GREG N.		MI	\$10.00	
MEN'S CLOSED THURS. 5:00	S.MPLS.	MN	\$12.00	
TUES WOMEN'S CLOSED 5:30	MPLS.	MN	\$12.00	
WED. MEN'S 4:45 PM	RICHFIELD	MN	\$20.00	
ANONYMOUS			\$100.00	
SPECIAL DONATION (LANDERS EX.) ...	RICHFIELD	MN	\$16.50	
SUNDAY MEN'S 6:30	LONG LAKE	MN	\$16.00	
TUES. MEN'S CLOSED 5:30	ST. PAUL	MN	\$13.00	
FORMER G.V. WOMEN'S MTG.	G. VALLEY	MN	\$10.00	
GAY BI-SEXUAL MEN'S OPEN TUES. ...	MPLS.	MN	\$17.50	
TUESDAY MEN'S 5:45 OPEN	BLOOMINGTON ..	MN	\$15.00	
SAT. WOMEN'S BOUNDARY 10 AM	S.MPLS.	MN	\$17.50	
WED. MEN'S BOUNDARY 7:00	S.MPLS.	MN	\$ 7.50	
LAKE HARRIET MEN'S BOUNDARY ...	S.MPLS.	MN	\$42.00	
TUES. MEN'S OPEN 7:30 AM	S.MPLS.	MN	\$28.00	
THURSDAY WALK-IN MIXED	ROCHESTER	MN	\$30.00	
SAT. MIXED OPEN 9:30	S.MPLS.	MN	\$10.00	
TOM T.		MN	\$25.00	
FRIDAY MEN'S WALK-IN NOON	S.MPLS.	MN	\$30.00	
THURS. MEN'S OPEN 7:00 PM	B. CENTER	MN	\$22.00	
SUN. MEN'S OPEN 6:30	S.MPLS.	MN	\$16.00	
GULFPORT SAA	GULFPORT	MS	\$40.00	
HITTING THE WALL SAA	BILLINGS	MT	\$15.00	
FARGO SAA	FARGO	ND	\$15.00	
DISBANDED FARMINGTON GROUP	SANTE FE	NM	\$10.00	
GEORGE C.		NY	\$20.00	
FREEDOM GROUP	TULSA	OK	\$15.00	
JERRY S.		OR	\$20.00	
THE PINES GROUP	DALLAS	TX	\$31.40	
FRI. AUGUSTA HOUSTON GROUP,	HOUSTON	TX	\$ 7.40	
HOUSTONINTERGROUP	HOUSTON	TX	\$60.00	
THE FORT WORTH GROUP	FT. WORTH	TX	\$20.00	
SAN ANTONIO SAA	SAN ANTONIO ...	TX	\$15.00	
KNOXVILLE SAA	KNOXVILLE	TN	\$10.00	
PIONEER GROUP	ARLINGTON	VA	\$75.00	
WED. NIGHT GROUP	VA. BEACH	VA	\$10.00	
MADISEN TUES, TH, SAT.	MADISEN	WI	\$30.00	
SPIRITUALITY FELLOWSHIP	MADISEN	WI	\$10.00	
TOTAL			\$ 1,442.35	

THANK YOU FOR GIVING!

NSO REPORTS (continued)

Ann Landers Letters Update

Luckily, we are still alive and well after handling the deluge of letters which came in from the Ann Landers column. We estimate we responded to 4,000 letters in all, and in relatively short order. Thankfully, many in the Twin Cities responded to the needs of the office. We wish to extend a special thanks to Bob V. for all the hours he's put in helping out.

We couldn't have done it without the help!

If your group experienced growth in its membership as the result of the (Ann Landers) responses, please write of your experiences in the P.B.R. We in the office are curious if the efforts helped.

Please call us or write to us if you are one of the people who is new to the program as the result of seeing the column, and the office response. We would like your feedback on what helped, and what would be more effective.

Thank you.

Douglas P.

P.S.: Our N.S.O. funds are still quite low due to the large expenditures this special mailing required. Any and all assistance above and beyond your monthly donations would be greatly appreciated.

12 Step for Prison Outreach

We have an influx of interest from people unable to attend or start meetings inside prisons who want to work a program of recovery. Join in extending the caring hand of S.A.A. to those who still suffer in the isolation of prison.

