

The Plain Brown Rapper



THE OFFICIAL NEWSLETTER OF THE INTERNATIONAL SERVICE ORGANIZATION OF SAA, PO BOX 70949, HOUSTON, TX 77270

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Carrying the message of hope to the Sex Addict who still suffers

October/November, '99

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Board & Litcom 10-11

Amend to the Fellowship: On page 4 of the last issue of the PBR is a notice of a retreat wherein the name of a "related" organization is named. This is contrary to Tradition Six. I make an amend for this error in judgement. Robert S., PBR Ed

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As you will see in Jeff W.'s LitCom report [PP10-11], the PBR is one of the areas of primary concern for the coming year. In addition to getting the editor "on track", there are many needs to be supplied by Fellowship members. Material has been coming in. Some correction and editing has been required. We're getting some offerings on e-mail "second hand". Can't accept them. There are items which have promise but the writers seem not to be "polishing" them for publication. We need Step stories !! Badly! Keep sending!

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PRISON OUTREACH

FROM OUTSIDE

NONE

FROM INSIDE

NONE...

NEXT MONTH!

POETRY 5

COMING
EVENTS 4

IN EACH ISSUE.....



News from the
WEB...
by Bob D. 2

ISO OUTREACH 3

October - 10th month. Step? 10. In my experience with SAA recovery, which is 10 years this very month in this very year, little was accomplished until I got past Step 9. I thought Steps 8 and 9 were the scariest of all. To actually get down to all the damage I'd done to everyone in my life. To my wife that I'd cheated on, to my children who were sexually, physically, verbally, and psychologically abused. And they were the Steps that would get me to the stage of admission, face to face if necessary, letters, phone calls, whatever it took. And I'm still dealing with those two steps. Each week there are other names that are candidates for that "list".

The feeling of "Thank god, that's over!", was almost euphoric. It was kind of the "quick way" to handle painful situations, one at a time. You know, when I really HAVE to, I'll admit it, confront it, get it over with! Ah! Done!

Step 10 comes. It **always** comes! It **never stops** coming. My grandiosity is not enhanced when Step 10 confronts me, over and over; over and over. It trips up my narcissism.

To wit: Last Friday PM I attempted to leave a parking lot, reserved for customers of the various businesses around it. An ambulance and an "out of state" SUV blocked my way on the "one way egress" Since they were parked in spaces reserved for one business, I went into said business, chip on my shoulder, to ask them to move since they blocked my way. The business owner [who I didn't know at the time], asked "Are they blocking the drive?"

My reply, "It wouldn't take a rocket

scientist to see that they are." He followed me outside. Had I been younger, there may have been physical problems. He said some baaaadddd things, I needed him.

And when I left I knew I'd write to the Chamber of Commerce, the newspaper, Better Business Bureau, et al, to tell them how a business-man in town spoke to me. My fantasies of resentment continued until I got home. I knew it would eat my supper if I didn't take some action.

I called the business place, asked him to return my call. He didn't. But my decision was made; I'd see him in the morning. And I slept in peace. Even though I knew what might ensue.

When I went in the store, I saw he was busy, looked at the merchandise, and waited. He came.

And believe it, he had his hand out 10 feet away! We both knew what we had to do! And we did.

I don't know how "things" work in this world. But I know that these Steps work. Ten is still the test of daily recovery. It has nothing to do with sex addiction; it has everything to do with the character defects that undergird the addiction.

One day at a time, practice, practice, practice! Robert

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