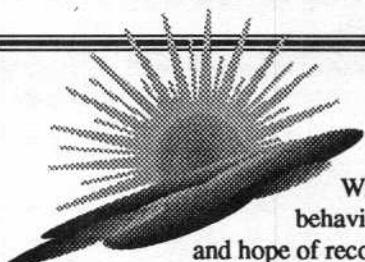


# *THE* Plain Brown Rapper

The SAA Newsletter

50¢



March, 1991 Edition

The purpose of the Newsletter is to be a voice of the SAA membership.

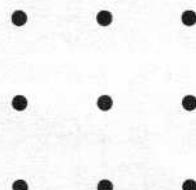
Written by and for brothers and sisters recovering from compulsive sexual behaviors; to be informative, sensitive and expressing the experiences, strength, and hope of recovering members. It is intended as an additional tool of recovery for those working the twelve-step SAA program.

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P.O. Box 3038, Minneapolis, MN 55403 — Telephone 612-339-0217

## ***Thought for the Month***

One of the aspects of who I am that seems to limit my growth — and my sobriety — has to do with how I think about things. Are my questions and answers about addiction, sobriety, and life itself being derived from healthy, functional thought, or from my old “stinking” thinking? In other words, do I approach my present and my future with a “renewed” mind, or are my decisions and choices limited by my past dysfunction?

The following is a little test for you. It will not answer the above concerns, but may give you insight into what is needed to grow beyond your past limitations. Without lifting your pencil from the paper, draw four straight, connected lines through all nine dots, but through each dot only once. If you have not succeeded after a couple of attempts, ask yourself what restrictions you have set up for yourself involving this problem.



See page 2 for the solution.

## ***Healthy Sexuality***

Becoming healthier sexually is a continuing process, a journey, and not, as I have a tendency to believe, a final destination.

When I first began recovery in SAA, I desperately wanted someone to tell me what I was doing that was addictive. No one could or would. As a result, I've begun learning about me and am grateful today for having to make those decisions. It was through trial and error, relapsing, resisting recovery and responsibility for my behavior, allowing myself feelings, and sharing with others, that I began to make progress. Learning about me as a person who is healthy sexually is part of the same process, but with a different focus.

I am learning that healthy sexuality allows me to maintain an intimate relationship with myself and others. It doesn't take me away from the reality of my existence, but is a part of my reality in the moment. Sexuality is becoming a portion of the mosaic of my life and not the whole picture.

Healthy sexuality neither masks existing shame nor creates more shame. It has been imperative that I learn about shame. What it feels like to me. What it looks like in my behavior. Most times I can see its presence in my life even when I am not aware of feeling it. It has been a very difficult task at times and the driving force behind my addictive behaviors.

*Continued on Page 2*

## ***Being Gentle With Myself***

Today I made the very minor mistake of accidentally turning up the hot water too high in the shower. After the initial sting wore off, I adjusted the temperature, then pulled out the mental boxing gloves for a quick round of self-pounding:

"Geez, you're really stupid! Watch what you're doing!"

But then I stopped myself and called a cease-fire — thankfully. I laughed to myself. It was, after all, only an accident! My self-worth has nothing to do with accidents; if I stub my toe, am I a loser? No!

So often in the addictive process we resort to poor self-talk, almost as if we were programmed that way. Perhaps we were verbally abused by parents or peers and we've carried those insults — like so much excess baggage — into our adult lives. This naturally feeds our low sense of self-worth. And poor self-esteem is probably one of the cornerstones of the foundation of our addiction.

In recovery, however, I am building a new foundation. And in this new structure lies the reminder "be gentle with yourself!" I am learning to chuckle at my minor flubs and errors. or, if I'm unsure how to do something, I can choose to ask for instruction and guidance. I am, in essence, learning how to take care of myself.

I am reminded today of a particular *Answers in the Heart* meditation (July 3) which tells me that, "Just as a parent thinks of how to take care of his or her child, we can think of how to take care of ourselves."

So, for today, I am very conscious of meeting my own needs by being kind to myself. Bumping into something or dropping something by accident hardly warrants rage or self-insult. I can, perhaps, hit a poor golf shot and remind myself "It's okay . . . I am still a good person!"

— *Bruce G.  
Saginaw, MI*

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### ***Healthy Sexuality (continued)***

Accepting shame as a part of my human make-up has helped me to become healthier sexually. When I am feeling shame, I first determine whether it is from past abuse (usually the shame from old issues feels huge and unsolvable) or something that is going on in the present. Using recovery principles, I make needed changes in my behavior. I am learning that shame is neither good nor bad, but a feeling signal that my dignity as a person has been violated and I need to take action. Sometimes the action is grief work; other times it might be setting a boundary with someone I know.

