

The Plain Brown Rapper

The official newsletter of the International Service Organization of SAA

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The Neighbors: Step Nine

by Milton

His pick-up truck was coming down the street. That meant it was time for me to duck behind the house. I had not spoken to this particular neighbor in seven or eight months. I had nothing to say--at least not yet. About a year earlier, I had made a suggestive comment to his wife. It was really part of a "fishing expedition." If I was lucky, I would be able to make a connection close to home. But my advances were ignored.

Six months ago began the journey of recovery. At my first S.A.A. meeting, I scanned through the 12 Steps to see what would be expected of me. When I read the eighth and ninth steps, my blood went cold. I knew eventually I would have to face my neighbor and admit the attempted, though awkward, seduction of his wife; and I would have to apologize to her as well.

Week after week, I skillfully avoided my neighbors. I would not risk blundering the "amends

process" by offering an apology before I got to that point in my step work. Perhaps my sponsor would have some words of wisdom to share as I worked those steps. He might even tell me I should not make an amends at all because it could harm relationships in the neighborhood. That was it! I was certain I

had found a loophole in Step 9's clause that said we should make direct amends "except when to do so would injure them or others." As far as I was concerned, making a direct amends to my neighbor was one of the most injurious things I could envision!

My sponsor listened to me recite my amends list for Step 8. My planned amends seemed acceptable to him. Finally, I worked down the list to my neighbor and explained that while I was willing to make an amends it appeared it would do more harm than good. He did not buy it. My sponsor helped show me what I already



The Neighbors: Step Nine **Continued** by Milton

knew--my ninth step would not be complete until I faced my neighbor and owned my behavior.

Saturday morning, I was finishing my morning run when I noticed my neighbor in his yard playing with his children. As I approached him, he greeted me and we shook hands. Still holding his hand, I told him I owed him an apology. Then I confessed my inappropriate behavior toward his wife and offered my apology. For several silent seconds he stared at me and continued gripping my hand—a bit harder each second.

Until that moment, it had not occurred to me that he might react violently to my apology. What was I thinking? This man had every right to flatten me in his front yard. And I knew if he attacked, I would do little more than accept the beating I felt I had coming.

Finally, he spoke. He said his wife had told him of my behavior but he had decided to let it pass. I told him I needed to apologize to his wife also and that I wanted to do so in his

presence. He agreed and I offered my sincere apology to her as well. They both politely accepted. Before I knew it, I was walking back to my home.

Why was I so afraid? All of those months I spent as a prisoner in my own yard because I was fearful of facing my neighbor. In making these amends, I found new strength in being able to acknowledge my wrong behavior. A few months ago, I found myself wishing they would move out of the neighborhood so I would not have to face them again. Now I have a new relationship with those neighbors--thanks to my willingness to work the steps.

Like the Big Book says, "If we are painstaking about this phase of our development, we will be amazed before we are half way thorough. We are going to know a new freedom and a new happiness." The new freedom I found was the ability to walk in my own front yard without feeling shame for my past behavior. And my happiness today comes from being able to be truly grateful for my neighbors—especially for their willingness to forgive me.

Self-Reformation-- a Stumbling Block in the Path to Recovery

By Jim L., Grace Fellowship, Birmingham, AL

Beware of self-reformation; it is futile. Even worse, it is a stumbling block in the path to recovery and a potentially lethal trap for one suffering from sexual addiction. Only as we face our own powerlessness, can we begin to see that the true power for recovery resides in God--in a "spiritual awakening"--and not in our own power or self-wills.

One of the worst things that can happen to the addict is for him to think that he is able to solve his own problems. Temporary, short-term successes can be numbing and can give a false sense of recovery, further delaying true recovery. Remember that the Great Physician heals those who *cannot* heal themselves. If a person concludes that he can solve his own problems or learn to accommodate them in his life with some degree of comfort, he

will lose his incentive to seek the will of God, finding instead the path to personal and spiritual failure. Nothing, therefore, is deadlier than self-reformation in the life of the recovering addict.

Recovery depends on seeking and submitting to the will of God. Without this spiritual component, recovery is impossible, and all attempts at recovery are short-lived, frustrating, and eventually futile.

