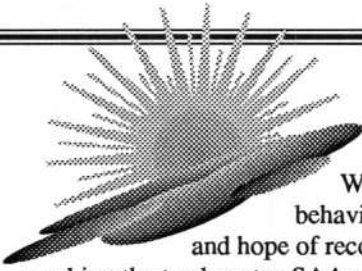


# *THE Plain Brown Rapper*

The SAA Newsletter

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September, 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

## *From the Editor*

This month's *Plain Brown Rapper* will feature two areas of interest to all of us. One area of interest is the Fourth National SAA/COSA Convention held in Grand Rapids, Michigan. The other area concerns some of the actions the National Service Organization (NSO) will be taking with regard to decisions and discussions that came out of the Convention. Below is one area in which the PBR will play a part — dissemination of information and discussion on issues affecting SAA today and in the future. Meanwhile, stay tuned — next month's PBR will have more of the Convention.

In the wake of the Grand Rapids convention, it was clear that there were several controversial issues. The National Literature Committee decided it was high time we begin using this SAA newsletter as a forum for fellowship-wide discussion of some of these matters. Clearly, there is not enough time in convention business meetings to appropriately discuss these things, and it is also quite possible that many SAA members are not aware of some of these issues or of the potential ramifications for our fellowship. Like all 12-step programs, SAA is a grassroots organization — the informed opinions and desires of the members is what determines and directs our growth. It is our hope that the PBR newsletter can, henceforth, take a more active role in informing those trusted servants elected to our board, how best to reflect the wishes of the membership, by challenging the membership to consider and discuss these issues.

As a way of organizing comments around the various issues, we are going to focus on a particular issue for two consecutive editions of the PBR. In the October and November issues, we will publish letters with differing views on the issue of dialog between the fellowships. This topic is particularly timely because in early October one or two people from our organization will be meeting with some members from SLAA, SCA, and possibly SA.

We seek respectful letters of moderate length. In addition, we hope that by discussing these issues in the more detached forum provided by the PBR, that some of the intensity will be less when we discuss these issues again at the next convention.

— *National Literature Committee*

## ***The National Conference and Step Two***

I've been in recovery a little over a year, and just attended my first national convention. Before attending the convention, I was pretty much stuck in Step One — I felt powerless, helpless, and hopeless alright, but didn't truly believe deep down that anything could really help me. I was always tempted to go back to thinking that I somehow had to do it all myself. I saw some people in my group and others who had good recovery, but dismissed it by thinking of it as willpower or another form of compulsivity or egoism — getting gratification from being able to brag about their abstinence. I began to suspect that even if they had a slip, they wouldn't admit it (which I've heard about people doing, anyway). Being at the national convention, seeing all the marvelous, strong people there, hearing their stories made me feel, "Yes, there is a way out. I don't have to be stuck in Step One forever."

These people were really doing it — or, rather, letting it be done. They were being restored to sanity by a power greater than themselves. I now have a much better understanding of the first three steps. In order to really accept my powerlessness, I have to have some feeling that I can really be helped by some power greater than myself. Otherwise, to feel totally powerless with no hope of help can only have suicide as the answer. In order to do Step Three, I have to really believe in the possibility that there is a greater power that is available. Belief for me has always meant something more in the direction of experience rather than mere assent to some idea. I need to see the wound, to put my finger in it. I'm not one of the fortunate who can believe without seeing. Being at the conference gave me the opportunity to see and hear about many, many wounds and the miraculous healing that has taken place. My sponsor encouraged me to go to the conference, said it really gave his recovery a real boost. Now I know what he meant. I came away feeling a greater sense of peace, calm, and ease than I can ever remember having. These conferences are, in my estimation, a really powerful, even vital, tool for recovery. Thanks, and see you next year.

— *Bill V.*  
*Iowa*

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## ***Child Sexual Abuse — A Look from Both Sides***

Hi, I'm Lester D., and I'm a recovering sex addict. I'm both a survivor and a perpetrator of child sexual abuse. As a teenager, I was molested by adult men. Soon after the first time, I molested my younger sister and two other children for whom I was babysitting. Though the incest with my sister was discovered the punishment I received didn't make me stop; I resumed the molestation and was not caught again. My secret life even as a teenager grew in proportion to my shame and self-loathing.

