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# 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*

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## Fare thee well

It is with a deep sense of regret that we at S.A.A. must acknowledge the loss of Douglas as our office manager and official spokesman for our recovery program. Douglas has been a mainstay of dedication, commitment, and a boon to the beauracatic and networking processes that have bestowed a genuine air of professionalism upon our fellowship. Douglas has been a motivating force behind our two best pieces of literature, "Exploring Healthy Sexuality" and "Getting Started in Sex Addicts Anonymous", having contributed their initial idea and drafts. He has also devoted enormous amounts of time to bolster up a framework for our organization.

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## LETTERS

# It WORKS

Thank you everyone for being there.....

I am writing this letter after receiving my PBR in the mail yesterday. Thank you for putting together such a beautifully written paper. It's a gift from God - as is each and everyone of you... Thank you! I'm Josie K. and I'm a thankful, recovering sex addict. I'm in my second year of recovery and my life has made a dramatic turn for the better.

April 18th was a very big day for me and my fellow outreach friends. We were blessed to partake in the first prison outreach for women at the Florence Crane Facility

in Coldwater, Michigan. I can't explain the wonderful feelings I felt for each volunteer... Barb K., Gail, Roberta and Cheryl.

We entered the room of ladies with them all wondering what they were doing there and what we were all about. We twelfth stepped seven women in all and each and everyone shared their personal story. It was moving beyond words.

I want to thank Terry Hoffman for all of her effort in helping us establish the first S.A.A. meeting for incarcerated women in the country. Without her belief

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in our program; and her willingness to listen to our sincere belief that this fellowship will help those who are in need of our program within the confines of a prison.....it would never of happened.

This letter is also going to be a step in my recovery — writing this helps me to believe in myself. Doing 12th step work is so rewarding when you realize the change it can make for others and yourself. I felt so great inside. My inner child was actually smiling and feeling good about herself for the first time in a long time.

For those who are interested in prison outreach in Michigan please contact me at (616) 677-5979 or write in care of our Box #. I hope to see a growth in our fellowship to women addicts and to share our recovery with anyone who wants Hope and Recovery. It WORKS !

Thank you everyone for being there when I needed you.....When I thought I was drowning.....my Higher Power, through the 12 Steps.....showed me I could swim.

Josie K. • Grand Rapids, MI

**...when I work it!**

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*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



Dear N.S.O.,

I was first introduced to the concept of recovery through the twelve steps, by my treatment coordinator while I was an inpatient at a facility in Katy, Texas. There, I was given a copy of Patrick Carnes' "Out of the Shadows", and was told by the treatment staff that I was sexually addicted, in addition to being chemically dependant. Over a period of the next two weeks, I went through intensive treatment for my dependance of alcohol as well as other chemicals. When I

learned that the chemicals were, for me, only a symptom of my primary disease of sexual addiction, I felt extremely hopeless and helpless, until I was released and began attending the S.A.A. meeting in my town. At that time I was 37 years old, married for the fourth time, had no children and no direction in my life.

As I began to work the steps of the program, I was able to trace my sexual addiction back to my earliest memories as a very small

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*More Dictionary  
Definitions*

**Addict:**

to give over; give up; surrender; to attach oneself as a follower to a person or adherent to a cause; to apply or devote (as oneself or one's mind) habitually; give oneself up or surrender oneself as a constant practice; Habituate, Devotee; one who habitually uses and has an uncontrollable craving for an addicting drug; one showing zealous interest; an enthusiastic devotee.

**Addiction:** The

compulsive uncontrolled use of habit forming behavior beyond period of need or under conditions harmful to society; enthusiastic devotion, strong inclination or frequent indulgence.

Fred J. • Mpls., MN

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# RECOVERY • CHANGE GROWTH NO GROWTH • NO CHANGE NO RECOVERY

Few of us in recovery would argue the above statement. Especially, perhaps, those among us who have made some progress, slipped back, then moved ahead again, and persist by letting our Higher Power carry us progressively toward new, daily growth.

When I first came to the program over three years ago it was because I needed change in my life, change in my behavior, change in my thinking, change in my relationships, and even a little change in my pocket. Statistically,

many of us have been down the trail of broken financial dreams, along with all the other brokenness in our lives.

I, and others new to the program, could hardly put a half-a-buck in the hat when it was passed. And many of us, angry with life in general, gave even that, begrudgingly.

