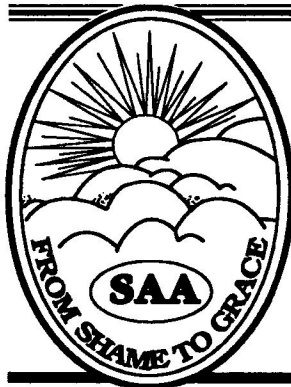


# *THE Plain Brown Rapper*

*The SAA Newsletter*

50¢



**March, 1992 Edition**

The purpose of the Newsletter is to be a voice of the SAA membership. Written by and for brothers and sisters recovering from compulsive sexual behaviors; to be informative, sensitive and expressing the experiences, strength, and hope of recovering members. It is intended as an additional tool of recovery for those working the twelve-step SAA program.

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P.O. Box 3038, Minneapolis, MN 55403 — Telephone 612-339-0217

## **No More Animals**

"No more cats!" we said, having just buried one. That cat suffered for a long time before he died. Over the four years that we'd had him, his toenails had been removed, his sexuality had been removed and then, due to his illness, he'd literally had a sex change. Hundreds of dollars, hundreds of tears, and we still lost him. He was so much like a human. He sat like a human, talked like a human and even ate like a human. He also played like a human — one that was only allowed to play when no one was looking. We buried him like a human and still grieve him as our 'little boy'. I bought that cat with money I earned from selling my body.

No more cats! No more animals! We were sitting outside one night when out of the bushes crawled this scrawny little bag-of-bones kitten. He was weak, ugly and starved — starved for food, starved for affection. We searched the neighborhood for an owner, to no avail. It hardly seemed possible that he would live through the night. For hours he slept curled up in my lap. For days we nursed him but he showed little response. "Bones," as we called him, seemed to live more for our warm touch than for food. Over the month I began to identify him as my inner child — starved, starved for everything such that even crumbs meant so much. Bones (and my inner child) needed food to survive but touch and love to live. Although still skinny, he began to wander, and I worried, wanted to control him. 'Would he come home?' Is he okay? It became obsessive — victim feeling — so I let go, turned him over, and he kept coming back.

One time it rained for two days and there was no cat. As we were playing in the rain around the corner, I said a prayer for Bones: return, if it's God's will. Then there he was crouched in front of me — cold, wet, scared, lost, helpless and immobilized. I tucked him in my shirt and took him home. Since then, he's never left, even bringing a friend home — Sequoya, his brother, I think.

Sequoya had been abused. He wouldn't come near, wouldn't speak. He just wanted food. He had no trust. It has been so healing for me to watch him progress, to watch him allow me to earn his trust. When I invited him into my room, my space, it was a giant leap in our relationship. Now he never leaves my side. He talks so much, so humanly, it's just amazing.

I'm learning so much from our animals. I've found myself stuffing them with food when what they want is touch. I see them develop trust and play. It really shows me things about what I am doing or would like to do — I heal. In the past year we have adopted doves, finches, rabbits, cats, and a baby squirrel — maybe this is part of my destiny. All I know for sure is that turning it all over is what brings it all to peace. Thanks, God, for all your gifts, but please — no more cats, no more animals.

— Joni R.  
Houston

## **N.S.O. Board Feedback**

Dear Brothers and Sisters in recovery,

I have just witnessed a most incredible event — an event which most certainly will have as lasting and profound an effect on our fellowship as it did on me — an event so pervasive in nature as to disallow my silence and to demand that it be shared with all who will listen. As a recovering sex addict and a member of SAA in the Twin Cities, I took advantage of the “open door” invitation extended by the NSO board to attend their mid-winter board meeting. As a result, I feel compelled to share with you what I saw and heard and felt.

In recent months there has been growing concern that the NSO board might not be able to function in an accountable manner. Many have felt that this lack of accountability would most certainly undermine the effectiveness of the board to such an extent that internal collapse was inevitable. I fully expected to sit in on a nearly dysfunctional body of women and men who would argue and fight, criticize and complain, maybe even yell and scream (oh what fun!). What I saw instead were twelve recovering sex addicts willing to give themselves, heart and soul, to achieve balance, structure, productivity and accountability. What I saw was the grace of God and the love of this fellowship in action.

