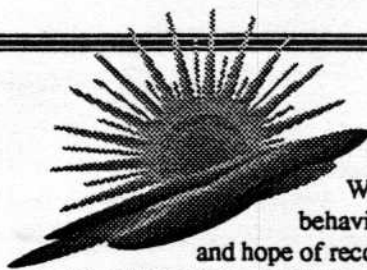


THE *Plain Brown Rapper* The SAA Newsletter

50¢



December, 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

Thought For the Month

Is there room for humor in addiction? I've noticed a few who have decided their recovery (and life in general) is too serious a matter to laugh about. Now, I understand how recovery can mean the difference between life and death, and grieving is a part of our recovery. But if I can't laugh at least a little about the important aspects of my life, then maybe something's not quite in balance.

I remember the first time I laughed when I felt addictive. It startled me. I thought, "What's so funny about being addictive?" But I knew what was funny. You see, humor is usually absent from those who feel controlled, dominated, or intimidated. But the Program says, "You are free, free to hurt, grieve, cry, and especially laugh. You now have a choice." I like having the choice . . . and I make that choice of laughter whenever I can. I hope you do, too. We can all use a good laugh.

Learned Recovery

Here are some of the values and tenets I have experienced and have come to embrace, as passed down from oldtimers I have known in S.A.A.:

- Sobriety matters — recovery is contingent first on gaining, and sustaining sobriety. This is a spiritual program which is based on behavior.
- This fellowship recognizes the differing needs and life circumstances of its membership, i.e., affirming that, gay or heterosexual, each person has the inherent right to healthy sexual expression, as do people of any persuasion as it regards them being sexual with themselves in ways which are healthy.
- S.A.A. groups are autonomous and may choose to be closed, open, mixed, same sexed, gay, or walk-in. This allows each person to gain a recovery environment suited to their needs.
- In S.A.A. each person defines sexual sobriety with the help of a sponsor and other group members. S.A.A. has historically been big on loving feedback, which is vital to helping us break through denial. Only rigorous honesty will gain us the kind of feedback which will help us out of delusion.

Stating the same thing more personally: when I entered this program, oldtimers helped me see how harmed I was by my acting out. They helped me come to see that the affair I was still in was acting out, because I was only in the affair for the sexual high. It took some time until I knew enough, and was willing enough, to avail myself of

Continued on Page 2

Learned Recovery (continued)

a sponsor. My sponsor taught me a great deal and set me on a course of movement toward a sexuality that was realistic, and not a program which sets me up to slip. I had an abundance of powerlessness — I didn't need a program where there was no possibility for success. My sponsor helped me gain a sexuality that was non-destructive, and based in self-love. Early on I was given the clear message that, were I to gain the recovery I knew they had, then I needed to gain sobriety and work my program. I was allowed to have my process of muddling and resisting recovery, while they gently encouraged me with the truths found in "How It Works". I am grateful to my Higher Power, and I am grateful to the oldtimers for giving me what I needed, so I could get sober and move on with my life.

— Douglas P.
Minneapolis, MN



The Child's Corner

The Little Boy Inside

The little boy inside needs to come out and play; he's trapped by emotions and doesn't know the way.

The little boy inside is lonely, scared and bored, his life is very empty, like a note without a chord.

The little boy inside is full of hurt and tears, from loving and caring too much through the years.

Why does he feel this way, no one seems to know, he needs to emerge for me to live and grow.

So I search on in hopes of finding the way; the little boy inside needs to come out and play.

