

Plain Brown Rapper

THE SAA NEWSLETTER



The purpose of the Plain Brown Rapper is to be a voice of the SAA Membership, published by and for those recovering from compulsive sexual behaviors. We strive to be informative, sensitive, and responsive in expressing the experiences, strengths and hope of recovering sex addicts. Unless otherwise noted, the content of the PBR reflects the opinions of the writers and editors and not necessarily of the National Service Organization, the Literature Committee, or Sex Addicts Anonymous as a whole.

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State of Fear, State of Grace

As I write, I'm sitting in my easy chair, and I'll give you a quick glance around the room: my wife Carol is beside me on the couch with her feet up, reading a magazine, with our living area at one end, and our dining area at the other, a soft, grey carpet warms the floor and I can hear the furnace kick on cozily. I feel utterly content and at home, knowing that peace seems to reign in my life now. I push back my recliner and close my eyes for a minute and then— flashback.

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No Safe Umbrella

In May 1991, my friend and I attended the S.A.A. NSO convention as roommates and delegates. Even though I had been in the program for 15 months and had one year of sobriety, I wasn't absolutely certain that I would not act out or slip because of the cunning, baffling and powerful nature of this disease. So prior to the convention, my friend and I had each set up a sexual awareness plan, or "safety plan", designed especially for the convention. One of the items on the plan required us to touch base with each other each hour throughout the day if we were not together. We kept this commitment. However, since neither of us were psychics, (and still aren't) we did not foresee all problems. Consequently, I found myself in more than one slippery situation.

At dinner that first evening, I met a man to whom I was very attracted and I admitted this to myself and to my roommate. Because of my addic-

tion, I knew I had to be careful around this man. I sensed that he was also attracted to me (uncanny ability we sex addicts have). He and I had vegetarianism in common so we had something to talk about during dinner and a basis for further conversation. Later that night my roommate and I went to fellowship. I saw the man I was attracted to and we began a conversation. My roommate was not sitting with us but was nearby. After a while, she let me know that she was going back to our room. The conversation I had become involved in rapidly became more intense and more intimate. I found myself answering questions which were very specific about my acting out behaviors. I began to feel more and more uncomfortable about the situation and felt myself sliding downhill, but continued answering the questions. Before I got to the bottom of the downhill slide, I finally heard my inner child

screaming at the top of her lungs. I

told the man that I had an agreement with my roommate and that I needed to join her back in our room. He walked with me toward my room and asked if he could have a hug. I knew this was slippery, but I agreed. Fortunately, each of us had enough awareness and recovery that we were able to exchange the hug without being inappropriate. Before we went our separate ways, the man told me he was on his way to a marathon S.A.A. meeting and wanted to know if I'd be there. I said I'd have to think about it. When I got back to my room, my roommate listened to me while I talked about going to the meeting. When I finally got honest with myself and knew that the only reason I wanted to go to the meeting was to see him, I decided to stay with my roommate and get a good night's sleep.

I processed this experience with my roommate and another woman and came to the conclusion that I had been "hooked". With their loving

support, I was able to confront the man the next morning on his behavior from the night before. He got honest with himself and with me and made amends to me for questioning me inappropriately. From this confrontation I gained strength and self respect.

I continued processing for days, and I realized that I had assumed that I was under an "umbrella" of recovery at the NSO convention. My faulty thinking led me to believe that the weekend was one huge twelve step meeting; because I was attending a national convention on sexual addiction I was automatically "safe"; everyone attending the convention was working their program and had strong sobriety and strong boundaries. I was wrong! I learned a lot about myself and about recovery from this experience at the convention: boundaries were (and still are) crucial to my recovery; having a loving friend and support system proved vital to my abstinence and boundaries; and my convention "safety plan" was an extremely valuable tool.

Dee A. • Houston, Texas

25 CENT MOVIE

In a movie I can see
A man and woman pretending to be
Lovers in the height of lust.
Drop in another quarter? Yes, I must.

