



Plain Brown Rapper

THE SAA NEWSLETTER

Notes From the National Organization

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 & hopes of recovering sex addicts. Unless otherwise noted, the content of the PBR reflects the opinions of the writers & editors & not necessarily of the NSO, Literature Committee, or Sex Addicts Anonymous as a whole.

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N.S.O.'s PBR Subscriptions are available for \$6 for 12 issues from:

S.A.A.N.S.O.
PO Box 70949
Houston TX 77270.
713-869-4902

Editor:

DavidG

"New" Books Available - At the National Convention, the delegates voted by a substantial majority to have the books, *Out of the Shadows* and *Hope and Recovery*, made available through the National Office. Both are now in stock, costing \$11.95 and \$14.95 respectively.

Prison Outreach - Inserted in this issue is an appeal for members to sign up to correspond with a prison inmate. The men who write us sincerely want to confront their addiction but find little support inside prison walls. Please consider participating in this wonderful outreach. The need is genuine.

Board Agenda Issues - The Board has five meetings scheduled for the coming year, with the following issues currently on its agenda:

Adopting Goals
Board Manual
Committee Role & Structure
Communications Initiatives

Intergroup Handbook
Job Evaluation Form
Office Procedures
Organization Structure

Community Service Announcements

PBR Pricing
Personnel Manual
SAA Twelve Concepts

Consulting Agreement
Delegate Meeting Procedures
Financial Stability Initiatives

Simplified Mtg Readings
Interfellowship Dialogue Proposal
Volunteer Confidentiality

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Good International News

Good international news comes from Mexico and Scotland.

There are now three meetings a week, right in the middle of the best tourist district of Mexico City.

Meanwhile, in Glasgow, a 2nd meeting has been started for the eight addicts there.

Congratulations to our new editor, David G. On behalf of the entire fellowship, our prayers and best wishes are with him.

Until next time, may each one of you experience growth in grace and freedom & serenity.

Your trusted servant,
Harry S.
Chairp, Board of Trustees

Special Need for your use of the Tools of our Fellowship

We have a special need to share our experience, strength and hope with each other. When we work with someone on a 12 step call, use the 1st, 2nd and 3rd step to get us through a control issue, use the traditions to assist us in dealing with people, places & things in our daily life, or any other of the multitudes of tools we all have in this wonderful program, we are doing what it takes to be sober.

2 • JULY 1994

Carrying the message - is one of our primary reasons for existing and one of the primary tools for staying sober.

We need to know how you are using the tools in our program. If you have any methods you use that work, please share them.

I have found for myself that when I hear some say the same thing I have heard others say 40 times before. This time, for some strange reason, it is said in a way I can hear. I finally get the message. We all use tools in our recovery and the sharing of our recovery is what keeps it alive. Please send anything you can to indicate how you are using the tools of our program and having positive results. How are you being part of the solution - not the problem! Send these examples to the following address:

PBR Editor: DavidG

N.S.O of S.A.A.

P.O. Box 70949

Houston, TX 77270



713-869-4902

Messages can be left any time

Hours-between 10 am & 6 p.m. Central Time

Good International News
Good international news comes
from Mexico and beyond.
There are now three meetings a
week, right in the middle of the
best tourist district of Mexico
City.

Meanwhile in Chicago a 2nd
meeting has been started. It is
right in the heart of the
city.

Organizations in our new
cities (D.C.) are doing the same
work. Following our travels and
meetings we will have
meetings in each city, each one
of you. We will have a board of
advisors. This time the board
will be made up of people from
all over the world. It is a way to
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Get us through a rough time.
Use the wisdom and strength of
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Carry Your Message!!

The Prison Outreach Committee needs your help! Since we cannot speak with you personally, we can only urge you not to dismiss this appeal as if it were written to "someone else." It is written to you!

What does the idea of prison conjure up in your mind? Do you think of a dark, forbidden institution surrounded by razor-wire and filled with nameless, menacing people living inside iron-barred cells? Noise brawls and vicious mockery? Terrifying shower scenes? Loneliness? Unspeakable despair?

