
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.

**Willing! Sober! Literate!
Needed, Person(s) who are.
(We know you're out there)**

The position of PBR editor and the accompanying PBR editing committee positions is open. 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 us directly. 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, 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. Write or call:

Attn: PBR Committee

P.O. Box 70949, Houston, TX 77270 (713) 869-4902

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National Service Organization of SAA, Inc.
Summary of Board Meetings
on October 23 and December 4,

The Board of Trustees met by teleconference. Highlights of the meetings included the following: approved a standard contract to be used for services which are performed by non-employees (this action is necessary to ensure the organization operates within federal labor and tax laws); appointed Claude E., Chair of the Office Oversight Committee, to the Board for the purposes of strengthening support for and accountability of the National Office (in addition to the chair, there are four other committee members from Houston who oversee the office); approved accounting and reporting procedures for the 1994 National Convention and endorsed the work of the Convention Committee; accepted Houston, Texas, as the site of the Mid-Winter Board Meeting, January 15-17, and established procedures for setting the agenda; authorized a special mailing to solicit funds to pay travel expenses to the Mid-

Winter Meeting; settled outstanding taxes due the Minnesota Department of Jobs and Training (\$540 was owed because of either mispayment or non-payment dating back to January, 1992); directed the Office Oversight Committee to submit drafts of Personnel and Office Procedure Manuals, an Office Manager Job Description, and a Job performance Evaluation Form; opened a savings account and mandated deposits which totaled \$400 as of November 30.

Finances

Response to the special appeal brought in \$4,916.37. This enabled NSO to retire more than \$5,000 in past due bills and begin to establish a prudent cash reserve. In addition to paying all debts, unlicensed software which had been used at the National Office has been replaced, "Getting Started" has been reprinted and paid for, and an alarm system and burglar bars have been installed at the

office to protect equipment, inventory, and records.

Office Activities (October-November)

| | | | |
|------------------------|-----|-------------------|-----|
| Calls Answered | 437 | Orders Filled | 120 |
| General Correspondence | 170 | Thank You Letters | 170 |

In Looking Out

As I sit here alone
looking out of my window
I can hear the wind blow
making the trees bend and groan

The birds are chirping and building their homes
The children's laughter is joyously sung
The bees are buzzing around nectar flowers
which are strong and tall from God's heavenly showers

How joyous and free I could be
dancing amidst the flowers and trees
feeling the sunshine on my face
and the warmth it gives to this lovely place

I must surely be special indeed
that God made such beautiful things
and surrounded me with them
and them with me

I think I'll move from this lonely room
and shut the door on sadness and gloom
and run through the flowers so strong and tall
singing praises to Him that made all

I'm free! I'm free! I'm free!
Come one, come all
and play with me.

Dee N. New Orleans, LA

I was Standing at the Fork

I am a 40 year old woman with 15 months in the program and 6 months of sobriety under my belt. I have never felt more alive. I found my way to SAA almost a year after my first spiritual awakening, and for that moment I am forever grateful. It occurred when my partner of over 6 years invited me to tell the truth about an affair he had long suspected I was having. I remember the moment with crystal clarity. It was as if I was standing at a literal fork in the road of my life. One way was my old way. The road of lies, of shame, of self loathing and self hatred. The road to yet another acting out episode. But, the other road appeared to me as well: **the truth**. The truth in its entirety, which encompassed not one affair during our relationship, but many more meetings of bodies and minds. For the first time I saw a choice. The old road I knew well, each rut of excitement, each pothole of despair. I realized in that moment just how familiar that road had become. How many times I had traversed it. Just how many relationships I had embarked upon out of desperation. All ending the same way. The circular path of a "monogamous" relationship peppered with affairs. Always looking for a magic experience that would fill me up. None ever did.

So I chose. I told the truth. Not just part of the truth....the whole truth.

My partner left. I was living alone for the first time in my life. The one thing I knew was, in taking the leap and telling the truth, my Higher Power caught me. I began a long process of taking responsibility for my actions in that relationship, of deep personal reflection on my life and past actions in other relationships. And I prayed. I prayed hard for forgiveness, and it came. It came from my ex-partner and it came from my Higher Power. Deep and profound awareness of how I had treated myself and others. Painful and joyful realizations about how I had lived, and how I could choose to live from then on.

I still had not realized I was an addict.

Nearly a year of abstinence followed. I essentially avoided most situations or people I considered dangerous to my new found self. I figured I had "my problem" licked. I had taken pains to repair a number of relationships marred by my acting out, made some amends to people I had hurt, and felt pretty stable spiritually and emotionally. Then I had dinner with an old friend.