The leading lady removes her dress.
Another actress who says "Oh yes."
More body parts to see,
Another moment's loss for me.

As I sit here in this booth,
Where am I really? Tell the truth.
Isolated from any friendly face,
In earth orbit, out in space.

Movie after movie, it gets later and later.
I'm both victim and my perpetrator.
I am responsible (though it hurts to hear it)
For the crucifixion of my spirit.

One last movie I'd love to see
Has two new actors, God and me.
"Will you heal me?" I ask, for my part.
God says "Oh yes!" and heals my heart.

Anonymous

National Office Phone System has Changed !

Planning to contact the S.A.A. national office? In an effort to save a lot of money (\$100 a month), while still providing responsive service, the national office has switched to a new call routing phone system which is now in use during the times when the office is not open or when calls can not be taken.

For your information, regular office hours are from 11 to 4 Central Time on weekdays. During regular office hours calls are answered live, which means no more keypad punching for the frustrated and finger weary. Our main number will continue to be (612) 339-0217. The other number that has been circulated (612) 871-1520, is the phone number for Twin Cities SAA Intergroup, so please do not use this number expecting to get the national office.

The office now has the facility to send and receive a Fax. To send us a Fax call us before or after hours; when you hear the voice answer press 22 and then your Fax may be received.

1. New call routing phone system is in use after hours.
 2. Office hours: 11:00 a.m. - 4:00 p.m. CST, on weekdays.
 3. During regular office hours, calls are answered in-person.
 4. Call SAA (612) 339-0217, not (612) 871-1520.
 5. To Fax, call outside office hours and press 22.
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Rap Around

News from around the fellowship. Submit yours today!
Fourth Annual Iowa Retreat
March 5-7

It is to be held at Camp Abe Lincoln, Blue Grass, Iowa from 7 p.m. March 5th to Noon on March 7th. The registration fee is \$45 (\$35 for those arriving on Saturday). Our theme this year is "Living the Solution." Registrations should be sent to the above address and must be received by February 19th. Questions may be addressed to Alex (319-372-5824), Gary (319-355-6539), or David (319-326-3288).

Step Three

*Made a decision
to turn our
will and our lives
over to the care of God
as we understand God.*

This step involves getting in touch with some wonderful concepts, helps us focus on inner direction and creates the opportunity to eliminate some of the impediments to achieving sexual as well as emotional health.

Made a decision ... implies that we can empower ourselves by making decisions and choices about our lives instead of permitting the winds of our desires to determine our course. We can be decisive by exercising our personal power, thus creating a foundation for future decision making which in turn strengthens our courage and fortifies our resolve.

Oftentimes addictive behavior is characterized by non-thinking, non-decisive conduct. We anesthetize ourselves by obstructing the conscious part of us that would compel us to see our actions in the light of reality. However, we can change this by being decisive about our will and our life. Repetition of a positive decision making process will foster healthier choices in all aspects of our lives.

...to turn our will and lives over... is a statement that encourages joyful surrender to our Higher Power. We are free to unburden ourselves of spiritual and emotional baggage while replacing what has weighed us down with what will lift us up. Often we are afraid to surrender because we believe that surrender means we are becoming weaker and smaller. However, surrender could be viewed as replacing an older heavier identity for a newer, higher and lighter identity. Surrendering our lives and will now becomes not only possible but desirable.

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...to the care of God... alludes to trusting that God will not abandon us and instead will care for us. Actually we often practice placing trust for our lives in the care of others like mechanics, doctors, lawyers, counselors, co-workers and family. Yet, there is a tendency to not want to trust our lives to God because we want control and are afraid of losing self-mastery. But if we can place trust in those with whom we deal with on this material plane, our trust will return even more fulfilling rewards when we make that subtle shift and direct our trust to the spiritual plane.