If you are interested in corresponding with someone, sharing your hope with their hope, please contact Jeff F. at the National Service Office, (612) 339-0217, (612) 871-1520, or write P.O. Box 3038, Minneapolis, MN 55403.

NSO Winter Conference

The Southeast Region of the National Service Organization (NSO) will host the January 19, 1991 NSO Winter Conference.

On July 29, 1989, the first service committee of the Southeast Region agreed on the following:

1. Information and inquiries address and phone number:

Choices	or Choices
c/o Pam H.	333 Craftsman Rd.
P.O. Box 91356	Carencro, LA 70520
Lafayette, LA 70509	(318) 896-5621

2. Date of NSO Winter Conference:

January 19, 1991

3. Southeast delegate:

Pam H.
333 Craftsman Road
Carencro, LA 70520

4. Service responsibilities:

- a. Information coordinator — Joe T.
- b. Accommodations coordinator — Steve E.
- c. Sign coordinator — Nancy S.
- d. Prayer coordinator — Bill T.

The above can be reached at P.O. Box 91356, Lafayette, LA 70509

5. Food detail:

- a. Lafayette — main dishes
- b. New Orleans — salads and breads
- c. Baton Rouge — vegetables
- d. Opelousas — desserts
- e. Lake Challes — drinks
- f. All others — fruits

Thank you for participating.

**SAA ORDERING INFORMATION
FALL 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 Items

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 - AUDIO TAPES

QUANTITY	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 _____
_____	"Carrying the Message" T-shirts in _____ large or _____ extra large	@ 9.00 _____

Twin Cities S.A.A. Intergroup Items

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

Other Recovery Items

_____	Answers in the Heart (meditations)	@ 8.00 _____
_____	Out of the Shadows (Carnes)	@ 11.00 _____
_____	Contrary to Love (Carnes)	@ 12.00 _____
_____	Women, Sex, and Addiction (Kasl)	@ 11.00 _____
_____	Hazelden Collection of step guides	@ 11.00 _____
_____	Hope and Recovery (paper-back)	@ 12.00 _____
_____	áHope and Recovery (abridged, on tape)	@ 18.00 _____
_____	Hope and Recovery Workbook	@ 11.00 _____
_____	A Male Grief: Notes on Pornography	@ 4.50 _____

Mn. residents add 6.5% sales tax

Total Enclosed

Make checks payable to SAA literature

Ship to (please print clearly):

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Literature Description

N.S.O. Approved Items:

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 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 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 Items:

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 Items:

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 as of yet not approved.

WOMEN IN RECOVERY

In Praise of Beauty

Our definition of beauty — the artificial look of a made-up woman — has hooked many who are sexually addicted.

In our culture, women are okay if they're beautiful as we artificially define beauty. And, if they're beautiful, they're sexually desirable. And, if they're sexually desirable, they're fair game.

We define beauty in women through television, magazines, advertisements. We become beautiful by use of products: foundation, concealer, eye shadow, eyeliner, mascara, blush, powder, lipliner, lipstick, perfumes, hair colorings, hair sprays, body sprays, creams, lotions, gels, nail cremes, nail polish, hand creme, foot creme, anti-aging creme. We have to shave the hair off our legs, from under our arms, from our pubic area. We have to pluck the hairs from our eyebrows, put on jewelry, bare parts of breasts or legs or backs, walk in painfully high heels, and wear a pout on our lips.

Are we beautiful yet?

We are so artificial by now that we are indeed hiding behind not only a literal mask of makeup, but also a psychological mask.

Three women friends of mine — all radiant without makeup, of course — talked to me about makeup. One woman watched her mother hit her sister for not wearing lipstick. She is condemned to wearing lipstick. She always has it on, and applies more immediately after eating.

Another woman talked of photographs of herself with makeup on, taken while still acting out, and said she was horrified at the vampire that looked back at her.

Still another woman talked of feeling compelled to wear makeup to work. You can't tell she has any on, yet she says she needs it on.

All through my teenage years, I was allowed and encouraged to wear makeup, lots of it. I frequently heard from my mother, "You aren't going out of this house without makeup on!"

It wasn't so much how much makeup I wore, it was that I wore it. I conformed to America's image of beauty in women; I was concealed. Men and women viewed me as too beautiful at times. It kept them away from me; men that I couldn't say no to should they proposition me for sex; women that I couldn't relate to.