— Fred S.
Minneapolis, MN

12 Tips for Climbing a Mountain and Healing One's Life

1. No matter where you go there will be bugs.
2. The only way to get there is one step at a time.
3. Watch for footprints and take heart, knowing that others have been there ahead of you.
4. There is more than one way to get there, but sometimes there will only be one foothold you can depend on.
5. Sometimes it will be boring. Keep going.
6. Sometimes it will be scary. Keep going.
7. Sometimes you will get tired. Stop and rest.
8. Sometimes you will not know which way to go. Look around, then give it your best shot. You can always go back and try again.
9. It is not as hard as it looks. It's also not as easy as it looks.
10. As you go, you will gain skill and confidence. But keep your concentration up. There are many things that can make you slip. A slip cannot only undermine your confidence, it can be dangerous.
11. Wherever you go you will create change and you will be changed.
12. When you get to the top, enjoy the view, then get ready to climb the next one.

Love to all my sisters and brothers in recovery.

— Gail

NSO REPORTS

A.I.D.S. Claim Alert

It has come to our awareness that recently one of our S.A.A. groups received a postcard offering information on A.I.D.S. Our understanding is that a person has written something about A.I.D.S. and is claiming to sell it only to S.A.A. members for five dollars.

From what we can surmise, based on limited information, a person has recently used our fellowship directory as a mailing list, and has used the S.A.A. name in the return address — making it sound as if what was written is an S.A.A. publication, which of course it isn't. Our understanding is that the postcard makes sensational claims.

We have no connection with this postcard. We reaffirm that our directory is not to be used as a mailing list. Printed on the cover of our directory is the message "Our directory is not to be used as a mailing list resource, nor is it to be copied for any publication."

If you have received such a postcard, please understand that S.A.A. takes no positions on outside issues. The Twelve Traditions of S.A.A. need to be respected and observed.

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

October Donations to the National Service Organization

GROUP:	CITY:	STATE:	AMOUNT:
London's First SAA	London	England	£20
Huntsville SAA	Athens	AL	\$ 5.00
Phoenix Sunday Night Group	Phoenix	AZ	15.00
Gregory M.	CA	10.00
Fresno SAA	Fresno	CA	50.00
This Too Shall Pass Group	Ft. Collins	CO	5.00
Sunday Night Poolside	Arvada	CO	25.00
Denise H.	Washington	DC	10.00
Orlando SAA	Orlando	FL	50.00
Merri P.	FL	5.00
Serenity Fellowship	Atlanta	GA	12.00
Thursday Women's Group	Atlanta	GA	10.00
Martha Washington Group	Chicago	IL	50.00
Wednesday Night	Chicago	IL	50.00
Don P.	IL	30.00
Meeting of Friends	Elkhart	IN	10.00
Hope & Recovery Group	KY	10.00
Wednesday SAA	Baton Rouge	LA	20.00
Serenity Group	Ann Arbor	MI	20.00
Higher Power Group	Holland	MI	35.00
Lansing SAA	Lansing	MI	20.00
Tuesday Swartz Creek SAA	Swartz Cr.	MI	10.00
Wednesday Noon Group	Grand Rapids,	MI	30.00
Swartz Creek SAA	Swartz Creek	MI	20.00
Wednesday 5:30 Open Men's	Mpls.	MN	75.00
Monday Closed Men's	Anoka	MN	67.00
Thursday Closed 5:00 Men's	S.E. Mpls.	MN	10.00
Sunday Closed Men's 6:30	Long Lake	MN	19.00
Robert S.	MN	25.00
Sunday Closed Men's 7:30	St. Paul	MN	10.00
Wednesday Closed Men's 7:00	St. Paul	MN	10.00
Monday Men's Boundary 6:30	St. Paul	MN	17.50
Wednesday Lakeside Men's Open	S. Mpls.	MN	185.50
Thursday Men's Spiritual	S.E. Mpls.	MN	25.00
Sunday Open Men's 6:30	S. Mpls.	MN	18.25
Wednesday Boundary Men's	S. Mpls.	MN	8.00
Saturday Mixed Open	S. Mpls.	MN	10.00
Monday Noon Men's Boundary	Mpls.	MN	11.50
Friday Open Men's	Shakopee	MN	10.00
Lake Harriet Men's Boundary	S. Mpls.	MN	26.00
Thursday 8:00 Closed Men's	St. Paul	MN	34.95
Tuesday Gay-Bi Men's Open	Mpls.	MN	81.50
Tuesday Women's Closed 5:30	Mpls.	MN	4.00
Rochester Thur. Walk-In	Rochester	MN	10.00
Neil S.	MN	5.00
Monday Men's Boundary Group	St. Paul	MN	76.00
Thursday Men's Closed 5:30	St. Paul	MN	16.00
Thursday 5:00 Closed Men's	S Mpls.	MN	22.00
Linda S.	NC	5.00
Wednesday Raleigh SAA	Raleigh	NC	25.00
Greensboro SAA	Greensboro	NC	27.00
Journey Into Light	Dayton	OH	50.00
Freedom Group	Tulsa	OK	15.00
Ashland SAA	Ashland	OR	20.00
Jack G.	PA	25.00
Anonymous	SC	25.00