Prison can be all of these things and more, but in my own experience as a prison inmate, these things - the razor-wire, the filthy and overcrowded conditions, even the despair, were in a peculiar way, exteriorizations or extensions of a far more horrible prison in which I was confined. The name of that prison is Sexual Addiction, and if it were not for the Grace of God and the gift of this program, I would still be there, a "lifer," marking time on Death Row!

Today many are still confined in the dungeon of this disease. Many believe they are "lifers" on Death Row in the twisted bondage of Sexual Addiction. Metaphorically and literally, many addicts are still in prison. It is from awareness of this truth that the Prison Outreach Committee finds its vision and discovers its mission.

The 5th Tradition of SAA reads, "Each group has but one primary purpose- to carry the message to those who still suffer." Do we really adhere to this tradition? Or do we merely give it lip service? The 12th Step also implies that we are trying to carry the message of recovery to other sex addicts.

Bill W., a co-founder of Alcoholics Anonymous, related that when all else failed to keep him sober, he'd look for a "hopeless case"-an alcoholic who had been through the revolving doors of the doctors' offices, the asylums,

THE ONLY WAY OUT

I feel, you Outreach Committee needs your help, since we cannot speak with you personally. We can only urge you not to dismiss this appeal as it was written to the same effect. It is written to you.

What does the idea of prison confinement in your mind? Do you think of a dark, windowless institution surrounded by razor-wire and filled with a mindless mass of people (the kind of dehumanized cells, noise, and violence that you see in the news)? Or do you think of a place where people can be helped and where they can find a way out?

Prison can be either of these things, and most of the time it is. It is a place where people are kept in a state of confinement, but it is also a place where people can find a way out. It is a place where people can find a way out, and it is a place where people can find a way out. It is a place where people can find a way out, and it is a place where people can find a way out.

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the jails. It was there, face to face with one dying from the disease, that he would discover afresh the miracle of his recovery by giving it away. We can make a difference! The prison Outreach Committee is asking you to give of your time by volunteering to be a personal point of contact for the incarcerated sex addicts seeking recovery. Specifically, we are asking you to write an inmate.

Every month we receive letters from sex addicts in prisons throughout the country asking SAA for help. Our National Service Office sends, from its Houston office, a form letter and certain other materials to every prisoner who writes. This, is in itself a major job, and the National Office cannot continue to be the personal point of contact for each prisoner who writes. This is where we really need your help. May we count on you to correspond with a suffering addict in prison?

Remember, you would be corresponding with inmates who have already reached out for SAA to help. We are not asking you to become an SAA evangelist or crusader, but rather an SAA Ambassador. Please bring this issue up to your local group. Perhaps each group could elect a person willing to act as the liaison for inmates seeking help in their group's area.

Recovery- The One-Sock Method

I am a recovering sex addict, with a little over four months of sobriety. I want to share a very helpful idea which was given to me by Peggy. Peggy tells the story of her problems with housekeeping during her early days of recovery in another fellowship. She let her house get dirty, and then felt so defeated by the mess that she wouldn't attempt to begin cleaning. This put her into a "downward spiral" of slovenliness and overwhelm.

Peggy finally discovered what she calls the "One-Sock Method". She began giving herself permission to pick up just one sock, instead of beating herself up for not getting the whole house clean. She found that once she allowed herself to make a small beginning, she would often continue and do some more housecleaning. In this way, she was able to make housekeeping more manageable.

In the past, I would put off many self-care tasks until I had a big block of time to devote to them. I now am getting better at taking a few minutes in the midst of a busy day to do some important self-care work.

One of the promises of the program is: "We will intuitively know how to handle situations which used to baffle us." The "One-Sock Method" is helping that promise to come true for me one day at a time.

Perry

If you decide to help us, the Prison Outreach Committee will be most grateful.

HERE'S HOW THE PROGRAM WORKS

1. Once you fill out the "Response Form" below and mail it to the Prison Outreach Committee, you will receive either a letter from a prisoner or information about a prisoner who has requested that someone from SAA correspond.

2. We will respect your anonymity. The prisoner need never know where you live. In fact, we urge you to either channel your mail through a post office box, your group or intergroup, or the Prison Outreach Committee.

