

The Plain Brown Rapper

The official newsletter of the International Service Organization of SAA

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I have found a series of exercises that work effectively without producing a sense of hopelessness.

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I am in control (So why am I deeper in the hole),

See Page 12

“Bridge to Freedom” a Triumph!

By Mike L.

Memorial Day weekend, 2002, saw the SAA fellowship visiting San Francisco for “Bridge to Freedom,” the 15th annual convention. Partly because of the beautiful Bay Area setting and partly because of the enthusiasm of the local fellowship, “Bridge to Freedom” was the largest SAA convention so far, with 399 members in attendance, not counting guests and members of COSA who also participated in the large group events.

Needless to say, one highlight of the convention was the usual enjoyable and informative workshops. Among these was a three-part session called “Back to Basics,” which gave attendees the opportunity to work the steps in fairly short order, similar to the way our predecessors

in the early days of AA did it. There were also workshops on such topics as “Staying in Line Online,” about addiction and the internet, and “Sexual Anorexia.” And of course, we had several inspiring keynote speakers from SAA and COSA at the various large group sessions.

There were also many structured activities for those who wanted them during the off-periods of the convention. And all these activities showed careful planning and thought on the part of the extremely enthusiastic convention committee.

Friday night, there was a showing of the new film *Ocean’s Eleven*. Saturday night, attendees had their choice between a dance, which is a standard feature of all SAA conventions, drumming, which has been a hit, so to speak, at a couple of past conventions, and karaoke, something brand new (to SAA, at any rate). The crowd who attended the karaoke was obviously having the time of their life, so this event will no doubt be returning to future conventions.

Sunday morning began with an almost three-hour guided hike, which got members off to an invigorating start for the day. Sunday afternoon brought around three buses who took members on a three-hour tour



Bridge to Freedom

San Francisco 2002

“Bridge to Freedom” a Triumph!

By Mike L. (Continued)

of the City by the Bay. Each bus took a unique route, so each group got to see slightly different highlights of San Francisco. The riders on our bus had the opportunity to ride one of the city's famed cable cars. All the buses joined up later at a festively decorated local church where we were served a delicious meal and treated to some entertainment on the guitar.

Later that evening, attendees chose between the different energies of the talent show, another standard SAA convention feature, and a memorial service for those members of the fellowship who have passed on since the last convention. This writer, who normally does not miss the talent show, opted this year for the memorial service because of the people being

honored, and found it to be a very moving and beautiful experience, capped by the reading of a poem that appears elsewhere in this issue. Sunday evening ended, as it traditionally has since 1994, with a late-evening candlelight meeting for gay, lesbian, bisexual and transgendered members of the fellowship, and open to all other members as well.

The Already and the Not Yet

By Thom C.

[Editor's Note: Thom C. read the following poem as part of his keynote speech at the conclusion of Bridge to Freedom, the Fifteenth Annual SAA Convention, May 24-27, 2001.]

And with the determination of a dust mite that pushes to be closer to the source of light I am set off to unknown destinations

daring to forego the questions of where, and how, and with whom to die in the disquieting presence of doubt as if it were my next of kin come forth to lay the body to rest

And with what alleluias does my spirit spring forth with a resurrected gladness fashioned out of a failure to overcome and a wreckage too entangled to sort but in this life giving fusion that inspires my soul

I am called to measure my transgressions and to give them voice this telling quiets the pounding surf of guilt against the foundation of my sanity

And with what reverence do I then gather and dispose of my shortcomings and recall and amend the diseased connections that impede my upward flight but daily is my need to make my reckoning and to find and follow the grace that leaves me standing in the glory of loving service.

Amen, Alleluia

My First Convention

By Rick B., Indiana

Bridge to Freedom was my first convention, both as an attendee and as a delegate. I only had to go to this one convention to realize how passionate our trusted servants and delegates are about our organization.

Each one of us can only attend one first SAA convention and this experience is one that I will always cherish. From the moment I checked in and registered I realized that this was going to be an experience of a lifetime. I made a lot of new friends, and I look forward to many years of building on the foundations of the friendships that started at this convention.

There was plenty of time to be with myself when that was what I needed and yet there was never a moment that I had to be alone if I needed to be with someone else. The hospitality suite was open from 7:00 am until midnight each day of the convention and there was always someone there to share chips or grab a snack with before it was time to attend the

next event or retire. There were open meetings each day for those who needed one and I always felt welcome there.

The only problem with the workshops, if I can call it a problem, was that there were usually three or four of them going on at once. They all sounded good and I wish I could have taken part in all of them. There were workshops available to speak to a variety of needs, and the speakers were all willing to stay around and talk afterwards to those who wanted it. There was the banquet Saturday night and the bus trip Sunday followed by a wonderful banquet at a local church.

There was also the hilarious talent show Sunday night. I could go on and on about the wonderful food, the great friendships, the fabulous workshops and the hard work done by our trusted servants and volunteers but this is something that can only be experienced by being there.

