



Plain Brown Rapper

THE SAA NEWSLETTER

Warming up for Fun in the Sun: the Phoenix 1994 Convention

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. N.S.O. Subscriptions are available for \$6 for 12 issues from S.A.A. N.S.O., PO Box 70949, Houston TX 77270.

Phoenix, AZ — March 8, 1994. Things are heating up in Phoenix, where the Phoenix Intergroup is finalizing plans for the 1994 S.A.A. International Convention, "Out Of The Ashes, Into The Light." More than 30 S.A.A. members from around the world have submitted ideas for workshops, talks and panel discussions. So far the prize for the furthest-flung S.A.A. member goes to someone who mailed their Request For Speaker form from Kenya, Africa. Besides keynote speakers that include executive board members and a recovering SAA/C.O.S.A. couple, workshop suggestions range from "How To Create/Nurture An Intergroup," to "Dealing with Offenders," "Therapy vs. The Twelve Steps," and "Suicide, Depression and Addiction." Besides workshop and speakers, the program includes opportunities to meet and share experience, strength and hope with like-minded souls in special-focus meetings (i.e., HIV+, helping professionals, Christians, etc.), marathon meetings, guided meditations, native American healing experiences and most of all lots of FUN IN THE SUN!

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Social events include an ice cream social (with sugar and fat-free offerings for those with food issues), a blow-out dance Saturday night, Sunday morning hike on Phoenix's Squaw Peak (named as one of the best walks in America) and opportunities to take advantage of side trips to Sedona, The Grand Canyon and world famous golf courses. C.O.S.A. will hold its international convention at the same time and place and the S.A.A. Delegate Convention will be held just prior to the convention, giving S.A.A. convention goers the latest info on new literature and fellowship-wide news. It's not too late to register or send your own workshop/speaker idea in. Do it today! See ya at the pool! ■

It's your fellowship...so what's going on?

by Kevin K.
Chairperson, Board of Trustees

The biggest job now facing the N.S.O (National Service Organization) is preparing for a successful annual convention in Phoenix, May 27-30. Fortunately, we have a dedicated and skilled membership there, and preparations are going well. Plan to attend. Share your recovery. Experience the power!

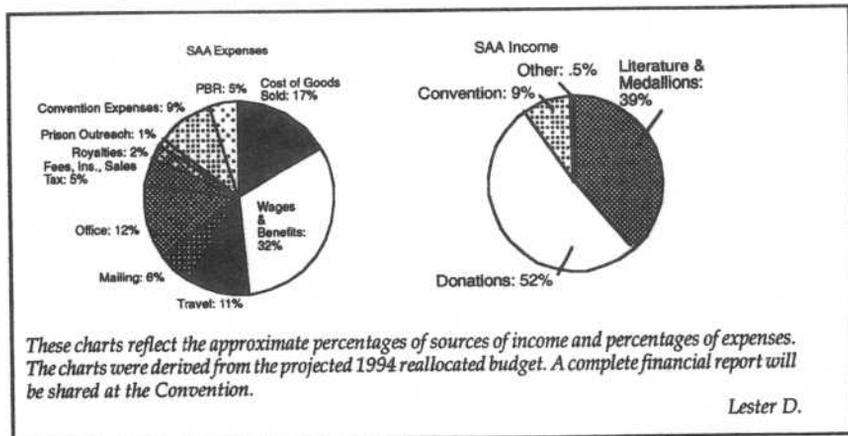
Four regions (Northeast, Southeast, South Central, and Pacific Northwest) will have vacancies on the Board of Trustees to be filled at the convention. Your representatives for three-year terms on the Board will be elected at regional caucuses held during the convention. This is an opportunity for each member to play a significant role in charting the future of SAA.

At last NSO has made the transition to a computerized, accrual accounting system. This means that

the member or group supporting the organization financially can contribute with more confidence, knowing measures have been taken to increase accountability. The system will pay dividends for years to come, as we become more adept at tracking our past in order to plan our future.

Despite low literature sales (\$2004) and the expense of travel to the Mid-Winter Board Meeting, we almost broke even in January (-\$495). Your response to the Board's appeal for travel expenses covered much of the cost. A report on those travel donations will appear in next month's PBR.