It was not until some recovery started taking hold that we saw some new light, and the promises were becoming more visible, even the one about financial worry. And

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we got up to buck-a-meeting. We heard about Tradition Seven about being "self supporting". We heard about Tradition One: S.A.A. Unity must come first, then individual welfare, so our group(s) sent a few bucks to N.S.O. from time to time. Some of us even had a little "change" to spare once in a while. So did the group.

As we expand our numbers, the needs of N.S.O. and S.A.A. expand, in order to provide resources to each of us, and our groups to carry out the work of Step Twelve, the outreach of attraction to those who still suffer.

N.S.O. IS THEREFORE, CHANGING, GROWING. As the work increases in the N.S.O. Office, on the N.S.O. Board, on the N.S.O. Literature Committee, and other

areas of service, so increases the need for "CHANGE". In more ways than one.

In order to keep up the paperwork of finance and budget, creation, drafting, printing, and mailing of the P.B.R. and all the other brochures, books, and printed literature, the Board authorized the purchase of two computers this year. Because of the added work load, it is imperative that more help is authorized for the office.

In order to more equitably distribute travel costs for Trusted Servants of N.S.O., the policy of gathering funds from local groups and intergroups for Trusted Servants from that area, will be changed so as to spread those costs to all from the general fund travel budget. For some

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groups who had no Trusted Servant close enough to plead for funds, you may not have borne much previous costs. For those who had one or Trusted Servants from your town or area, you may have carried a larger share of the burden. Some Trusted Servants have donated a good portion of their expenses, or just traveled at their own expense. What this means is: N.S.O. needs a little more "CHANGE" in caring for our "self-supporting" activities.

Forgive me for not giving you more specifics at this time on the financial situation. I will be putting a computer program together for future budget and financial and will make this information available to all through the P.B.R. and other mailings. For now, we have sufficient to pay bills and about 1/

3 of a one month's operation in reserve fund. It's not much of a buffer but with your added support, we look forward to stabilizing our economic program to match the degree of RECOVERY/CHANGE/GROWTH.

God Bless you all ! Keep coming back, it works !!!  
Treasurer, N.S.O. of S.A.A.  
Robert S. • Fox Home MN

*"For some, sex leads to sainthood; for others it is the road to hell. In this respect it is like everything else in life - a person, a thing, an event, a relationship. All depends on one's point of view ..... if there is something wrong about our attitude toward sex, then there is probably something wrong about our attitude towards bread, money, play and work. One can best have a good sex life if he/she has a clear healthy attitude toward all other aspects of life."*

Henry Miller



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## Intergroup Close-up : Indiana

The PBR highlights and recognizes intergroups on occasion as part of our wish to connect the fellowship with the regional representatives of S.S.S. Knowing that each intergroup needs to be a creative force for many different reasons, we hope that the sharing of this creativity will assist us all in the process of recovery.

Indiana Intergroup was founded in 1985 as a response to the growth of meetings and the increase of requests for a voice in the larger, national S.A.A., and also because of a need to unify a large and diverse geographical area. This first effort at state wide unity lasted four years until 1989, and for a variety of reasons, Intergroup did not meet again until 1991.

During this time period, the Indiana fellowship re-evaluated the need for the presence of an intergroup and decided to begin again with renewed energy. A former member of the Board mentioned that the struggle to keep an intergroup progressing is similar to recovery— some steps forward and some time to reflect and then continue onward.

Indiana has ten statewide meetings with one for men only, one that is open and rest mixed. They are attempting to increase female participation as women are currently 10% of the membership. The newly elected Intergroup officers are planning wider information campaign to boost membership through a mailing to counselors and clergy, establishing a prison outreach program, an information phone line, public relations efforts and increased social activities.

Congratulations Indiana on keeping it going! We wish you success.

Fred J• Mpls.

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## •Twelve Steps •

# An Alternative Approach

*The traditional and effective twelve steps have been used as a model for many people and many different forms of recovery from undesirable behavior. We offer this reprint of an alternative approach for those who are still struggling with the word or concept of "God", and for those who have a need for another tool to enhance their recovery.*

1. Admit we are powerless over other people, random events and our own persistent negative behaviors, and that when we forget this, our lives become unmanageable.