Repeated

failures in recovery are a warning that spiritual connectivity is weak or lacking. Surrendering to God's will--even when we do not have a clear picture of God--is a crucial step in making the transition from addiction to recovery. God, in turn, reveals himself to us more and more as we trust in Him.



My Higher Power

By Craig R.

I grew up believing my higher power was outside of me. I listened earnestly to hear his/her/its voice. And I was never spoken to as I wanted, with words.

I grew up believing my higher power had my best interests at heart. And I never saw how my higher power worked on my behalf. My higher power was supposed to do what I wanted him/her/it to do when I asked...and not be noticed at other times.

I grew up believing there were rules put in place for everything. Rules on how to drive, how to build a house, how to behave with others. Everything was supposed to be predestined and precise and without the flaws I found in myself. My higher power helped to enforce those rules then...

Today I know my higher power resides inside me and outside of me. My HP lives in the people I surround myself with. My HP lives in the decisions I make. My HP is heard in my voice and hears with my ears, is seen in my actions and sees with my eyes. My HP is as forgiving as I am, when I choose to forgive. My HP is as loving as I am, when I choose to

love. My HP is as respecting as I am, when I choose to respect.

I find out more about my higher power from the people around me. I watch them, I note what I admire as being "right," I choose to emulate them and try for the "right" myself. I find out more about my higher power from the books I read, which contain descriptions of what constitutes a good man, a good husband, a good father. I find out more about my higher power by being still and quiet and listening to that piece of me that knows what's right and what's wrong. I find out more about my higher power by asking questions and then looking for the answers and not giving up if I'm told there are no answers to be found.

My higher power is the
strength of knowledge.

My higher power is the
strength of hope.

My higher power is the
strength of change.

My higher power is the
strength of self.

My higher power is the
strength of right.

My higher power is not limited by words or my perceptions. My higher power grows as I grow, changes as I change, matures as I mature. My higher power is not mine alone. My higher power is a part of everyone, available to everyone, and giving to everyone. My higher power is redefined by everyone to fit their needs

when they need him/her/it. My higher power accepts everything, takes what it can use for today and puts the rest back for another or for another day.

My higher power is Good.

May you share in this good with me.

A Chance

By Bill J.

I now have a chance for a new life. I am jobless now and have some fear but I don't have to act out on my middle or inner circle behaviors.

I've been in SAA for over 5 years and have relied on sharing in my SAA groups most of my learned habits without fear of censorship from others who are in the room with me. I am glad that there is absolutely no cross-talk in the meetings. No one is an authority in our meetings such as I sometimes perceive in some of my other 12-step programs. I can share my worst stuff and not be afraid that I'll be browbeaten about not working a program, being told how I should work it, or being censored. One time someone tried to censor my share and the group reminded the person about the no-cross-talk rule. I feel safe in our meetings.

I am glad there are no au-

thorities in SAA. In the past I tried to be an authority by sharing what I thought others in the meeting needed while at the same time continuing to slip in my bottom line behaviors. I learned that I need to be there for myself, and that if some one gets anything from my share then that is a plus. Being sober in AA for 18 years I had what I call the "old timers' syndrome" where I set myself apart as an authority figure. After a relapse that resulted in marriage to a woman after only knowing her for only 6 days, I decided to go to meetings and share about my stuff only, allowing others to find their own way without my trying to give away something I didn't have. When I see someone who I believe acts as I used to, I simply remind myself that that was me just a few slips in the past. I now have the chance to get sober and not have to seek approval or set myself apart.

The Power in Powerlessness

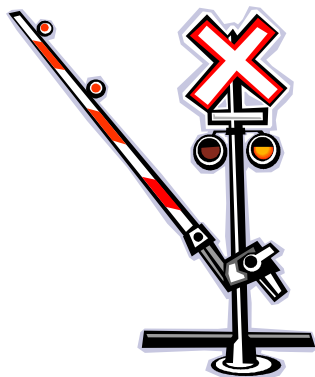
By Billy

Power--we all want it. We lift weights for it. We kill for it. We climb the corporate ladder for it. We exercise it over our children. We use it to control our pets. We carry guns for it. Governments are formed for it, while others are toppled because of it. The notion of powerlessness brings to mind thoughts of weakness, fragility, and frailty. In SAA we are asked in Step One of the Twelve Steps to *admit that we are powerless...* Why would anyone want to admit that they are weak--that they are the antithesis of all that our society espouses--independence, self-reliance, autonomy, etc.?