Stopping makeup rituals was, at the least, scary for me. I was anxious, certain I was ugly and contemptuous, and lost

a sense of what was going on around me due to absorption in how awful I must look without color on my face.

Makeup was who I was; I was either made up or not. Armed with a bathroom of supplies and booze, my makeup ritual lasted over two hours toward the end of my sexual acting out.

Before, beauty to me was a flawlessly made-up face, hair and clothes from the pages of magazines, an ultra-thin body, perfumes, and demeanor meant to attract sex.

In these last six months or so, I've gratefully and excitedly evaluated my dependency on makeup. The freedom and sense of self I've achieved through the loss of makeup dependency and its rituals overwhelms me at times. I literally face the world as who I really am. I don't need all of you to be dazzled by me, approve of my face, my body, my hair, my clothes. I don't need to have a flawless appearance to ensure my ability to capture continued sexual encounters.

Now I am free to choose makeup for enhancing my features, expressing my creativity, looking a little glitzy for a special occasion. Now beauty to me is my radiant skin, my sparkling eyes, comfortable and classic clothing, inner peace, flat shoes, my sense of self.

If this all seems a little grandiose, I challenge us to pay attention to those women we call beautiful, to face the world with the faces we are born with; face your employer for just one week or a special event without wearing makeup.

I'm not talking about being ugly and not wearing deodorant or lotions or lip balm. (I still shape my eyebrows and love to wear perfumes and the earrings I collect as art.) I'm talking about freeing ourselves from an ideal we didn't set for ourselves, but seem so bound to become. I'm talking about breaking rituals around makeup, learning about our reasons for wearing it, building our self-esteem, discovering true beauty.

In August, a gifted artist drew my portrait in charcoal and pencil. Admittedly, I somewhat obsessed over my lack of makeup and unruly hair. A beautiful image of me now hangs above my dresser. He captured the curves of my face, the spirit in my eyes, the comfort I feel.

I don't dismiss my outer beauty, but without my makeup dependency, my inner beauty outshines.

J.

SAA Fort Collins

Letter of Gratitude

Dear SAA and Laura G.,

I need to take some time today, just to share how grateful I am to have this program. My name is Dan and I am a recovering sex addict. I am still new to S.A.A., although I've been around other recovery programs for a long time. But the pain, loneliness, and denial of my sex addiction seemed to never go away. I would go to other meetings and work up and down those steps, yet I couldn't figure out why my life was still so unmanageable. Well, today I know, and this is why I'm writing.

I'm sober today only through the grace of God—His or Her loving hands and all His or Her special people—that He or She continues to put in my life. Yes, I am grateful: to my sponsor, Dan, and that other guy named Clay, who met me for coffee that one lonely night; I am grateful for the men at my Wednesday night meeting; and most of all to Laura G.

I've never been to jail except to put on a meeting one time, and I hope that's the only reason I ever have to go. But here is a poem; it's a simple poem, and I believe we've all been prisoners one time or another. But this one comes from my heart, and I'd like to share it.

Doing time	Having a friend
Locked in a cell	has set me free.
Prisoner of addiction	Thank you Laura,
My only Hell.	Laura G.

Love, Dan J.

P.S.: God is doing something for us we couldn't do for ourselves.

Sex/Food Addiction

My name is Tom. I am a sex/food addict. I have been away from the SAA program (with the exception of the last five weeks) for about two years. I spent the latter half of that time in a state of living death . . . in hell.

Prior to that I had gone through a local sexual addiction treatment program and attended group for about two years. I worked hard to achieve several months of sobriety from sexual acting out. However, it seemed that I was never able to attain sobriety on the sexual front and the food front at the same time. After countless attempts at various weight loss programs—including a 12-step program—I became aware that I just am not able to separate the addictions enough to be able to share one at one group and the other at another.

That is why I am writing in the P.B.R. I am interested in starting a 12-step group for men who suffer from both sexual addiction and food addiction. At present there are four men who are interested. It has been suggested that we look for a location in the Midway area.

If you are interested you may call at 459-4313 from 6:30 p.m. to 8:00 p.m., Monday through Friday, and ask for Tom.

In recovery,

Tom

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 December newsletter by October 21, 1990.

Unless otherwise noted, the content 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.