



# Plain Brown Rapper

## THE SAA NEWSLETTER

### Circle of Steps



In our traditions, we also state that the each group has but one primary purpose- to carry its message to others who still suffer. If that is our one primary purpose, just how important is my own twelfth step work?

Page 2



**RAP AROUND** - Page 3

I'm **Snoopi** and I'm a Sex Addict. The court date for my name change isn't until August 17, but I'm already going by my new name.

Page 3

### The Corner of Tradition

It was suggested that I use a salt shaker and pepper shaker to describe other people when I was having an issue with them.

Page 5

**Rhythm of Recovery** Waiting for loneliness to go, . . . . .

Page 7

### **Just an Opinion**

...and a very short one at that!! -

Page 7

### **Living in Recovery**

I put my stuffed bunny over my face hoping God wouldn't see me.

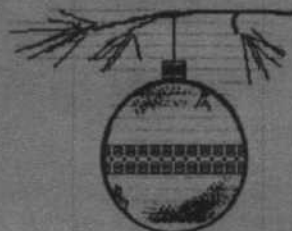
Page 8

### The Key

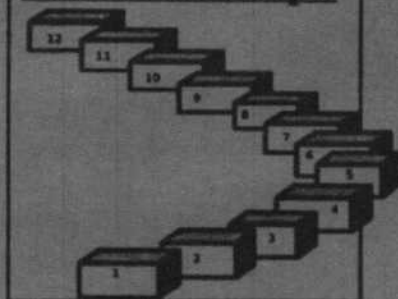


I found SAA while locked up. Through therapy and SAA I found that I had lost the ability to feel.

Page 10



## Circle of Steps



### Step 12

Having had a spiritual awakening as a result of these Steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.

One of the purposes of this newsletter is to act as a 12th step vehicle for all the members of SAA. It provides an opportunity to carry this message to other sex addicts by sharing our experience, strength and hope with others. For any of us who are active in the process of writing, editing, printing and releasing the PBR, it also provides a very good opportunity for us to practice these principles in our affairs. I have had a wonderful opportunity to do so, and over the holidays became so involved with my family and self-centered fears that I personally neglected the PBR and its issuance. By doing so, I neglected my own recovery and would like to make my amends to each member of SAA for the delays you have seen and to myself for neglecting one of the most powerful parts of my recovery.

In our traditions, we also state that the each group has but one primary purpose- to carry its message to others who still suffer. If that is our one primary purpose, just how important is my own twelfth step work? Today, it is obvious. Yesterday, it was not so. My own self-centered fears claimed much of my life then. Today there is a difference. It shows itself in progressive ways, not perfectionist ways. Gradually,

## Rap Around



We are holding a spot for your group here in the PBR. Let us know what is going on - big or little, anything we are doing in the area of recovery is helpful. You may be surprised how much help we are to each other. Please treat this box as a meeting/group/area checkin box. The best problem I could have is to have too many articles to print. Please give me that problem!!

### 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.

## Snoopi's Step Twelve

### Step Twelve

I'm Snoopi and I'm a Sex Addict. The court date for my name change isn't until August 17, but I'm already going by my new name. It might take a while for some of you to get used to my new name. I'm already used to it because it's been my nickname for years. My career is at a point where I'm slowly getting known, and I feel I want a really unusual name so I'll really stick out. So I'm totally changing my name rather than only having a stage name just to make things easier.

I feel like it's been a year since I have given a step talk. For all the new members that don't really know me, I always type talks out and have them read for me. That way I know I'm being understood. I do it the same way when I give talks in other places. The only hard thing about it is I always feel dumb just sitting there while my stuff is being read. I am trying to find a way to deal with that problem, but I'm afraid that there is no real solution.

Anyway, I want to start by talking about a spiritual awakening because I feel I've had one over the last 6 months. I'm a little scared because my recovery not only seems strange, but it is strange. So I'm going to talk a lot about where I am at personally, but I don't want to give the impression that this is a good way to recover, because it's probably the best way to have a slip. On the other hand, we all work our personal program differently to get our needs met. I think what I'll be

*(continued on page 4)*

December 1994

Page 3

*(continued from page 3)*

### **Snoopi's Step Twelve**

sharing will have great personal meaning to all of you, so I hope you will keep in mind that some of this stuff is only for me.