When Monday rolled around and the conclusion was nigh,

my emotions started coming forth. So I very much appreciated the re-entry workshop on Monday. Attending the workshop, I soon realized that I was not alone concerning my feelings about coming back to the real world.

I am eager to get back and start working on my program and I feel like the convention has given me the kick-start that I needed. I know I will be a better person for attending and I look forward to seeing all of my new friends in Portland, Oregon next year. Even though it means starting to save my pennies now in order to go next year, I will do whatever it takes to be there. I do plan to bring my wife next time because there are plenty of workshops and activities for significant others to do there.

My heart and thanks go out to all those volunteers and trusted servants for the time and energy you put into a wonderful convention. Your work has paid off and I am more than grateful that you were there for us.

Arnold

By Bruce M.

Arnold sits all day in his chair of decomposition,
Composed and composing. The phone rings.
His headset tells him his sponsee
Is near his ear, and he lands a fish or two
For the benefit of a world he cannot walk to
Quickly any more.

The fork he straps
His hand to lifts his lunch to his big easy
Mouth, and the plate has a dam to
Keep shoved morsels on. His wife Ila feeds him
The rest. When his walker takes him
To his easy chair, it is tilted far
Forward to catch his ass
As he topples back into the big recliner,
Where he drinks through a straw because
His lips and hands don't work properly any more.

Talks cogently about the night shift makin' Buicks at
GM and how he loved tending the two
Big machines that were his job for 25 years.
"I didn't mind the supervisors once I
Figured out they weren't looking for me to get
Something wrong. The Union guys scared them
Outta there, but I saw those shirts were
Just tryin' ta learn something."

He talks slowly just as he always had,
And the 100 pound weight loss hasn't
Depleted his brain cells one iota. Suctioned to his chest
And head, electrodes loop down to
A bucket and once a week
His synapses get jolted back to
Clasp his hands once again.

If you think
Of God and look at him, good, otherwise
He's just a rangy now mal-coordinated man a whole lot of
Other men love, and you can't figure out why.

When his wife goes to help wallpaper her daughter's dining room
One of her 12 sisters comes by to give Arnold a haircut,
To find one of his two male visitors

Has him on the massage table,
While the other reads recipes from the mostly vegetarian
Cook book his wife has just published.

Arnold was out there with the drugs and whores,
And violated his wife's daughters so
That they never could move from their old house
Once it was found out, until that one daughter
Found it possible to go upstairs
Again alone. Now Arnold helps men
Who were one day doing like himself.

So Arnold sits talking of walking once again,
Never a piteous word. Nor stalwart neither,
Which would be worse, from him, but pleased at the gang photo
The SAA men had taken for him at the convention,
And the declaration of devotion they all got to sign.

So the poem of his moustache, 6 feet 2 of relaxed frame,
And farewelled muscle, his broad mouth and shallow chin
Sit up and keep their taciturn and humorous counsel,
While the two men sit with him.
For duty? Well, the one knows him well
And the other's never laid eyes on him before,
But he's the one who offers him that massage,
So you figure it out.

His wife is the youngest of 14, so that's
A world where people have that number of kids,
You understand. She's in her 60s, so that makes Arnold
What? A grandfather, sure, horseshoe bald, his lank dark
Hair needing a wash and a trim --
Not being able to step out for them -- home haircuts:
That too the disease has given him.

It's not his memoirs he composes,
For his long once strong fingers
Can no longer play the keys, nor is
He impelled to hold a pen. Arnold --
To many men the name itself is a legend of him --
Sitting there as he does holding hands with another popular hero
With, like him, panoramas of plaques on his walls
And the gratitude of multitudes,
Lou Gehrig after whom his adventure now is named.

[Editor's note: The author of this beautiful and touching poem
read it at the candlelight memorial service on Sunday evening,
May 26, 2002, at the SAA convention in San Francisco.]



First Shot at the First Step

By Anonymous

Every so often, newcomers at our meetings ask for a sponsor at one of their first meetings. Unless they have been in another 12-Step program, they have no idea what they are in for. Are they ready to do step work? Probably not to any great depth, most of the time. Still, those first few weeks or months when newcomers are struggling with abstinence, struggling to figure out what the program is about, can be a time in which a healthy start can be made.

My experience is that this start needs to be something that touches both head and heart, but

that doesn't overwhelm the newcomers' ability to cope. This means something that is simple, makes plain the sense of powerlessness and unmanageability, and touches into the core values. I have found a series of exercises that work effectively without producing a sense of hopelessness.

The first thing I ask sponsees to do is to calculate approximately how much money they have spent on their addiction. I encourage them to write it down and do their calculations on paper. I suggest they calculate the cost of: pornography of all types, the internet, prostitutes, "toys," sexual paraphernalia, lifestyle items (specific cars,

clothes, jewelry, makeup, costumes, furniture, and so on), and surgery or drugs or medications to "enhance" their sexual activity. This is not an exhaustive list. Next comes what the addiction has cost them in treatment of injuries or diseases, lost jobs or promotions, therapy, divorces and other breakups, legal issues, lost inheritances, lost time to their employers, lost educational opportunities. Generally, people soon come to recognize that this much money could have been put to much better use elsewhere.