Continued on Page 4

NSO REPORTS (continued)

October Donations (continued)

Roger D.	SD	10.00
Houston Intergroup	Houston TX	40.00
Friday Augusta Group	Houston TX	13.80
Wendel G.	TX	25.00
Victoria H.	TX	5.00
SAA Irving	Irving TX	5.00
Susa N.	TX	25.00
Gene G.	VA	10.00
Richmond SAA	Richmond VA	50.00
Friday Norfolk SAA	Norfolk VA	22.65
Tuesday Neewah	Neewah WI	25.00
Wednesday Noon Spir. Fellow.	Madison WI	20.00
Central Wisc. SAA	Rapids WI	25.00
Peter L.		25.00
Anonymous		100.00
Anonymous		5.00
Anonymous		10.00
Anonymous		20.00
Anonymous		30.00
Total		955.40

Thank you for your gifts to the program.

NOTE: There is a lag time from when a donation is made to when it appears in this newsletter. If your donation comes on the same check as does a literature order, the donation will less likely be credited here. We need to keep our books separate, so please, if you are placing an order for literature and giving a donation, make out separate checks — literature orders payable to SAA literature, and donations payable to N.S.O.

For groups in the Twin Cities, the figures represented here reflect only monies contributed to the N.S.O., and do not reflect funds contributed to Twin Cities Intergroup.

S.A.A. Financial Statement — Second Quarter 1990

	LITERATURE	TC-INTER	NSO	TOTAL
BANK BALANCE 6-31-90	2,896.69	517.09	889.11	4,302.89
INCOME:				
SALES	8,184.88			8,184.79
DONATIONS		2,883.41	4,401.21	7,284.62
BANK CR.	5.50			5.50
TOTAL	8,190.38	2,883.41	4,401.21	15,475.00
EXPENSES:				
BANK CHARGE	29.63	10.60	9.53	49.76
BOARD EX.	568.31			568.31
BUSINESS EX.	82.12	343.00		425.12
MISCELLANEOUS EX.	1.95	25.00	25.00	51.95
OFFICE EQ.		275.58	333.87	609.45
OFFICE TRANS.	58.90	26.96	27.98	113.84
OTHER EX.				199.92
PAY ROLE BENE.		115.50	115.50	231.00
PAY ROLE EX.			63.04	63.04
PHONE		309.09	474.80	783.89
PHONE SERVICE		217.30	217.30	434.60
POSTAGE	701.59	70.37	98.84	870.80
PROGRAM EX.	7,050.54	344.59	7,395.13	
RENT		375.00	375.00	750.00
SUPPLIES			180.97	180.97
TAXES			174.49	174.49
TELECONFERENCE			598.00	598.00
WAGES	1,484.90	429.59	881.55	3,203.59
TOTAL	-10,040.40	-1,642.45	-4,413.27	-16,540.70
				-16,703.86
JOURNAL:				
ACCTS. RECEIVABLE	481.25			481.25
INVENTORIES	2,881.63			2,881.63
ACCTS. PAYABLE	-200.00	-55.01	-55.01	-310.02
TOTAL	3,162.88	-55.01	-55.01	3,052.86
BANK BALANCE 9-30-90	638.85	1,240.96	677.13	2,556.94

NSO REPORTS (continued)

Notes From the N.S.O. Office

If you have a way to contact the following groups, please do so. We have lost contact with them. The mailing addresses on their group registrations are no longer valid.