3. Due to Extreme loneliness and feelings of isolation from the real world outside, prisoners look forward to the mail with great anticipation. To them, a letter from the outside is seen as support from someone out there who cares and who does not consider them worthless. Your schedule of writing, however, will be your own to work out. There will never be pressure from us to write more regularly than your own personal schedule allows.

Response form

Fill out and send to :

Arnold D., PO Box 502, Mt. Morris, Mi. 48548

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

Check if you wish your prisoner's letters to be forwarded to you from a central clearing address:

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Prison Outreach Committee

Fill out and send to:

Arnold D. Taylor, Box 802, Mt. Morris, MI 48748

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

Check if you wish your prisoner's letters to be forwarded to you from a central mailing address.

◆ Anger - Fuel For Recovery

I often hear at meetings an addict describing the following pattern: "I was really angry. I didn't know what to do with my anger, so I acted out. Afterwards, I felt ashamed - - and angry at myself for acting out. I didn't know what to do with my anger, so...." One man said it was like the story about the man who was lying in the sand, which tickled him, he wiggled and it tickled more - - until he was buried in the sand. He laughed until he died. Obviously a case of repeating the same behavior and getting the same results.

So how do we deal with anger? First, acknowledge it. The second thing I do is not to blame someone else for it. It's my anger, after all! I sometimes hear "society" or "our parents" didn't allow us to be angry when we were children. That wasn't the case with me. I was allowed to be angry. They couldn't stop me from being angry. What I couldn't do was express my anger at anyone bigger than myself. So I learned to take my anger out on people or animals smaller than myself, or objects that wouldn't hit back. I saw my parents getting

angry and taking it out on me, using it as a way to control me. So I began to use anger to control other people. When sex entered the picture, I combined sex with resentment with the desire to control others and suddenly felt powerful - as a teenage incest perpetrator. This began the part of my sex addiction that drew victims - children and adults - into my behaviors, and continued off and on for the next 30 years. My felony conviction as a perpetrator and subsequent membership in SAA stopped the pattern of victimization of others, but it didn't immediately tell me how to appropriately deal with anger. So I continued to have slips - at first sexual slips, then loss of what I would call emotional sobriety. I wasn't acting out, but I wasn't experiencing serenity. Gradually I experienced longer and longer periods of sobriety and many of the Promises listed in the Big Book of AA began to come true for me, but I still didn't know what to do about anger. What has finally worked is working the 4th, 5th, and 6th step, followed by the 10th step (not just daily, sometimes many times a day) on the issue of anger. I accept that my inappropriate expressions of anger are character defects I have

Anger - Fuel For Recovery



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and I've been working on since an addict describing the following pattern: I was really angry. I didn't know what to do with my anger, so I started out. Afterwards I felt ashamed - and angry at myself for acting out. I didn't know what to do with my anger. So I began to use anger as a way to control the man who was living in the head, which included him, he wiggled and it helped me - and he was bound in the head. He laughed until he died. (I obviously a case of repeating the same behavior and getting the same results.)

So how do we deal with anger? First, acknowledge it. The second thing I do is not to blame someone else for it - my anger, after all, is something that "society" created. (Parents, who I allow to be angry when we were children, that was the case with me. I was allowed to be angry. They couldn't stop me from being angry. What I couldn't do was express my anger at anyone bigger than myself. So I learned to take my anger out on people or animals smaller than myself or objects that wouldn't talk back. I saw my parents getting

become willing to have God remove. I ask God to do just that as soon as I catch myself (not always right away!). That takes care of the inappropriate expressions of anger but the anger is still there. I know from past experience that telling someone I'm angry about something they did often leads to an explosion of all the anger I've been holding onto. The resulting emotional slip brings on the same old self-hatred that fueled my addiction. After praying for the removal of resentment I take a fresh look at the situation. Writing a letter often puts the situation in perspective. I continue to write drafts of the letter until it sounds like a letter written by someone who is sober. If appropriate I mail it, or share those sober thoughts and authentic feelings directly, depending on my relationship with that person. Some relationships do not benefit from this, so I pray to have the frustration removed!