As I sat in on almost 40 hours of intense, concerted effort (crammed into 3-1/2 days) I became overwhelmed with respect and admiration for those brothers and sisters, many of whom I had not met before three days ago. I could not help but be reminded of the prayer that means so much to all addicts. I witnessed God's gift of serenity as impassures were acknowledged and accepted. I watched too, as vitally important changes were implemented with a courage that could only have come from a Higher Power. And the wisdom of discernment was in such evidence that I knew that God was working overtime.

Overcoming mental and physical fatigue, these twelve worked with such diligence and determination that, although I was only an observer, I could not keep up with their pace and felt humbled by that fact. The hours ticked by as they shuffled papers, scribbled notes, debated, disagreed, agreed, set goals, and made commitments. At one point, late in the evening, I dozed off for a few minutes . . . they continued on. They laughed together and shared their feelings. There was frustration and anger, care and concern, guidance and correction. Sit... stand... stretch... think... pace. Time out for a smoke, Douglas!... think... squirm... shift... munch... keep going... work... think... draw a blank... doodle... think... work... think... work. I saw it all and more.

I saw commitment — commitment to a cause worth it all — worth dying for. The cause? Recovery. Theirs, mine, yours, and that of thousands of suffering sex addicts who have yet to hear the message of hope which we hold so dear to our

hearts. That commitment convinced me that the future of our fellowship is in the hands of competent accountable men and women who rest in the assurance that their Higher Power is in control and is able to sustain them and the work they do. I sense that the praise and thanks that these people would appreciate most would be to have us sensitive to their awareness of the needs of this fellowship, and for us to do whatever we can to help them reach their admirable goals. I believe that this is not only a desire of theirs but an invitation to us to share in the joy of extending our hands and hearts to our brothers and sisters around the world.

Thank you NSO board members, alternates and staff — Alice, Arnold, Art, Douglas, Ed, Grant, Greg, Jill, Karl, Kathy, Kevin, and Lisa. Thank you, God, for blessing our fellowship and those who serve.

Your brother in recovery,

— Gary L.  
Minneapolis

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## **My Curse if Not for S.A.A.**

When I habitually fantasize about someone I know or don't know, during acting out, I believe they are permanently etched in my mind as an abusive person. If per chance our paths should meet I automatically feel triggered and convinced they really are as I imagined them to be. Even though I may put on an act I will still have fear and distrust of them. Almost all the people I have fantasized about who were respectful of my human dignity and treated me with kindness I have feared and mistrusted. Any opportunity for friendship based on equality and honesty may be already damned by my addiction.

— Fred S.

## **SAA 1992 Annual Convention Ramada Inn, Tucson, AZ May 22-24**

The serenity of the Sonoran Desert will provide a fitting setting as Tucson, Arizona hosts the 1992 Annual Convention of SAA International. In keeping with our southwestern style, the theme for the spiritual gathering will be “La Promesa de Gracia,” which is Spanish for “The Promise of Grace.”

The event is to be held from May 22 through 24 at the downtown Ramada Inn of Tucson, and is being coordinated by the Tucson SAA Intergroup hope to see you in Tucson this spring!