Principles: **Insight, Honesty**

2. Came to believe that spiritual resources can provide power for our restoration and healing.

Principles: **Hope, Faith**

3. Make a decision to be open to spiritual energy as we take deliberate action for change in our lives.

Principles: **Decision, Acceptance, Action**

4. Search honestly and deeply within ourselves to know the exact nature of our actions, thoughts, and emotions.

Principles: **Self-examination, Personal honesty, Self-acceptance**

5. Will talk to another person about our exact nature.

Principles: **Trust, Personal integrity**

6. Be entirely ready to acknowledge our abiding strength  
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and release our personal shortcomings.

Principle: **Willingness to change**

7. Work honestly, humbly and courageously to develop our assets and to release our personal shortcomings.

Principles: **Personal responsibility, Involvement in change, Courage, Humility, Self-discipline**

8. List all people we have harmed, including ourselves, and be willing to make amends to them all. Be willing to forgive those who have harmed us.

Principles: **Compassion, Personal honesty, and Accountability**

9. Whenever possible, we will carry out unconditional amends to those we have hurt, including ourselves, except when to do so would cause harm.

Principles: **Compassion, Change, Honesty and Responsibility, Forgiveness,**

**Self-discipline**

10. Continue to monitor ourselves, to acknowledge our successes and quickly correct our lapses and errors.

Principles: **Perseverance, Integrity**

11. Increasingly engage spiritual energy and awareness to continue to grow in abiding strength and wisdom and in the enjoyment of life.

Principles: **Openness, Connection to life and spiritual resources**

12. Practice the principles of these Steps in all our affairs and carry the 12-Step message to others.

Principles: **Commitment, Self-discipline, Service to others**

*\*from "The Alternative 12 Steps: A Secular Guide to Recovery" by Martha Cleveland Ph.D. & Arlys G.*

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the conclusion of

# Beyond My Wildest Dreams

.....The men and women of S.A.A. told me that they too experienced difficulty in the beginning, but that I would find my way if I just kept coming back. I did...and I listened. I got a sponsor and I shared with him stories of my past. There was great release in doing this for it lightened the load that I carried and that kept me trapped in my sickness. I discovered more than ever before that I was the victim of my disease and that I was not alone. I was sick and would need to take my medicine—that medicine was prayer, SAA meetings and the fellowship of new-found friends I was meeting in recovery.

I learned how to establish boundaries for myself and to give myself leeway to adjust to them. At first, I wanted only to stop the most violent and harmful practices in which I indulged. These practices included sex in bathhouses, sado-masochistic

scenes and sex in adult bookstores. With help from the program, it has been over four years since I have participated in those behaviors. The program is working and my boundaries have since been expanded.

I have also discovered through membership in Sex Addicts Anonymous and through listening to other recovering sex addicts that recovery does not mean giving up sex entirely. Instead it means learning about and participating in healthy and nurturing sexual relations.

The "Big Book" of Alcoholics Anonymous, page 69, addresses the topic in this way:

"Now about sex...Many of us needed an overhauling there. But above all, we tried to be sensible on this question...We reviewed our conduct over the years past. Where had we been selfish,

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## DREAMS from Page 13

alone. He is always with me and for that I am grateful. I can pick up the telephone, I can go to a meeting, I can pray and I can share my experience, strength and hope with someone who is suffering as I once suffered. The resulting "conscious contact" I experience with my Higher Power keeps me sober.

Each day when I awaken, I ask that Power to use me as He sees fit. I remember who and what I am and I do the best that I can do with the tools and the grace He has given me on that day. For me, it is the formula that works.

Sex Addicts Anonymous has helped me to develop a faith and a trust in something where none existed before. It has taken me on a spiritual journey and given back to me the gift of my mind and the gift of my life. Through the magic of the twelve steps and through the love and fellowship of others who have helped me along the way, I am more alive and happier than I've ever been before. I am not perfect and there is still much work to do, but today I have the chance to do it—for I believe that

God loves me exactly as I am and that He truly has in store for me a purpose for living.

Even on those days when I fall short of my expectations, I keep coming back. I have to, for it is too difficult to stay out there. I have better come to accept my humanness and sometimes even welcome my mistakes. I believe it is through those mistakes that I learn to lean on the supportive arms of my Higher Power and my fellow addicts. It is also through the action of right living and trust in the process called "recovery" that I am learning and growing—and it is through acceptance of life on life's terms that I've gained a new-found hope. Life for me is better now than I could ever have imagined; it is indeed "beyond my wildest dreams."

John A.