As of February 23, we had \$298.50 in our operating checking account, \$400 in savings for operating reserves, and \$80 in savings for capital reserves. To avoid commingling of funds, convention revenues are being kept in a separate bank account. There were no outstanding bills at month end. ■



Refocusing On Carry the Message

by Lester D.

Secretary, Literature Committee

The work of the Literature Committee as a whole came to a virtual standstill during the second half of 1993 due to major changes going on in the National Service Office; principally the cash flow crisis. Funds were not available for teleconferencing or our annual face-to-face meeting, and since we work by group conscience, our effectiveness was compromised. We also suffered some attrition - Jeff P. resigned as Great Lakes Region representative; Jay S., his alternate, will be filling in until the convention. Dave P., the SW Region representative, has dropped out also; alternate Ted. F. of Tucson has stepped in. There will be terms ending at the Convention and we hope that sober, literate, and willing S.A.A.s will consider running for Literature rep in their regional caucuses.

With funds recently budgeted by the Board we were able to meet by teleconference twice in February. In addition, some of us have kept in touch with each other and with the NSO via the Internet and America Online. One issue we discussed was consideration of the pamphlet *Measuring Progress in SAA as NSO-Approved Literature*. Many of you may have seen this attractive little book created and produced by members of the Monday night meeting in Boulder, Col. After much

deliberation, and with some regret, we decided against approval. Copies of our letter to Boulder explaining the reasons for this decision may be requested from the NSO. We do want to continue to encourage the development of literature at the local level, and to this end have requested that the 1994 Convention Committee provide a table for locally created literature at the convention.

The Story Collection project is making headway. Several women's stories are coming out of a Twin Cities Intergroup story-writing workshop and several more stories from around the world have come into the Houston office. It's not too late to send your story in for consideration; the guidelines are to tell "what it was like, what happened, and what it is like now" in 2500-5000 words. Give it a title and a subtitle (like the wonderful and inspiring stories in the *Big Book of AA*) and send it to the Story Collection c/o the NSO. Funds are not available in the N.S.O. treasury at this time to pay for the printing of this book; the Literature Committee is brainstorming ways to make a draft publication available at the convention.

Draft versions of the Basic Brochure, the *Twelve Questions* - and of the *Three Circles* brochure - will be available at the Phoenix Convention. We will need native Spanish speakers to review these translations before we publish them.

Two important pieces of literature we will be presenting for Conference

approval are the *Preamble* and the *Abstinence Statement*. To encourage discussion in the meetings we include them on page four. The Abstinence Statement will be printed in next month's PBR. These two statements would, if approved, become part of the other literature we publish such as the *Group Guide* and *Getting Started*. Both statements reflect the experience, strength, and hope of the addicts who wrote or adapted them from the wisdom of the "elder" fellowships of AA and OA. The Literature Committee recommends these statements because we believe they strongly advocate "acting our way into a new way of thinking" rather than the other way around.

As this is written no permanent replacement of Lisa G. as PBR editor has been chosen. Both the Literature Committee and the Board are eager to find a replacement. This issue is being edited and produced by the Literature Committee secretary. Persons interested should contact the NSO for a copy of the job description and the contract.

We continue to receive feedback

about the decision to drop several pieces of literature from the catalog because the practice conflicted with Traditions Six, Seven, and Ten. However, the *Big Book* of AA and *Twelve Steps and Twelve Traditions* are still being sold, as mandated by the 1991 SAA Convention. We are considering publishing a reading list with mail order sources for the books that were dropped.

We realize that many groups are using books such as *Out of the Shadows* and *Hope and Recovery* in their meetings and outreach – and it is their right to do so, as stated in Tradition Four. The Literature Committee continues to work towards writing and reviewing contributions of literature that will eventually become an SAA book – the Story Collection is part of this. Please consider this an invitation to get involved. Submit articles to the PBR; submit manuscripts to the Literature Committee. They may not all be published, but they will all be read and considered and we will always be open to dialogue. ■