Occasionally, sponsees tell me they didn't spend a lot of money on their addiction, or that it didn't have a

high financial cost. I remind them that it is important to add the word “yet” onto that statement because more than likely it will happen sooner or later. Such “low-cost” newcomers are often affected more by the next two inventories.

The first inventory calculates the amount of time spent in the addiction. I ask the newcomers to look at the time a particular addictive ritual took and multiply that out by the number of times per week, by 52 weeks per year, and by the number of years of acting out that way, and then to do this for all behaviors. Finally, I ask the newcomers to work on fantasy. I once figured that just the fantasy time spent in my acting out ritual (this doesn't include my walking around fantasy) was 3.5 years out of the 20 years of my active addiction. This fact alone put a huge hole in my denial.

A final exercise that often helps relieve the newcomers of any sense of control over the addiction is simply to make a list of all the ways they have acted out, including the different variations tried. For the forgetful, I encourage them to look at the list in the appendix in *Don't Call It Love*. While the list is not exhaustive (for example, the internet was not around when the book was written), it will stimulate memory and help the newcomer get past much denial.

Taken together, money, time and a list of acting out behaviors give newcomers (or any other addict, new or old) a comprehensive snapshot of the unmanageability of the addiction. One or more of these has never failed to touch the sponsees who have tried these exercises. At the same time, they have not been

overwhelmed by this work. These three inventories form a simple base for a first pass at the First Step and help the newcomers see how much the program can be of benefit to them. They can also be a starting point for work on Step Four.

This is one way to help sponsees begin to work on Step 1. Sponsors: are you willing to tell what you do to help sponsees with the first step? Sponsees: if you received some good first-step help in your recovery from your sponsor, will you share what your sponsor suggested you do?

Please send contributions, questions or any other feedback to:

Sponsorship Corner
PBR
c/o ISO of SAA
P. O. Box 70949
Houston, TX 77270

Or e-mail to:
PBR@saa-recovery.org



Letter To God



Dear God,

I am afraid. I have no control over myself. I am very scared.

You created me. What the hell is going on? I feel like I am possessed by a demon that knows exactly how to manipulate me.

Where are you? Why do I feel so abandoned by you? Have I been the one who has turned his back on our relationship?

I try to use acting out to cover everything. If I am tired, instead of sleeping, I want to act out. When I am hungry, I want to feed myself pornography instead of food. When I am lonely, strange women on the telephone whisper to me. I imagine that they really care for me.

Today I was com-

pletely out of my mind. I had no control and did not even care. Where were you?

I don't know how to talk to you anymore. I don't know how to worship you. I know nothing of you. All that I knew has been blurred. I fall before you humbled and humiliated.

I am weak and powerless. I need divine assistance. I am completely out of control. Left to my own devices I will destroy all that I hold dear and myself too.

My eating habits are like a roller coaster. My weight fluctuates like the weather. I am trying to fill some void and I will kill myself trying to do it.

I need you so much. Please don't abandon me.

I have become callous and desensi-

tized. I want to just break down and cry but I can't, I just can't. I have damaged myself-your creation. I make every effort to block out the light of my soul. I desire only to escape from myself. I believe I hate myself.

I believe I hate my mother. I am so angry with her, not only for things she has said and done, but also for who she is. I cringe at the sight of her. She is everything I fear being--rude, poverty-stricken, fat, friendless and dependent. I hate my mother. I also hate myself for hating my mother. I feel terrible about those feelings.

I feel that I have wasted hours, if not months and years, of my life. I am grief-stricken and I come before you asking for forgiveness.



Letter To God



Please forgive me for thinking that I don't need you. Truth be told I can do absolutely nothing--NOTHING--without your guidance, love, wisdom, and support.

All I want to do is vanish. I wish I could start all over.

I am seeking you. I need you. Please don't leave me all alone. Let me feel your touch, if even just a little bit. I need to know that you are there, watching me, caring for me. Giving me daily reminders that I actually matter. Please remind me that I was not a mistake, that you were with me prior to my being born, that you are with me now as I walk in the flesh, and that you will draw me unto you when I leave this body. I

ask of you, I beg of you, my Creator, my God, maker of all that exists, please hold me. Please give me your love, or rather, let me feel your love--daily.

I try so hard to have everything on this earth. Give me what only *you* can. I want to gorge on all that you have created--as a glutton. I want to blast my brains with food, sex, and material possessions. I also want friends, lovers, bosses, therapists, pastors, and world leaders to fix in me what has been broken. I seek all others instead of you. Please forgive me.