Any human being would have to admit that they are powerless to a tornado, a tidal wave, an earthquake, or a semi-trailer heading straight for them on the freeway. In relation to these things it is easy to admit powerlessness.

However, to admit to being powerless over sex, food, alcohol, drugs, or what-have-you is preposterous, embarrassing and impossible, let alone something that I would want to admit to. To *admit*, according to Webster's Dictionary, means to "take or accept as being the truth, meaning that the situation is already a fact"; the Oxford American Dictionary adds "typically with reluctance." However, the truth stands. All we need to do is admit that we are powerless. The question is no longer whether we *are* powerless, it has now come to our *admission* of our powerlessness -- of a fact that exists whether we admit it or not. Perhaps that is why this is Step One -- the Step on which all other Steps rest. It is our admission in Step One that allows us to even consider the other Eleven Steps.

Where is the power in powerlessness? A very popular book says, "He who is made great will be humbled and he who is humbled will be made great." It is by removing ourselves from the equation that we then become open vessels for the power of God to come through. All it takes is a simple observation: All *my* power, all *my* choices, all *my* will has got *me* to where *I* am now -- addicted. It is at this time, assuming we are prepared for brutal honesty, that *we admit that*



The Power in Powerlessness Continued

By Billy

we are powerless--the renouncement of our own power. Allow the power that created the universe, set the planets in motion, separated the land from the sea, breathed into all bodies the breath of life, in other words the force that resides within and beyond, and from which came our being--allow this force to guide us. Allow this power to do what we cannot do. After all, what do we really have control over? Can we tell our hearts to stop beating? Can we control the

weather? Can we keep the sun from setting? We can't even control the stock market!

By renouncement of power, by renouncement of control, we then become channels rather than dams. I am powerless over my addiction, but God is not. I have no control, but God does. Call on the source of all that is. We cannot rely on our own strength, knowledge, or understanding. We are without power. We are powerless.

Feel the power in powerlessness.

Back to Basics

Submitted by Joel D.

[Editor's Note: Following are brief essays written by a number of folks inspired by the Back to Basics workshop recently held in Eugene, Oregon.]

Anonymous:

In the beginning, I attended a few meetings but a heavy relationship with a man who was emotionally unavailable for an intimate relationship brought me to SAA.

I was not sure if I belonged in SAA. I was not wildly promiscuous, and didn't even have multiple partners as I had ex-

perienced in my younger years. My partner had what I saw as two or three characteristics of a sexual addict. Maybe I was co-dependent to sexual addiction. Some SAAs thought so. However, as I started working with a sponsor, the evidence seemed, especially from my past history, that I surely was addicted to sex(uality).

With my sponsor I established that my main inner circle behavior was risky sex in public. I have been abstinent for almost three years from this behavior.

I have had discussions with my acting-out partner and it now

Back to Basics

Continued

Submitted by Joel D.

seems we are more friends than sex partners, but it still seems I haven't solved this or become celibate as my sponsor suggested.

I have come to feel accepted by many friends in SAA and enjoy the company of wonderful people who are open and loving. I have thus learned more openness around persons regarding the subject of sexuality and my shortcomings.

Even now I have more insight on other relationships as a result of my experience in the Back to Basics workshop. I feel more knowledge of a higher power, closer to God and in possession of more tools with which to listen.

Michael D.:

(Finding SAA, whew, fear, death, shame, a breath, a deep, deep breath. God. I'm finding God.)

On my path since discovering SAA, I realized that much of what I called despair was my pride trying to wrestle with God!

During the last three years, my commitment to recovery has often looked like my commitment in relationships: a mask that said, "I'm here, I'm

okay," with a shadow of destruction cast by the lie behind the mask. I could fake my wife out. I could fake my sponsor out. I could even fake myself out. But with SAA and other recovery tools, I know by experience that I cannot deceive God.

Today, Back to Basics pointed me to the wounds of a false pride running from God. I want to say "thank you," but my pride reels in fear. I pray, "God lift this ego-chain from my heart!"

John S.:

I have found a fellowship of men and women who understand my losing battle with sex addiction and who offer their support in a program of recovery that gives me hope.