After leaving home I proceeded to pursue multiple relationships with women and sometimes men nearer my own age. I was never able to stay faithful to any one person because of my fear of true intimacy and my desire for ever more thrilling seductions and sexual experiences. At the same time, I was multiply addicted to drugs and alcohol to block the pain of my secret life and inner loneliness.

At the age of 32 I became involved with a pregnant woman, though I wasn't willing to commit to a monogamous relationship with her. After five years of an on and off relationship, she became pregnant with our son. We celebrated the birth with a commitment to live together to parent the children. I had not shared with her my history of sexual attraction to children; I was afraid to, and I thought that I was safe with my stepdaughter.

Within a few months of the birth of my son, however, I found myself powerfully attracted to the girl. One touch led to another and all the affection I felt for her became eroticized. I became addicted to recreating the feelings I felt when I had been used by others when I was a child — a mixture of excitement, power, and fear. After each incident I felt shame and wanted to stop but could not do it alone. I was afraid to ask for help from anyone who might expose me. The mother and I married a year later and began to live in an isolated rural area; my disease progressed. After the marriage our relationship worsened. I stayed away on business trips to avoid my family and the shame I felt about abusing my stepdaughter, and began extramarital affairs in another city. My wife left me, but I was often caring for the children and continued the abuse. Eventually, they moved further away and the abuse stopped. I considered suicide.

God gave me a reprieve. After several months of separation my wife and I decided to reconcile and to have another child. I moved back in with my family, began to meditate, and prayed for forgiveness and recovery for my stepdaughter, who still kept the secret. I was still too afraid to disclose what I had done.

*(Continued on Page 3)*

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## **Tradition Five**

*Each group has but one primary purpose — to carry its message to the sex addict who still suffers.*

This is the tradition that unifies and strengthens the group and organization of SAA. The unity comes from our single purpose and from the fact that we are singularly well qualified to identify with and bring recovery to the newly-recovering sex addict.

The strength arises out of yet another program paradox, which says that it is only by giving away our program that we are able to keep it. In other words, there *is* no program if we do not carry its message to the sex addict who still suffers.

– Lisa G.

### **Child Sexual Abuse (continued)**

Our second son was born with multiple handicaps. Prayer helped us gain the strength to bear this, and our family life improved, though the secret between my stepdaughter and me kept us from true intimacy. Finally the burden for my victim grew too heavy and she told a friend, who told her mother, who told my wife. My wife confronted me and I admitted it. I told her that I thought that we needed professional help, but that I was afraid of the legal system. She was afraid that the same system would cause more trauma for her daughter. So, for a time, we did nothing. During this time I plunged again into a deep depression, and at my lowest point attempted to molest my stepdaughter again. I was a very sick man.

Finally, at my wife's urging, I called a therapist friend and with his support I reported myself to the authorities and moved out of our home. Five months later I was convicted and sentenced to six years probation for my crime. Though I was fortunate enough to live in an area where mental health services for perpetrators were available, I avoided telling my story completely to the therapists; they seemed to me to be part of the criminal justice system and I had the irrational fear that things would go even worse for me if I opened up. Eventually the example of another perpetrator in my group helped me share more. My therapist, shocked at my further disclosures, terminated individual therapy, but before I left she gave me a brochure about a 12-step group dealing with sexual addiction.

I contacted the group, was interviewed by two members, and then was informed that it was a boundary group unwilling to admit a child molester. I somehow got a phone number for an SAA group and was able to attend my first meeting, traveling many miles and breaking the rules of my probation to leave the state to do it. It was too dangerous to continue this so I read the literature and attempted to work the steps alone. Eventually I tried the first group again. This time I was accepted; those who had opposed my membership had dropped out. Also, by this time, the group had become affiliated with SAA. I moved from the country to the city where the meetings were held, and now I was able to attend regularly and make phone contacts.

This support was vital to me because my spiritual resources were now being severely tested by my participation in a new group therapy program which mixed perpetrators of child sexual abuse with adult survivors and nonabusing family members of survivors.

The anger from some of the survivors was very intense and triggered within me feelings of shame and a desire to be punished. Gradually, with my work in the program, my feelings of self-worth improved and I was able to begin to establish boundaries and separate my own guilt from the feeling that I needed to assume responsibility for all the pain that had been caused to the survivors in my groups. At the same time the need for rigorous honesty helped me break down much of the remaining denial I harbored in the therapy group and I began to win respect from some of the survivors, one of whom pointed out that I, too, was a survivor. That acceptance swept over me like a wave; I began to sob uncontrollably. My divided self began to come together. Eventually I graduated from that program and on my last night there I gave a talk about using the 12 steps to heal from the pain of being a perpetrator/survivor. Afterwards people who I believed must have hated me because of what I had done as a perpetrator came up to offer me hugs and wishes for continued recovery.