I had known this man for 15 years, knew his wife and two children. What I didn't consider when I accepted his invitation was that I had had a group sex experience with him a number of years earlier. He had not forgotten it. Apparently neither had I. I spent the night with him wrestling physically, emotionally and spiritually with his and my own desire to have sex.

In the end, I could not say no. I woke up the next morning smelling of his cologne, feeling the same old shame, despair and self loathing I always had when I acted out. When I told my best friend about the episode, he gently suggested that it sounded like I was powerless to say no to sex. I remembered then a phone number another friend had given me nearly a year earlier. It was the local SAA Inter-group number. I was stunned. Me? A sex addict? When I searched my heart I admitted I felt powerless and made the call that same day.

In many ways my SAA group saved my life. I believe in my heart my Higher Power put me there to heal among a group of the most courageous women I have ever known. I have made it through Steps One, Two, Three and am working on Step Four. I had a slip and through the steps and the wisdom of my group, learned from it. I am learning to care for and about myself, about the value of service work and of the friendship of women in recovery. I seek God's will through prayer and am earnestly seeking to live the 12th step "*Having had a spiritual awakening as a result of these steps, we tried to carry this message to sex addicts and to practice these principles in all our lives.*"

Minneapolis, MN

The Extinction of an SAA Group

I am writing to inform SAA administration of the end of our local SAA group. Most of the members have been built up to some degree in recovery through SAA. The majority of the membership fell away over time and I wish I could convey to you why, but I can only give you some evidence and surmises. I can see a lack of commitment to change from their old ways of thinking and acting. I can see strong resistance to working through the process of growth. Instead of working through the pain of recovery over time, there have been choices made to opt for the easy way out by continuing in their old lifestyle.

It is hard to swallow seeing brothers in the group fall away to return to a life that is no doubt diminished due to their sex addiction; and it is their choice. Most of us make so many excuses, all too many excuses to retain our human nature. Thanks to SAA for being there for all of us who have been in need and who will still be in need in the future as the membership grows, as the problem of sexual addiction will continue to grow. Thanks again to all those who stand as trusted servants of SAA and provide a lifeline of support to the membership.

P.S. This letter was written by myself, Kris R. of Escanaba, Michigan. I have personally done all correspondance due to the fact that I was the only one interested in something more than simply attending some meetings.

Over this last five years, we have had a membership of about 12 people. Our P.O. Box closed 7/7/93.

Why? I Don't Know.....

About two months ago I found this wonderful book at the AA Central Office. I am not in AA but I got into the habit of visiting the AA office to get chips for our local SAA meeting. *Why? I don't know.* Everytime I go there I find something. I found this jewel "Came to Believe". There is this wonderful story in Chapter 7 (the title of the chapter is "Coincidence".) The story is titled " *Why ? I Don't Know.* " It really hit home for me. I find the story to be alot like the way my Higher Power uses me to demonstrate his Power, his Love and his Way of Life. I borrow the theme and the title.

I have had a calling for a few years to get involved with the No AIDS Task Force. *Why? I don't know.* I have this friendship in recovery with two wonderful guys - both HIV positive for a number of years. Their friendship has helped me drop my "ego boundaries" and be more open and understanding to those with HIV or AIDS. About a month ago I was in my office on Thursday morning and was becoming anxious - I really needed to be with friends in recovery that day. (I meet regularly with recovery friends for lunch but because of various changes in my friends lives that activity was severely cut back in the month previous to this Thursday.) *Why? I don't know..* That Thursday I was looking at the newsletter from the No AIDS Task Force and saw that they needed help delivering meals to shut-ins at lunch. I had this desire to call. I called. As it turned out the Task Force was in great need that particular day of drivers on two routes in my neighborhood. The coordinator called me an "angel". She had no idea how these shut-ins with Aids were going to get their meals that day. *Why* did this all happen that Thursday? *I don't know..*

I picked up the 8 lunches and proceeded nervously on my way. At my first stop I was greeted by the sister of the shut-in. I asked if I could meet Alvin. I went into the kitchen. Alvin is blind. He has some infection in the brain that has affected his vision and is spreading throughout his brain. I

shook hands with him and introduced myself. He didn't talk. I began to leave. As I started out, he called my name. I returned to the kitchen. He asked if I knew the cook. I thought to myself - he is going to complain about the food. He told me to tell them the food was always very good and "I am really grateful".

