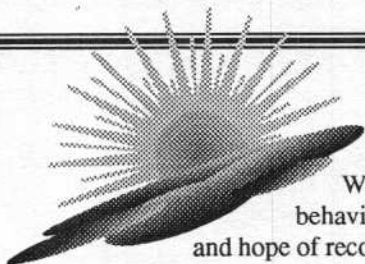


THE *Plain Brown Rapper* The SAA Newsletter

50¢



January, 1991 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

A new year always reminds me of starting over fresh; sort of a mid-winter "spring." It's a hard concept to accept when one has grown up feeling that all past failures and mistakes build upon each other like bricks in a wall. But, ideally, shouldn't each new day be a beginning without blemish, a New Year Day?

"One day at a time" means every morning is New Year's Day, Spring, rebirth, all rolled into one. My past mistakes are just that: past. If they were now, they would be current, not past. Sometimes I equate past with "ongoing." But that is a confusion, for though I may suffer recurring consequences, the mistake is not "now," only the consequences. Shame, fear, and guilt belong in the past. Clarity, courage, and serenity are my tools against consequences.

I may make a mistake or fail at something today. But tonight — somewhere around 12:00 midnight — when I am sleeping peacefully with soft dreams, I pass through a silent, yet amazingly powerful shield of love called Grace, which divides my past from my present. Who I was has vanished, and who I am is now. And I will rise from my bed knowing my New Year's Day has begun again.

Letter From Linda

Dear fellow members,

SAA has given me so much, I would like to "share" some bits and pieces; also simple truths.

The continuous lessons that I have been learning for over three years always come back to one primary gift: respect for "free will of choice." I call it a gift because that is exactly what it is. "Free will of choice" was the first and continuous gift and expression of "love" that God gave to each of us.

Unfortunately, *everyone* has been indulging more in the business of thwarting choice, relinquishing choice, manipulation, buying choices, allowing choice to be bought, threats, submission, punishment tactics, aggression, passive compliance, traditions, obligations, rules, roles, and on and on, including the "shoulds" and "should nots" that the world hands down to us.

The most frightening thing, for me, is to assert myself to respect my right to make choices *and* to respect the right of others to make choices — as long as my right to choose is not infringed upon.

Basically, I have been learning to "honor self" and "honor others." Learning to honor my true self has been terrifying, to say the least. I have been pretending a self, feelings, emotions, intelligence, beliefs, righteousness, afflictions, caring, interests, happiness, joy, status, etc., all of my life because of my fear of making choices that are true to me. Instead, I opted to conformity of the ideas and expectations of others and the world. Then people wonder why we *all* have addictions, which further strip away choice.

Continued on Page 2

Letter From Linda (continued)

I have an equation:

Respect for the "Gift of Choice" = "Sharing" =
"Love"

Perhaps each of us could learn to give ourselves and others the Gift of Choice, just as God did, does, and always will.

Even at those times in which I turn my back on God, He still gives me the precious Gift of Choice. When I suffer enough from the consequences of self-direction or the negative directives of the world, He is here; with His hand reaching out to me.

God does not punish. We simply experience consequences of turning our backs to Him and His guidance. Thank God for SAA — that reaching hand.

What is love? The continuous Gift of Choice.

In appreciation of "the truth" (step four) and the Gift of Choice,

— Linda

A Traditional Column

Tradition Eleven

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

The Traditions are subject to various interpretations, but I believe that there is ultimately one correct understanding of each tradition and that when we consult our group conscience we can come close to that correct understanding.

The principle of attraction rather than promotion is integral to our Fellowship. When we promote something and presumably try to persuade people to see things our way — to join the program — we run the risk of bringing people to the program who are not ready, and this can be harmful to prospective and current members of S.A.A. A new or potential member needs to be drawn to the program because she wants it, not because she's been persuaded. If she feels or comes to feel, that she's been persuaded by us, there could be more cause for resistance and even resentment than if she came to the program out of her own recognized need. The harm to the current S.A.A. member who is promoting the program is the emphasis placed on the outcome. When we focus on attraction rather than promotion, we let go of the outcome.

The second part of this tradition talks about maintaining personal anonymity, which means that outside this program, we must not reveal our full name in connection with this program, at least not in the public forum. It is hazardous



The Child's Corner

The Boy in Me

In 1948 there was a little boy;
Seldom did he get a brand new toy.

Blond, curly hair and a great big smile,
Always whistling, he had his own style.

He was clean; he was small for his age.
Thirst for knowledge filled him in this stage.

He ran for fun and enjoyed his life;
He did not understand the word strife.

He was so happy and full of joy;
I love him so, this small, happy boy.

He shall live in my mind at all times;
In me his sweet and happy peace climbs.

I wish he could reflect my live back;
But, alas, he's stuck and can't react.

Maybe, someday, I'll be able to regain
The true innocence and forget the pain.

His brown teddy bear and his brand new toy
Will always be special to this young boy.