I have begun to understand how certain character flaws have interfered with my relationship with God, other people and myself, and I am learning how to cooperate with God in removing these flaws from my life.

As my wife has been involved in COSA during the 2½ years I have been in SAA, we have experienced more growth in our marriage than at any other similar time span.

Numerous opportunities have opened up for me to assist men

outside of SAA who are struggling with sexual issues, in addition to those I am sponsoring.

I have been grateful to begin to see how God can use my character defects--even my addiction--for the benefit of others.

Kevin:

How has my life changed since being in SAA? The retreat reminded me that this is a fellowship of people needing each other, of giving our experience, strength, and hope; and that I can bring humor and laughter, if I just don't think. We have done two Back to Basics and each time something of a spiritual light is turned on. And when I am helping others on the Steps, I am really helping myself. Seeing through their problems, my own problems are answered. It's all about getting me and other things out of the way so that I can be useful to God and my fellows.

Dave G.:

Since being involved in SAA, I have started becoming more of myself. I hear myself laugh again and enjoying life. I see choices, and I am making healthy ones. Gratitude is replacing shame. Hope is replac-

ing despair. I feel healthier than I've felt in a long time. The future is not something to be dreaded but embraced. Possibilities once buried by denial and self-loathing are being exposed. SAA has given me a starting line and said "go" to life.

Pat J. (newcomer to SAA in which the Back to Basics workshop was his first meeting):

My wife found the SAA website one evening after she recognized I had the symptoms of compulsive/obsessive sexual addiction. I e-mailed a man who had his address on the site offering SAA help. He wrote back and told me about the 25-year birthday celebration of SAA at a church outside of Eugene, Oregon. He asked if I would like more details and I responded "yes." He sent me the information which I shared with my wife.

We went to the Back to Basics meeting on July 20, 2002. Unfortunately we had to miss the first half of the meeting as the car broke down after arriving in Eugene. We didn't get to the meeting until the third session. The group gave me a list of phone numbers and e-mail addresses for contact. The fellowship was wonderful, and the food was great.

It would be great if SAA were available in the smaller commu-

nities in our nation. We will be passing out postcards to my therapist and churches in our area to try to get SAA meetings in our area.

Happy 25th Birthday SAA! I know my life will get better by working the Steps, getting a sponsor and going to meetings. Thank you for being.

John B.:

First of all, I would not be here, sitting at a picnic table writing of the wonderful and miraculous turns my life has taken had it not been for SAA. Today I attended a Back to Basics workshop at a small church in the countryside near Eugene, Oregon. The route that brought me here has been far from straight, and not without dips, curves, bumps, and even the occasional fender-bender. What I know is that the destination and the journey are one, that the path of spiritual growth and awakening, and the miracle of healing, have all been shown to me along the way.

Fellowship with friends today shows me that I am not alone in the journey. The courage, enthusiasm, commitment and love that we share are signs that the "Spirit of the Universe" has our lives in

hand.

All of this is in sharp contrast to my previous life, which involved much obsessive thinking, degradation, fear and pain. I realize the blessings of recovery could be gone in an instant if I choose to let them go. But I like it here, on this beautiful journey. I think I'll keep on.

Joel D.:

I'm pursuing my heart's desire by going back to school and learning about my passion for the French language.

I'm surrounded by people who love me and I love them.

I find that I'm comfortable speaking in front of a large group.

I have deep, meaningful, non-sexual relationships with people.

I have fun and enjoy life.

I attend the SAA conventions and am surrounded by a host of beautiful special people who are like family to me.

I discover that I can give back to my community and enrich my spiritual life as well as strengthen my self-esteem.

I discover that God loves me, period.



Affirmations

By Karl W.

Here is a list of SAA-specific affirmations that I ask a sponsor to write out in longhand before we start working the steps. I do not claim credit for creating them--they were given to me by my first sponsor when I entered SAA in the spring of 2000. Every time I look at them, I realize how simple they are. When I first came into SAA and began working with

my sponsor, I used to wonder why he always had me write out assignments and other information in longhand. I asked myself why he couldn't just make a copy for me and save me some time. I now realize that this was God's way of seeing whether I was really willing to do whatever it takes to get sober, to trust, and be ready to receive spiritual help.

Affirmations

I would suggest that you write them out by hand as soon as possible. I would suggest that you read them every day, say them aloud every day, and write them out every day.