My experience led me to offer workshops on Child Sexual Abuse at SAA conventions in 1990 and 1991. Each time the room was filled with people needing to share their experience, strength, and hope — some for the first time anywhere. The program's teaching of acceptance and tolerance helped to create an atmosphere of safety where survivors could feel comfortable enough to share their story with perpetrators, and perpetrators could feel safe enough to share their feelings of remorse and hope for recovery with survivors. These experiences convinced me there is a need in SAA to deal with the issue of child sexual abuse.

This column will hopefully provide that forum for those who share that need. Stories, reflections, and meditations that shed light on how we can use the SAA program to move from the shame of the victim/perpetrator cycle to healthy survivors living in the grace of sobriety are welcome. Please address them to Lester D., SAA, P.O. Box 8861, Madison, WI 53708.

**SAA ORDERING INFORMATION — Summer/Fall 1991**

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

Please allow five weeks for delivery. Prices include shipping and handling. With overseas orders, please include an additional 20% to help defray the additional postage, and expect a longer delivery time (items shipped surface mail only). Orders of more than \$25.00 within the United States, please use a non-PO Box address so that we may ship packages U.P.S.

**National Service Organization Approved Items**

<u>QUANTITY</u>		<u>TOTAL AMOUNT</u>
_____	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. Self-Assessment Brochures .....	@ .10 _____
_____	.....or 12 for 1.00 _____	
_____	NEW! The Bubble .....	@ .25 _____
_____	.....or 10 for 2.00 _____	
_____	The Plain Brown Rapper (1 year) .....	@ 6.00 _____
_____	The Plain Brown Rapper group subscription rates (1 year, each)	
_____	10 or more to the same address .....	@ 3.00 _____
_____	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	
_____	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 _____

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

_____	Getting Started in Sex Addicts Anonymous; a beginner's packet for recovering sex addicts .....	@ 2.50 _____
_____	.....12 for 25.00 _____	
_____	NEW! Exploring Healthy Sexuality .....	@ 3.50 _____
_____	.....12 for 35.00 _____	

**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):

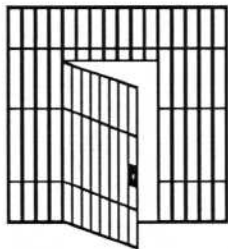
Name: \_\_\_\_\_

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

City: \_\_\_\_\_

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





## Prison Outreach

The National Prison Outreach committee has recently organized and become energized. One important project is to write every correctional institute in the United States, informing them about SAA, its goals, and literature.

If you are willing to help this important outreach effort through writing prisoners, helping organize an institutional SAA group, or in other ways, please let the NSO office know.

There are lots of people in need who could benefit from our fellowship. Let's work together to meet those needs.

– *John S.*  
for Prison Outreach Committee

## Retraction of Three Circles Pamphlet

If any readers have purchased at the convention a copy of the pamphlet entitled "The Three Circles," the Literature Committee asks that you throw it away and don't make duplicates of it. The reason is this version contradicts a similar pamphlet in circulation among the California groups which uses the same metaphor, but it is reversed. The Literature Committee apologizes for the mix-up and is working to produce a new, combined version as quickly as possible.

– *National Literature Committee*

## Faithful Fiver and Trusted Tenner

*The Faithful Fiver and Trusted Tenner Program* has been inaugurated to help give N.S.O. a sound, predictable financial base for outreach activities and to support member services.

You will be provided with preaddressed envelopes for your convenience. Records of your contributions will be treated as highly confidential and will be available only to the two people required to process and account for your contributions. After the close of the year a receipt will be sent to you for your tax purposes.

You may withdraw your pledge or modify it at any time by notifying the N.S.O. Office.

### INDIVIDUAL PLEDGE CARD

Out of gratitude and in support of conveying the message to others, I hereby pledge to:

#### .. Be a Faithful Fiver

I pledge to contribute \$5.00 per month, in addition to regular support through my meetings, to the work of the National Service Organization.

#### .. Be a Trusted Tenner

I pledge to contribute \$10.00 per month, in addition to regular support through my meetings, to the work of the National Service Organization.