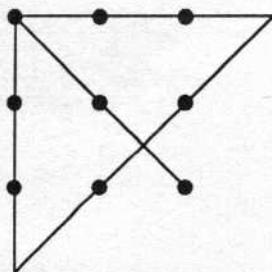
Finally, my recovery involves asking questions of myself and answering them to learn my own truths. It begins with the basic belief that there is a healthy part of me that I must listen to, allow feelings and trust. As my recovery has progressed, healthiness in all areas of my life is growing.

*Anonymous*

[Note: This article was originally submitted for inclusion in the upcoming publication *Exploring Healthy Sexuality*. Unfortunately, it was submitted too late for consideration, but was thought too valuable to not be published. We thank the author for her sharing—Ed.]

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### ***Thought for the Month (continued)***



Most people assume a mental perimeter around the nine dots, thereby limiting any possible solution to the areas within the dots. By doing so, they limit themselves to within walls of their own creation. But the answer — and the future — lies outside those confines. To break through, however, will require nothing less than a coup d'état, a mental revolution, to unseat the tyranny of those dysfunctional thoughts that continue to limit and rule your life.

Max DePree said, "We cannot become what we need to be by remaining what we are." I may not yet be what I need to be, but I refuse to remain what I am. How about you?

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# NSO REPORTS

## *Notes From the NSO Office*

### **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	\$1,000.00

### **N.S.O. Winter Board Meeting Summary**

**1/18/91-1/20/91**

**Lafayette, Louisiana**

#### *NSO Board present:*

Arnold D. — Great Lakes Region  
 Ed G. — South West Region  
 Pam H. — South East Region  
 Karl H. — At Large member, Chair.

John B. — North Central Region  
 Ron A. — At Large member  
 Linda M. — Chair of Lit. Com.  
 Vacant — North West Region

Vacant — North East Region  
 Vacant — South Central Region  
 Guest: Frank H. — Invitee (SCA Board)  
 Staff: Douglas P.

Business items included reviewing N.S.O. structure and function. There was much discussion and policy determinations regarding replacing vacancies on the board by creating an alternate system, with elected alternates replacing future vacated positions. There was discussion and a decision about having several Twin Cities board member positions created to provide a strong base of support and supervision for the national office operations — to add up to two board positions from the Twin Cities.

There was discussion regarding the N.S.O. literature committee structure and function including

- Until redefinition of the by-laws occurs — all committees are subject to the same requirements for service.
- The board voted to accept the Literature Committee's plan for the approval of literature.

Other items discussed included:

- Prison outreach
- Review position paper on how groups can deal with members engaged in dangerous behaviors — adopting a modified statement with agreement to publish it in the P.B.R. — drawing up a pamphlet and sending it out to groups
- Discussion of SAA's Relationship to other sex addiction 12-step programs; changing a policy — to begin to give out phone numbers and/or addresses of the three other sex addiction fellowships to those who want recovery and are in an area where we have no SAA meetings. Also to pursue goal of dialogue by sending out a letter to each of the other sex addiction fellowships offering an invitation for a representative of each fellowship to attend our business meetings and conference. Also asking for each fellowship to send two representatives each — with two of our board members — at a mutual time and place to have a dialogue.
- Discussed and planned for the upcoming Michigan convention.
- Discussed SAA's financial standing, noting that we are cash poor.
- Discussed many other items.

The sense was that the meeting was productive and that, though there were tough concerns, there was strong unity.

**SAA Financial Information****S.A.A. Balance Sheet  
December 31, 1990**

	Cities Inter- Group	Twin National Service Org.	Literature	Total
<b>Assets</b>				
Cash .....	194	1058	109	1361
<i>Inventory</i>				
Literature .....		3171	3171	
Medallions .....		1782	1782	
<i>Pre-Paid</i>				
Expense .....	266	405		671
Equipment .....	175	175		350
Total Assets .....	635	1638	5062	7335
<b>Liabilities</b>				
<i>Accounts</i>				
Payable .....	129	597	9	735
<i>Payroll Tax</i>				
Payable .....	81	82		163
<i>Sales Tax</i>				
Payable .....		100		100
Total .....				
Liabilities .....	210	679	109	998
<b>Fund Balance:</b>				
Through 12/89				
(Restated) .....	579	800	2668	4047
1990 Increase				
(Decrease).....<154>.....	159	2285		2290
Total Fund				
Balance .....	425	959	4953	6337
<b>Total</b>				
Liabilities and Fund				
Balance .....	635	1638	5062	7335