1. I see myself going to seven SAA meetings a week.
2. I see going to meetings as fun and interesting.
3. I will stay and talk to two people after each meeting: I will talk about the fact that I have a sponsor; I will talk about us working the steps together
4. I see myself focusing on the needs of others rather than on my needs.
5. I see myself establishing a relationship with God.
6. I see myself reading the Big Book daily.
7. I see myself fulfilling all assignments given to me by my sponsor with eager anticipation for the next one.
8. I see myself being eager to forgive people for wrongs they have done to me.
9. I recognize that maintenance and growth of my spiritual life is my only hope of recovery.
10. I see myself loving every one in the fellowship even though I may not always agree with what they say and do.
11. I see myself sexually sober, happy and self-fulfilled.

My Sponsor Isn't Perfect

By Scotty W.

My sponsor isn't perfect;
He's the first to agree.
And in that tiny statement
Lie lessons learned for me.

His guidance felt inadequate,
I kept great score, you see.
I craved a true perfectionist
To quell the same in me.

I grumbled at his "leadership."
His words were far too weak.
I needed him to cultivate
My landscape, dark and bleak.

His answers sometimes missed the mark.
I'd oft complain to God.
But there's comfort in the knowledge that
The road I tread, he's trod.

My panic wants to ground me,
When my addict starts to seethe.
But there's true strength in the message
Of his small suggestion: "Breathe."

At times I'm indecisive;
My addict's on a spree.
When I just can't believe myself,
He believes in me.

He daily shows his humanness;
He listens to my needs.
And as I'm screaming in my cage,
He's gently sowing seeds.

I soon discovered sponseeship
Is not some magic pill,
I pick up from my sponsor,
And take when I feel ill.

It's not some sort of football game;
One wins, so one must lose.
It's hearing thoughts that may apply,
And options I may choose.

It's having guts to listen,
And understand that truth
May just exist outside my skin.
It's been there since my youth.

Sometimes I get frustrated.
How can he know MY hell?
Forgetting, in my selfishness,
He's had his own as well.

My sponsor isn't perfect;
It came as a surprise.
He has his pain, his loneliness.
I see them in his eyes.

But my sponsor's eyes show something else.
Those traits I know I need.
Serenity replaces fear,
And calm replaces greed.

Trust shows instead of hesitance;
Acceptance covers all.
I look up to him constantly
(Although he's not that tall).

My sponsor isn't perfect,
To this I will attest.
But to me he's such a precious gift;
Thanks HP, he's the best!

From the Editor

By Mike L.

As I write these words at the very end of 2002, I have recently received from the ISO office copies of the PBR dating back to January 1990. My own entry into recovery was a little more than a year into the future. The cover story of that January 1990 issue was an article called "Louisiana Fall Retreat" by Michael B. of Lake Charles. The six-page issue also contained a poem called "Listen," by one Anonymous, an article by the name of "Post-Connection Syndrome," by Douglas P. of Minneapolis, "One Statement About Abstinence" from S.A.A. Los Angeles, and "When You've Tried to Live" by Louis J. of New York. One full page of the issue was devoted to an announcement of "Carrying the Message," the Third National SAA/COSA Convention to be held in Minneapolis on May 25, 26 and 27, 1990. The announcement promised "Lots of How to Do It Information," and said that the Sheraton Airport Hotel, where the convention was held, was offering rates of \$41 per room (that's for 1-4 persons).

Well over a decade and twelve conventions later, SAA is stronger than ever, as is the PBR. We have a wealth of how-to-do-it information buried in the pages of the many issues of the PBR that have come out in the last 13 years, and as literature editor I want to start mining some of this information for those SAA members who were not around back as far back as 1990, pretty much all of us. If you recall a particular article that was especially helpful to you and that you would like to see again, please drop me a line and let me know about it. If you can tell me what issue it was in, that would also be helpful. You can write to me, Mike L., at P.O. Box 27544, Houston, TX 77227-7544 or else e-mail me at moses80us@yahoo.com.