I submit to you today that I have no control over any indulgence, especially sex and food. My life was and is unmanageable. I do not know what to do,

day to day, to live in peace, hope, security, and serenity. All I know is escape. All I know is that I want to indulge my food and sex addictions. And there *is* no end to my addictions, except jail, the hospital, or the morgue. Without you I will self-destruct.

I have nothing, I am nothing, and I will be nothing without you in my life. I wish to return to you.

Please forgive me and please accept m e - - b r o k e n , ashamed, desperate, immature and confused. Fill me with your Spirit.

Your child,

GSR

Acting-Out experiences

By Francis W., Columbus Ohio

No, I am in control (I love and forgive myself my lapses now and then),
I am recovered, cured, and whole (Until left alone too long),
I have no problems now (Until I have nothing to do),
I am fine and serene (Online with BD/SM porn),
I have no problem (So why don't I log off?),
I am in control (So why am I deeper in the hole),
I have no problems (So why not stop now?),
I am in control! (So why am I still online?),
I am in complete control (So what happened these last few days?),
I have no problem (So why do I feel so bad?),
I am in control (So why can't I stop?),
I am NOT in control!
I was alone and lonely, my wife had gone,
I popped the seal; let the genie, my habit, loose once more,
Now I feel the shame, the horror
As I know I lost control and all power
I let the addiction carry me
Now I see
How lonely it is in the throes of the habit
Break this bubble, set me free.
Freyja forgive me, Gaia guide me, Isis save my soul—
Let go and let Goddess do for me what I cannot do for myself.



“Larger and Better Than I Thought”

Anonymous, Columbus, Ohio

Three days after I got into recovery from alcohol and other drugs, I went to an AA member's house with a few other people for fellowship. We ended up watching a late-night comedy show, in which there was a parody about a drug treatment center. Everyone else in the group was laughing hysterically at the jokes, but I was mortified. This was serious stuff, not to be joked about! I could see no humor in being an addict or in the recovery process. Well, a year later I saw a rerun of that same skit and laughed through the whole thing.

When reading the part of *Out of the Shadows* where flasher jokes were mentioned, I was reminded of an

SAA program party I went to in Cincinnati recently. We played a game called Guesstures, which is much like Charades except all of the words or phrases are printed on cards and predetermined by the game maker.

One of the words that I got was “flasher.” Hmm. I was unsure of what to do, so I asked the hostess who was also acting as game referee. She laughed and said to go ahead and do it. I did, and in a very real and very significant way, performing “flasher” (discreetly, of course) in front of a group of recovering sex addicts helped me feel more comfortable, more at peace with being an addict. We all had

a good laugh, people guessed the word right away, and I earned four points for the team.

There is humor in this. There is acceptance and healing. I don't have to walk around feeling morbid about being an addict. In appropriate settings I can laugh about the craziness of this addiction, as long as I also recognize the pain and desperation caused by acting out.

And, day by day, by working the Twelve Steps and coming to meetings and sharing and developing a conscious contact with my Higher Power, I come to see the truth inherent in the words of Walt Whitman (quoted in *Out of the Shadows*): “I



ISO News



ISO Literature Committee, ISO Board, & Board Committees

ISO Board Minutes (Pre-Convention Meeting)

The Board of Trustees of the ISO of SAA, Inc., met in San Francisco on May 22-23, 2002. The following is a report on votes taken.

Approved: Allotment of \$7,000 for a SAA Book related face-to-face meeting by the Literature Committee.

Approved: A fund raising campaign to raise money to complete the SAA Book project.

Approved: That copies of the PSA be given to Board and Literature Committee members in addition to groups that donated \$100. Also approved were letters of introduction to accompany copies of the PSA spots.

Approved: A request that the Literature Committee prioritize which translations should be done first.

Approved: That ten percent (10%) of the profits from all literature sales, plus all profits from Spanish

literature will go into a Translation Fund.

Approved: Guidelines for SAA's Cooperation with COSA. (The guidelines are printed in their entirety in the Interfellowship Relations report on page 16.)

Approved: That procedures for annual distribution of the earnings from the Outreach Endowment Fund be modified as follows:

1. The ISO Office is to report to the Board how each year's distribution was spent.
2. A cap will be set by the delegates and will equal a specified percentage of the previous year's annual operating expenses, beginning at a suggested 15%. If at any time this percentage is deemed to be too small or too great, the delegates will have the power to revise it.
3. If the amount of the Outreach Endowment Fund's annual distribution exceeds the amount of the cap money that goes directly to the ISO

Office, the excess funds are to be placed in a special Outreach Endowment Fund Earnings Reserve until the next delegate meeting. The delegates will then decide how to use this money, provided the use they choose be outreach related.

Approved: That the present method of answering the telephone in the ISO Office continues but without giving information about treatment centers.

Approved: That the OOC guidelines be amended to have members elected to a maximum of two consecutive three-year terms.

Approved: An hourly staff description.

Approved: A job description for the ISO staff position of Publications and Administrative Assistant.