I wish to make my contributions:

- Monthly  
 Quarterly  
 Annually

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

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

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

Telephone: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Home group \_\_\_\_\_

## **Fourth National SAA/COSA Convention Report**

The Fourth National SAA/COSA Convention was held in Grand Rapids, Michigan on June 21–23. The convention was represented by London, England, Canada, West and East coasts (welcome New York City!), Midwest, and down south straight to the Gulf Coast.

Brothers and sisters in SAA spent two caring days together making new friends and rekindling old friendships. There is so much joy in being part of so many SAA/COSA persons sharing their stories with each other.

The keynote speakers were our beloved Marv N., Jeanie O., and Karl H. Each speaker shared their inspirational recovery with us. Tears came to the eyes of many SAA'ers as we listened to their courageous stories. Each story showed us that a sober life is possible and the Promises do come true.

### **Convention Workshops**

The convention workshops were well attended by SAA'ers and COSA. There were several workshops that focused on sexual addiction, childhood sexual abuse, and dysfunction families. There was a clear relationship linking childhood sexual abuse with sexual addiction.

Other workshops presented topics around prison outreach, women's issues in sobriety, multiple addictions, COSA presentations, affirmations, understanding our core beliefs, issues around our sexuality, and personal stories.

Many of these workshops (including the keynote speakers) will (hopefully by September) be available on audio cassette. Watch the PBR for further information.

### **Convention Business Meetings**

At the business meetings the Convention did the following:

1. Approved changes in the By-laws that place the Literature Committee in them, change the Literature Committee Chair to being elected by the Committee, and add the election of alternates to fill an NSO Board or Literature Committee seat if the Board member or Literature Committee member ceases to serve.
2. Voted overwhelmingly to remove the guidelines for "Dealing with Members Actively Engaging in Life Threatening Behaviors" from the Group Guide. Members and groups are asked to write in pieces sharing their experiences as a group in dealing with such situations.
3. Asked the delegates to return to their groups to discuss if they wanted a provision in the By-laws to limit the years of consecutive service a Board member or Literature Committee member could serve, and if they did, for how long should that be, and how long must elapse before reelection could occur. It was noted that the NSO has had trouble keeping members on the Board.
4. Discussed the two versions of "How It Works" — the longer one includes the language about some people not being able to recover because they were born that way, and the shorter version which does not include what many feel is shaming language. This matter is to be discussed by groups, and a vote taken next convention.
5. The wording of the first step, whether we are "powerless over our sexual addiction" or "powerless over our compulsive sexual behavior" was also to go back to groups for more discussion, with a vote to occur at the next convention.
6. A very divided convention discussed the value of SAA participating in a dialogue with the other fellowships that deal with sexual addiction (SA, SCA, SLAA). A majority of the delegates eventually approved the NSO Board continuing to dialogue, but the Board understands that many in our fellowships are fearful of this goal, and restated that we are just going to Chicago to talk, and no decisions affecting SAA can be made without the approval of the delegates.
7. The delegates adopted a budget for the coming year of \$46,800.

– *N.S.O.*

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# NSO REPORTS

## Notes From the NSO Office

- The list of donations received for the second quarter of this year will not appear in the PBR at this time due to a lack of volunteers to gather and type the information.
- The 1991 Convention tapes are not yet available for sale. It will be announced in the PBR when they are available.

### NSO Teleconference Report — July 20, 1991

All Board members were present:

Ed G. – Southwest	Jill S. – Twin Cities
John B. – North Central	Art F. – Twin Cities
Arnold D. – Great Lakes	Karl H. – At Large
Greg M. – CA & Pacific NW	Linda M. – Literature Chair
Alice C – Southeast	Douglas P. – Staff
Kathy C. – South Central	

