



Plain Brown Rapper

THE SAA NEWSLETTER

While the skillet is hot

Dear Recovering Friends,

The S.A.A. Convention has become the most exciting event in my year. I hear wonderful speakers, meet wonderful friends, see many, many people who have become very dear, and discover areas where I need to do some more work. However, it is also for me, as I know it is for many others, a time of great stress and frustration.

The delegate meetings have been the focus of that stress for me, these two years past. Perhaps we can find ways to make them less stressful. The caucus of the Great Lakes Region specifically asked that we find ways to make the meetings go more smoothly, and others may have said the same thing.

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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.

Contents ©S.A.A.

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Editor:

DavidG

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Kevin K. convened a committee meeting, during the Convention in Phoenix, to suggest how we might improve the delegate meetings. Four of us met to share some ideas. Later, Frank B., the newly elected Trustee from the Southeast Region, also expressed an interest in working on this. If you have ideas how we might improve our meetings, please communicate with Frank or me.

A place to start: What worked well? The parts of the delegate meetings which work the best for us are those times when people line up at two microphones. A person speaks for the measure, and then a person speaks against the measure.

This sort of exchange is very good for us, because it helps us realize that reasonable, recovering people may disagree. It helps us listen to and really hear the point of view of the other side. And in the course of the discussion, we may be able to hear where that middle ground is on which we already agree. This discussion is satisfying because it is on target. It is what delegates go to the Convention to do. It puts us in touch with each other and is productive.

The process by which we prioritize our agenda items also feels productive. It gives us a concept of what other delegates find important and helps us feel that we are participating in setting our agenda.

Therefore, I offer the following five points. We may refine them during the course of the coming year. We can choose whether or not to adopt the improved version for use at the 1995 Convention.

1. Get right into this prime time activity. We ought to be able to get to this sort of discussion by the beginning of the second hour.

2. Limit the total time for discussion of each issue, say to 30 minutes. This way, we could deal with six to eight issues, without calling for extra delegate meetings.

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(Continued from P.3)

3. Limit each speaker to perhaps one minute.

4. Humbly ask that the discussion time not be interrupted by points of order, points of personal privilege, and the like. If there is an emergency, perhaps the delegate who is aware of it could communicate directly with the chairperson or with the chairperson's designated communicator.

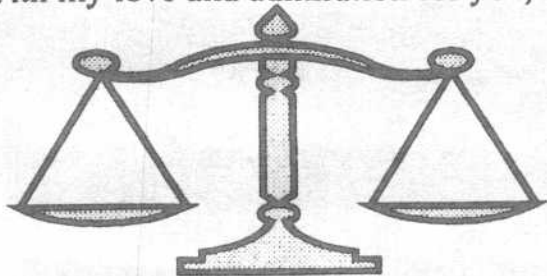
5. Humbly ask that no amendments be offered during the initial period of discussion. Delegates have come prepared to discuss the issues and want to discuss them rather than discuss amendments, initially. People who want to make amendments could be asked to gather together the makers of the motion. If they can all agree on a substitute motion, then it could be brought to the floor. If they cannot agree, then we would have to fall back on Robert's Rules. We might open the discussion to amendments for the last ten minutes of the thirty dedicated to each issue.

One of the most important parts of this is that we will be asked to give up some of our individual rights and differences in order to build S.A.A. unity. The words - humbly ask- were thoughtfully chosen and are seriously meant.

As in all things, we need to keep our balance and be gentle with ourselves, so that regardless of rules of order or whatever, we can be flexible to respond to the needs of the convention. Please help us refine these suggestions.

With my love and admiration for you,

Harry S.



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

NOTICE OF SUBSCRIPTION RATE INCREASE

At its meeting on August 13, 1994, the Board of Trustees voted unanimously to increase the annual subscription price of the Plain Brown Rapper from \$6.00 to \$12.00 per year domestic and from \$8.00 to \$18.00 foreign.

To many, this news will come as a disappointment. Certainly all who receive the PBR and those who are about to subscribe deserve an explanation.

At the old prices, which until recently had also included discounts for multi-issue subscriptions, the fellowship was losing approximately \$5,000 a year. Those familiar with the organization's finances appreciate the negative impact of such a subsidy.

The new rates will enable the NSO to continue to use the PBR as an outreach tool, both to the membership and to an ever growing number of prison inmates. Of the 1,300 copies printed each month, almost half are sent free into prisons and to each SAA group.

