

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. Contents © S.A.A.

An Empty Chair Waiting

After 27 years in active addiction I am a grateful recovering sex addict living a freer life than I've ever had...it's ironic that I had to find my freedom in a 20-40 prison sentence!

I am a 33 year old man, incest victim, sexual victim of other children and— starting at seven years old— a second generation sex addict. I victimized other children from the time I was 13 until I was 28 years old. Being held responsible for my actions saved my life. Aids, murder or suicide could not have been too far away from me, the way I was existing.

I hit bottom upon my crimes becoming public and being incarcerated. Depression brought me to the moment of choice— recovery or suicide. A year into treatment for the depression I was shown the book *Hope and Recovery*. Shame kept me isolated from searching out other addicts for another year and a half.

Then in 1990, three of us addicts agreed to start meeting on our own. We met in the yard and in each other's cell doors speaking in whispers, still entrapped by the shame of our addiction and in terror of our addictions being

Empty to page 4

In This Issue:

An Empty Chair Waiting.....	1
PBR Editor Position Opening.....	2
Don't Act Out Reach Out: From Rural America.....	3
Haiku.....	4
Women's Network in SAA.....	5
Detours.....	6
"Charge!".....	7
Convention 1994: Phoenix, Arizona.....	8

NEEDED: Editor for PBR Newsletter(see p. 2)

Editorial policy

The PBR is the monthly newsletter of the National Service Organization of Sex Addicts Anonymous. The deadline for copy is the 15th of each month.

Material cannot be returned, nor payment made. All submissions to the editorial committee must be signed. Names will be withheld upon request. The editors reserve the right to edit all submissions. Other anonymous groups may reprint without permission; we ask that you cite the writer and the PBR as the source.

The opinions expressed here are those of the writer, not the PBR, N.S.O. or S.A.A. as a whole. Please address all submissions to

P.O. Box 70949
Houston, TX. 77270

Thank you to southern California and their Outer Circular newsletter for the adapted wording of the above statement. PBR Editorial Committee

Fred J., Lisa G., Zoe P.

The PBR newsletter has not been published for the last two months because the NSO Board decided to suspend publication as a necessary cost-saving measure for addressing the financial difficulties experienced by SAA. Subscriptions have extended two months.

Needed!

Person(s) who are Willing Sober Literate!

The position of PBR editor and the accompanying PBR editing committee positions will be open as of January 1, 1994. Interested persons will have familiarity with and access to a computer and the necessary software (including an electronic mail service), will be required to dedicate at least 25 hours a month, and will do all this for a consultant's fee of \$50.00 a month. As such it is essentially service work. A job description for this position is available. Interested persons should contact a member of the Literature Committee or the national office for details, or communicate with me directly. I intend to work with the new editor to make the transition as smooth as possible. With electronic communication being what it is, the editor can come from anywhere. There needs to be a minimum of two other SAA members who can be present and actively involved in decisions involving the newsletter. More people would be bet

Editor to page 5

Don't Act Out Reach Out: *From Rural America*

Dear Friends,

I'm Jim and I'm a sex addict. I took my First Step on February 1, 1990, finally admitting that my sexual behavior was out of control and that I was powerless over my addiction. Two years prior, I had read *The Sexual Addiction* by Patrick Carnes. Though identifying with much of what was written, I had not been ready to admit I was an addict till the Spring of 1990 when I admitted my powerlessness over alcohol.

My recovery has depended very much upon working my A.A. recovery. I live in western South Dakota where there are no S.A.A. meetings. I attended my first S.A.A. meeting in June 1990 while visiting the S.A.A. office in Minneapolis. I obtained literature that has been helpful to my recovery and discovered that the S.A.A. meeting in my area was 200 miles away. Offering my name as a contact person, I hoped that someday others in my area would seek out S.A.A.

I was still hungry for meetings, knowing from my experience in A.A. that these are essential to recovery. Contacting another fellowship Sex and Love Addicts Anonymous, I was again disappointed to find no meetings nearby, so again, I offered to be a contact person.

Happily, this last spring I received two calls from people. Sim-

ply connecting with them by phone and letter has been a big boost to my recovery. Also this spring, I found a meeting with another fellowship—Sexaholics Anonymous in Rapid City, SD. Though the time conflicts with work, I have been able to attend some meetings.