...as we understand God.... and I purposely use the present tense *understand* instead of the past tense *understood* because how we view God at this moment is most important. Being in this moment and having faith that there is a God will help us to feel that someone is willing to share the burden of our humanity.

We are not isolated and destined to struggle without support.

For those of us who are struggling with the painful realization that we are sexually addicted, it helps us to know that we can have God power on our side. We can have an emotional understanding that there is a God who understands; we have freedom to gain and loneliness to lose.

Step Three speaks to us of empowerment, surrender, trust and knowledge. Each one of these concepts can enrich our lives when applied to our program. They instruct us in differentiating between self-empowerment and controlling others. They give us clues about how to exchange burdens for bliss during surrender. They show us how to be free to make willfull choices while acknowledging that there is a God who will guide and protect us.

Fred J. • Mpls.

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Footsteps sound hollowly in the hall, coming nearer in the semi-darkness. A door rattles, and the steps come closer. An officer pauses at the tiny window of our cell and gives the door a rude shake. Then he passes on and I breathe again, realizing it is only the midnight guard change.

I take huge gulps of air to choke back the hysteria that comes upon me.

I glance at my watch, then remember it is gone, and I am not to know the time. The big, burly guy in the bunk above me turns over, and I hear him swear at the guard. I lay silent, scarcely breathing, willing him to go back to sleep. Soon I hear him breathing deeply again and I lay relaxed. Then the old fear comes flooding over me, making me squirm on my thin mattress, I take huge gulps of air to choke back the hysteria that comes upon me.

Will this be it? Will they call my number this morning, to ship me out to my permanent prison, to unknown horrors to numerous desperate men? The fear of the Unknown- I feel a tremendous pressure- the Unknown, with glimpses of it through the gruesome stories of other inmates, horrible glimpses in my own nightmares and imaginings! I pass out, only to come to again to the harsh voice of the Corrections Officer calling out the numbers on the shipping out list with monotonous regularity. I find myself sitting bolt upright in my bunk, straining to hear the numbers, yet willing my ears not to hear them. As I struggle, I realize the Death List has ended, and my number was not called. I sink back to my pillow, with the blood pounding in my ears.

I come back to my easy chair again, to my new world where I am free again to decide my own future, and where I know what will happen from day to day. I think back over the day, to going to church and hearing the Word of God read, and receiving strength from it- new

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strength to live up to my present sobriety goals, to being faithful to my wife, even in my thoughts. As I ponder on these subjects, once again I close my eyes, and remember former times. It is church time again, even the same church and the same minister, yet under completely different terms. I am sitting on my bench with my eyes downcast, listening to the Bible being read, when a certain passage of Scripture cuts me to my very soul: "*But whoso shall offend one of these little ones which believe in me, it were better for him that a millstone were hanged around his neck and that he were drowned in the depth of the sea! Woe unto the world because of offenses; for it must needs be that offenses come, but woe to that man by whom the offenses come!*"

Though my eyes are fixed on the floor, I can feel the minister's eyes upon me. I know the words are directed at me, and I cringe upon my bench. I feel the shadow of my sin has surely darkened me and that everyone can see my

wrong, and I feel utter and complete despair. I feel that I am staring directly into the eternal flames of hell, and I know not where to turn. I'm living a life of hypocrisy, the worst sin there is.

**I am a new person
with a clean slate
before me.**

I wake again from my flashback with a sigh of relief; those memories of the awful burden of guilt I carried are all too clear. Nonetheless, they are behind me and I am a new person with a clean slate before me. What appears on that slate is what matters now not what has already been on it and erased. I have confessed my sin, paid my penance, and now I am a new person. The world is before me, my life has been brought back from the depths, and, with the help of this group and my God, I will never return to those depths again. I feel like I am on the right path and I will do my best to stay there.

Anonymous

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Yesterday's Gone & Tomorrow's Not Here Yet

"Hi, I'm Tom and I'm a sex addict." The first time I said these words I broke down and cried. It was then that I realized what being an addict felt like. I come from a very dysfunctional family; my mother and step-father are both recovering alcoholics and alcoholism was a factor in my father's suicide.