# NSO REPORTS

## CONTRIBUTIONS TO N.S.O. — 4TH QUARTER 1991

State	Name	Oct	Nov	Dec	Total	State	Name	Oct	Nov	Dec	Total
—	ANONYMOUS			12.20	12.20	MN.	LAKESIDE MEN'S GROUP		70.00	35.00	105.00
—	MICHAEL M.		10.00		10.00	MN.	MON. G.VALLEY MIXED	40.00		40.00	80.00
AB.	AUGUSTINE, EDMONTON			15.00	15.00	MN.	ROCHESTER SAA		10.00		10.00
AL.	HUNTVILLE SAA	10.00	10.00		20.00	MN.	ROGER M.	260.00	10.00	10.00	280.00
AL.	SHAME TO GRACE-BIRM.		10.00	10.00	20.00	MN.	SAT. MORN MIXED OPEN	8.00	15.00		23.00
AZ.	FLAGSTAFF GROUP		4.50		4.50	MN.	SAT. WOMEN'S S.MPLS.			25.00	25.00
AZ.	FRI. NITE GAY, PHOE.		62.85		62.85	MN.	SUNDAY OWATONNA		5.00		5.00
AZ.	GLENDALE TUES. NITE	65.43			65.43	MN.	THURS. MEN'S ST.PAUL		24.00		24.00
AZ.	TUCSON INTERGROUP		18.40	145.40	163.80	MN.	TUES. MEN'S ST.PAUL			5.00	5.00
CA.	BARRY A.		10.00		10.00	MN.	TUES. MPLS. GAY MEN'S		13.00		13.00
CA.	ERIC W.			15.00	15.00	MN.	TUES. NOON OPEN MEN'S	20.00		10.00	30.00
CA.	FRIDAY LONG BEACH	10.00			10.00	MN.	WED. NITE 7 MEN'S JOYCE	16.00			16.00
CA.	GREGORY M.		120.00		120.00	MS.	NATCHES MEN'S GROUP		5.00		5.00
CA.	JIMMY S.			60.00	60.00	MS.	THOMAS R.		40.00		40.00
CA.	MOTHER LODGE INTERGROUP	15.00	15.00	20.00	50.00	NC.	DURHAM SAA		35.00		35.00
CA.	SUN. MARIN MEN'S			15.00	15.00	NC.	WED. RALEIGH			30.00	30.00
CO.	DENVER SAA			40.00	40.00	ND.	FARGO THURS. SAA		50.00		50.00
CO.	MONDAY BOULDER	16.00		37.78	53.78	NV.	RENO TRUCKEE MEADOWS	37.50			37.50
CO.	POOLSIDE GROUP	75.00			75.00	NY.	NYC'S FIRST SAA			40.00	40.00
CO.	THIS TOO SHALL PASS		15.00		15.00	OH.	ED W.			6.50	6.50
GA.	J.A.R.	25.00	25.00	25.00	75.00	OK.	BARTELSVILLE SAA		20.00		20.00
GA.	SERENITY FELLOWSHIP	50.00	50.00		100.00	OK.	FREEDOM GROUP TULSA	25.00	15.00	15.00	55.00
IA.	GARY L.		50.00		50.00	OK.	GENE S.		10.00		10.00
IA.	STEVE H.		5.00		5.00	OK.	OMER G.		5.00		5.00
IA.	STEVE H.		5.00		5.00	ON.	OTTAWA HOPE & RECOVERY		100.00		100.00
IA.	STEVEN H.		5.00	5.00	10.00	OR.	AUGUSTINE ASHLAND	60.00			60.00
IL.	DAVID L.		10.00		10.00	OR.	EUGENE SAA	12.26	4.25		16.51
IL.	SAT. CHICAGO SAA		50.00		50.00	OR.	EUGENE'S 1ST SAA	15.00		19.37	34.37
IL.	SUPPORT A.A. BLOOM			20.00	20.00	OR.	TGIF EUGENE		23.00		23.00
IL.	TRI-COUNTY PEORIA			10.00	10.00	PA.	TUES. BUTLER SAA		20.00		20.00
IN.	COURAGE TO CHANGE PLY.		50.00		50.00	SD.	ROGER D.		5.00		5.00
IN.	FRIDAY SIMPLE, INDY.		40.00		40.00	TN.	MUSIC CITY SAA	30.00			30.00
IN.	FT. WAYNE		40.00		40.00	TN.	WED. CHATTANOOGA			25.00	25.00
IN.	HOPE & RECOVERY BLOOM.	25.00		25.00	50.00	TX.	ARLINGTON		40.00		40.00
IN.	REBECCA W.		5.00		5.00	TX.	DUANE S.			25.00	25.00
KS.	LISA B.			25.00	25.00	TX.	HOUSTON INTERGROUP		5.97		5.97
KY.	DENISE W.		20.00		20.00	TX.	JONI R.	11.00	5.00	5.00	21.00
KY.	H & R LOUISVILLE	75.00			75.00	TX.	PAMELA L.			15.00	15.00
KY.	SAT. MORN. SURVIVORS		5.00	2.00	7.00	TX.	SAA SAN ANTONIO	15.00		30.00	45.00
LA.	DARRELL			66.00	66.00	TX.	THE DALLAS GROUP		15.00	15.00	30.00
LA.	SAT. BATON ROUGE		100.00		100.00	TX.	THE PINES GROUP	330.00		22.00	352.00
LA.	SUNDAY NEW ORLEANS			3.63	3.63	TX.	THURS. NITE BETHANY HOU.	7.00	20.00	18.00	45.00
LA.	THIS IS IT! LAFAYETTE		10.00		10.00	TX.	WOMEN'S GROUP, HOUSTON		10.00		10.00
MI.	ANN ARBOR SERENITY			30.00	30.00	VA.	NORFOLK - VA.BEACH SAA	25.00			25.00
MI.	ARNOLD D.	50.00			50.00	WA.	LAKEWOOD SAA	11.69	56.34	20.90	88.93
MI.	AUGUSTINE WORK GRP.		135.00		135.00	WI.	CENTRAL WI. GRP.		25.00		25.00
MI.	BARBARA K.		10.00		10.00	WI.	GARY W.			10.00	10.00
MI.	G.R. WED. NOON SAA		22.50		22.50	WI.	JAMES R.		5.00		5.00
MI.	INTO THE LIGHT GRAND R.	25.00			25.00	WI.	JANICE F.		5.00		5.00
MI.	JOHN G.			10.00	10.00	WI.	LESTER D.	5.00	15.00		20.00
MI.	KALAMAZOO SAA			50.00	50.00	WI.	MADISON SAA		5.00		5.00
MI.	KRIS R.		10.00	20.00	30.00	WI.	MON. APPELTON GRP.		20.00		20.00
MI.	MON. STEP LANSING	20.00			20.00	WI.	SPIRITUALITY FELLOWSHIP	15.00			15.00
MI.	MT.CLEMENS		30.00		30.00	WI.	THURS. MADISON SAA		15.00		15.00
MI.	ROYAL OAK		25.00		25.00						
MI.	SAGINAW GROUP		25.00		25.00						
MI.	SAT. ANN ARBOR SERENITY	25.00	20.00		45.00						
MI.	SAVING CLUB, ESCANABA	10.00			10.00						
MI.	WOMEN'S ADA MTG.		5.00		5.00						
MN.	ART F.		15.00		15.00						
MN.	DAVID B.	10.00	10.00		20.00						
MN.	DAVID L.			100.00	100.00						
MN.	EDEN PRAIRIE SAA			5.00	5.00						
MN.	FLOYD T.		25.00		25.00						
MN.	GRANT J.		50.00		50.00						
MN.	JEFFERY H.		120.00		120.00						
MN.	JILL S.	13.00	10.00	5.00	28.00						
MN.	LAKE HARRIET MEN'S	12.00	26.00	25.60	63.60						
TOTALS								Oct	Nov	Dec	Total
								1,470.85	2,019.84	1,254.38	4,745.07