PRISON OUTREACH

Arnold D., chairperson of the committee, reports that S.A.A. has been accepted by the administrations at eight facilities in Michigan and is active at seven. He attributes part of the success to the tireless work of Mark N. of the Michigan Intergroup, who contacts prison officials and psychological staff, explains what SAA is about, and helps get new meetings started. We are hoping for an article from Arnold and Mark on

prison outreach for the next PBR. Prison outreach work is also being done in Texas by Paul W. and in Minnesota by Robert S. In addition, the committee has a list of about 90 names of S.A.A.s willing correspond with prisoners. Arnold is trying to assemble a list of names of contact people and meetings in prisons and requests that any one involved write Arnold D. at PO Box 502, Mt. Morris MI 48458. ■

To be considered for adoption as Conference Approved Literature at the
1994 Convention in Phoenix

PREAMBLE

Sex Addicts Anonymous is a fellowship of men and women who share their experience, strength and hope with each other, that they may solve their common problem and help others to recover from sexual addiction. The only requirement for membership is a desire to stop addictive sexual behavior. There are no dues or fees for SAA membership; we are self-supporting through our own contributions. Sex Addicts Anonymous is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; and neither endorses nor opposes any causes. Sex Addicts Anonymous is not sex therapy or group therapy. Although there is no organizational affiliation between Alcoholics Anonymous and SAA, Sex Addicts Anonymous is based on the principles of AA. Our primary purpose is to achieve sexual sobriety and to help sex addicts become sober.

ABSTINENCE STATEMENT

Our primary purpose is to abstain from sexually compulsive sexual behavior, and help others achieve abstinence. In line with this purpose, we feel that a brief statement regarding the meaning of abstinence is in order.

First we define abstinence in terms of behavior rather than mental states. We do not focus our efforts upon abstaining from mental "lust", but from compulsive behavior. Just as A.A. focuses on the need to stop the behavior of drinking, and as O.A. focuses on compulsive eating as the point of abstinence, so S.A.A. focuses on compulsive sexual acting-out. The lust of the mind may take years to drain away as one works the Twelve Steps of recovery; abstinence from the destructive and addictive behaviors, however, can begin today, and is the basic foundation upon which all subsequent personal growth depends. "Progress rather than perfection" is the atmosphere for growth that we seek to promote.

Secondly, abstinence will be different for each member of S.A.A., depending upon what behaviors are compulsive and lead to pitiful and incomprehensible demoralization. Some addicts can engage in sexual behaviors from which other addicts find they must abstain; in S.A.A., we leave the choice up to the individual.

Finally, abstinence does not imply the complete elimination of sexuality from the addict's life, whether married or single; rather, it lays the foundation for learning a new approach to the experience of sex and relationships which is non-compulsive and non-destructive. Such an approach is possible to all who earnestly desire it.

Putting a Face (and Heart) on the Sex Addict

Anonymous

The Need to Put a Face on the Mentally Ill was the headline of an article that caught my attention recently while I was looking through the newspaper. The article stated that "People with schizophrenia are often intelligent and highly creative...The mentally ill are not faceless zombies, mumbling to themselves in corners, They are not unloved, or incapable of love." The point of the article is obvious: labeling people can be dangerous without getting to know them first.

I am a sex addict. I am part of a Sex Addicts Anonymous group that meets every week. Society has a very negative image of sex addicts and/or sex offenders. All sorts of bad words pop up: pervert, sleaze, sickos. But if they could spend time with our group, they wouldn't be so quick to rush to labels and stereotypes. If they could put a face on the sex addict, like the article said, people would see us having a normal face. But that face would look very sad, for it's a face that's trying to cover up a lot of pain and suffering inside.

Each week, our group shares stories about the private parts of our lives—the parts related to our sex addiction. One of our group members, who had served a sentence for a sex offense, said he felt like a dark cloud was over his head all the time. The cloud didn't start going away until he learned to forgive (himself as well as others for their judging of him.) He said it was important for him not to be judgemental—for he didn't want others judging him. I'll never forget how touched I was by his speech that day. If people knew his crime without knowing him. They would be quick to label him in a very negative way. But if they would have heard him talk that day, I'm sure they would have been moved by emotion like I was.

I've also been moved to laughter on many occasions. When I first attended meetings, I was surprised to find out what a good sense of humor everyone had. ("We have to in our position," someone once said.) While laughter is great medicine, none of us gets sidetracked enough to forget why we are there: to overcome or at least control our sexual acting out.

Everyone can relate to having an addiction, whether it be drinking, drugs, gambling, a work addiction, an overeating problem, whatever. Sex addicts are no different. They are trying to break (or at least control) an addiction that has destroyed a part of their life. They seek help from people that have similar problems.