But, now I'm a man with God as my guide;
I'm walking tall with Him at my right side.

While on my left walks the blonde, little boy;
With them both, my spirit is full of joy.

— Walt P.
Iowa

for us to be in the public eye either individually or as a fellowship. It is important to avoid the possibility of having an individual or group of individuals perceived as personifying the Program. This is because of the possible pitfalls that this anonymous program could get dragged into should a publicly affiliated person fall away from the program. It is in keeping with the traditions to identify oneself as a recovering sex addict, so long as membership in S.A.A. is not revealed.

The views expressed here are mine.

— Elizabeth G.

NSO REPORTS

Notes From the NSO Office

Lost and Found

We are currently out of contact with the following groups:

- Cookie Road Social Club in Michigan
- Kalamazoo group in Michigan
- Monday Arvada in Colorado

If you know people in these groups, please ask them to contact us.

Wish List

The National Service Office is in need of several pieces of office equipment. We wish to gain these items so that we might improve office efficiency. Those interested may give towards an item (not in excess of \$1000 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 are in need of. 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

November Donations to the National Service Organization

GROUP:	CITY:	STATE:	AMOUNT:
ANONYMOUS			\$ 100.00
TUCSON INTERGROUP	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 CLOSED	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
HOUSTON INTERGROUP	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!

News From All Over

Promises Group

Fellow addicts,

The Promises group has formed the first SAA group specially designed for sexual anorexia. Our numbers are still small and we are only beginning. We have finally found a forum to talk about the hopelessness of leading lives with suppressed sexuality.

We have started to hear from others around the country struggling with the same issues. One thing is very clear: the pain of this side of the addiction is very real and just as devastating as the acting out side.

Here is a "why we are here" which we read at every meeting:

Ours is a disease of spirit, mind and body. Our disease denies our sexuality and many of us have used other addictions to suppress our sexual selves.

Some of us developed eating disorders, some became workaholics and used excessive activity to avoid our sexuality. Others denied our gender in dress. Some used their codependency or co-addiction to focus on others to avoid themselves. All of us, no matter what method of our acting in, have many layers of suppressed feelings about our sexuality.

The cost of our disease has been high . . . It's cost us our self-esteem and self-love . . . It's cost us our creativity and joy of living . . . The cost has been our very souls.

Reclaiming our lives is a process we can begin anew each day as we risk new behaviors that replace our old acting in patterns.

Our commitment is to our hidden sexual selves and to each other. Our goal is to develop a belief system that totally supports the natural expression of our sexuality.

Together we will walk through the fear, pain and shame of the past out of our isolation and loneliness to more satisfying lives.

Letter From Europe

Dear friends,

After 4-1/2 years in the program in Minneapolis, I have moved to Vienna, Austria for one year, until August 1991. I need contacts with people in the program. If you are in the program and have the desire to check in with me, while you are in Europe or before you come to Europe please call or write. I would greatly appreciate this.

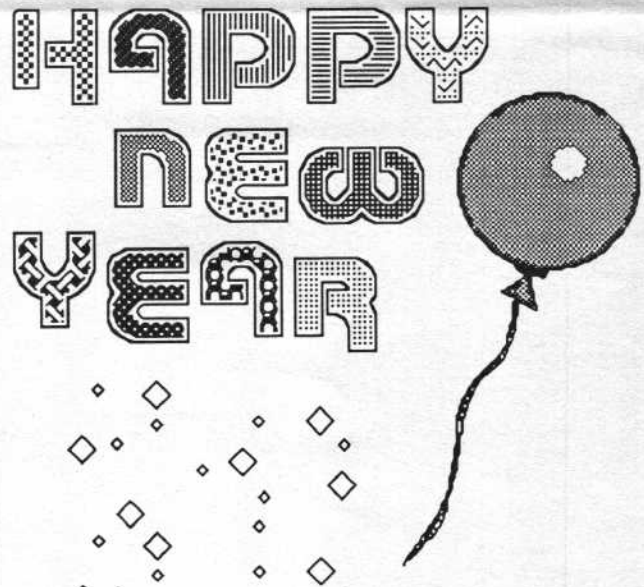
James M.
Hermannngasse 36/11
1070 Vienna Austria
Europe

Southeast Region to Host N.S.O. Mid-Winter Conference

The Southeast Region of the National Service Organization of S.A.A. will host the mid-winter Conference for all N.S.O. Board members, January 18-20, 1991, at the Best Western Motel in Baton Rouge, LA, at 10920 Meade, 1-12 & Sherwood Forest Drive. The direct phone number to the motel is (504) 293-9370.

For more information on the Conference, and discount motel rates that may be available, please write to:

"Choices"
c/o Pam H.
P.O. Box 91356
Lafayette, LA 70509



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.

Coming Home

My dear Brothers and Sisters,

I first want to thank you for a *home* for a peace to come when there was no peace left to go.