Approved: Changes to the ISO's Travel Reimbursement Policy as follows:

1. Expenses for staff of the ISO who are required to attend as part of their job and for those members of the Board and Literature Committee who do not represent a region will be paid in full.

2. If requested, travel advances will be provided by the ISO Office but will be limited to the amount in the Travel Reserve that is designated for the requestor.

3. Designated reserve funds above what is needed for the operational reserve will be put into a travel reserve.

Approved: To empower the Director of Fellowship Services to research and choose the best service provider for the ISO website store available who meets the traditions.

Approved: A motion not to consider the book *Light In The Darkness* for inclusion in the SAA literature catalog as non-SAA literature.

Disapproved: That the contract pertaining to royalties for the Basic Text be presented to the delegates for review and that the board present anticipated cost along with anticipated sale price.

Approved: That the ISO staff be instructed

to disseminate information directed to the Board in a timely manner without commentary.

Approved: To consider and review the book *Love Sick: One Woman's Journey Through Sex Addiction Darkness* for inclusion in the SAA literature catalog as non-SAA literature.

Approved: To allow Larry G. and Mike Z. to use of SAA literature for online meetings in accordance with the ISO Copyright Protection Statement.

Approved: A motion to deny the request from Recovering Couples Anonymous to be linked from the SAA website.

Approved: A motion to deny a request to adapt SAA literature for Workaholics Anonymous.

Approved: Permission to the Intergroup of SAA Louisville to use excerpts from the materials as presented in their newcomers' packet and acknowledge ISO copyrights.

Approved: Allocation of money for a two-hour, eleven-person teleconference for the Literature Committee in July.

Approved: Appointment of Mike L. as

Plain Brown Rapper (PBR) editor effective at the end of the Literature Committee meeting on May 23, 2002.

Approved: A motion to accept Portland, Oregon's bid to host the 2003 ISO of SAA Convention.

Approved: A motion to accept the recommendation of the Portland Committee to hold the convention at the Marriott Downtown for \$84.00 per night per room (single or double occupancy).

Approved: A raffle of one free hotel suite for Friday, Saturday, and Sunday for an SAA member.

Approved: A motion to honor Robert S. with a parchment certificate for his outstanding services as PBR editor, Literature Committee member, ISO treasurer, and Board member to be awarded at the Saturday night banquet.

Approved: That, due to inactivity, the Inter-mountain Region Board member position be declared vacant; with the alternate moving to Board member and leaving the alternate position vacant to be filled by the 2002 Regional Caucus.



ISO Board Minutes

(Post-Convention Meeting)

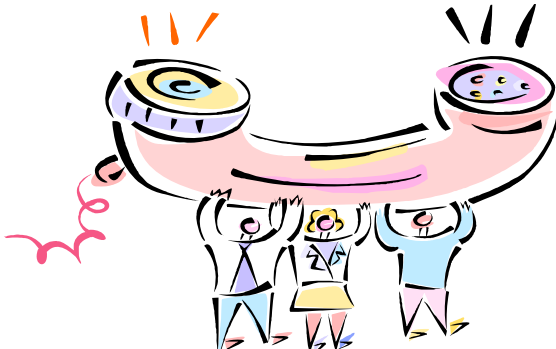
The Board of Trustees of the ISO of SAA, Inc., met in San Francisco on May 26, 2002. The following is a report on votes taken.

Election of Officers: The following Board officers were elected to serve during the coming twelve months: Chair - Roger B., Vice Chair and Secretary - Greg B., Treasurer - Penny K.

Approved: A motion that the authors of the SAA Book are obligated to deliver the complete manuscript to the Board, with the signatory process to be followed for the last two chapters.

Approved: The following schedule for Board meetings:

Saturday, August 17, 2002 (2-hour teleconference)
Saturday, November 9, 2002 (2-hour teleconference)
Saturday, January 18, 2003 (4-hour teleconference)
Saturday, March 22, 2003 (2-hour teleconference)
Tuesday, May 20, 2003 (informal dinner)
Wednesday-Thursday, May 21-22, 2003 (face-to-face)



Approved: The following committee liaisons:

Fund Raising	Don K./Penny K.
Interfellowship Relations	Francie E./Ken S.
Intergroup Communications	Bob R./Michelle D.
International Development	Frank B./Judy N.
Internet Outreach	Jeanette W.
Literature	John S.
Outreach	Ed. B.
Prison Outreach	Mike L.

Approved: Creation of regional delegate caucus training directly before the start of the delegate meeting at each convention.

Approved: A motion to direct the convention masters of ceremony to keep our anonymity at meals by not announcing that we are sex addicts until all of the hotel staff has left the room.

Approved: A motion that the regional representatives of the ISO Board and Literature Committee have a copy of the mailing addresses of the groups and contact information in their regions to promote communication and meeting registration, with the stipulation that the Board and Literature Committee representatives will not share this information with anyone else.



ISO Literature Committee Minutes

The Literature Committee of the ISO of SAA, Inc., met in San Francisco on May 22, 23, and 26, 2002. The following is a report on votes taken.