The SAA program works much the same as Alcoholics Anonymous. Members of both addictions realize an addiction has control over their lives. They both seek a higher power in conquering their addiction (This is important, and it also breaks another stereotype of sex addicts not being

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Child Sexual Abuse: A Look From Both Sides

A female survivor/perpetrator shares her story at workshop at the 1993 SAA Convention in Louisville.

by Jill S.

My name is Jill and I am a recovering sex addict and an incest survivor/perpetrator. I believe that by the age of three I was incested by my father. By the age of three I saw the world through the distorted lens of incest. Every male and female were a maze of body parts and body sensations. I craved touch but I was terrified of the sensations I'd experience in my body. I turned to chocolate, I turned to masturbation, exhibitionism, and seduction before I was five years old.

As the years went by I felt desperately alone. The abuse continued and I added self-abuse. I sucked my thumb until I was 11. My oral need was so strong that even food became sexualized. My father sexually abused me until I was 16 years old. He raped me at least twice as far as I can remember. As I entered my teens, boys became my entire life. I never was one of "girls." I was the one who drank, wore heavy makeup, and had sex with college guys I didn't know and never saw again. I was lonely, I felt alone, and I thought sex was the only way I could ease the loneliness. I got used to being referred to as "Jill—you know what she does when she's alone with a guy?" My anger at my parents—my father for abusing me, by mother for abandoning me—was vented through my sexual acting out.

I started attending SAA almost 4 years ago. SAA was not on my wish list that year. What happened to me was that my sexual behavior was so out of control that I had lost all I cared about. My marriage of 21 years fell apart. I was acting out and couldn't stop.

The most painful moment of my life came when I admitted that I had been sexually abusing my son for 8 years. I knew that "it" was happening and I couldn't tell anyone. I didn't know it was incest but I knew it was sexual and I couldn't stop. To make a long story short, I was reported for child sexual abuse. The police came after me, and went to my son's school and pulled him out of class in front of all his friends. The biggest legal and personal consequence of my behavior was the loss of custody of my two sons. This led me to treatment and another "S" program. After 15 months of unsuccessfully trying to get sexually sober I ended up in S.A.A.

Today I have over 3 1/2 years of Sexual Sobriety and am an active service member. I attend two meetings regularly and read literature on sexual addiction. Therapy is very important to me. I have done work on incest issues through both group therapy and 12 step groups for incest survivors. I AM A MIRACLE! I am amazed that I am still around after surviving

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Jill's Story, continued from page 7.

extensive damage to my sexuality, to my ability to feel and express my emotions, and spiritual bankruptcy.

I am rebuilding my life slowly. I am healing my wounded relationship with God.

I have returned to college to turn my career around to work in the addiction field.

As for my sons...I don't see them much but we talk on the telephone fairly often. It is real hard still and I cry and cry. My husband is still avoiding therapy and recovery work. My father, who will soon be 84, insists that I'm crazy and that he never molested me. My mother says, "The past is past, let's get on with life."

When I think of life's miracles, I can honestly say that despite all my wounds...I am sober with alcohol...drugs...bulimia...anorexia...and compulsive overeating. Most meaningful to me is that I am sexually sober. All I do is work the Twelve Steps to the best of my ability. And funny as this may sound, my sobriety from all my other addictions are maintained by my sobriety. Thank God, Grace happens. ■

Wanted! Top Priority!

We are soliciting personal stories from members based on their experience, strength and hope for inclusion in a book to be published in 1994. Two suggested formats are: "What it was like, what happened, what it is like now". and "How taking the Twelve Steps changed my life."

Stories should be from 2000 to 5000 words long. No changes will be made without the approval of the contributor. The stories will be published anonymously, following the 12th Tradition. Authors will be asked to release their copyright to SAA/NSO.

Please send your stories to: Story Collection, SAA/NSO Literature Committee, PO Box 70949, Houston TX 77270.

Reflections, continued from page 6.

spiritual, or at least having the capacity to be spiritual. The 12 steps are essential in both programs. With SAA, we realize the importance of not only a higher power to guide us in tough times, but making amends to those we have harmed.