I want to thank you for a place to come when all lost hope in me, and no one else wanted me. You have given me a place that is *safe* to share my loneliness, my fears, my happiness, my sorrow, my shame, my quiet, and you've continued to love and accept me.

I thank you for holding my hand when I needed to cry, for handing me some tough love and truth when I was feeling pity for myself and wanted to run.

Thank you for showing me that life and recovery is a process of ups and downs, ins and outs. You are teaching me to flow with them one day at a time.

Thank you for showing me a God who loved and understood me long before I could accept it. Because of your love, I have accepted God's love.

Thank you for teaching me about the phone. You helped me to pick it up and call you when I wanted to hide or had fears of acting out. Talking to you gave me the hope to go one more day.

Thank you for showing me that no matter how I feel today, I would not die from it nor did I need to act out in any way to escape the feelings. You taught me that "this, too, shall pass" and I could and did live through it with love and support from you and my God.

Thank you for the acceptance you had from the start. Because of it I am learning to accept myself and know that I am a good person who is lovable and capable of loving.

Thank you for telling me I no longer had to be perfect and continue to fail trying; that all I had to do was to put my best effort in what I was doing and accept that as my best for today.

Thank you for teaching me that *pain* was one of my best teachers; that in the pain I grew and became stronger.

Thank you for showing me that I didn't have to do everything in *one* day, for I had the rest of my life to do it; that you'd always be there to help.

Thank you for showing me I didn't need constant approval from you to be okay with myself; that if God and I approved of me, that was enough.

Thank you for showing me a way to find *healthy sexuality* for myself; that no one person could tell another what was healthy or not; that we give each other the right of dignity of choice with no control or demands, just love and support to explore and experience and be responsible for ourselves.

Thank you for helping me to believe I had rights and to set good boundaries that weren't selfish or self-centered; to always have respect for your rights and boundaries.

Thank you for giving me *time* for it has been my biggest healer. To keep myself helping others helps myself and we both grow in time.

Thank you for showing me that there is not always an answer to the questions nor is there always solutions to all problems. But acceptance is the key to all things.

I want to thank you the most for giving me enough self-love to begin to take a risk at moving into a relationship and find freedom to be myself as well as allowing freedom for the other person. Today I know what true love and true forgiveness is, but most of all I know how to share that with another in freedom.

Thank you for helping me find myself and to begin to live and love without fear, shame, guilt, demand, or control.

—Ginger

Winter Work

In the winter everything is real fresh, cool and sweet.

The animals are more cautious to have food, lots of sleep, not as much play and more cautious to movement and noise.

We are more cautious to noise and the weather. We need to be more cautious with our program, to not close up into ourselves and hibernate or take it into our hands of working our program alone.

We need to get out and force ourselves to get spirituality and serenity within.

Ask for nurturing.

Winter is a time for risk

Risk — movement

Risk — reaching out

Risk — phone contact

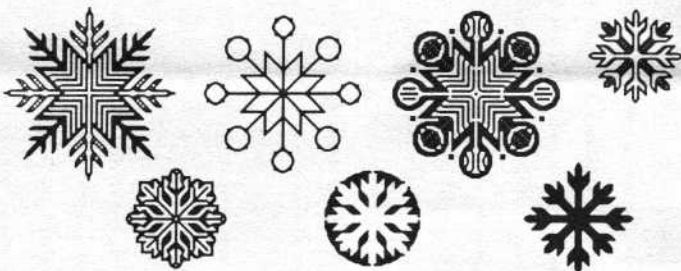
Risk — letting others see the real us

Risk — to live fully with ourselves with the help of our Higher Power.

Winter is also a time of searching inside ourselves. A lot of it is a risk and search to deal with the real feelings within, because in winter the movement physically is very much less. So we need to move physically, not alone unless we choose.

Winter is a sign of growth for whatever work we put into it.

— Anon



Promises, Promises

With utter cynicism I first read the promises some years ago. I muttered "Yeah, right!". And at times I still think that way, but every once in a while I truly see with open eyes, and feel grateful about the abundance that is my life in recovery. Take for instance the promise "We are going to know a new freedom and a new happiness," clearly I am a free man today. I no longer flinch and cringe when I hear a police siren. I am also much more free from the powerlessness, because I work my program and surrender to my recovery, rather than to my acting out. This is happiness. I have a job now, a home, a relationship, friends, and an education. When I entered recovery I had either none of these things, or I was losing what little I had left.

— Anonymous

Lonely Victim

The lonely victim
lay lost in the gutter.
He was sadly mistaken for
a voluntary victim.
No one got close to him
because his soul looked tattered.
I asked for his name,
and he said my name.
I was horrified,
I had spoken to his type before,
But never had I ever thought
that this was me.
So I took him home,
let him clean up,
and gave him some soup.
He had not slept in a
warm bed in far too long.
As I embraced him,
he stepped inside my soul.

— Bob
Oregon

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 February newsletter by December 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.