Approved: A request for funding of a teleconference in July for discussing the new draft of the SAA Book.

Approved: To ask the authors to prepare a brief chapter on SAA's 12 Traditions for the SAA Book according to a deadline determined by the Literature Committee.

Approved: A recommendation to the Board that the current bound draft on the SAA Book be considered the SAA Book, in fulfillment of the deadline, and that any further additions to the book be editorial additions and revisions made at the request of the Literature Committee for the purpose of achieving an approved version, with any deadlines to be set by the Literature Committee. The Literature Committee may request the ISO office duplicate and distribute chapters or sections in the editing process, but these

chapters or sections will not be bound or subject to additional manuscript agreement forms.

Approved: A motion to recommend to the Board Mike L., from Houston, as the new PBR Editor.

Disapproved: That the LitCom approve a literature submission titled *Take The Next Step*.

Approved: That the Literature Committee create a website sub-committee.

Approved: A request that 100% of all Lit-Com approved literature be submitted to the ISO Office in digital format and one

copy be submitted to the Literature Committee.

Election of Officers:
The following Literature Committee officers were elected to serve during the coming twelve months:
Chair - Chris D., 2nd Chair - Elizabeth S., Secretary - Mike L.

Approved: A request that the Board move to have as our next piece of literature for translation into Spanish be the *Getting Started in Sex Addicts Anonymous* item.





The 2002 Delegate Meeting Minutes

A Report On Actions Taken

The 2002 ISO of SAA, Inc. Delegate Conference was held in San Francisco on May 24 - 25. The 127 participants included delegates, alternate delegates, Board members and alternates, Literature Committee members and alternates, and ISO staff.

Reports On 2001 Delegate Recommendations

The Board of Trustees reported that it had adopted the recommendation that, in line with the Sixth Tradition, that when requested by outside concerns for permission to list the SAA name, phone number, website address, and/or logo, that a statement of non-endorsement is included.

The Board reported that it had voted to accept for this year the 2001 delegate recommendation that the suggested criteria for international service at the delegate level be amended to read "six months" sobriety rather than "two years" (in both places) but to bring the issue back to the delegates in 2002.

The Board had also accepted the recommendation to annually send one of its members or alternates as the official

ISO representative to the Interfellowship Forum with authority to act on behalf of the ISO in accordance with the Twelve Traditions of SAA.

The Board reported that it did not adopt the delegate recommendation to move toward discontinuing the sales of outside literature through the ISO after our basic text is released, noting in its vote that such a determination at this time is premature.

New Recommendations

By acclamation, the delegates voted to adopt a resolution honoring Claude E. for his service to the fellowship.

By a final vote of 34 in favor, 73 against, and

two abstaining, the delegates turned down a recommendation that the delegates of the 2002 convention authorize ISO to distribute a document to each meeting suggesting that individuals at meetings contribute \$2 or more so that SAA can fulfill the 7th tradition obligation to be self-supporting at the level of group, intergroup, and ISO.

Also failing was a recommendation that the delegates strongly urge the ISO Board of Trustees to grant permission for unlimited free copying of the pamphlet 'Sex Addicts Anonymous' (contains the 12 questions) to registered SAA groups, intergroups and regions. The vote was 40 for the recommendation, 59 against, with 11 abstaining.

The 2002 Delegate Meeting Minutes

A Report On Actions Taken (Continued)

(New Recommendations Continued)

A recommendation to adopt a Resolution of Gratitude to Co-dependents of Sex Addicts (COSA) was tabled.

The delegates reconsidered the 2001 recommendation that the suggested criteria for international service at the delegate level be amended to read "six months" sobriety rather than "two years" (in both places), passing it by a vote of 58 for the motion, 44 against it, and ten abstaining.

Additional Recommendations Considered

By a consensus vote, the delegates recommended to the Board that the ISO offer to pay in full the health

plan(s) of full-time staff member(s) and their dependents.

The delegates, by a voted of 51 in favor, 31 against, and 13 abstaining, passed the following recommendation: That the delegates approve a non-binding resolution that states the will of the delegates to the 2002 convention and no language in this resolution shall be interpreted as binding excepting as the Board elects to follow the will of the delegates. The members of the Board and Literature Committee who are expected to travel to the convention shall be reimbursed promptly after the books are closed on the convention (currently the end of June). Those members without the financial re-

sources to travel shall be given sufficient advances prior to the convention. The Board may declare a financial emergency two months prior to the convention if they do not believe this will be possible and let Board and Literature Committee members choose their path accordingly. Individuals may still choose not to accept reimbursement. This does not apply to alternates.

The delegates recommended by a consensus vote that the Board cause translations of two SAA approved pamphlets per year for the next three years excluding the *Group Guide* and *From Shame To Grace*.