Being an addict alone and away from meetings, I have needed to go to certain lengths to find sexual sobriety and to progress in my recovery. I have had to reach out to all the various fellowships that exist to help sex addicts. Pat C. expresses in his tape "The Founding of S.A.A." his hope for a more ecumenical future for these fellowships. For the individuals out in rural America this is a necessity.

In the Don't Act Out Reach Out column, some months ago, Douglas P. says, "The single greatest failing of our region has been not doing anything to establish S.A.A. in the state of Nebraska. He says, "certainly there must be sex addicts in Nebraska." He's right, there are, and they have a club house in Omaha affiliated with S.L.A.A.

I know that the Twin Cities has S.A.A., S.L.A.A. and S.A. meetings which offer people a choice. In other places there is no choice. And in the end I feel that none of us really has a choice. We are all dealing with the same "cunning,

Reach Out from page 3

baffling and powerful" disease. We may be dealing with it in different ways but the disease is the same, and unless we recover the end will be the same.

As for myself I feel a part of all the fellowships. I need the help of all my fellow addicts and their literature to maintain my sobriety. I know that our preamble says that we are not affiliated with Alcoholics Anonymous, nor are we a part of any other organization." I suppose it is important for true sex addicts to maintain good boundaries. The preamble also states that our "membership is open to all who share a desire to stop addictive sexual behavior. There is no other requirement." From this I conclude that while S.A.A. as a whole is not affiliated with other fellowships, its members in seeking sobriety often are. Maybe on the level of individual members that "ecumenism" will begin to be realized.

I would be interested in hearing from others who are alone and unable to attend meetings. I would encourage others to express views on the topic of joint membership. And I would offer a plea that as we reach out to help the addicts who are still suffering, we can become informend about fellow addicts already in other fellowships. Jim

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*Haiku
for Hope and Recovery*

*pushing growing so
unstoppable to the sun—
the flower of faith*

Gordon G. •
Ottawa, Ontario

Empty from page 1

discovered. Obviously our meeting format was quite different from the recommended model, but it did provide us a hope we'd never had before. We further "improved" on our program by introducing specific religious belief. It seemed only reasonable because we were all of the same faith. What a great learning experience! After six months this "program" became too much of a burden because of the religiosity and our meetings stopped! We did not lose our confidence in the program, but it was obvious to us that we were the problem. Staffing changes and relocations in the chaplain's office kept us stymied for over a year. Eventually one of the chaplains came to support us and we began having informal step meetings.

Fortunately while all the staffing changes were going on, one of my brothers in the fellowship wrote let-

Empty to page 5

Empty from page 4

ters. He came into contact with the Grand Rapids' chapter and great things started happening! Subsequently our facility has become only the second or third in the whole state that has been blessed with the support of the Grand Rapids' prison outreach service program. We have volunteers coming in (from the world) once a week.

Understand that the majority of us have been told by "the doctors" there is no hope! Then we found the program. Then the program found us! The hope we find in seeing our brothers in this program living in a "real world" is indescribable. Knowing that there's an empty chair at their outside meetings waiting for us upon our release greatly diminishes the fear we have of someday having to live in a world we previously proved we could not handle.

Words cannot express our gratitude to the individual volunteers who come in for our meetings, the membership who support the prison outreach, the PBR staff, and the central office for their support. Bureaucratic apathy, moral outrage at our crimes, the prison social structure and many other factors would keep us steeped in the shame of our addiction without real help, were it not for the fellowship. Today, words are the only means I have of expressing these truths to all these people; the volun-

teers can see the gratitude in our hearts by the look in our eyes... some day, by Grace, I hope you can see our gratitude in the eyes of an ex-offender filling the empty chair at your meeting too. • Spike •

Dictionary Definition:

Fellowship

Partnership, participation, a community of interest; sentiment, nature, companionship, company, society. A body of fellows or equals. The spirit of comradeship. The process by which gain or loss is divided among partners. The companionship of individuals in a congenial atmosphere and on equal terms. A union of friends or equals sharing similar interests. • Fred J. Mpls.