As I left I had this real sense of worth. I got in my car to go to the next stop. I felt this real "healing" coming over me. I thanked my Higher Power for putting this service in front of my face this day and for giving me such serenity and peace. You see, I used men for my own gratification in my sexual addiction and I could see that my Higher Power was giving me the opportunity to make amends to myself and others. I proceeded on.

When I got to the fourth stop, things got interesting. (I need to say that I have come to appreciate my Higher Power's sense of humor in the last few years. Just when I think I have him figured out - he hits me with a big one - asking me to go that one step further. He is always asking me: "Are you really willing?").

This fourth stop was not in the best area for me. I had cruised it alot in my acting out days and had met a trick or so there. I was very aware of where I was. "I need to do what is before my face and move on to the next thing," I said to myself. The instructions were to honk three times and Anthony would come down from the third floor and pick up two lunches - one for him and one for another person in the complex. I parked and honked three times. I didn't see anyone. I moved my car over a few spots and honked again. I saw this person hesitating between floors on the stairway. I called, got out and got the lunches and brought them to him. I introduced myself and immediately knew that I knew this person. He said: "Don't I know you?" I said: "Yes, I recognize you too. Is it alright that I bring you lunch". He said: "Sure". I gave him the lunch and left. *Why* on this day was I brought face to face with Anthony? *I don't know.*

Anthony was not just any "trick". I knew Anthony about 6 years ago. Anthony was the proximate cause for me finding SAA. We had a little thing going. Whenever I needed I'd use him. Well, he wanted more. He started calling me at home. I'm married. I have four children. I told my wife what was happening. It was really crazy for about a year. My wife finally decided to do something about her depression and her health. At this point whenever she would see me she would start crying. It was a real hard year for me and my family. Finally my wife went to a therapist and he sent her home one day, after he had talked with me a few times, with a copy of Alcoholics Anonymous. I got into SAA

So Anthony was someone real special. I thought about this for a week. I knew direct amends to Anthony were in order. (Pretty humorous God - huh?) The next Thursday when I went to deliver lunch to Anthony I found him racked with high fever, shaking on his sofa. My being there with his food would be my amend that week. The next Tuesday I called the coordinator to see how Anthony was doing. She told me he was in the AIDS unit at Charity Hospital. I went there that afternoon. He was extremely weak but lucid and appreciated my visit. I made amends for my use of him. I told him what I was about. His eyes filled with tears. I asked his forgiveness. He accepted my amends. I asked if I could be allowed to continue to bring his lunch He said he would look forward to it. It is now three weeks later and he is still in the hospital. On my last visit his physical condition had improved but I think he has given up. He would not even say "hello" to me or to a good friend who had come to see him.

Why was I called to do this work? *Why* did I get to be such good friends (a sponsor to one) with people who are HIV positive? *Why* was this particular route put in front of my face? *Why* did I have to go through all I have gone through in my life to get to where I am today? *I don't know.* It's to show His Power, His Love and His Way of Life.

Gratefully, Bill D. New Orleans

Dear Plain Brown Rapper Readers,

Hi, my name is Howard and I'm writing from Brighton, England. I was born 30 years ago, the youngest member of a rigidly religious dysfunctional family. I was subjected to physical, sexual and emotional abuse. As long as I looked good and performed I was accepted, the emotional realm was invisible. From an early age I used sexual obsession and fantasy and a range of codependant behaviors to numb emotional pain.

As a teenager and young adult I used pornography, affairs and countless sexual encounters with other men to give me a high. I believe I only avoided serious illness, violence and arrest by God's grace.

Since my recovery began in other fellowships seven years ago life has steadily improved, other addictions have been removed from me. After joining another fellowship for sex and love addiction two years ago and SAA three months ago, my self-knowledge and self-esteem has deepened and the gift of emotional intimacy with friends has warmed my frozen heart like glowing coals. My instances of acting out decrease in frequency and intensity and a six month period of celibacy was one of the most rewarding periods of my life.

Unfortunately there is only one other member of this fellowship in my home town and I need to go to meetings in London fifty miles away, which brings me to the main motive of my letter. I would like to strengthen my recovery by being in a situation where there are lots of meetings nearby. I would like to come to the U. S. for a period of up to a year to do this, either staying in one location or moving around. I am looking for accomodation and work in order to pay my keep.

If there are any SAA members who would be willing to help out in either of these ways for a period of a few months, I would be grateful to hear from them. My preferred

locations would be San Francisco, Boulder (CO), Austen (TX), Boston or the Twin Cities. The proximity of Incest Survivors (SIA) meetings would be an advantage too.