Note: Article III, Section 3 of the ISO of SAA, Inc. bylaws state that "Recommendations approved by a majority of the delegates and authorized alternates voting at an international convention must be considered by the ISO Board of SAA. In its deliberations the Board shall ever bear in mind that the ultimate authority and power in SAA lies in the body of the fellowship, and the Board acts as the Trusted Servant of the fellowship." During the course of the year, the Board will consider the recommendations passed at the 2002 Delegate Conference and report its actions on them to the 2003 delegates.



Intergroup Communications

In addition to Committee reports, this section gives members, groups, and intergroups the opportunity to share ideas about topics such as how they communicate within their local SAA community, promote service work, support each other, or reach out to the addict who still suffers. Specifically, it is about ways to carry out these activities.

Rosalind W., of Portland, OR, tells about a tool for encouraging service work that is being used by the members her Wednesday Noon Meeting.

She writes, "I have put together a binder of events, meeting lists, phone lists, and flyers on local opportunities in order to recruit more volunteers for doing service work. I did this as a result of brainstorming about the Outreach Committee and realizing that the same few people seemed to be doing all the work. I thought the first task of the Out-

reach Committee might be to encourage a tradition of newcomers learning to volunteer for service work right away."

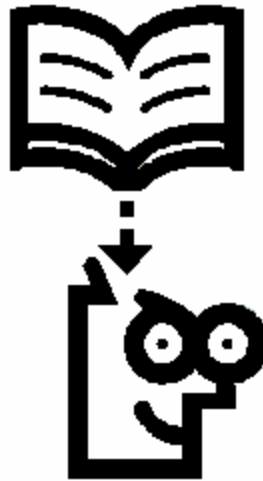
The binder designed by Rosalind contains copies of a flyer that highlights service work, giving specific examples of opportunities such as volunteering for meeting responsibilities, attending intergroup as a group representative or as an observer, starting a new meeting, or serving on one of the committees listed.

The binder also contains

inserts that hold hand-outs, available to members for the taking. These items include the readings used at the meeting, copies of the Plain Brown Rap- per, announcements of upcoming events, and information about local committees and their work. Each of these inserts is accompanied by a suggestion how a member might perform service work in connection with the material presented.

Rosalind continues, "We, the Wednesday Noon Meeting, have been testing this concept, and the results are looking really good. Newcomers are regularly returning to the meeting and often talk about how safe they feel. As you can imagine, it has been thrilling to

see the growth in participation and service work.



"Having the binder passed around before and during the first part of the meeting also reduces the need for announcements, because the announcements are in the binder. The binder helps give newcomers a sense of knowing what is available and of being included."

Members who would like to learn more about the binder can contact Rosalind at:

rosalindji@hotmail.com.



Intergroup Communications (Continued)

SAA Scotland is seeking on-line sponsors for three of its members. The members are all males. As a group, dedicated to supporting the needs of its members, we are reaching out as a service group to offer on-line email contacts, using our **CONNECTIONS** programme, where our members can access varied and different strength, hope and experiences with stable and more senior SAA members, Stateside, I, on behalf of these men, seek those willing and consenting to join us in

our **Connections** work and hopefully it will encourage those seeking to reach out and take responsibility for their own future **Connections** work.



Kind regards,

Derek B.
SAA Scotland,
Connections
Coordinator

Note: Those wishing to respond to Derek B.'s request can have their e-mail address forwarded by sending it to the ISO Office at:

info@saa-recovery.org

SAA Book Fund Raising Campaign



By the time this issue of the PBR is available there will be one month left to participate in the ISO fund raising campaign to raise money for the initial printing of the SAA Book.

The estimate for all it will take to bring the SAA Book project to completion is \$23,000. This includes all of the expenses along the way as well as paying for the first printing run.

Members and groups are invited to submit bid pledges that will qualify them for being awarded a special limited first edition of the SAA Book. No more than 250 copies of this special book will be printed, and each one will be numbered.

Members and groups are invited to send in a pledge specifying the amount of their bid,

with a minimum bid of \$150 being suggested. When the campaign is closed on August 31, bids will be numbered. The highest bid will receive the lowest edition number, i.e., 1 of 250. The second highest bid will be assigned the second lowest edition number, i.e., 2 of 250. In the case of ties, the first bid received will receive the lowest number. Once the order of the special editions has been established those who pledged will be notified of the results and asked to submit payment of their pledge.

A flyer and bid form is being enclosed with this issue of the PBR and will also be posted on the ISO website. Please feel free to make a copy for your group. The first group pledge was received from the Hope & Recovery Group in Tyler, TX, which has issued a challenge to other groups to follow their lead.



Interfellowship Relations Committee

SAA Guidelines For Relationship Between SAA And COSA (Based on AA's Guidelines)

The following guidelines for SAA's cooperation with COSA were approved by the ISO Board during its pre-convention meeting in San Francisco:

Question:

How may SAA and COSA cooperate in area and regional conferences and get-togethers?