The Board's decision is a commitment to continue providing these free copies. The PBRs furnished to each registered group serve as a vital link between the NSO and individual members and offer a forum for sharing hope, strength, and experience. For newcomers, these newsletters provide a sense of belonging to a larger, understanding community.

To the prisoner, unable to attend meetings or buy books or visit a therapist, the PBR is a monthly visitor who brings insight to a problem he is struggling to understand. By reading about the journeys of others, he learns that he does not travel alone and that he can hope to experience true freedom, even behind bars. So, while we regret the price increase, we are happy that it will allow us to continue reaching out through the PBR. We hope that you will understand that the decision was necessary and in the best interests of the fellowship. Use the form on the back of the PBR for your subscriptions.

LIFELINE PARTNERS

In May, the National Service Organization launched its LifeLine Partners pledge program. Perhaps you have received or have seen the brochure — the one with the red banner across the top.

LifeLine Partners replaced the old Fiver/Tener program, partly because that program had seemed to be bogged down and partly because it implied a ceiling on the pledge amount.

So, after about four months, how has LifeLine Partners fared? With 63 enrollees committed to contributing a total of \$910 each month, the start has been promising.

Only one group has pledged. All other commitments have come from individuals. State-by-state breakdown of pledges:

Arizona-13
California-5
Georgia-2
S. Dakota-1
Texas-22
N. Dakota-1

Louisiana-2
Michigan-5
Minnesota-1
Illinois-1
Indiana-2
Wisconsin-1

Ohio-1
Oregon-2
Kansas-1
Missouri-1
Virginia-1

Consider this: with monthly pledges averaging \$14.44, if only one person from each of the 480 registered groups were to pledge at least that amount, our committed income would be \$6,931 per month. That translates into \$83,172 annually, or, \$2,772 more than our entire 1995 revenue budget!

What would that mean to the fellowship? For one thing, no longer would we have to rely on literature sales for half our income. As long as we must do that, it is difficult to foresee either reinstating volume discounts or providing free literature as a part of outreach.

Is there really a possibility that one person from each registered group will commit? That can only be answered by you the members, one by one. Please be that one from your group by completing and mailing the enrollment form printed below. If possible, include your initial pledge payment. And encourage others to follow your example (there can be more than one LifeLine Partner from each group!).

YES! COUNT ON ME TO HELP NSO CARRY THE MESSAGE!

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

I Pledge To Contribute \$ _____ Per Month.

Enclosed With This Form Is \$ _____

(Mail To: NSO, PO Box 70949, Houston, TX 77270)

USING THE TOOLS OF RECOVERY

Special Need for our 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 have in this wonderful program, we are doing what it takes to be sober.

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 or more times before, 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 any thing 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

NSO

PO Box 70949

Houston, Texas 77270

or call 713-869-4902



Working the First Step

Many who come to SAA have experienced incest or child sexual abuse, and, as a result, have acted sexually to mask the pain of feeling uniquely different and damaged. Healing from child sexual abuse can happen through working the twelve steps. The process involves relating the techniques given by the steps to the particular issues arising from the damage done to us by out of control adults. In the case of the perpetrators, this means the damage done to both our victims and ourselves.

Perpetrators' problems are usually compounded by even more guilt about the pain we have caused our victims and our own family and friends.

Working Step One means simply admitting that it has happened — that we did it or that it was done to us. If we were victims, we may be denying it because we were molested by a trusted relative or friend. The psychic pain may be so intense that we have kept it very deeply buried so that we may survive our daily aches and pains.

If we have perpetrated, we are afraid of the punishment and will lie to ourselves and others to escape the consequences of our actions. Perhaps we rationalize what we did by pretending that our victims wanted us to do what we did, or that we were engaged in sex education or that our actions did not really hurt anyone. Perhaps we took the attitude that society was to blame for being so uptight about sexuality — heaven forbid that there could be anything wrong with the fulfillment of our desires.

Whether perpetrator or survivor, we are afraid of remembering fully. We are afraid that overwhelming feelings of fear and excitement will sweep back over us and we will be powerless once again — under the control of others as victims, or under the control of addictive urges as perpetrators. In recovery, we will be reminded over and over again, of how much courage it takes to admit and remember what happened. At this stage we need support. Once the remembering begins it is difficult to stop it. The pent up emotions of shame, anger, fear and grief may be enormous. Victims and survivors may still have such great fear of perpetrators that it feels impossible to talk about issues in the context on an SAA group, where

there may be perpetrators. If this is the case, we must seek help from someone that we do trust, a member of the group, our sponsor, a clergyman or a therapist.