Please contact me through this address if you can help in any way. Having written and sent this, I leave it in the hands of my Higher Power. Thanks for the opportunity to share. Yours, Howard

Tel: 0273 676279

Howard Martin
1E Wellington Road
Brighton, East Sussex
England BNZ 3AB

How can I promise
you the moon when you
have lifted the sun out
of the sky and placed
its radiance in the
heart of my recovery?

And so I make
no promises, just humbly
accept the exchange
of our gifts— your
love, my honesty, your
trust, my respect, our
faith and courage.

And so we make
our journey to the stars
with steps that span
continents and leaps that
bridge the chasm from
shame to grace.

Gordon G. Ottawa, Canada

Come bask in the
WARMTH
of sun and
concentrated
recovery at the
**7th Annual SAA
International
Convention
to be held
May 27-May 30,
1994
in Phoenix,
Arizona**

Rap—Around

•The contact for the COSA Convention has changed. It is not Sherry T. but rather :

Pam T. 4257 N17th Av. Phoenix, AZ 85015.

• Submissions for the Plain Brown Rapper can now be sent via e-mail America-On-Line to Lisa G787. The particulars of how to do so are still being worked out so a person may need to send a hard copy of the document too, via the NSO office.

• A women's SAA group in Minneapolis is writing a collection of stories to be included in a possible publication by NSO. The group has four stories completed and 7 or 8 in process, and hopes to meet a May SAA convention deadline for completion. The writers meet every month for 2-3 hours to review and revise each member's story. Suggestions are offered for improvement, clarification or change of focus. The group began with the premise that each story ought to include "what it was like, what happened and what it's like now." Members of the group report the process is very rewarding for individuals and for the group.

The Literature Committee is seeking stories from the fellowship nationwide for this story project. To submit your story, or a collection from your group write:

Attn: Lit. Comm. NSO,
P.O. Box 70949 Houston, TX 77270.

If you choose to you can direct it to the Literature person who represents your region; they are:

South Central—Jon K, Southwest— Dave P. or Ted,
South East—Dee N., North Central—Connie B.,
Pacific Northwest—Frank.



7th Annual SAA National Convention

Phoenix, Arizona May 27-30, 1994

Perfect accommodations at the newly remodeled Holiday Inn Corporate Center in Phoenix, Arizona. For reservations call 602/943- 2341, ask for the SAA "Out of the Ashes Convention"

Hosted by the Phoenix Metro SAA Intergroup and held at the same time and place as the 1st Annual COSA National Convention.

Open to all looking for fun, sun and recovery. Enjoy Workshops, Speakers and Fellowship. National Service Organization Delegates and Alternates are encouraged to attend.

Expenses include registration fee (register early to receive the "early bird" discount!) There is also a special room rate of \$42 per night for up to four persons per room. Scholarships are available based on need, see the other side for details.

Need Registration Form returned by April 1, 1994 to get the "Early Bird" rates. You will receive transportation details with your confirmation of registration.

Interested Speakers or Workshop Presenters please complete and return a "Request for Speakers and Presenters" form before February 1, 1994. Contact your local intergroup for a copy of the "Request for Speakers and Presenters" form.

Xceptional weekend for all.

Your registration fee includes a Pot Luck Dinner on Friday; the Saturday Buffet Lunch, Banquet, Dance and Movies; the Sunday Skit and Ice Cream Social and the Monday Brunch. You are also welcome to attend all General Sessions, Workshops, Speaker Meetings, Meditations, the Newcomers Orientation, the Midnight Candlelight Meetings and all Recreational Activities.

REGISTRATION FORM

(Please detach and return with your Convention Registration Fee - Thanks)

Name (Please Print) _____
 Name (As you want it on your NAME TAG) _____
 Address _____
 City/State/Zip _____
 I want to participate: As a speaker (Complete Speaker Request Form)
 Mini First Step (Complete Speaker Request Form) Regional Caucus
 Newcomer Orientation Meditation Leader AM/PM (Send Info)
 Please check affiliation SAA COSA

| Conference Fees | Before April 1 | April 1 May 1 | After May 1 | Amount Due |
|-----------------------|----------------|---------------|-------------|------------|
| Full Conference | \$65 | \$75 | \$85 | _____ |
| Saturday Only | 30 | 35 | 45 | _____ |
| Sunday Only | 30 | 35 | 45 | _____ |
| Monday Only | 15 | 15 | 15 | _____ |
| Scholarship Donation | | | | \$ _____ |
| Total Amount Enclosed | | | | \$ _____ |

Please mail one form per person - xeroxed copies are acceptable. Make checks payable to "Out of the Ashes Convention" and mail your check and this Registration Form to:

7th Annual National SAA Convention
 5501 North 7th Avenue, Suite 231,
 Phoenix, AZ 85013

Tentative Agenda

FRIDAY, MAY 27

Registration is the first order of a day filled with Delegate Meetings, A General Session, A Meditative Interlude* and a host of recreational activities. Lunch is on your own in the hotel or in Metro Center, a nearby Mega Shopping Center. Dinner is a Pot-luck, hosted by the Metro Phoenix SAA Intergroup in the hospital-ity suite. After-dinner activities include a speaker Meeting for non-delegates followed by Story Time.