**S.A.A. Income Statement  
January 1–December 31, 1990**

	Cities Inter- Group	Twin National Service Org.	Literature	Total
<b>Income</b>				
Sales .....			32700	32700
Donations .....	9355	17322		26677
Commissions .....	2842	1424	<4266>	
Total Income .....	12197	18746	28434	59377
<b>Expense</b>				
<i>Personnel:</i>				
Salaries .....	5329	5329		10658
<i>Taxes and Benefits</i>				
Benefits .....	915	916		1831
Consultants.....	1798	2266	300	4364
<i>Cost of Sales:</i>				
Literature .....			17154	17154
Medallions .....			3280	3280
<i>Other:</i>				
Printing .....	117	1268		1385
Supplies .....	282	282	1548	2112
Postage .....	106	156	3226	3488
Staff Travel .....	103	103	103	309
Telephone .....	1853	1658		3511
<i>Conference</i>				
Calls .....		2174		2174
Rent .....	1557	1378		2935
Insurance .....	120	120		240
Board .....		2163		2163
Sales Tax .....			455	455
Miscellaneous .....	171	774	83	1028
<b>Total</b>				
Expense .....	12351	18587	26149	57087
<i>Income Over &lt;Under Expense&gt;</i>				
.....<154>.....	159	2285	2290	

THIS PAGE HAS BEEN REDACTED DUE TO A TRADITIONS CONCERN OR VIOLATION.

**SAA ORDERING INFORMATION — SPRING 1991**

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**

<u>QUANTITY</u>		<u>TOTAL AMOUNT</u>
____	<i>S.A.A. Group Guide</i> .....	@ 4.50 _____
____	<i>Abstinence and Boundaries in S.A.A.</i> .....	@ 2.50 _____
____	<i>First Step to Recovery</i> .....	or 12 for 25.00 _____ @ 1.25 _____
____	<i>S.A.A. Self-Assessment Brochures</i> .....	or 12 for 10.00 _____ @ .10 _____
____	<i>The Plain Brown Rapper</i> (1 year) .....	or 12 for 1.00 _____ @ 6.00 _____
____	<i>The Plain Brown Rapper</i> group subscription rates (1 year, each) 10 or more to the same address .....	@ 3.00 _____
____	<i>S.A.A. Fellowship Directory</i> .....	@ 3.50 _____
____	<i>S.A.A. Medallions</i> .....	@ 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	
____	NEW! Aluminum S.A.A. Medallions .....	@ 1.50 _____
_____	Blank      1 MO      3 MO      6 MO      9 MO	

**"CARRYING THE MESSAGE" CONFERENCE - AUDIO TAPES**

<u>QUANTITY</u>		<u>TOTAL AMOUNT</u>
____	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 .....	@ 5.00 _____

**Twin Cities S.A.A. Intergroup Items**

____	Getting Started in Sex Addicts Anonymous; a beginner's packet for recovering sex addicts .....	@ 2.50 _____
____	NEW! Exploring Healthy Sexuality .....	12 for 25.00 _____ @ 3.00 _____

**Other Recovery Items**

____	Answers in the Heart (meditations) .....	@ 9.00 _____
____	Out of the Shadows (Carnes) .....	@ 11.00 _____
____	Women, Sex, and Addiction (Kasl) .....	@ 11.00 _____
____	Hope and Recovery .....	@ 12.00 _____
____	Hope and Recovery Workbook .....	@ 11.00 _____
____	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 (please print clearly):

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

### Addictions

Full of many addictions has been my life;  
Not too many joys, but a lot of strife.

Taught so much by many adults,  
I learned from their lessons and insults.

Until my life was such a mess,  
I went to church to just confess.

No one there knew what to say;  
They only told me to go and pray.

I did just that and then some more,  
Until I found help, that's for sure.

And now recovery is part of my life,  
With lots of love and no more strife.

I listen well to all those about,  
So I may grow in virtue stout.

I've learned to accept what I can't change,  
With a lot of hope and plenty of range.

My life moves ahead now to its reward;  
I don't look back, I just look forward.

My addictions now are in partial remission,  
And I'll keep them there with God's permission.