1. The Dayton group — Journey into light.
2. Cookie Rd. social club in Michigan.

Also, it has come to our attention that there are four meetings in Tucson, two meetings in Sioux City, and three meetings in Sante Fe, which are not registered with the N.S.O. This is in addition to the meetings which are registered.

Through the rumor mill, we have heard a Tyler, Texas group exists.

Our newest registered groups are San Francisco, CA, Toledo, OH, two in Winston-Salem, NC, a second Orlando, FL meeting, a men's group in Topeka, Roanoke Valley secularized in VA, and a Thursday meeting in Sioux Falls, SD.

P.S.: It is very important to register your group with the N.S.O. If we do not receive registrations when they are due, the information will not make it in the upcoming edition of the fellowship directory. Once that is printed it is virtually the only source of information used by volunteers, and by our answering service, until the next edition comes out.

Thank you.

New Group Wanted

Wanted: SAAers to meet in the St. Croix Falls, Taylors Falls, Forest Lake region. If this would work for you, please write me at Rt. 1, Box 1210, St. Croix Falls, WI 54024. Include the evening that would be best for you.

Glenn S.



Report From Huntsville

I am pleased and very grateful to report that the Huntsville S.A.A. group in Huntsville, AL has still got three recovering addicts attending regularly.

We have been meeting since April 3, 1990. This meeting and the 12 Steps are saving my life!

Thank you H.P. and N.S.O.

Your brother in recovery,

Kent H.

National Service Organization of S.A.A. Intergroup Registration Form

We need to have our Intergroups register so we can have accurate information printed in our upcoming directory. Only the mailing address and phone number will be included in the directory. This information needs to be returned to the N.S.O. by 12-1-90. Thank you.

Intergroup Name _____

Mailing Address _____

City, State, Zip _____

Phone number if applicable _____

What area does this intergroup serve? _____

In which metro area is your intergroup located? _____

Does your intergroup meet quarterly or monthly? _____

Your meeting is held on what day of the week, time of the month, time, etc.? _____

What is the average number of intergroup representatives attending each meeting? _____

In your area how many S.A.A. groups would you estimate do not participate regularly with your intergroup? _____

What functions does your intergroup seek to perform? Please circle appropriate letters.

- A. Networking with other groups, building a community, and passing on announcements.
- B. Pooling funds centrally to more effectively reach out to sex addicts.
- C. Establishing local policies.
- D. Providing a forum where groups can bring problems to a wider body to find support and guidance.
- E. Planning local events.
- F. Having committees to solve problems and do various types of outreach.
- G. Other functions: _____

Intergroup trusted servant(s) name(s) and phone number. _____

What help for your intergroup would you like to receive from the N.S.O.? _____

In the future would you be willing to mail copies of your intergroup meeting minutes to the N.S.O.? _____

Please furnish us with your local meeting list so we can cross reference with our records.

**SAA ORDERING INFORMATION
WINTER 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

Death and Feeling

When I look at a forest from high up and far away, I see peace. I do not see the trees blowing from the wind, no movement of any kind from the animals.

The forest from far away is the way I was with my feelings. I was really unhooked from feeling. Looking in a mirror and not really seeing myself, is how far away I had gone to really know my true self. Looking at the forest is like looking at me and not seeing through to who I am. That's the way it was before I really got to start knowing me. I believe that deep down in that forest there is freedom and wildness and a fight for life.

I am fighting for my life. My feelings are so real. Not sure if they are okay. It's that I am getting to know another part of me I am trying to become friends with. I need to get to know this part of me and find out who she is and what her name is.