Answer:

In accordance with the Twelve Traditions, a conference would be either SAA or COSA - not both. However, most SAA conference committees invite COSA to participate by planning its own program, and the committee arranges for facilities for the COSA meetings.

Question:

When COSA participates in an SAA conference, what is the financial relationship between the two fellowships?

Answer:

The relationship and the financial arrangements usually follow one of two patterns:

When an SAA conference committee invites COSA to participate with its own program, SAA may pay all expenses (for meeting

rooms, coffee, etc.) and keep all income from registrations, etc. in a single fund used to pay all conference bills, after which any excess income reverts back to SAA.

Alternatively, COSA may have a separate registration and pay its own direct expenses, plus a proportionate share of common expenses of the conference. COSA, in this case, receives its own share of the registration income and also shares in any losses that may be incurred.

Question:

Should an SAA conference committee make a contribution to

COSA from the financial profits of the conference?

Answer: In accordance with the self-support Traditions of both fellowships and to abide by the concept of "cooperation but not affiliation," it is suggested that SAA should not make gifts or contributions to COSA. By the same token, SAA should not accept contributions from COSA.

If separate registrations have been kept for both SAA and COSA members, however, income may be easily assigned.



Prison Outreach Committee

Prison Outreach

By Tim E.

Dear fellowship: The prison outreach committee had a couple of successful meetings during the recent Bay Area convention, with an increase in inquiries about prison outreach. As always, we would like to extend the opportunity to help sex addicts who are imprisoned, chiefly by corresponding with them about recovery from this disease. We are always looking for people with recovery to share some of the gifts they've received through this program. Perhaps you can share about the step work you are currently doing, or about the good mentoring you are getting from your SAA sponsor. Maybe you can relate to a problem that a prisoner is having around his or her addiction, and share your own experience in overcoming it. We often hear from prisoners who are trying to find a way to stop acting out and start working a recovery program BEFORE they are released, so they can hit the streets with tools in hand. Some haven't even got a release date but just want to start living in a new and healthy way.

Unfortunately, at this point in time, many prison systems are opposed to allowing sexual recovery meetings "on the inside." Those of us with

some abstinence and step work have a lot to offer these addicts who typically have very limited resources. And just as through sponsoring, the time investment we make is more than returned to us in our recoveries. Give it away to keep it, right?

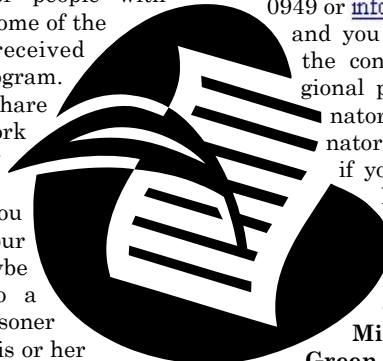
If you are interested in writing a prisoner or two, please contact the ISO (P.O. Box 70949, Houston, TX 77270-0949 or info@saa-recovery.org)

and you will be provided with the contact info for your regional prison outreach coordinator, or that of the coordinator for a different region, if you prefer. We hope to hear from you.

Here are some recent requests from specific prisoners:

Michael E. in Bowling Green, Missouri, is looking for someone in the St. Louis area who would be willing to visit him. Chris A. in Tennessee Colony, Texas, is asking for more men to attend the monthly SAA meeting at his unit. Jerry J., in the Bakersfield/Los Angeles, California, area, is requesting letters and visitors. For more specifics, you can contact the prison outreach chair through the ISO or at elrojo9701@yahoo.com.

Thanks!



How to Submit a PBR article

First:

Write from your experience, strength and hope. Others may need to hear exactly what you have to say.

Second:

Send your article by e-mail to: PBR@saa-recovery.org

or mail to:

ISO
P. O. Box 70949
Houston, TX 77270

Third:

Send the **Article Release Form** on the right. Download an extra from the SAA website if needed, or feel free to make copies.

“Having had a spiritual awakening as a result of these
Steps, we tried to carry this message to other sex
addicts...”

Release Form: I hereby give this newsletter, its successors and assigns and those acting on its authority, permission to copyright and/or publish any articles, poems, or other written material or art work pertaining to my personal story of recovery from addiction and my personal experience with or opinions about the SAA fellowship or program. I understand that additions may be made to my written material and that it may be changed or edited. I further understand that every effort will be made to assure my anonymity. I possess full legal capacity to exercise this authorization and hereby release the ISO newsletter from claim by myself or my successors.

SIGNED: _____ **DATE:** _____

WITNESS: _____ **DATE:** _____

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Sex Addict Anonymous is a fellowship of men and women who share experience, strength and hope with each other so that we may stop our compulsive sexual behavior and help others to recover from sexual addiction and dependency.

Membership is open to all who share a desire to stop compulsive sexual behavior and are willing to follow this simple program.

Our program is based on the Twelve Steps and the Twelve Traditions of Alcoholics Anonymous, but we are not affiliated with A.A. or any other organization or agency.

We are not a religious organization or aligned with any sect or denomination.

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