— Walt P.  
Iowa

### *From the Victims: To the World*

Have you ever been abused?  
Do you feel real used?

Did you have someone to trust  
Who has made your life a bust?

Can you hold your head up high?  
Can you look me in the eye?

Are you really afraid to talk  
For fear someone else will balk?

Is there nowhere you can hide?  
Have you really got no pride?

Doesn't anyone have belief  
So I can get some relief?

How can I ever try to get well  
When everyone condemns me to Hell?

When will it ever end?  
How much of life must I spend?

How can I go on through life?  
What will diminish this strife?

Who can I trust so much  
That I can feel their touch?

How much pain must I endure  
Before I can feel secure?

If you have never felt abuse,  
Then you can't understand the ruse.

You can't even trust your senses  
'Cause they're like hidden evil clenches.

You examine your every thought  
To see if it's real or nought.

You don't know what to do  
Because nothing seems true.

No one said life was fair;  
But I'd sure like a chance to share!

How much trust is there for me?  
For I've been abused, you see.

— Walt P.  
Iowa

*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 April newsletter by February 21, 1991.*

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.

### **Balance in Recovery — A Retreat**

A mixed CoSA/SAA retreat will be held in Livingston, Texas at Camp Cho-Yeh March 22–24, 1991. Camp Cho-Yeh is a beautiful wooded place set in the Piney Woods of East Texas, about 1-1/2 hours north of downtown Houston. The cost per person will be \$70 triple occupancy and \$85 Double occupancy. For confirmation, registration must be received by March 8. (Note: Arrangements for special dietary needs must be made no later than March 1.) Mail checks, payable to The Retreat Committee, to 1991 Spring Retreat Committee, P.O. Box 573035, Houston, TX 77257-3035. For further information, please contact Celeste at (713) 665-1132 or Ruthann at (713) 784-9061.

### **Duluth SAA Retreat**

An SAA retreat will be held April 26–28, 1991 at McCabe Renewal Center in Duluth, Minnesota. The retreat will run from Friday, 7:00 p.m. to Sunday noon, and will focus on the inner child. The cost is \$50 for the weekend, including meals. For preregistration, please mail to Twin Ports SAA, P.O. Box 15133, Duluth, MN 55815. Make checks payable to McCabe Renewal Center. For more information, please call Marion at (218) 724-4833.

### **Seeking What Works**

Hi, my name is John and I am the co-starter of the St. John's SAA group here in San Juan, Puerto Rico. I would like to share with you our beginning which in itself was orchestrated by the hand of the Higher Power; and for which I am grateful to have been a part.

After accepting my own powerlessness by means of another fellowship — and fearlessly searching within — my sex addiction wasn't too hard to see. This realization fired the need to seek whatever would work in my recovery. I became willing and, as H.P. would have it, another suffering sex addict came into my life. This person is Frank S.

Frank and I started meeting on our own at first, and this continued for several months. We knew in time we would grow, but we also knew that it would take some effort. We prayed for H.P.'s guidance, and it came. I started to identify myself as a sex addict each time I was called on to speak in the other fellowships. This brought inquiries, and some joined our group. We contacted N.S.O., ordered literature, and registered our group. This gave us structure and established a familiar 12-step format of recovery. Still more had to be done!

We wrote to the editors of local Spanish and English newspapers requesting that they publish our group meetings under their community interest column. This endeavor was met with resistance. After two weeks and our listing still not appearing, we persisted with another letter. This time understanding, compassion for compulsive sexual behavior and its ramifications, and recovery through SAA were conveyed. It worked! The publication appears each week attracting addicts that are still suffering. We are grateful to the editors of these newspapers. We didn't stop trying to spread the word; we wrote psychologists, and mental health facilities. And we continue each time we gather at an SAA meeting.

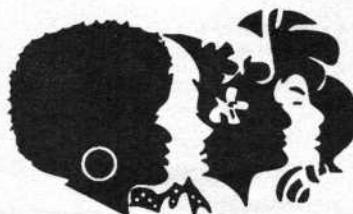
All our efforts have allowed St. John's to grow, where now we have a nucleus of recovering addicts that all together bring support, hope, and love into each others' lives as we walk the path of happy destiny.

— John P.  
San Juan, Puerto Rico



### **The Child Within**

*This space reserved for those whose child needs to come out and play. Stay tuned and let's hear from you!*



### **Women in Recovery**

*This space is available for a woman with a special story to tell. Could it be you? Your story is so important to us! Let's hear from you soon!*