Another tool I use is the phone. I call my sponsor or other addicts and talk about how I'm feeling. If they reinforce my resentments I keep calling until I find someone sober enough to help me refocus on my program - working the Steps. More importantly, at some point I stop talking about my own issues

and realize that my interior monologue has become a dialogue with another person - that I have moved from self-centeredness to intimacy. I combine this with going to meetings, using the old rule of thumb: if I feel like I need to go to a meeting, I go to a meeting; if I don't like I need a meeting, I go to two meetings. If the issues are serious enough I renew my program by going to 90 meetings in 90 days - as many SAA meetings as I can, rounded out with meetings of other fellowships. Like most sex addicts, I have multiple addictions, and my



city is blessed with dozens of 12 Step meetings every week. Finally, I treat the anger as fuel for recovery. The tremendous energy that used to

be lost in nuclear explosions becomes controlled fission to get me off my butt and moving ahead. I reach out to others and find myself working the 12th Step as it is intended. Smiles and laughter come more often, and my step lightens as I am relieved of the burden of resentment. Instead of directing anger inward and wallowing in my own sty of self-pity, I have rejoined the human race as an active contributing dues-paying member.

"they returned home that night with a deputy sheriff."

The school had called my wife, my wife picked up our daughter and then they returned home that night with a deputy sheriff. My wife came into my bedroom, sat at my bedside and said, "I know what you have been doing and you better get help."

Everything went black inside. I could not say a word and every thought left my mind. This was the worst and the best moment of my life. I remember putting on slippers and a bathrobe, going downstairs, reaching for the yellow pages and calling 1-800 for child molestation. I cried and confessed to what I had been doing and they made an appointment the next morning for me to see a counselor.

Control was gone. Completely gone. And so it had to be for me to have a chance at changing. I questioned nothing. I questioned no one. When I was told to be at a certain address at a certain time, I was there. When I showed up, I withheld nothing, telling anyone that would listen of what I had done. I see now that I was being boundary-less. But it served me. I needed to have all control, and ego removed. And it was. My wife and I met with a therapist. Then we met with my daughter and I was told a very important thing. I had to accept all the responsibility for what happened, even though I wanted to believe my daughter was a willing participant. I agreed to accept this responsibility. And that was very important for me, because I came to believe it.

My wife and I both decided to try to stay together. I returned to the addiction program we had found for our son, although I withdrew from any leadership position. God was too good to me. I needed help. It would still be 3 years until I was led to Sex Addicts Anonymous, but miracles surrounded me.

I decided to share my experience with a counselor at the treatment center. I cried, she cried, we hugged and then she told me of a friend she would like me to meet. We met the next day at a coffee shop, and he told me about a meeting of 4 or 5 people that he ran in his office once a week. They read from a book by Patrick Carnes called "Sex Addiction" (now called "Out of the Shadows").

This man shared his sexual story with me which was the first story I was to hear. My trust was slow to come, but I showed up weekly at the

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This man started his sexual story with me which was the first story I was to hear. My trust was slow to come, but I did work up weeks in the

meetings in his office, and also met him at many AA meetings where he would keep a seat for me with his Big Book.

Things at home were strained. I would begin to get numerous phone calls from other addicts and D. felt left out and annoyed. Once or twice she left me very nasty notes saying she was finished and could not stand it any more. I returned home to read notes and become petrified of abandonment.

I called my therapist and he said to do nothing. Was he kidding? So, I sat on the couch, wrapped in a blanket, crying and shivering. And then I would continue as I did before, going to meetings and getting calls and doing what I must to stay alive. For me, my way was clear. Make calls, read recovery material, go to meetings of any 12-step kind, go to therapy, retreats, workshops.

It was at this time that I learned through my friend of SAA and went to my first meeting in 1987.

I felt at home. The table shoved together formed a huge conference-like setting around which about 12-15 guys sat. I made a point to share my story that night and the fellow next to me, a newcomer, told me afterwards that he never thought he would hear what he, in fact, had done. I knew then that God had intended for me to share my story to help others.

Afterwards, another addict told me that I belonged there, and I liked hearing that. Funny, isn't it? Who would want to belong at a sex addicts meeting? But being with others, knowing I was not alone, being accepted in spite of what I had done and seeing these fellows laugh and joke told me I was being led by a power greater than myself.