1. Tucson's bid for the '92 Convention over Memorial Day weekend was accepted. Bids for future conventions should come from intergroups, and are welcome now.
2. Chicago will be looked at as the site for the midwinter Board meeting as it would be as cost effective as any other site and it might give support to SAA groups in that area. Minneapolis/St. Paul would be a backup choice.
3. Jill and Karl will represent SAA at the interfellowship dialogue in Chicago in late October with SLAA and SCA (SA attendance is in doubt). As the delegates at the Convention were so split on this issue, the NSO decided to choose representatives reflecting the diversity of views in the fellowship. Our delegates will try to raise the funds to cover their expenses from those who support having a dialogue. The views of the members on any dialogue issues are greatly desired, and should be sent to the NSO marked: Attention Jill or Karl. At the next teleconference the Board will discuss possible SAA positions.
4. The Board approved placing a separate insert into the next PBR asking that the Statement on Felonious Behaviors be removed from the new addition of the SAA Group Guide, as a way of implementing a Convention resolution.
5. Board minutes will go to all Board alternates, and each Board member will contact his or her alternate to enlist the alternate's help with NSO work.
6. Tapes made at the Grand Rapids Convention will not be available for sale until reviewed and approved by two Literature Committee members (probably some time in September).
7. Alcoholics Anonymous has responded in writing to give us official permission for our adapted use of the 12 Steps and 12 Traditions — we had no written permission anywhere in our files.
8. The Internal Revenue Service has not yet responded to our request for tax exempt status. Our mid-July phone call to them was not returned.
9. The Board approved \$75 to purchase a directory of prisons as part of the outreach to those incarcerated.
10. Letters of appreciation to the two recently retired Board members, Ron A. of Tucson, AZ and Pam H. of Lafayette, LA, were approved.
11. The Board members agreed to go to their groups to encourage the "Faithful Fivers and Trusted Tennesers" program, which refers to members who will pledge and give five or ten dollars a month to support the work of the NSO.
12. The NSO Board members will respectively sign up as the responsible party for the various Convention-adopted national goals by the next teleconference.

## Telecommunications and Recovery

Many of us are aware of the variety of 12-Step groups available or unavailable locally. Did you know that there are meetings conducted over the telephone? These meetings are not like a regular SAA meeting. There is no opening, business, or closing. It is an open forum for sharing our *experience, strength, and hope*. Feedback and sharing is voluntary.

These meetings are called *Echoes* and are held in a variety of cities that have some sort of BBS — Bulletin Board System. A BBS is a computer set up to answer incoming calls from other computers. Usually the service is free. In some cases, there may be a small membership fee. This is not the case for the BBS I use.

To take part in BBS recovery, you'll need a computer (or computer terminal), a modem, communication software, and a telephone connection. I have listed nine BBS's nationwide that carry the SAA *ECHO*.

You will need to configure your terminal/software for 1 stop, no parity, 8 bit data for most of the BBS's listed. Most all listed will accept 300, 1200, and 2400 baud. Some will accept 9600 and 14,400 baud.

After setting up your computer and modem, you'll need to call one of the BBS's listed. Once connection is made, you will log in as a new user. This will normally require you to give your complete name, address, and phone number before you'll receive full privileges. Most BBS's will permit you to browse through what's available on your first log-in. Some may even let you enter messages. Your time will be limited to around 15 to 60 minutes.

Sip\_SAA will be located in the message area. Some BBS's will require you to get further approval before granting access to this area. Follow the instructions, and page the system operator (known as the sysop) if you get lost. There is usually a help key. Use it if necessary. Don't feel bad if you've made an error. Most new users do. Simply leave a message for the sysop explaining what your problem is. Usually you'll find a reply waiting for you the next day you log in.

When you are through, **don't** simply hang up the phone or disconnect. That is inappropriate etiquette. Most systems on your first visit request you leave a message with the system's owner (Sysop) upon logging out (saying good-bye). Even if a request isn't made, you should leave a short note to the sysop explaining why you want to come back, what you hope to gain by returning, and what difficulties you may have experienced while you were on his system. Remember, you are a guest on his computer and he can keep you from accessing his machine in the future.

Here is the list of BBS's you may want to try. This list is **not** complete. Check with the sysop to see if he's aware of any changes.

Steps of DC	202/569-5270	Washington, DC
12 Steps	213/653-4077	Los Angeles, CA
The Promises	615/385-9421	Nashville, TN
12x12 Anonymous	714/539-1246	Los Angeles, CA
Peace on Earth	301/604-7108	Maryland
Debate Place	713/451-6066	Texas
Cave BBS	804/424-4954	Virginia
Recovery	415/255-2188	San Francisco, CA
Karma/Dogma	515/288-7793	Des Moines, IA

— Bert 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 can submit your writing on a computer disk (either 800K Macintosh or IBM), that would be greatly appreciated. Please ensure that all IBM disks (either 5-1/4 or 3-1/2 inch) are formatted consistent with their physical density (i.e., high-density disks formatted high density; low-density disks formatted low density). Please submit all writings for the October newsletter by August 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.