I have felt particularly dirty because of the nature of my addiction and its consequences. I am a bisexual pedophile. I also felt dirty because my great uncle is a pedophile who has molested several female members of my family, including my mother. I am now 22. I really believe that my Higher Power was looking out for me as I have never been arrested for my behavior (although, sometimes I wish I had been). Since the beginning of my addiction I've engaged in clearly illegal behavior and have even

turned myself into the police for one of the incidents.

I have been an active member of S.A.A. for two years now, and it has changed my life for the better. It is in meetings I feel most secure and comfortable talking about my feelings. I feel a sense of acceptance that I've never before felt. People say that pedophilia can never be cured. That is true. No one can change their sexual preference. However, that is no excuse to act out. People CAN change their actions. I know, because I have changed mine. I no longer act out sexually with children, nor do I put myself in situations where I could.

Since my recovery began, I've told my girlfriend of my addiction. I felt she should know because we are very serious about our relationship. It was difficult though, because I

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didn't want to lose the only physically mature girl I would ever care for. Well, we're still together and planning a wedding after my college graduation. My recovery has been a continuous roller coaster ride, but for me it's part of Life. I

take the good times as well as the bad, one day at a time. Yesterday's gone and tomorrow's not here yet. Thank you S.A.A. and my Higher Power for giving me back my life. And thank you my beautiful girlfriend for believing in me.

Thomas B. • Las Vegas, NV

Michael

Dear Michael, come out from under the bed
You need not hide there anymore
Come to my arms dear Michael, and
Let me dry your tears, dear one.

Too long have you cowered in the dark
Too many nights have you cried in the shadows
So long you have waited for an angel
To quiet the demons and calm your heart

Allow me to hold you near until you stop shaking
Listen for the beat of my heart against your heart
Hear me whisper your favorite song to you
Feel me wrap my arms around your shoulders

Never again will your pillow be wet with tears
No night will find you alone with your fears
I will always be here when day is done
To comfort you when darkness comes

Michael • Minn.

CROSS TALK

A forum for response and opinion.

I would like to offer the following response to the on-going discussion about "felonious behaviors." I equate felonious behavior with child molestation, rape and incest. Although there may appear to be a general, societal consensus about the legality, morality and definition of the above behaviors, this is in fact not the case. For example, in Georgia a man of any age may have consensual sex with a girl as young as fourteen. Is age fourteen too young? Is this molestation? Most would answer in the affirmative. Yet, under Georgia law no crime would have been committed.

Perhaps an admitted rapist seems to be a proper target for group intervention. But under a criminal justice system that is frequently unable to determine that a rape has occurred, especially in "date-rape" cases, group conscience would have to stand outside the law and act as judge and jury towards a fellow member.

A currently popular case of alleged incest serves as an example: Would group conscience judge Woody Allen guilty, before the courts have a chance to reach a verdict? In order for groups to confront over these legal issues, group conscience must be assumed to be better equipped to adjudicate them and mete out proper intervention than is the legal system. This is a dangerous stance.

As for HIV-positive anonymous sex, I offer the following question: Is it better for an HIV-positive addict with tendencies toward anonymous sex to continue coming to meetings, staying in recovery and maintaining at least some accountability or to be scared away from the program, out of fear of group reprisal and perhaps wind up back on the streets?

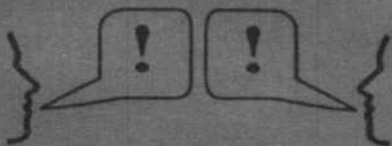
I offer these examples because appeals to uphold the Traditions tend to fall on deaf ears.

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**Your meeting
may not allow cross talk,
but we do.**

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Apparently there are those who feel that vigilantism is a proper and appropriate stance for a group to take in judgement of fellow addicts. Nevertheless, I remind us all that the foundation of everything for which we stand is anonymity and that we must maintain anonymity by taking no stand on outside issues.