\*NOTE: This is the last time this report will appear in such a jumbled fashion. In the future you can expect to see discrete reports listing prison outreach donations, group pledges, and general donations. This report will appear quarterly and in a much more accessible manner, yet it is what it is this month for two reasons. First, we are embarking on an improved accounting system that will offer us more detailed information. Secondly, due to the office being smothered with tasks — this is the best we can do.

## **N.S.O. Reports (continued)**

### **Notes From the N.S.O. Office**

**Report: Volunteer Hours at the National Office in January**

Four hundred and fifty-five person-hours of volunteer service were donated in January. Special thanks to Tom J., (San Diego) Ross M., and the Thursday 8:00 p.m. Men's St. Paul group.

The office projects that we will need approximately 80 hours per month of office service help, until there are ample funds to hire additional staff. If you are from the Twin Cities and have any free time, call the office for this important service opportunity.

**PHONE SYSTEM:** To call the National Office you can use a nontouch-tone phone, but you cannot get through; you may only leave a message which will get forwarded to the office. With a touch-tone phone, to get through to the office faster (by passing the voice menu), after reentering the last four digits, pause . . . then hit the pound symbol (#).

### **Literature Announcement**

It has been decided that due to financial considerations (cost cutting, lack of financial reserve), the National Service Organization will no longer be carrying the following items for sale through the N.S.O. office:

1. *The Workbook for Hope and Recovery*, published by CompCare
2. *Women, Sex and Addiction*, by Kasl, published by Harper-Collins
3. *A Male Grief; notes on pornography*, by Mura, published by Milkweed Editions.

Bookstores should be able to order these items should you wish to obtain them.