If we are perpetrators, we need to face the consequences of our actions. In most states there are laws mandating teachers, therapists and other professionals to report cases of child abuse. The legal consequences vary with locality and with public education and attitude. The important thing to remember, if we have molested a child, is that the child almost certainly needs professional help to understand and work through what has happened. To bring this about, we may need to turn ourselves in to the authorities. If we are accused, we will not help the situation by denying what we have done. On the other hand, we need not make the legal consequences any worse that they need to be. Having a lawyer to help us through the situation with dignity can help us rebuild our sense of self-worth. If our case has been publicized we will probably feel shame and that we are outcasts in our community. We may be surprised at how many of our friends still care about us, even though they do not condone what we have done.

If we are survivors, we may find that people close to us do not believe us, especially those in our families. We have been caught up in the sick family systems in which the perpetrator has, in one way or the other, been enabled in his or her illness by the others in the family. We may face not only disbelief, but hostility for upsetting the system and for bringing attention to the family secrets. If we do not persist in exposing the perpetrator, other children may be at risk. Indeed, we may need protection from perpetrators in denial who try to batter us emotionally and physically.

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We need to ask and keep asking for help until we get it.

Luckily, many programs now exist to treat those caught up in the cycle of child sexual abuse. Unfortunately, there may long waiting lists. There are also self-help groups for survivors of incest and child sexual abuse.

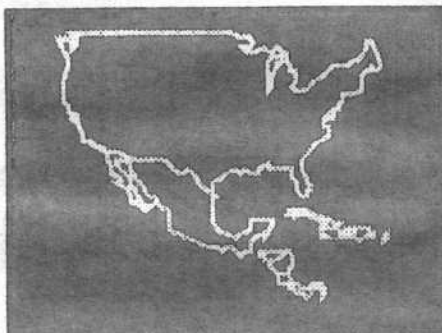
Most importantly we need to stop holding everything in—trying to control what happened and the consequences. We need to let go, admit or acknowledge what has happened, and ask for help until we get it. We will learn that we are not alone. We pray, cry, journal, share with others and feel the pain. Eventually we do go on through to the other side.

Work on the first step is healing. The first step presented as a "formal first step" is dramatically healing. Remember, we are only as sick as our deepest secrets. If you have experiences of healing from incest or child sexual abuse that you are ready to share with the SAA community, please send them to the editor of the PBR.

Lester D.



Healing the Shame



SPANISH SPEAKING SPONSORS NEEDED FOR MEXICO CITY GROUP.

There are meetings now going on almost every day of the week in Mexico City, but there is a shortage of sponsors for the new members, many of whom do not speak English. If you are willing to sponsor one or more of these Spanish speaking SAA members, please contact "Mr. Star" by writing him at: Mexico City SAA

Rio Danubio 39

6500 Mexico City, Mexico
or by calling him at 525-682-0975
or 525-403-4314 (cellular). When
calling do not mention SAA unless
"Mr. Star" himself answers. If
someone else answers, leave name
and number. Those willing to
sponsor will not have to call the
person they sponsor since these
members have agreed to do the
calling and bear the expense of the
long distance call.

If you can respond, the Mexico
City fellowship will be most
grateful.

Thank you,

Jerry B.



Music for Recovery at the 1995 National Convention

If you have written or know a song that you use in your workshops or retreats, we need your help. Send your songs on tape, or on Staff Paper with music, chords and words. If this is an original song, please copyright the song and words first, if you have any concerns regarding release.

Send these tapes to:

Entertainment Committee
PO Box 3352
Grand Rapids, MI 49501

If you have any questions, please call Mark N. at 616-459-8802.

Fall Conference for "S" Groups by the Colorado Service Group

Topics:

Humor in Recovery
Healing the Inner Child
11th Step
How to Use Your Sponsor
90 days - 90 Meetings
Healing Through Music
Signs of Recovery
Exploring Powerlessness
Sexual & Emotional Anorexia

Speakers: David W. - MN, SAA
Jenny R.W. - Boston, Ma SLAA

\$ 55.00 per person - Includes Lunch
Saturday, October 15, 1994

For information:

Call Rich at 303-939-0160



FROM SHAME TO GRACE: STORIES OF RECOVERY

This is a spot for us to share our experience, strength and hope. We can only keep what we can give away. My experience shows that I need to work on increasing my communications with you. I will do so. My strength lies in my work on the patience to wait on my higher power work the miracles my higher power works. My hope is shown in the stories only you can share with the others in our fellowship.

From Shame to Grace - a poignant and powerful statement that each of us experience when we share our stories of recovery.