Every time I walk out of a meeting, I always get a spiritual high from talking to the guys about our problems. I'm proud to call each member a friend. I know I can call on them whenever I'm feeling down, and I want them to know they can call on me anytime. It's funny. I don't really see them as sex addicts. They are a great group of guys trying to overcome a major problem in their lives.

I've learned the danger of labeling people. ■

THE TWELVE CONCEPTS

The Twelve Concepts of AA are part of the guiding philosophy of Sex Addicts Anonymous. They are cited in our bylaws in Article IV, Section 9, and Article V, Section 7. Many S.A.A.s have never heard of them, so we have reprinted them below. The Concepts are wise guides to how to run a fellowship that is democratic yet able to get things done, and to minimize the possibility of abuse of power and ways to address that abuse if it happens. —L.D.

- I. Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.
- II. The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.
- III. To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."
- IV. At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.
- V. Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful attention.
- VI. The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by trustee members of the Conference acting as the General Service Board.
- VII. The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.
- VIII. The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.
- IX. Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.
- X. Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.
- XI. The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.
- XII. The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

The Twelve Concepts are reprinted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint the Twelve Concepts does not mean that A.A. is in any way affiliated with this program. A.A. is a program of recovery from alcoholism—use of the Twelve Concepts in connection with programs and activities which are patterned after A.A., but which address other problems, does not imply otherwise.

Freedom from the Bondage of 'Self'

Why Sex Addicts Anonymous is a 12 Step Spiritual Program

By Steve L.

Since this is a spiritual program which focuses on the here and now, I have been thinking about sex addiction from the perspective of extreme self-centered behavior. The term 'Self centered' is not judging. It does not mean we are bad, it just describes a way of life that at one time sprung up out of necessity—but now has taken over our thinking completely.

These thoughts are intended to serve as an introduction to a pamphlet someday. I would be interested in any feedback. I can be reached via the National Service Office, or via the Editor of the PBR.

Sexual addiction is like being in a prison of 'self'. Like most prisoners, early life for us was difficult. Faced with having to survive in what we perceived as a hostile world of emotional deprivation, we found sanctuary by spending an overwhelming amount of time and energy thinking about our 'self'. We constantly fantasized about us being somewhere else. We kept thinking about how we could maneuver and manipulate others in order to get what we wanted. The majority of our life, it seems, has been centered around constant escape from our own private prisons.

One of our best escapes happened the day we discovered our drug of choice: sexualized adrenaline and excitement. Up to a point, it worked. With the help of our drug, we were able to escape manifestations of our 'self' such as boredom, emotional numbness, and paranoia to name a few.

As our physical dependence on

our drug deepened, however, our solution became our problem. We engaged in antisocial behavior; acted in ways that hurt others; and tried to get others to take care of our emotional and sometimes, even our physical needs. This escape from our moral and practical responsibilities led to more 'self' in the form of guilt and demoralization. As we spiraled downward, we tried to escape our 'self' again by finding more powerful versions of our drug, i.e., riskier and more dangerous acting out adventures.

Finally we hit bottom and sought help from other addicts. They helped us begin to take the steps which resulted in our getting more honest and connecting with a power greater than ourselves. Inevitably, we found a measure of freedom from our own selves and from our drug. We were able to abstain one day at a time from our worst 'self' destructive behaviors.

And yet, many of us surrendered

our more easily identifiable addictive behaviors only to continue as emotional dry drunks. Why? One reason is because we were scared of the rigorous honesty that a life of moral inventory requires. Second, many of us were afraid of the intimacy that goes along with 12 step work. Helping others went against the grain. We developed resentments against those seeking help. At first we thought to ourselves, "Why should I give to others, when I am still feeling deprived myself"? These inevitable resentments were good. They became challenges for us that led us back to taking more inventory of ourselves.

For unless the basic foundations of 'self' were confronted and dealt with, sober or not, we stay miserable prisoners; 'self' contained in our own solitary confinement. We can't get out, and we won't let anybody in.

S.A.A. is a spiritual program because whether we are new or not,

we cannot escape the bondage of our own 'self'. Just as we could not get physically sober alone, neither can we get emotionally sober on our own unaided power.

It is the cunning and baffling nature of this disease that we forget what it used to be like. Once we get even five minutes of sobriety, it is easy to fool ourselves into believing that we are smarter now and therefore do not need to work the steps.