**NOTE:** For your ease and ours, please do not place orders for items that are not on the current order blank.

The only aluminum S.A.A. Medallions available will be the blank medallion.

**P.S.:** In the coming months we will be taking a look at our pricing structure to determine if the items are priced intelligently. Being the young organization that we are, we have limited experience in accurately assessing such things.

### **DELEGATE PACKET: Letters about the issues needed.**

The literature Committee will soon be assembling some information to be included with the mailings to the '92 Convention Delegates. This will contain all the letters printed and unprinted that were submitted to the "Toward a Group Conscience" page. This is our effort to help the delegates be more informed about what issues will be raised on the floor of the Convention. So if you have a concern

burning inside you and you want the voters to know about it, mail it in before Mar. 1 and it will be included. Some of the issues that were addressed are: the versions of How It Works, Interfellowship Dialogue, wording of the First Step. Thanks.

### *Literature Committee*

### **"Exploring Healthy Sexuality": Soliciting Feedback for Approval**

We are asking you for feedback on the booklet, "Exploring Healthy Sexuality," a Twin Cities publication, not yet nationally approved. Please pay particular attention to the opening story — Male Member of S.A.A."

People in some groups around the country are finding this story inspiring, but others have found the same material objectionable. The Literature Committee finds it a powerful story and applauds the writer's openness, courage, and honesty in sharing his exploring journey. However, even though feedback has come in attesting to its inspirational value, it is important to respect all our voices. Therefore, we are asking for the fellowship to send us further feedback on this story and any other part of "Exploring Healthy Sexuality."

Hearing from the fellowship on what is working and what is not is a major tool in keeping our fellowship united and working within the traditions.

Please remember — the title is "Exploring Healthy Sexuality," not "This is Perfect Sexuality." It is a booklet of individuals sharing their strength, hope, and recovery as they journey to healthy sexuality.

Thank you.

### *Literature Committee*

### **Report to the Membership From the Literature Committee**

We have recently revised "Getting Started in SAA" and given it NSO-approved status. There are several changes, but we are bringing one major change to your attention. We have received a lot of feedback about the description of groups as it appeared in this booklet and in our Group Guide. We attempted a revision in late 1990 and, as a result, the revised Group Guide contained different group descriptions. However, feedback continued to come, telling us that there was still a lot of confusion within the fellowship because of a variety of differences that exist in groups across the nation. Therefore, we decided that the time has come to try and 'standardize' group descriptions. In an attempt 'to keep it simple' and with the understanding that part of the confusion has to do with group descriptions that have arisen in other fellowships, we turned to Alcoholics

*Continued on Page 8*



## SAA ORDERING INFORMATION — Winter/Spring 1992

Mail to: S.A.A. Literature, P.O. Box 3038, Minneapolis, MN 55403; phone (612) 871-1520

Please allow five weeks for delivery. Prices include shipping and handling. With overseas orders, please include an additional 20% to help defray the additional postage, and expect a longer delivery time (items shipped surface mail only). Orders of more than \$25.00 within the United States, please use a non-PO Box address so that we may ship packages U.P.S.

### National Service Organization Approved Items

QUANTITY		TOTAL AMOUNT
_____	S.A.A. Group Guide .....	@ 4.50
_____	Abstinence and Boundaries in S.A.A. ....	@ 2.50
_____	First Step to Recovery .....	or 12 for 25.00
_____	.....	@ 1.25
_____	.....	or 12 for 10.00
_____	S.A.A. Self-Assessment Brochures .....	@ .50
_____	.....	or 12 for 5.00
_____	NEW! The Bubble — An analogy that describes what it is like to be in the addiction .....	@ .25
_____	.....	or 10 for 2.00
_____	The Plain Brown Rapper (1 year) .....	@ 6.00
_____	The Plain Brown Rapper group subscription rates (1 year, each)	
_____	10 or more to the same address .....	@ 3.00
_____	S.A.A. Fellowship Directory .....	@ 3.50
_____	S.A.A. Medallions .....	@ 2.50
_____	Blank 6 MO 18 MO 4 YR 7 YR 10 YR	
_____	1 MO 9 MO 2 YR 5 YR 8 YR 11 YR	
_____	3 MO 1 YR 3 YR 6 YR 9 YR 12 YR	
_____	Aluminum S.A.A. Medallions (available only with blank sobriety date) .....	@ 1.50
_____	NEW! Three Circles: Defining Sexual Sobriety .....	@ 50
_____	.....	12 for 25.00