A Spiritual Awakening to me has a lot to do with letting go of the past. I had this fantasy of somehow going into court and have the judge order that I be turned back into a child so I could grow up in a healthier home. I still sometimes wish that could happen. Ward and June Cleaver would be my parents (just kidding). But What it comes down to is, what would I want to come out of it? The answer is I want an engravement of a wonderful time in my life that I can look back on. At times it seems like the abuse I had was an engravement on my soul. But if you think about it, the abuse was only a painting my environment put in my memory. It is not something I willingly took part in. The pain is painted in my mind, but it doesn't have to be engraved in my heart and life. Then how do you create the good old days? Well, you start with today. Yes, you still have to get up each day and work your program, but yesterday does not get up with you. We tend to think "one day at a time" means don't set your eyes on the future, but I think it also means don't carry yesterday into today. We all have the power to make today count. Yesterday will always speak for itself, and to a point yesterday can never become the future. Yesterday can affect the future, but you can't relive yesterday unless you know something I don't know. So what I've been doing is making today matter to me. Today is the day when I can turn things over to my higher power — I choose to call God— and I have choices in the here and now that I can let become an engravement and build me up as a person, rather than tearing my emotions apart.

I've been hanging out at the Gay 90's about 5 nights a week and I feel like I live there. I can always be found up in the piano bar with a 7-up or Coke in my hand. That place really means a lot to me. I wish I know how to communicate this to you, but by being there, I have learned to love myself. I have a computer that I program to sing, and I often get requests to do certain songs. I do impersonations, jokes, comedies, you name it. It takes an average of 70 hours to program one song. Its hard because I have to do it son the pianist can follow, and also leave the right amount of time fro him to do the instrumental parts.

I've been writing since age 8 and had a book published when I was 18. I've also done a lot of other stuff in the area of art and music. When you're the writer, you don't always see the people's reaction

## The Corner of Tradition

**A**nonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Because of a conversation with a friend in another fellowship, this tradition has taken on a new meaning for me. I was aware that we are to avoid going around town and publicly announcing that we are members of this fellowship. I frankly had no problem with following this very closely, for I did not want any one to know that I was a member. But to take the anonymity factor to a principle was new for me . . . as were most of the principles!

It was suggested that I use a salt shaker and pepper shaker to describe other people when I was having an issue with them and needed to discuss the issues with my sponsor or other fellowship member. When asked what the purpose of doing this was, it was explained that this technique or something very similar was the only probable way I could separate my personality from the principles and allow the principles to operate instead of the personality. I said that I was ready to make a change and would attempt to do what we discussed. When I was next speaking to a program member about someone I was having a problem with in the fellowship, I was able to apply a little of this technique and even the little I used was helpful. I noticed that I did not stay in the judgmental spot for nearly as long when I did so. With this encouragement, I continued to develop this in my affairs within the fellowship. Practicing anonymity as a principle is quite challenging I found. I am used to talking about people - not about principles. I asked those I sponsor to use the same technique and saw the change in behavior and increase in hope. It was also suggested that I practice this principle in my other affairs at home and at work. What a change! The rage I used to cling to dissipates when I allow myself to use this principle in my affairs. I also have a new clarity.

(continued from page 6)

certain step, but all the steps and all the tools remain there for us to fall back on and use any time we need them. That personally means a lot to me.  
Snoopi

## JUST AN OPINION

...and a very short one at that!! - from all of the staff (who are your trusted servants) on the PBR, a belated Happy Holidays and Happy New Year. May this year bring you peace and serenity and keep you focused in the spiritual principles which are ours when we work this simple program.

DavidG

Waiting for loneliness to go,	for happiness to show	.....	Waiting
I wish I was someone I loved.....			or even liked
I could be as playful as a kitten.....			fly like a kite.
My heart is heavy.....		I have a bevy,	
of questions.....		unanswered.	
I want Love			
I want to see Love	be love and be loved		
I need affection	direction		and protection
	from God		
		above	
Where has my life gone?			
Thirty Nine years and I feel as if I am still waiting to be born			
Is my inner child dead?	he was tortured and tormented enough.		
Did he die?	Did I die inside?	Will he wake if I call?	
Should I trouble him at all?			
I need you, want you, .....	won't let them hurt you at all!		
Come to me	show me how to be.	I can't do it all;	
		alone.	
		Jimmy P.	

Rhythm of Recovery

*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 ©SAA.*

NSO's PBR Subscriptions are available for \$12 (\$18-international) for 12 issues from:

PBR Subscriptions  
NSO of SAA  
PO Box 70949 Houston TX 77270.  
713-869-4902

Editor: DavidG

December 1994

Page 7

*(continued from page 4)*

### Snoopi's Step Twelve

before stuff gets lost, thrown away or whatever. I get a lot of junk mail and every time I throw something away I think of the newsletter I write for. I am sure there are some people who receive it who think that of it is junk mail as well.