Of course, times have changed quite a bit in the past 13 years. Such means of acting-out as the internet did not exist in 1990, and things such as home video were less prevalent than they are today. For these reasons and others, we are always in need of new articles, especially now that I am almost caught up with our backlog of material. Please send your submissions to me at the post office box indicated above or to the ISO Office, P.O. Box 70949, Houston, TX 77270-0949, or else you can submit them to me at the e-mail address listed above or via the website, www.saa-recovery.org. Just go to the PBR page from the home page and you will see a link called "PBR Editor" near the bottom of the page which will open up an e-mail which you can use to submit articles or comments.

May you have a blessed and recovery-filled 2003!



ISO News



ISO Literature Committee, ISO Board, & Board Committees

ISO Board Minutes

**The Board of Trustees of the ISO of SAA, Inc.,
met via teleconference on January 18, 2003.
The following is a report of votes taken.**

Approved:

The Operational Reserve goal for 2003 as being \$34,497.00.

Approved:

Six months of sobriety and one year in the program as being the new suggested guidelines for service as an ISO delegate.

Approved:

A contract for a riverboat cruise during the 2003 Convention, the execution contingent on the convention committee being able to delay payment of the deposit until money is available.

Approved

Purchase of auto liability insurance for ISO Staff when private vehicles are being used for ISO business.

Approved:

Pursuing copyright protection of the ISO's registered name against unauthorized use in domain names.

Approved:

Presentation of the proposed

2004 ISO Budget for presentation to the 2003 Delegates for approval.

Approved:

Delegate Meeting Procedures as used at the 2002 Delegate Meeting.

Approved:

To provide an orientation booklet to the delegates as they register and to explain meeting procedures during a ten-minute period early in the agenda.

Approved:

To champion an amendment to Section 10, Article IV, of the ISO by-laws as follows:

The Board of Trustees shall appoint a committee of the mem-





ISO Board Minutes Continued

bership to conduct an audit of all financial transactions of the corporation at any time as ordered by the Board, but no less than annually, and no less than 90 days after the close of the Corporate Fiscal Year. An Audit shall also be conducted at the change of the Director of Fellowship Services or of any other principle employee whose position includes significant, independent handling of ISO finances, unless Board action shall deem it unnecessary. The Audit Committee Report shall be presented to the Membership at the Annual Meeting and Convention by the ISO Chairperson of the Board or his or her designee.

Approved:

A motion to allow groups to put convention information in local newsletters as long as they go to SAA members only.

Disapproved:

Sending an SAA representative to the SCA [Sexual Compulsives Anonymous] convention in February in Los Angeles.

Approved:

Sending SCA a thank you letter for the invitation [to send a representative to its convention] and graciously decline.

Approved:

Rescinding the following motion passed by the Board on May 26, 2002:

That the ISO staff be instructed to disseminate information directed to the Board in a timely manner without commentary.

Approved:

Rescinding the following motion passed by the Board on May 26, 2002:

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.

Approved:

A motion to not include *Lovesick: One Woman's Journey Through Sex Addiction* on the ISO list of non-SAA literature.

Approved:

A motion to ratify the following recommendation of the 2002 Delegates:

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 resources 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.

Approved:

A motion to ratify the following recommendation of the 2002 Delegates:

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*.

Approved

Clarification of OOC term limits, making them retroactive beginning with next term.

Approved:

A motion to inform the Interfellowship Forum that other "S" fellowship members can obtain information about SAA meetings by calling the ISO Office.

Approved:

A motion that the ISO of SAA host a June Interfellowship Forum teleconference but that each participating fellowship pay an equal portion of the call.





Convention Brochure Error Notice

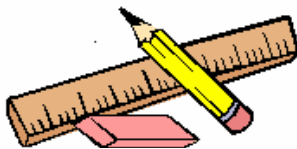
Please note that two errors were made on the edition of the 2003 ISO Convention brochure that was printed on WHITE paper:

1. On the cover, the convention dates are wrong. The convention will be held May 23-26, 2003, and not May 25-28 as printed.
2. On the inside cover, under Sunday's highlights, it says that the dinner will be at additional cost.

This is incorrect. The major event—a riverboat cruise—will be at extra cost (\$35), but Sunday dinner is included in the convention registration price.

Correction Note

Page 5 of the November/December 2002 PBR contained a poem by Alan LongHair called "Right Now." We inadvertently omitted the final line, "RIGHT NOW," a separate line at the very end of the poem, which serves, as the author tells us, "to emphasize that we have a chance to recover 'right now' ... as in one moment at a time/one day at a time regardless of our past or our struggles in our individual recovery." The PBR regrets the error.



