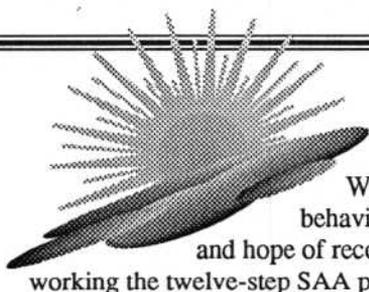


THE Plain Brown Rapper The SAA Newsletter

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October, 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

Imagination has always been a powerful aspect of being human. Many argue that without imagination, the world we live in would be a very different place — one with no progress, no creativity, and no beauty. That is all fine for others, but what of those whose imaginations create havoc in their lives? I am speaking, of course, of sexual fantasizing.

Sexual fantasy is part of our sexual being, and usually it is neither good nor bad. Yet, as with anything taken to an extreme or attached to an extreme, it can cause us to lose our sense of reality — an innocent glance can become a transport into another world where sexual excess prevails. That road, of course, leads directly past the boundaries many of us have set.

Those who are new to SAA often consider sexual fantasizing as an aspect of their lives in which the word “control” could never apply. Sexually acting out is one thing . . . phone calls and other tools are potent weapons against physically acting out. But avoiding a destructive mental image is like outrunning the wind . . . it is inconceivable to a new member how anyone could possibly recover from the many years and thousands of images implanted in his or her mind.

The good news is that the program works! We are powerless over our mental acting out, but we do come to believe that a power greater than ourselves can restore our imaginations to sanity. There is a Higher Power who can, with loving, graceful kindness, remove the potency of such images to where those images neither control us or rule our imaginations. Instead, we will find that images of beauty, love, serenity, and innocent excitement will replace the painful images of our addiction. As with all things, faith, trust, and patience are the keys. And the door is the entrance to the insight and playfulness of our imaginations.

What's New

This month's *Plain Brown Rapper* features (on page 2) the first of many discussions concerning areas of controversy within our fellowship. It is 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 are what determines and directs our growth. It is our hope that each topic will challenge the membership to consider and discuss these issues with their representatives.

This month's topic concerns relationships between the most prevalent sexual addiction programs (SA, SLAA, SCA, and SAA). The questions being asked include: should SAA strive to deepen its relationship with the other sexual addiction programs? If so, how far should this relationship go? You may find the two letters included in this issue helpful to you in deciding where you stand with these issues.

Toward a Group Conscience

Some Thoughts About the Twelfth Step

At the annual SAA convention in June, one of the items which stimulated much discussion was how much dialogue SAA should have with the other fellowships which focus on sexual addiction. I am writing in support of open-ended discussion with the other fellowships, based on my understanding of the 12th Step.

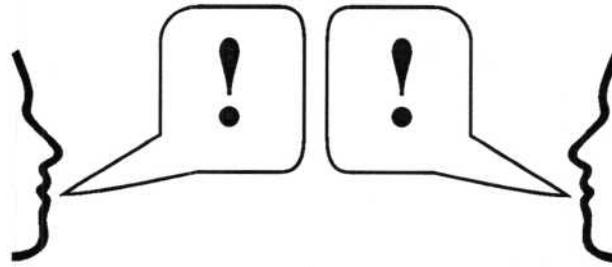
The 12th Step says that we will carry the message of recovery to the addict who still suffers. In order to meet our 12th Step obligation and carry the message, we in SAA need to be able to discuss fully with the other 12-step fellowships how jointly we can best attract the suffering addict. If our national office gets a call from someone who has just heard about SAA and asks where the closest fellowship is, what should that trusted servant say when the closest SAA group is 200 miles away and the nearest SLAA or SCA group is only 20 minutes away? It seems clear that exchanging information about interfellowship contacts is necessary, but what about discussion of (to go to the other extreme) mergers? AA, for most of their years, has been able to stay focused on helping the alcoholic in spite of differences among alcoholics. As a result, I believe they have been able to more effectively carry the message than if there were three or four different groups. We recovering sex addicts could better carry out our 12th Step obligations if we discussed ways to optimize cooperation with the other sex addiction fellowships.

Some former SA groups have been released by their national office because of differences over the definition of sexual sobriety. Is SAA an appropriate home for them? How will they or we know unless we talk to them?