Editor from page 2

ter as the work load can be more dispersed and possibly the decisions more considered. A letter of inquiry by interested persons should contain such things as time of sobriety, past SAA service work, skills with computers, language, organization skills etc., the reasons for wanting to serve as editor and a brief description of the applicant's view about the role of the PBR newsletter in SAA.

Yours in service, Lisa G.

Detours

I am a recovering sex addict who has been with the program for six weeks, and I am just now beginning to really feel like I am on the path toward recovering. During our meeting last week (5/26), we read and discussed Step Twelve, which touches on spiritual awakenings. I found myself wondering how or when I would ever experience a spiritual awakening.

When I arrived home I was talking with my girlfriend (who doesn't really know the scope of my sexual problems) about a number of things, but mainly we touched on my insecurities. After talking with her I sat down to my work. About ten minutes later I had what I would classify as a spiritual awakening and as a result, felt inspired to write the following:

I'm beginning to realize that part of my addiction results from it being a way to rebel against who and what people believe me to be. From an early age I have been channeled—allowed myself to be channeled—into a single path not allowing myself many detours along the way. As a result, I have reached a stage where I am suddenly realizing I don't really know who I am. I am now

on a journey towards trying to find out who I really am.

I know the addiction is not me, but that it is an unhealthy side effect of my self-conscious which is pushing me to find out who I really am. I have heard it loud (but not so clear) for many years. Only now has it brought me to the point where I believe I am ready to follow a healthy path even if it has many detours, (especially since the detour may well be the path.) I realize and hope that the real me will be constantly changing, but now instead of letting my addiction define who the real me is, I am willing to let go of the addiction and allow God to play an important role in helping me "find myself". I am also willing to accept each change I experience along the way with this new found openness and to try to resist the temptations I face along the way by drawing from the strength I feel building inside me.

I hope this helps somebody, like the program has begun to help me. I am grateful for the support I have felt from everybody, and am relieved that my addiction is finally beginning to lose its powerful grip on me. "Keep coming back! It works!"

Craig • La Crosse, WI

“Charge!”

The rallying cry is made. Bugles bleat incessantly. Hooves and curses resound across the land, and dusty, fear-borne rage ascends to choke the sun. Lives set to the death of life; all to save and cherish one's own and kind...

And so it goes. Another headlong advance toward destruction. One hopes it is a doom for them and not us. We've seen it many times and most likely will again, hundreds more times, before all opportunity to witness such passes by. This mustering of warriors and the catapulting of one force against another is replayed on TV, in movies, in books and in a myriad of other sources all the time. What many of us might not be aware of is that these types of scenes get acted out by ourselves each and every day, many times per day.

Long ago (not more than a year, I'm sure!) I heard someone say, “Maybe it's not so much what you understand, but what you stand under.” At the time I was on a beach and not much else could be heard due to the crashing waves, crying gulls and insistent wind, but that single voice rang in my head for the next few hours. It was as if the author was whispering those words at my ear over and over again. Since then it has been my pleasure to remember that challenge, especially when I was at Step Two.

In coming to believe, it was important to come to grips with certain ‘rules to win by’ that stood in my way of further progress which, at the time, was the hope of gaining a connection with a higher power that could change my life in ways I could not. I'll give an example. I've always believed I would find someone to love and care about me. That person would never leave me. I felt so strongly about this because I had been raised in a family where commitment and fidelity were practically nonexistent, except when it came to my parents modeling self- and other- abusive behaviors.

As I grew older, I became aware that healthy relationships can exist and do in plenty! “Great!” said I, “Now that I know of a different road, all I'll have to do is meet somebody who wants to travel the same road.”

Ricky-Lee M.

Announcing the
7th Annual
SAA International Convention
to be held
May 27-May 30, 1994
in Phoenix, Arizona



Out of the Ashes, Into the Light!

Fun, Sun and Recovery

Phoenix SAA proudly announces the hosting of the 7th Annual SAA International Convention. This four day event will include speakers, recovery workshops, Arizona recreation activities and more. COSA is holding their first annual COSA-NSO Convention at the same place and time. All SAA and COSA members are welcome and encouraged to attend. Registration packets will be available in late January. For more information contact :

SAA— Mike O. @ 602-863-3006 or Stuart G. @ 602-285-9910;
COSA — Sherry T. @ 602-947-7370.