SATURDAY, MAY 28

Open Registration will coincide with a Daily Meditation* and a Newcomer Orientation. Workshops, Regional Caucuses, the General Session, Recreation Time, a Buffet Lunch, the Banquet, Speakers, Dancing, Movies, and a Midnight Candlelight Meeting fill-out the Agenda for the day... WHEW!

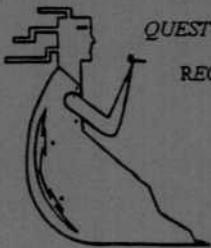
SUNDAY, MAY 29

Morning Meditation* will start the day, followed by more recreation time. Multiple workshops will be conducted throughout the day concluding with dinner (on your own.) In the evening you can enjoy a skit, "The Shame Of It All," followed by process groups to debrief the presentation. Other activities include an Ice Cream Social, a Talent Show and the traditional Candlelight Meeting.

MONDAY, MAY 30

We will begin with our Morning Meditation* and move to the "Into the Light" re-entry workshop followed by a Brunch with speakers. Our Traditional Closing Ceremony will end this incredible weekend.

**Bring your favorite Meditation Book.*



QUEST FOR SERENITY. ...

RECLAIMING OUR TRUE SELVES

COSA will hold their 1st Annual Convention concurrently with the SAA convention. Many of the general activities including meals, General Sessions, Meditations, etc will be joint activities. For more information on the 1st Annual COSA Convention, call Pam T. at 602/265-3515.

Delta Airlines is offering discounted fares to Phoenix for the Convention. For information and to make reservations, call Delta at 1-800-241-6760, and ask for File Number XV0390. Delta's office is open between 7:30 AM and 11:00 PM - Monday through Friday; and between 8:30 AM and 11:00 PM on Saturday and Sunday. Happy Trails to you.

SCHOLARSHIP INFORMATION

Scholarship assistance will be given on a first come- first served basis with preference given to group delegates. The Scholarships are available to help cover the costs of the conference fee only, not for hotel or transportation costs.

- I need financial assistance to attend this convention.
- I have asked my local group for assistance.
- My local group will be able to help me with \$ _____
- My unmet needs are \$ _____

OFFICE USE ONLY

Date Received _____ Registration _____
Check # _____ Scholarship Donation _____
Amt of Check _____ Scholarship Amount _____
Deposit # _____ Awarded _____

Out of the Ashes



Into the Light!

1994 SAA 7th Annual National Convention Committee

5501 North 7th Avenue, Suite 231

Phoenix, Arizona 85013

Request for Speakers and Presenters

The "Out of the Ashes, Into the Light" 1994 Convention Committee is currently seeking volunteers and recommendations for presenters, panel participants and speakers. We welcome new and past presenters. We suggest that the presenter have a year in the fellowship, as well as the support of a sponsor or group. **Proposals should be sent to the program committee before March 1, 1994.**

Name(s) of Presenters _____

Address _____

City/ State/ Zip _____

Home Phone _____ Work Phone _____

Is it O.K. to leave a message at Home? _____ At Work? _____

(If you do not wish to be contacted by phone, please indicate and we will communicate by mail. All communications will be handled discretely. In responding to communications, please do the same.)

____ I am willing to speak/tell my story. ____ I am willing to be a keynote speaker.

____ I am willing to be part of a panel. ____ I am nominating someone else.

____ I am willing to present a workshop. ____ I am willing to be taped.

Title of Presentation _____

Subject _____

Sessions will be open to: ____ All ____ Men ____ Women ____ SAA ____ COSA

Name of Sponsor or Group endorsing presentation _____

Brief Description of Presentation _____

Helpful information to know about presenter/presentation _____

Special equipment or setup needed _____

Please reproduce and distribute this form to anyone that you think might be interested and any groups that do not receive the Plain Brown Rapper.

May 27 - 28 - 29 - 30, 1994