*We solicit your comments and letters on this story and on other personal accounts published in the PBR. We are seeking honest, heart-felt stories about addiction, life and recovery. Please submit before the 15th for consideration in the next month's issue.*

*Thank you. PBR Committee,  
P.O. Box 3038, Mpls., MN*

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dishonest, or inconsiderate? Whom had we hurt? Did we unjustifiably arouse jealousy, suspicion or bitterness? Where were we at fault, what should we have done instead...We subjected each relation to this test—was it selfish or not? We asked God to mold our ideals and help us to live up to them. We remembered that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed." These were the words that would become the foundation upon which my recovery is now built.

Today I ask the God of my understanding to help me live as I have come to believe He wants me to live. I am gay, an alcoholic, a drug addict and a sex addict. I cannot change that...and I've learned that I don't have to. Instead, I believe that God, in His infinite wisdom, has given me these things for a reason. When I doubt that, I only have to review my past. I was once a worthless shell of a person who knew only hardship and desperation. Today I am richer on the inside than I

ever dreamed possible. I no longer have to fight to stay sexually sober. Instead I give my life to that "Power greater than me" a day at a time—even a minute at a time, if that's all I can handle. No amount of wishing and no amount of willpower can prevent me from acting out if that is what I choose. I have to surrender to something stronger and more capable than me...and that something is the Higher Power I choose to call God. I must also to stay out of the way. When I do these things, the results are miraculous.

My life is not without its share of difficulties today. In fact, I probably have more on my plate now than I ever did before—for I live each day with the virus that causes A.I.D.S., HIV. But I take great comfort in knowing that I am sober and I am living a sexually healthy life. God, as I understand God, is teaching me through the twelve-step community how to live life and accept life on life's terms. I have only to realize that no matter what I must endure, I do not endure it

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child. I was truly amazed to find that the explanation for my life-long suffering is one that sadly, has also impacted many other people: I was not alone. What brought me to the treatment center was that I had been arrested for being sexual with my niece who was fifteen years old at the time. I had previously been convicted, in 1976, in my home state of Arkansas, of a felony offence which was not a sexual offence. However, the state of Texas used this prior conviction to upgrade the Class B felony of sexual assault of a minor to a class A, which carries a sentence of 5 to 99 years in prison. I was found guilty and the jury sentenced me to 99 years.

I am making progress in my recovery, more than the other offenders at this jail, perhaps because I have had over a year and a half to get to know other recovering individuals who are more than willing to corespond with me on a regular basis. I will continue to corespond with the N.S.O., and hope to be

instrumental in getting a program of recovery through the jail chaplain started here. Sincerely yours,

John G. • Liberty, TX

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## Zen Parable

Two monks came to a stream. There stood a girl unable to cross the stream. The first monk unhesitatingly offered assistance and carried her across. The monks continued their journey in silence. After a long while the second monk asked the first, "How could you touch that woman, when we made vows not to even look at a woman?"

The first monk replied, "I left her back at the stream, but you seem to be still carrying her."

Anonymous

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## WELL from page 1

Douglas has become the first contact for many in S.A.A., literally the fielder of thousands of phone calls, not all of which have come from sincerely committed recovery candidates. Many of these callers have been extremely inappropriate and nonetheless they tapped into his tremendous resource for identifying with people in their addiction. He has offered the quality of connection that can and has inspired many to discover the path of recovery. Douglas has also lightened our hearts with his humorous and irreverent side and has brought the house down with his uncanny way of both abating and feeding controversy. For example, once in the heat of active debate over two versions of "How it Works" Douglas rose to deliver his earnest opinion "I'm in favor of the hardcore pervision..."

In a few words what has Douglas given to S.A.A. — an immeasurable quality of dedication, professionalism, integrity and caring. He's positioned himself as an incredible recruiter, an outspoken and fearless force for positive

change, and become an S.A.A. zealot of the dearest kind. Paid office management? Perhaps—but then Douglas by far transcended any possible monetary compensation. He clearly went beyond anything that could have been asked or expected. His tireless dedication to fundraising and money-saving applications have furnished a climate in which S.A.A. has flourished and increased by at least tenfold.

One woman who had a bad experience at her first S.A.A. meeting dismissed the thought of recovery for a year afterward, until she later called and made a connection with Douglas. Of him she said, "Somehow he gave me the strength to understand that my recovery was worth much more than one negative event."

So much more could be said of Douglas, but perhaps the highest compliment we can pay him would be to say from our heart "Thanks Douglas. You are one of those people who have transformed your life into a statement and made an incredible and enduring difference. We'll miss you." N.B. • Mpls.