Therapies and other approaches to 'self' discovery can help us get honest. For sex addicts of our type, however, attempts at personal growth, isolated from step and service work is like trying to put out fire with fire.

What we seek is some kind of power greater than ourselves which will help us bypass our limited trapped thinking. We found that power by taking the treatment for our self centered condition — The 12 Steps. ■

Editor Still Sought!

The position of PBR editor and the accompanying PBR editing positions is still open. Interested persons will have familiarity with and access to a computer and modem and the necessary software (PageMaker 5.0 or Quark, basic service to America Online provided). This requires a commitment of up to and perhaps more than 25 hours a month for a consultant's fee of \$50 — so this is essentially service work. A more complete job description and contract is available. Interested persons should contact the Literature Committee chairperson, Steve L, at (818) 417-6060, or Jerry at the NSO at (713) 869-4902, or write the NSO at PO Box 70949, Houston TX 77270. Some of the qualifications we are looking at are sobriety time, past SAA service work, desktop publishing, writing, and organizational skill, and the ability to organize a local PBR subcommittee to help with proofreading and editing. We are interested in hearing about your reasons for wanting to serve and your view of the role of the PBR in SAA.

RAP AROUND

LOS ANGELES

The recent earthquake didn't cause the LA intergroup to lose its forward momentum - Chairperson Frank A. told the PBR that only one of the meeting places for the 30 to 35 meetings in the L.A. area was closed by the quake, and only temporarily. L.A.'s meetings range in size from up to 40 people to the "where two or more are gathered" variety. In addition, 6 or 7 "panels" of 3 or 4 S.A.A.s hold meetings with patients institutions.

L.A. Intergroup is in the process of drafting and approving bylaws, passage by passage, after operating for seven years without them. The bylaws are giving SAA in LA a measure of order and stability that will provide a foundation for future growth of the Fellowship, and mark a more serious sense of purpose in its mission.

L.A. Intergroup is second only to Twin Cities in the production of SAA literature. They have published several pamphlets; two of them, *The Bubble* and *Three Circles*, have received conference approval. They also publish a newsletter, *The Outer Circular*.

A one day retreat in October drew 50 participants, and the response was so enthusiastic that a committee is at work planning a three day retreat to be held August 19-21 in Encino Cal. Workshops, meetings, and fellowship will be abundant - call Frank A. at (213)896-2964 for details.

DULUTH

The Duluth area has two meetings, one for men, one for women, their mixed meeting recently folded. In spite of the fact that their intergroup only meets informally over coffee after group, they have managed to put together an impressive schedule of events.

They will be holding their Annual SAA Spring Retreat from Fri., April 15 beginning at 7 pm, to Sun. April 17 at the

MICHIGAN

Michigan Intergroup is alive and kicking, with representatives of meetings in from ten to fifteen cities meeting every other month. After the meeting an SAA/COSA speaker meeting and dinner is held, with many recovering couples attending. The intergroup is currently planning a mailing to professionals and canvassing local meetings on their needs for intergroup action. Other Michigan activity: women in Michigan have been writing stories and articles (some of which have appeared in the PBR) and are publishing a newsletter for women in SAA. (SISS, 420 Allen St. Lansing MI 48912-2602.) And - a sure sign of a healthy intergroup - meetings are being held to plan a bid for another National Convention in Michigan.

GULF COAST

The Gulf Coast Regional Intergroup is sponsoring a retreat from April 22-24, 1994. It will be held at St. Mary's of the Pines in Chatawa, Mississippi. The cost is \$48 for a semi-private room and \$60 for a private room. Mail your registration to GCRI c/o 5855 Citrus Blvd, #310, Harahan, LA 70123. Retreat participants will be arriving from 4:30 p.m.-8:00 p.m., Friday, with an evening meal at 5:30 p.m. Retreat participants will be departing by 2:30 p.m., Sunday. For more details, call (504) 734-5813.

RAP AROUND

Intergroups, Meetings, and Committees are invited to submit news of their activities to the PBR Editor c/o PBR, NSO of SAA, PO box 70949, Houston TX 77270. Include a contact phone number so the editor can get back to you for details if necessary. Remember that the PBR goes out by bulk mail, so send news of events well in advance.