We all have jobs, we have things that take up our time. We can have some great moments like graduating from school, getting a job, buying a house, having a kid or whatever. I live in a nursing home where people die regularly, and I am faced with the question - what will I take with me to the grave some 60 years from now. If I was hit by a car today what would I die with. Earthly accomplishments are really no answer. I think things like the 12 steps help bring about my spirituality to where I admitted I am powerless, made my amends, and did each of the steps, along with communicating with my Higher power. Then I know I am dealing with the necessary things.

When I think about Bill W. who formed the first 12 step group, I think he wanted each of us to walk a mile in each others shoes; to be able to get together and look beyond the common addiction and share the source of the problem. The message we carry is not that we have the same addiction, but rather, it's acknowledgment of understanding and hope. Different people like to think of our program in different ways. I have four wheels, so let me share my interpretation. Say you're trying to ride a bike — or a wheelchair in my case — up a long, steep hill. If you try to ride straight up, it's very hard. If you zip-zag all the way up, you do not have to peddle as hard. Well, I think of the 12 steps along with the tools of the program as being laid out in a continuous zip-zag pattern. If you are having a hard time or if you should step on a banana peel, you can use any part of the program as leverage to keep going forward. A lot of times I feel I am not recovering, but then I realize I just took a big zig or zag to keep right on going. And when I know other people in the program share my shoes in their own way, it makes it easier to pick up the phone or come to a meeting or do whatever it is to keep me going.

I believe in God and I'm so glad I can talk to Him more than once a day. Did you ever lock yourself out of the house? You head out to the car with a full tank of gas. Everything is perfect until you try starting the car: the car key is on the same key ring as your house key, both sitting on a table you can see from an outside window. Okay, now imagine you're praying and you feel great because you think you told God everything. You end the prayer and two seconds later you remember something you need to pray about. I'm glad I can never lock myself out of communicating with God. It's the same idea with the Twelve Steps. We can reach a point in our lives when we feel we are totally done with a



# Living in Recovery



## Tapped on the Shoulder

I had finished my tenth step for the evening and I was just about to bundle myself off to bed when my Higher Power tapped me on the shoulder. I put my stuffed bunny over my face hoping God wouldn't see me.

"You know", a little soft voice said, "maybe you could bring your Higher Power into that situation you are scared of."

I sat and thought. . .

What is my higher power anyway?

The most comforting vision came to me:

*I was standing on a ledge over looking a steep and very wide valley below me. The Valley had wide open spaces and green trees. The sun was just setting, lending the ground a soft rosy color. I could feel the heat of the day escaping the soil beneath my feet. The wind was cold and strong, cutting though my clothes to my bones where it chimed in deep resonating tones. But what made me happier still was the all encompassing sense that everything was going to be okay.*

That is what I want to bring into my life. The acknowledgment of my aloneness and loneliness (two separate things for me) that sounds in my bone allow such feeling and creativity in my life.



*(continued from page 8)*

The acknowledgment of my ability to love and cherish the warm rosey glow of life and the space of gentleness.

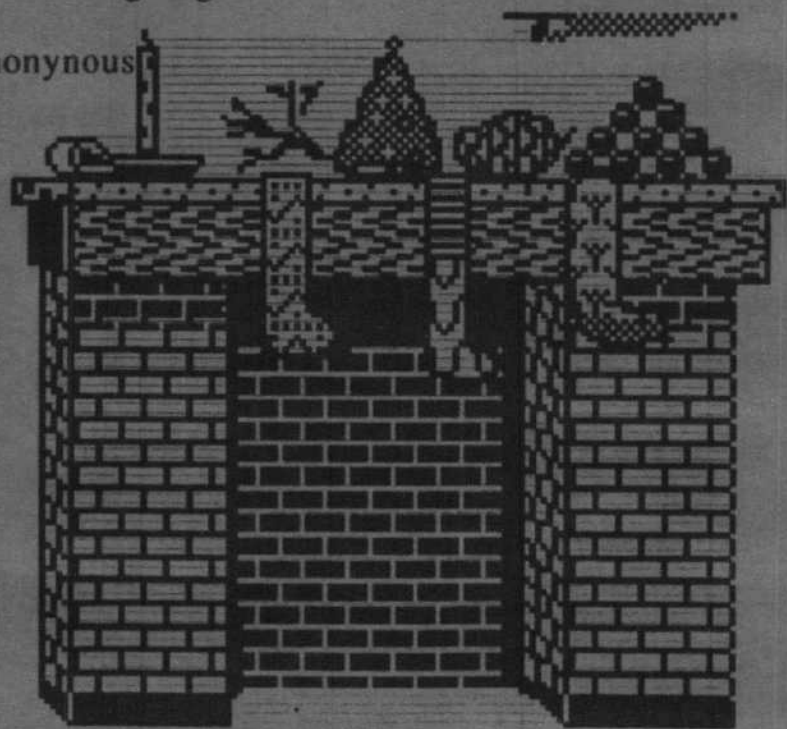
But most of all, I want to bring the feeling that it will be okay.....

don't panic! There is no reason to!