### "CARRYING THE MESSAGE" CONFERENCE - AUDIO TAPES

QUANTITY		TOTAL AMOUNT
_____	1. The Founding of S.A.A., Pat C. ....	@ 6.00
_____	2. Multiple addictions, Barbara B. ....	@ 6.00
_____	3. Measuring and Celebrating Progress, Rich S. ....	@ 6.00
_____	4. Exploring Healthy Sexuality, Douglas P. ....	@ 6.00
_____	5. Sharing our Recovery—Three stories: S.A.A., COSA, and a Couple .....	@ 6.00
_____	6. Sharing our recovery Part Two .....	@ 6.00
_____	7. Personal Stories, Gregory M., Linda M. ....	@ 6.00
_____	Order any six tapes for the price of five .....	@ 30.00

### MICHIGAN 1991 CONFERENCE - AUDIO TAPES

QUANTITY		TOTAL AMOUNT
_____	1. Prison Outreach, Arnold D. ....	@ 6.00
_____	2. Jill's Story .....	@ 6.00
_____	3. Healthy Sexuality, Kevin .....	@ 6.00
_____	4. Sponsorship, Jeannie O. ....	@ 6.00
_____	5. Long-Term Sobriety, Francie .....	@ 6.00
_____	6. Adult Child, Grant .....	@ 6.00
_____	7. The Illusion of Control, Gary L. ....	@ 6.00
_____	8. Keynote Speaker—The First Woman in SAA, Jean O. ....	@ 6.00

### Twin Cities S.A.A. Intergration Items

_____	Getting Started in Sex Addicts Anonymous; a beginner's packet for recovering sex addicts .....	@ 2.50
_____	.....	12 for 25.00
_____	Exploring Healthy Sexuality .....	@ 3.50
_____	.....	12 for 35.00

### Other Recovery Items

_____	Answers in the Heart (meditations) .....	@ 9.00
_____	Out of the Shadows (Cames) .....	@ 11.00
_____	Hope and Recovery .....	@ 12.00
_____	AA Big Book (Alcoholics Anonymous) .....	@ 12.00
_____	The Twelve Steps and Twelve Traditions (Alcoholics Anonymous) .....	@ 12.00

Mn. residents add 6.5% sales tax .....

Additional Donation (From \_\_\_\_\_)

Total Enclosed .....

Make checks payable to SAA literature

Ship to (please print clearly):

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

## ***Literature Description***

### ***N.S.O. Approved Items:***

1. **S.A.A. Group Guide** — A complete guide including a suggested meeting agenda, the Twelve Steps and Twelve Traditions, tools of the program, The Promises, How it Works, etc.
2. **Abstinence and Boundaries in S.A.A.** — A booklet of contributions made by S.A.A. members sharing their written sexual sobriety programs. This booklet is a helpful tool for individuals who are in the process of defining both abstinence and boundaries in their own program.
3. **First Step To Recovery** — A helpful booklet (guide) for preparing a first step presentation. The guide is useful in facilitating addicts in viewing the differing areas of their powerlessness and unmanageability.
4. **S.A.A. Self-Assessment Brochure** — This pamphlet is a tool for people seeking to find out if they have a sexual addiction.
5. **The Plain Brown Rapper** — The National Service Organization of S.A.A.'s monthly newsletter, filled with fellowship updates regarding upcoming events, personal stories, and N.S.O. information. This newsletter is written by and for the S.A.A. membership.
6. **The Bubble** — An analogy that describes what it is like to be in the addiction.
7. **S.A.A. Medallions** — The S.A.A. "From Shame To Grace" medallions are both a keepsake and a staple of recovery, helping S.A.A. members build and honor a positive history. An aluminum version (with blank sobriety date) is available at a reduced cost.
8. 1990 "Carrying the Message" Conference audiotapes and 1991 "Having Had a Spiritual Awakening" Conference audiotapes — A selection of powerful recovery presentations from the conferences. (Note: These items have been approved by the N.S.O. Literature Committee, but have not yet been approved by the N.S.O. through the National Convention process.)