I got a sponsor. He had something I wanted and that was humor. He asked me to call him daily for 30 days and read three pages in the Big Book and at the end of 30 days, he told me almost no one had kept the commitment as I had. Seemed easy for me. Slowly I was able to find a little humor inside myself.

The one meeting each week split into two and soon we had choices. And slowly, more people would show up, and with them different variations of the addiction. The phone lists grew, and intimacy grew. We would refer to the Big Book of AA and simply substitute the word "alcohol" with "sex" or "compulsive sexual behavior." We knew what we meant. God's plan is perfect. I refer to his messengers as "angels." And I have met so many. Men and women. Straight and gay. Young and old. Of all colors and nationalities. The 12 steps became a continuing

theme in meetings and began to penetrate my resistant head. For years, I heard that until I cleared the wreckage of my past, I would be likely to repeat my behavior. And I never wanted to do that. I recall writing my 4th Step during December while rain was pouring down and I was crying. I cried all the way to my sponsor's to complete my 5th Step. Giving the shame away by sharing it worked for me. I also had to divorce my mother on paper, with the guidance of my therapist. The enmeshment had to end. I had to grow up. And as all these risk-taking steps took place in my life, I had a place to share them and sometimes another person would gain from them. And vice versa. So, in recovery, I was left with feelings. Feelings I could no longer act out over. Prayer, writing and the power of the group would be my source of strength when I thought I would die from the feelings. And by learning to say what I thought and felt, I began to be OK with feeling. A funny thing happened along the way. Someone actually thought I had something they wanted and asked me to sponsor them. Yes, God is most generous.

And years later now, 1994, I will celebrate 10 years of abstinence from my inner circle, one day at a time. My circles were drafted and refined with the help of my most recent sponsor. I love him with my whole heart. I work my program as if my life depends on it, even today. Some say I work too hard. But I am still abstinent and I feel if I do my 98%, HE will do the rest. And HE has. I love SAA. My best friends belong to the fellowship, men and women. Oh, yes, I have loving, intimate relationships with others now. I have a relationship with my wife and my children like never before because I am present and without secrets. Still growing spiritually, I am presently working on the 9th step. My amends list is long, and I am willing. And so it is. My life is richer today than ever before and the family will never be the same,

THANK GOD.

Steve -

Share your Sponsorship Experiences!

The Literature Committee is interested in gathering articles about the experience of being a sponsor or a sponsee in SAA. If possible we would like to have a series of articles in the PBR on this subject and we are beginning to gather ideas for a pamphlet on sponsorship. We are seeking input from the membership, including the experience, strength and hope gleaned from this powerful tool of our program. Send ideas and articles to: **Literature Committee, NSO, P.O. Box 70949, Houston, TX 77270**



From Shame to Grace

Stories of Recovery
from
Sex Addicts Anonymous

"I no longer must live within the framework of deceptions and loneliness, for I can reach out to others and tell the truth without fear of abandonment."

"Now I see that control is an illusion. I recognize that there are many things beyond my control and only a power higher than myself can deal with those things."

These stories of the miracle of recovery from members of Sex Addicts Anonymous relate what it was like, what happened, and what it's like now. The stories make it clear that the Promises do come true....as a gift to those who are willing to live their lives on a spiritual basis.

USE BOTH SIDES or Make Copies!!

22 stories in a book of 144 pages

\$10 each.

Enclosed is _____ for _____ copies, plus _____ for S&H.

Name _____

Address _____

City _____ State _____ Zip _____

Send to: Story Collection, c/o the N.S.O./S.A.A., P.O. Box 70949, Houston TX 77270.

For shipping and handling, add:

\$3.50 for 1 or 2 copies • \$4.00 for 3-5 copies

\$4.50 for 6-10 copies • \$5 for 10 or more.

From Shame to Grace

Stories of Recovery

From

Sex Abuse Incestuous



It is hard to find the words to describe the pain and suffering that I have
 lived through. I have been told that I am a strong woman, but I know that I am
 not. I am a woman who has been broken and who is still trying to put the pieces
 back together.

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