Where she fits into my life and learn how to live with her. To understand what she wants, to give what I can give her. I am on another journey and it is an important one. With God's help it will work.

I need to find who that person in the mirror is. I need to be able to look at her and allow her to look back at me and really see her.

It's like really looking at the woods and seeing the bark and the texture of the trees, allowing the trees to move when the wind blows, allowing the woods to come to life before my eyes.

Who is this woman? What is this other half like? I need to control the half that's impulsive. I need to allow the other half to be alive and feel. It is like not allowing the forest to move or get like a whirlwind and wreck everything. I need to become one and be okay. How do I do this? By letting go and being me.

I care — Marjorie, 3/89

The above was published one year ago, and I've learned to accept my feelings. I am alive, free and human. Thank God for 12-step programs and the families I have gained.

Thanks,

Marjorie, 8/90

Prison Outreach

One of the NSO's goals for 1990-91 is to make contact with correctional and prison facilities, and also the people in them. This is also an ongoing project of the Michigan Intergroup. As a new NSO board member, I was expecting plenty of guidelines in working this project, but I found out this is something new and no one really knows how to go about it. On Monday, September 10, I received a call from the NSO office and they had a person there who was working on getting literature about the SAA program into prisons and wanted more information on how to do it. We had a long talk and exchanged a lot of ideas. The person in Minnesota had a group guide and other literature he has sent to people in prison.

My experience in this has been with people who were in SAA groups I've been in, and are now serving time in prison for criminal sexual conduct. One person had been in for about six months and they started group therapy with him and others with similar charges. He has talked about his experience in SAA. He now has *Out of the Shadows*, *Hope & Recovery*, *Gentle Path Through the Twelve Steps*, and *Contrary to Love*. We were not able to

Continued on Page 10

Prison Outreach (continued)

send the books directly to him. They had to be sent either by the publisher or a bookstore. Part of these books were paid for and sent by the Flint SAA group. The others were paid for and sent by the Swartz Creek group. The books were mailed out by the "Love-N-Hugs Recovery Shop" that deals only in recovery materials of all kinds. The books were sent to a correctional facility in Jackson, Michigan.

We have another person, from one of our groups, who is serving time in a prison in Upper Michigan. At this time he does not feel safe having these books, but in group therapy *Out of the Shadows* has been mentioned and I understand it is in the prison library. I would like to make sure there is SAA literature there also.

About a month ago, I was talking by phone to a man in Wisconsin who is an SAA contact and he said he had received a letter from a man in prison in Michigan who wanted to start an in-house SAA group. This man in Wisconsin didn't know what to do with it. He sent the letter to me and I contacted the person in the Michigan prison to see if it was okay to send him books and other literature. I knew I could get the books to him, but I wanted to make sure it was safe for him to receive the books. He said it was, so "Love-N-Hugs" sent out another recovery package to a man in prison in Muskegon, Michigan. This is about the extent of my experience in prison outreach. I am planning on going

with our pastor on his jail ministry and see if I can make some contacts that way — either prisoners or administrators — and get the word out.

I have also gone into a Boys Correctional facility, where the boys were 11 to 17 years old, and talked to them about the SAA program. They loved it. The administrators also loved it and asked the three of us if we would start an in-house meeting for them and we did. I got a high from this like I never got from acting out, and it lasted a long, long time.

It's great and the SAA program is great also. It saved my life. I can now ask for help. Before recovery, I wouldn't think of asking for help. I'm asking you, the readers of *The Plain Brown Rapper*, for help now. If you have ideas, suggestions, or personal experiences that would help in our goal in prison outreach, would you please contact me or the office of *The Plain Brown Rapper*?

You can send letters to me at this address:

Arnold D.
P.O. Box 90735
Burton, MI 48509-0735

Thank you for your help and support!

Arnold D.
N.S.O. Rep., Great Lakes Region

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 January newsletter by December 15, 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.