Today, my Higher Power does for me what I cannot do for myself, and yet my legs are still strong from the work of life.....

so... I told my Higher Power that was enough revelations for the evening and to go to bed like I was going to . . . . .

Anonymous



I Can Feel Again!

## The Key

I am 44 years old. I learned about sex from my sister. She taught my brother and me how perform sexual activities with her. She was four years older than I was.



She was sexually abused by our father.

I am a third generation pediphial. Growing up, I learned the three rules for carrying on an addiction. Don't tell, Don't trust and Don't feel. This, of course had a big impact on how I looked at the world around me. If I did have any feelings I automatically associated them to sex. I couldn't have good or bad feelings without wanting sex. Any sex for me, any type of sex had to be unhealthy sex.

When I was 30 years old I was put in a mental institution. I was diagnosed as having a character defect. When I asked the doctor what he meant, he said I would have to discover that for myself. Of course denial kept me from looking at the most obvious and that was my sexual problems. After two weeks, I signed myself out of the hospital. It was everyone else that was nuts.

I had two daughters. God places the source of our problems so we will deal with it. I didn't have to worry about molesting my children right away. My sex addiction took another turn. I was so obsessed with having sex with my wife that I did not have time to turn my attention to my children. The twist to this was that my wife wasn't interested in having sex with me.

In October 1985, I started getting back in contact with my spiritual roots and spent more time in my Bible. This immediately caused friction between my wife and me. She was used to me pouring all my attention on her and didn't like anyone (even God) other than her in my life. In December 1985, we separated. That weekend my wife was in a car accident and died. My children were also severely injured and spent time ion the hospital.

After my oldest daughter came home, I molested her. Wrought with guilt, I turned myself in to my daughters therapist. My children were placed in a foster home, I was given a slap on the wrist and in one and one half years my children were returned to me. During that year and a half, I was remarried, buried myself in my religion and pretended that everything was all right.

The family started experiencing the stress of bringing two families together about six months after my children came home. My wife had two pre-teens of her own. During this period, I started molesting my daughter again. This went on for 3 or 4 months

(continued from page 2)



allowing me to get out of myself and stretch into the wonderful grace filled life that I see when I look around today. I use a new set of eyes given as a part of my recovery. This set of eyes allows me to claim my own errors and my own talents not focusing on everyone else's errors and talents. By sitting down and sharing who I am in a twelfth step call with another suffering addict, I release more fear, let more God into my life and in someone else's life. I also get a clearer picture of who I really am.

Having a number of opportunities to work the 12th step, I was driven to do it "perfectly", and I was not able to. Today, I am thankful for the humility, respect and gratitude that the willingness to do 12 step work has brought me. It is suggested that we go out in twos in our 12 step work, but there have been times when I have not been able to do so and ended up in a one to one scenario. Both settings have brought great rewards, but working in twos helps me keep my self centered pride in perspective as well as establishing safe boundaries. Watching people go away from the program is painful. Watching people stay in the program and go through the process of recovery has unbelievable rewards. If I am not involved somewhat in the process of "giving" what I have away, I am not involved in my recovery. I thank God daily that I am still alive and have the opportunity to share what recovery has done in my life.



(continued from page 10)

before I revealed to a woman at church what I had been doing. Unknown to me, she was a social worker. She told me I had to turn myself in. I am now serving 15 to 22 1/2 years for that crime. Many would say that was the end of it for me, but God had other plans. I found SAA while locked up. Through therapy and SAA I found that I had lost the ability to feel. It has been almost 1 1/2 years since I learned about my feelings and that it was OK for me to have them. I have learned what peace and serenity are all about.

I am still incarcerated and have many years to go before I am expected to get out. I know that when I get out, there will be upheavals in my life, but now I can face them with my feelings in tact. As the promises say "We will regret not the past nor wish to shut the door on it" and We suddenly realize that God is doing for us what we could not do for ourselves."

Dale W.

NSO of SAA

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

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 NSO of SAA 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