Breaking even one addict's anonymity because of a paranoid, codependant interest in outside criminal justice issues is to destroy the very foundation of this program. Furthermore, if we truly believe, "Each group has but one primary purpose: to carry its message to the addict who still suffers". then none may be drummed out — or turned in.

Dan E. • Atlanta, GA

To dance or not to dance:

Another Perspective on the 1992 & 1993 Conventions

I would like to address the issue of entertainment for the 1993 SAA/COSA Convention in Louisville, KY. There was a dance at the last convention in Tucson, AZ. I was surprised and excited that there was one. I was surprised because I know there were some people who had sexual issues around dancing. I was excited because I am not one of these people and I enjoy dancing so much. Dancing is an expression of myself, just like my poetry. I had so much fun dancing with my friends who were there. We laughed, played and enjoyed each other's company. I would like to have a dance again in Louisville. I think a good compromise would be to have an alternate activity for those people who feel uncomfortable being at a dance.

Dee N. • New Orleans, LA



A Sioux Word for Buffalo

My pen name is Tatonka- a Sioux word for buffalo, that means "One who walks with God". Anyway, I got my last PBR and as always, I get help from it. I'm a sex addict and have been for more years than I can count. I'm a homosexual (not active), into pornography, phone sex and masturbation. I'm not proud of all this, it's a long hard battle. Acting out has always been a problem for me, but I'm coping better lately. I finally realized what I was doing was not normal behavior. I thought all men were like me.

I'm Catholic and very active in my church. I've not been able to partake of the Sacraments because of what I've been doing. I wish I could be more active in my church. I wish I could be a Eucharistic minister or deacon, but until I can control my compulsive actions, I can't. I haven't been to confession or communion in years, although I'm active in the church even though I feel I

can't sacramentally be a part of it. As I struggle along, you all need to know that I need your prayers to keep me going.

Many Easters I've knelt at the altar of God and asked "Why me?" and left before Easter Mass was over because I just couldn't bear to be there and not receive communion. I'd go home and cry, it hurt so much! My masturbation and acting out control me to my very soul. I don't like it that way, but that's the way it is.

It would be helpful if you could add a section to the PBR for those of us who don't have an S.A.A. meeting nearby, but who want to be free and sober. I've prayed for guidance and asked the Lord to help me. Maybe if I could get some control, maybe someday I could use my experience and serve others. Thanks for listening and for just being there.

Clay R. • Minot, N.D.



*Articles from or about
those of us who have
been imprisoned
on account of our
sexual addiction, with
the understanding that...*

We're All Doing Time

It was one year and one month ago, Jan. 1992 Edition, that I reported we were putting meetings on in Michigan prisons. Well, a lot has happened since then. I'm happy to say that prisons are asking to have people come in and put on SAA Meetings and what a rewarding experience it is to do this. I was told I had to give this program away in order to receive it, and how true that has been for me. The men in prison WANT this program very much, so it works out great for all involved.

We now have Mark N. as a Michigan Intergroup Prison Outreach Rep. for our state. He has been doing a great job and loves to do it. Mark has a group working on prison outreach and by the time you read this they should have meetings going on in four different prisons. Keep up the good work, to all of you involved.

Getting closer to my home group, the Flint SAA Group now has John W. as a Prison Outreach Coordinator. This group has been very active in writing to people in prison involved with Criminal Sexual Conduct. This group has been delegating names out to others who want to write and we are now down to about twenty-five people in prisons throughout Michigan. So, I'm happy to say that John W. will be taking care of this project. John W. will also be corresponding to Mark N., our State Rep, and Mark will be in touch with Gary L. who is our National Prison Outreach Rep. I thank all of you for doing such a great job. Thank You ALL.

Your Great Lakes Representative,

Arnold D.
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Mt. Morris MI 48458