If we are serious about the 12th Step, it makes sense to discuss merger possibilities. Obviously, any action on that prospect would have to be discussed and decided by each fellowship acting as a whole at the national conventions. But it seems time that we officially recognize each other and become serious about how to cooperate. Many of us cooperate at the individual level, going to both SLAA and SAA meetings. A few groups cooperate, alternating between using the SLAA book and Hope and Recovery. Some groups are listed with more than one fellowship in order to optimize referrals.

I understand that the Detroit area has a regional interfellowship group which allows for cooperation at a metropolitan level. I believe these are important explorations that need to be extended to the national and international levels. So let's encourage our national board as they talk with two of the other fellowships. An October meeting in Chicago is planned.

— John S.



Dialogue with the Other Fellowships

I support the will of the Fellowship in the goal of dialoguing with other sex recovery programs. However, I do believe that this goal needs to be approached very slowly and cautiously so that our program and

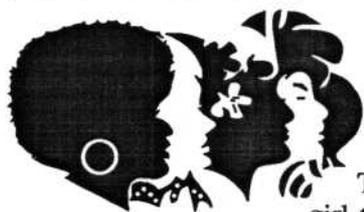
principles are not compromised in the process. I believe we need to start by openly examining several questions. I invite you to consider these for yourselves:

- Are the different programs treating the same addiction, or do the different approaches of each program fulfill specific needs that the other programs would not fulfill?
- What are the chief philosophical differences of these programs, if any, and how might incorporating these differences into our program harm the success of SAA recovery?
- Who will account to us, the members, as to what the differences are that exist?
- Do we have the right to know all about these differences before decisions about communication between programs are made?

Dialogue may prove to be useful in the long run, through shared information, but I am opposed to any merger talk and I am opposed to any shared literature or meeting directories because that would, in my mind, be an open endorsement of these other fellowships. Further, I believe it is gravely inappropriate to allocate hundreds of dollars in travel and other expenses to SAA representatives for their pursuit of dialogue, when other outreach programs, such as the prison outreach program, are seriously underfunded. I believe priorities are ill-chosen and should be immediately realigned to a more constructive goal.

I believe there are some critical differences between the four existing sexual recovery organizations and that those differences were created because of different recovery needs. While I can see the advantage of exchanging information as a way of making it easier for a newly identified sex addict to find a meeting, I don't see the advantage of blending or trying to blend philosophies and fellowship traditions or practices. To my way of thinking, the resultant conglomeration would not meet anyone's recovery needs — and ultimately the "mutt" language that would develop to communicate ideas without offending anyone would result in saying nothing.

— Elizabeth G.



Women in Recovery

Dear Father,

This is a letter from my little girl, the daughter you never knew.

I shook from fear when you were around. Hearing the muttered words of beatings and mutilations that was ever on your angry mind. I can still feel the white hot fear that flashed through my body when you turned and looked at me — with dead glazed-over eyes, stating some perverse, hideous thing you wanted to do to me. How could someone think of doing those kinds of things to any living creature?

There was no one to protect me, to help me understand, I was only three years old. I knew then it was too unsafe to be a child anymore — I abandoned that little girl, and became some one else — one who didn't need parents, guidance, dolls, or silly childish ways.

By age five I knew no one was trustworthy, no one would be there emotionally. It was a cruel and hopeless world I lived in. I yearned to find my "real parents" to take me away from this life I was damned to live. I had no answers — few five year olds do. Food did numb the fear, fantasy and masturbation helped escape the feelings. Fat caused more pain but fantasy and sexual pleasure never had negative consequences. It saved me from the crushing agony of living my life.

At thirteen, I had reached the end of tolerance of my family. I packed my bags and tried to leave. Father, you taunted me with words that no one would have me, that I had no money, no hope of anyone that would love me and want me. And if I left I would never be allowed back in. I made that terrible choice of staying in that life. I buried myself in school, work, sexual acting out with my boyfriend, and lots of speed to keep me going.

By sixteen, my only reason for living was gone. My boyfriend graduated and left for college. After two failed attempts at starting a sexual relationship with acceptable guys, I was beyond hope and tried suicide. Fortunately, that too failed. It was then that I knew I was addicted to sex. I tried sexual abstinence for two years. No one ever knew why my hands shook constantly.

Food, fantasy, drugs, and alcohol were never enough to cover the loss of sexual acting out. By nineteen I gave up celibacy and plummeted into a life filled with constant sexual acting out until age 28. At 29, I became friends with another female sex addict. She moved in and we had one year of abstinence from sexual acting out, and very little drugs, alcohol, or binging on food. It was through sharing our past and accepting and loving each other that allowed us to have a grasp at recovery from our addictions.