### ***Twin Cities Intergroup approved Items:***

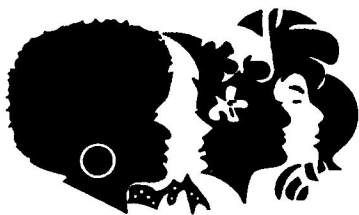
9. **Getting Started in S.A.A., a beginner's packet for recovering sex addicts** — This newcomer booklet offers a great deal of information which helps to ground people in the program of S.A.A. The booklet focuses on answering questions beginners often have about recovery from sexual addiction. Many people already in the program have found it very helpful to read this booklet.
10. **Exploring Healthy Sexuality** — A collection of personal stories on what healthy sexuality has come to mean to some members of S.A.A. in their recoveries.

### ***Other Recovery Items:***

11. **Answers In The Heart**, Hazelden  
A daily meditation book written by a female and male member of S.A.A.
12. **Out Of The Shadows**, Dr. Patrick Carnes  
This was the first book explaining and detailing sexual addiction.
13. **Hope And Recovery**, Compcare/paperback  
A "Big Book" styled book for recovering sex addicts. Includes a section of personal stories.

In keeping with the sixth tradition, S.A.A. offers no opinion on non-program materials. We choose to sell these items as a means of offering resource options, but they do not necessarily represent S.A.A.

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## Women in Recovery

### Sexual Addiction and Obsession in My Life

There has not been a time when obsession was not a part of my addiction.

At a very young age, I started obsessing about boys, being emotionally and physically involved with them. I remember wondering why other girls didn't admit to feeling this way; I thought surely they were like me and were just too embarrassed to say so.

When I began going out with my future husband (my first committed relationship), we got physical very quickly. I remember obsessing endlessly about when we'd be able to be sexual next, what he would do, who I would pretend he was, etc. I also had obsessive relationships with several other men while he was away at school; I was overtly sexual with someone else only once, but other men were always in my mind.

After we were married, I spent several years obsessing about other men, and began drinking addictively and using marijuana occasionally. Finally I began having affairs, usually when drunk, but not always. Sometimes these were short-lived, other times they lasted as long as two years. But always there was the obsessive element: Is he thinking about me? When can we be together next? What should I wear? How can I get him to want me all the time? It began to feel like other men were living in my head.

My husband got a good job in Minnesota. I began to realize that he would not be able to keep his job if I kept drinking and acting out at the same pace, so I stopped. That's when obsession really began to take over my life. I spent days, weeks, months thinking about nothing else than the current man. Not physically acting out, but still addicted. I found ways to spend time with men who were not healthy for me, because being near them turned me on. I spent the rest of my time thinking about next time, or fantasizing about what would happen if I really did let go and act out.

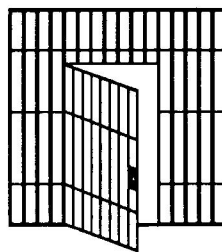
When my children were born, I began to find the contrast between my inner chaotic addictive life and my outer respectability intolerable. I began drinking more heavily again, going to more parties, and getting more flirtatious with men. I also began seeing a therapist. Finally I stopped drinking, thinking that would fix it all. But the obsessing did not go away. Instead it became much worse, because it was now my major drug of choice. I began thinking about acting on the obsession. I came on to several people, who fortunately turned me away.

When I finally found this program, I had not acted out sexually in a number of years. I worked the Steps for obsession, to get my mind back. I wanted to own my own mind, not have it taken over by some other person. The day obsessing was lifted from me is still clear in my memory. I was driving from Rochester to Minneapolis for a meeting. The current man was in my head. I kept saying the Serenity Prayer over and over, and when I got tired of that I said Steps 1-3 like a mantra. After an hour, I realized that

the obsessive thoughts were gone.

I still have occasional bouts with obsession. I have also slipped since coming to this program, and became physically involved with someone outside my marriage. But neither acting out nor obsession have ruled my life since that drive. Some of the boundaries I have around these behaviors are not spending excessive time with a man I am attracted to and not acting flirtatious or sexy with someone. If I find myself obsessing about someone for more than a minute or two, I use the tools of the program. I believe my Higher Power has lifted this from my life, and that I'm only bothered with it when I choose to take it back. For me, obsession was not only the pathway to acting out, it was addictive in itself. I am so grateful to this program for being out of its clutches.