Good News!! More Spanish Literature!!!

We now have three of our pamphlets translated into Spanish. We already had *Sexo Adictos Anónimos* (*Sex Addicts Anonymous*). Now we have *Los Tres Círculos* (*Three Circles*) and *Para Comenzar en Sexo Adictos Anónimos* (*Getting Started in Sex Addicts Anonymous*).

New Volume Discount On SAA Outreach Pamphlet

At its meeting on November 9, the ISO Board approved a new volume discount on the outreach edition of the *Sex Addicts Anonymous* pamphlet that is widely used within the fellowship as an outreach tool.

The pamphlet that normally sells for twenty cents will now be sold by the ISO Office at cost plus shipping and handling when ordered by registered groups or intergroups in quantities of 500 or more.

ISO Annual Convention Memorial Day Weekend May 23 – 26, 2003. Portland Oregon

Portland Oregon is one of the top U.S. vacation spots, offering spectacular beauty and a wide variety of attractions. It is also the site for the 2003 Annual SAA Convention “We Walk the Same Trail.” Besides the delegate meeting which offers a wonderful opportunity for service work, the convention is an excellent resource for recovery through keynote speakers, workshops, and the chance to connect with new friends in recovery from around the world.

It's only February, but we want to give you plenty of notice because we are sure you will not want to miss this opportunity. So start planning now! Turn in that vacation request. Talk the convention up at meetings. Encourage others to attend with you and share the convention experience. Discover together a wonderful way to revitalize your local SAA fellowship. Come walk the trail with us.



ISO Annual Convention Memorial Day Weekend May 23 – 26, 2003.

Portland Oregon



(please print)

Name

Name on badge

E-mail

Mailing address

Street

City/State/Zip

Country

Where: Portland Marriott Downtown

Hotel Reservations: (503) 226-7600 or www.marriott.com

Special conference rate: \$84/night – All rooms, 1-4 people

Convention Registration: **SAA Members** (select one)

	Postmarked by	Mar 31	Apr 30	May 1+
<input type="checkbox"/> Option 1: Sat - Mon		\$135	\$145	\$165
<input type="checkbox"/> Option 2: <input type="checkbox"/> Sa t / Sun <input type="checkbox"/> Su n / Mon		\$115	\$125	\$145
<input type="checkbox"/> Option 3: <input type="checkbox"/> Sat <input type="checkbox"/> Sun <input type="checkbox"/> Mon		\$95	\$105	\$125

Adult Paid Guests (select one)

	Postmarked by	Mar 31	Apr 30	May 1+
<input type="checkbox"/> Option 1: Sat - Mon		\$90	\$100	\$120
<input type="checkbox"/> Option 2: <input type="checkbox"/> Sa t / Sun <input type="checkbox"/> Su n / Mon		\$70	\$80	\$100
<input type="checkbox"/> Option 3: <input type="checkbox"/> Sat <input type="checkbox"/> Sun <input type="checkbox"/> Mon		\$50	\$60	\$80

For Scholarship information call (800) 477-8191

- ☐ I would like to request a vegetarian meal
- ☐ I am willing to volunteer at the convention
- ☐ I am willing to lead or assist a marathon meeting
- ☐ I would like to participate in the talent show

Please complete

Registration fee \$ _____

Riverboat Excursion (\$35)* \$ _____

T-shirt (\$14)* \$ _____ Size _____ (S, M, L, XL, XX)

Scholarship donation* \$ _____

Total \$ _____

**Optional*

Please mail a completed registration form with check or money order to:

ISO
7327 SW Barnes Rd.
PMB 715
Portland, OR 97225

To register by phone
800-477-8191 or 713-869-4902
10 AM - 6 PM Central Time M-F

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 the result of these Steps,
we tried to carry this message to other sex addicts..." Step 12

Submission deadlines:

Dec. 15, Feb. 15, April 15, June 15, Aug. 15, Oct. 15

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:** _____

Mail to: ISO, P.O. Box 70949, Houston, TX 77270

International Service Organization of SAA
Post Office Box 70949
Houston, Texas 77270

Phone: 713-869-4902
Toll Free: 800-477-8191

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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 Alcoholic 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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