It was my lack of understanding of addiction that led to my next choice: marriage. He was to keep me sober, redeem my unholy life, never to abandon me, and be a constant source of sex. He was also a prescription addict, which meant a constant source of drugs. To cover the fear of discovery of my past life I binged on food — which threatened my marriage, raised abandonment issues, and decreased his and my desire for sex and each other. I joined O.A. for the weight and found a new acting out partner. I had years of romance, dining out, wine, and hotel rooms. I never allowed myself to have an orgasm with the "other man." I always had sex the same day with my husband, using the day's experience to make the sexual experience exhilarating. I was hooked on that cycle.

My bottom came when the best friend of my husband and I began the sexual ritual of frequent, long phone calls, then meeting away from the house for coffee, then drinks and dancing. It took almost a year before that night on the coast — because of so many people visiting, my husband decided the friend and I should stay in the room next door to his room.

That was it for me — getting caught was not my M.O. After reading *Women, Sex, and Addiction*, I found the number for S.A.A. headquarters. They had our local contact person's number. In May 1989, I attended my first S.A.A. meeting. In August 1989, I left my family and holed up in a hotel, wracked with incest memories. After a week I brought in booze and men. After a week of this, with the help of some S.A.A. members, I went off to treatment for sexual addiction. I only stayed one week — just enough to detox the drugs and alcohol out of my system.

I went back to my family. Two months later my husband filed for divorce. I was devastated. I survived because of wonderful people in S.A.A. and two to three meetings a day of any 12-Step meeting that was available.

May 1990, I celebrated one year of sobriety. July 13, 1990, I celebrated one year of being divorced. Life now is a celebration. In this past year I have accomplished many of my life's dreams. I have many new things to look forward to. I have new, warm, meaningful friendships, male and female. It's great.

My greatest regret is not being able to share this wonderful recovery with my family of origin. Denial/family secrets cheat us from truly living and loving.

Love,

Your Other Daughter

Letter from Clay

I was thinking today about all of you at SAA. Although I haven't been able to attend a meeting, I feel close to all of you. Everyone takes a vacation in the summer. Not my addiction. It's still with me and still going strong. I fell off the "wagon" and now I'm back on the road again. I have about one month's sobriety and each day that I struggle through is a victory for me.

Even though I fell off the "Wagon" — let me rephrase that: I walked off the wagon of my own free will — I refuse to say I quit. I struggle for my freedom and the controlling of my life and I will never say quit. I will fall, and maybe I'll fall many more times before I'm done, but I'll dust myself off and start all over again.

I've started reading the scriptures and I have found much peace in the Holy Word of God. Most of all, He promised me that He will never give me a temptation that I won't be able to handle. All I have to do is ask His help and He will be there.

I thank God for SAA. If it had not been for you, I would have never realized that there is help for me. Thanks for just being there. Have a happy and joyous day!

— Clay

Starting a Checking Account

Our group has been trying to get a checking account for quite a while now and have encountered nothing but problems. Well, we finally figured it out and would like to pass on the information to anyone else who has been struggling with this problem.

1. Call the 800 number for I.R.S. forms and request Form #SS-4 (Application for Employer Identification Number).
2. Fill out the form as follows:
 - Line 1 – The name of your group
 - Line 2 – NA
 - Line 3 – NA
 - Line 4 – The group's mailing address (preferably a P.O. Box)
 - Line 5 – The location of the meeting (optional)
 - Line 6 – County and State
 - Line 7 – A trusted servant's name and title
 - Line 8a – Check "Other Nonprofit Organization" and write "12 Step Group" in the blank
 - Line 8b – NA
 - Line 9 – Check "Banking Purpose" and write "Checking Account" in the blank
 - Line 10 – The date your group began
 - Line 11 – December
 - Line 12 – NA
 - Line 13 – Place zeros in all three boxes
 - Line 14 – Humane Purposes
 - Line 15 – No
 - Line 16 – NA
 - Line 17 – NoTrusted Servant must sign and date the form.
3. Call the number on the back of the form for the EIN office in your area. They will take the information from your form over the phone and issue an EIN number to you. The I.R.S. will then give you a specific address to mail your completed form.
4. Take the EIN number to the bank and open a checking account for a nonprofit group.