Rap Around

Madison, Wisconsin Here in Madison we have experienced a small but noticeable increase in membership. We now have 40 or so people attending our 4 meetings a week, with attendance ranging from 6 to 15 or so. Summer brings people out, and many addicts report have more problems staying sober in summer—so perhaps there are also more people hitting bottom in summer and turning to SAA for help!

We recently initiated a voice mailbox system for outreach in our area. The number, (608) 845-2309, will appear in the next edition of the Madison area phonebook. Several people have called already in the first couple of weeks, being referred to it by our local AA Intergroup office and by a local addiction treatment clearinghouse office. Also, we have a new post office box number—S.A.A., P.O. Box 14578, Madison Wisconsin 53714-0578. Write or call if you will be visiting Madison and we'll get back to you with meeting times and places.

At our regular Saturday morning meeting on August 6 we had the pleasure of hosting several members from the Rockford, Illinois meeting. Rockford is a little over an hour's drive south. It was wonderful to have such a large meeting, which turned out to be a First Step meeting to welcome a newcomer to the program. Afterwards we picnicked on the lawn of the State Capitol enjoying fellowship and the happy bustle of our weekly farmer's market. There was something quite moving to be able to publicly join hands and recite the Serenity Prayer in the sunlight in the center of town. At that moment we were all a long way from the shadows in which we all had once been hiding.

Lester D.

Greensboro, North Carolina is growing in numbers, in numbers of meetings and in types of meetings. We have Step meetings, Discussion meetings and recently introduced Speaker meetings. We are sponsoring our fourth Annual Holiday celebration in December - a sober opportunity for us to gather and celebrate our sobriety and "aliveness". There seems to be an influx of people in this area from all over the country, primarily because of business opportunity. This is increasing the size and strength of our sobriety base. Most recently, we have members coming from California, Ohio, Virginia and Kentucky. We are using the principals of the program actively by sending mailers with information about SAA to the counselors in the area, placing PSA's in the local papers and attending our own "cross-addicted" support programs for strength. Our address and SAA hotline is:

Greensboro SAA
PO Box 10482
Greensboro, NC 27406
910-333-1697

If you are ever in the area, we have 7 meetings per week. Give us a call, and we will give the schedule and locations with directions. As our fellowship grows, it becomes more and more clear how valuable this fellowship is. It is exciting to see someone from Kentucky we met at the National, or to speak to someone in person we have talked with over the phone or to see the beginnings of another meeting in Asheboro, NC for a fellowship member who travels an hour to each meeting. We are truly blessed that such a fellowship exists!

David G

RAP AROUND

Send news for Rap Around to PBR, NSO of SAA, PO Box 70949, Houston TX 77270. Include a phone number. Remember that the PBR goes out by bulk mail, so send news of events well in advance.



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, spiral bound. \$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.

The Literature Committee-made up of elected representatives and alternate from each region, up to three at-large representatives, and the editor of the PBR. We want to involve more S.A.A. members for literature work. Fill this form out to connect to the network of people interested in creating and distributing recovery literature. Send it to Friends of the Literature Committee, c/o N.S.O. of S.A.A., P.O. Box 70949, Houston TX 77270.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax Number _____ Email Address _____
Intergroup _____

Do you have a computer? Mac ___ PC ___ Modem? _____

Friends of the Literature Committee (FOLC)

Some projects we are working on:

- **Plain Brown Rapper** — increase the distribution of PBR in local areas and intergroups and finding local group or intergroup news contacts
- **A booklet on sponsorship**
- **A short guide to working the 12 Steps**
- **A book on the 12 Steps** (to be published in 1997)
- **Translations** of our literature into **Spanish** and **French** (We are looking for translators and reviewers of material already translated)

Do you have ideas for new literature? Send us your ideas or literature you have published for use by your meeting or intergroup.

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

P.O. Box 70949

Houston, TX 77270.

713-869-4902 - Messages can be left any time

Office hours are between 10 am and 6 p.m. Central Time

USE BOTH SIDES or Make Copies!!

Subscribe to the Plain Brown Rapper \$12(\$18-International) for 12 issues. It includes news of the worldwide fellowship of Sex Addicts Anonymous, stories of recovery, practical advice on working the steps, & more. Enclosed is \$_____ for _____ subscriptions to the Plain Brown Rapper.

Name _____

Address _____

City _____ State _____ Zip _____

Send to:

PBR Subscriptions

c/o N.S.O. of S.A.A.

P.O. Box 70949

Houston, TX 77270.

713-869-4902 - Messages can be left any time - Office hours are between

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