I know this seems convoluted, but it is the only way. The form is required in order to track possible nonprofit scams. For us it is only a necessary formality. The only possible downside to this is one person needing to break anonymity in order to sign the form. That will have to be left up to each person's conscience.

— Don M.
Treasurer, Lakewood SAA
Lakewood, WA

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: _____



The Child Within

It was at a retreat centered on the 12 Steps that I made an important connection. The speaker had drawn our attention to a book, one of the *Chronicles of Narnia* by C.S. Lewis, where Eustus, the boy, had been turned into a dragon. The lion, Aslan (Higher Power figure), had told him to bathe in the cool water and he would be a boy again — but he needed to undress. Eustus tried to remove the dragon scales four times, but each time they reappeared. Aslan said, “Just lie back and let me do it.” The dragon-boy was afraid as he lay there so vulnerable and saw the claws come close. A tremendous pain, like one he had never experienced before, was felt as the sharp claws sunk deep into the layers and they were torn away. The pain was unbearable, but he knew that he must lie still and let it happen if he wanted to be whole again. When it was over, he slipped into the water and became a real boy again.

As I reflected on that powerful image, I realized that my connection with God, my Higher Power, was tied up with my father . . . and it was my father who had incested me. I needed to change my image of God, because I was so fearful of God. Then Aslan said to me, “Lie still, and let me do it.” INSIGHT! I was powerless to change that image too! So I let go of it. Two weeks later, after a mixed SAA meeting, two men and I were sharing. One was rejoicing because he had just gotten out of treatment and his wife was coming home to live again. He also shared that he had started to make amends to his two young-adult daughters that he had molested. His face radiated sincere sorrow for what he had done in his addiction. I started to cry and was offered a hanky. I told them that it was as if my dead father was there trying to make amends to me. He offered me his shoulder to cry on and the tears flowed freely. He whispered, “I hope those tears are healing for you . . . because love casts out fear.” INSIGHT! My father’s image was being healed.

— Francie E.

Faithful Fiver and Trusted Tenter

The Faithful Fiver and Trusted Tenter 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 Tenter

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 _____

Attention SAA Groups!

PLEASE READ THIS ANNOUNCEMENT

The time has come for member SAA groups to update their registration with the NSO. With this newsletter, you have been provided a group registration form. Please fill it out completely so that we are supplied with accurate referral information. (Feel free to make as many copies as necessary; it is probably a good idea to keep a copy of what you send us for your own records.)

N.S.O. depends on you to provide this information and, most important, newcomers depend on you for this information.

Groups who do not update their registration will be included in the national directory, but they will clearly be marked to inform the members that the information is old and may not be accurate.

Note: This group registration asks for an additional contact person for each group. We have added this to improve the flow of information back to the groups, and to provide us with more contact options if your group mailing address becomes ineffective (closes or changes without notice). We encourage you to carefully read the group update form before it is filled out.

From now on, each member group will receive two copies of the *Plain Brown Rapper* (The PBR). One copy will be sent to the group mailing address and the second copy will be sent to the group contact person (alternate mailing address). **THESE TWO ADDRESSES CANNOT BE THE SAME MAILING ADDRESS.**

This is the most important thing we ask of your group all year.

THANK YOU,

— *The National Service Organization of S.A.A.*

Morning Prayer

The following prayer has been a help to me and I thought other people might find hope, strength, and grace in it too if shared in the PBR.

I also want to add that I found June's "Thought for the Month" encouraging (emphasis on recovery, gentleness, and grace attracted me to SAA in the first place), April's poem "I May Seem Crazy Sometimes" a welcome reminder to be gentle with other people (and a great poem), and April's "17 Characteristics of Sex Addicts" particularly helpful for newcomers wondering if they fit in (because it goes beyond our *outside* to our *inside* where the real person lives).

Father, I really don't know why these things are too difficult for me; but I have learned through much sorrow, misery, and pain that they most certainly are. No matter how hard I try to "feel" or "think" my way clear, I always end up overwhelmed and abused because they are just too difficult for me to handle.

Therefore, I ask for three blessings:

TRUTH: to show me what to reject and what to pursue.

GRACE: to carry me through from start to finish.

COURAGE: to keep me doing what deserves doing.

Father, thanks for hearing me, for being the best friend I have, for showing your love to me each day whether I notice or not.

— Roy K.
Tucson, AZ

Do you have a story, 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 November newsletter by September 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.