— *Connie B.*



## Prison Outreach Update

There was a panel discussion at the last National Conference with the title "Prison Outreach." I was not able to attend, but the tape of this discussion fired my enthusiasm to look at the prison in New Orleans. Being Catholic, I got hold of the Archdiocesan Directory with a list of Chaplains for the seven facilities in our area. Not having access to a private phone during the day made slow progress in finding out if these facilities had any 12 step programs.

Then I called Arnold in Michigan, and he told me that they decided to call the outreach there HOPE (Healthy Options Positively Exist). So when I talked to my first Chaplain I asked if they would be open to having a 12 step program called HOPE in their prison. I was referred to the warden. We have been playing telephone tag and it is my turn to get back to him.

As I call, I'm working out a protocol so that other members of our intergroup committee can share this 12th step work. It is slow but the suffering addicts are there.

Arnold mentioned that he is in the process of setting up his first meeting within a prison for HOPE. He has asked that the participants be screened by the psychotherapist, that a limit of twelve people per group be set and that a sound proof room be used if possible. The SAA member coming in to conduct the meeting is subject to a screening by prison officials. Literature for prisoners reaches them successfully if it is channeled through the psychotherapist and Chaplain.

I claim my six years of sobriety because of one tool of the program — service. Service helps me work my program and this is my newest form of service.

— *Francie E.*

## N.S.O. Reports (continued)

Anonymous, adding some variations to reflect the special group needs of our fellowship. We arrived at the following group descriptions. They are in the 2nd edition of "Getting Started" and eventually will be in the Group Guide.

- Open Group
- Closed Group
- Closed-12/New
- Closed-12/All

Question 4: What might I consider in choosing an S.A.A. group?

As with all twelve step organization, there are two basic types of groups, but within those two types, there are some important regional differences respecting meeting membership and introduction of newcomers.

**Open Group:** A walk-in meeting open to anyone interested in finding out about S.A.A.; they need not have admitted that their sexual behavior is problematic.

**Closed Group:** A meeting that is open to those who have a desire to stop their compulsive sexual behaviors. According to the fourth tradition, "Each group should be autonomous, except in matters affecting S.A.A. as a whole." Therefore, some different conventions have evolved in different areas about meeting types and methods of introducing newcomers. In some parts of the country, all the meetings are open to both men and women, in other places, it is more common to have separate men's meetings and women's meetings. In some areas, public announcements are used to inform people about the time and location of the meetings. Other areas choose to simply post a phone number or a P.O. box number and then give out the information in a formal "twelfth step call" which is a meeting between two of the group members and the newcomer. An explanation of a twelfth step call is contained in Question 5.

Some closed groups have established the practice of twelfth stepping only people who are brand new to the program, while other closed groups choose to twelfth step everyone new to their meeting, including current S.A.A. members. In the group guide those meetings are called Closed-12/New, and Closed-12/All, respectively. Finally, there are also a few special interest groups that have established other kind of closure.

Also, we wish to bring to your attention that the wording of the First Step as it originally appeared in "Getting Started" — "powerless over our sexual addiction" — remains the same. We realize this is not consistent with the wording used in the Group Guide: "powerless over our compulsive sexual behavior." However, we remind you that this is a matter which will be coming before you at our 1992 Convention, where you will decide which wording will be adopted by the fellowship. When the decision is made, the necessary publication will be changed. At that time, all

wording will be consistent and will abide by the decision made at the 1992 Convention.

We invite you to purchase the new "Getting Started" and give us feedback about how it impacts you, along with any suggested changes you may have.

### Two New Tapes

- The Illusion of Control: Story — Gary L.
- Keynote Speech: First Woman in S.A.A. — Jean O.

### Two New Books

- The Big Book
- Twelve Steps and Twelve Traditions

— both from Alcoholics Anonymous

The decision to carry these two books arose from a resolution passed at the 1991 convention. Considering that we have no money, it looked as though we could not afford to carry the books. The compromise we arrived at is to sell them at a higher price; each book will sell for \$12. Since it is not produced by professionals, it is not in conflict with the message about knowing how to heal ourselves with the Twelve Steps.

### Literature Pieces no Longer for Sale

- A Male Grief: Notes on Recovery
- Hope and Recovery Workbook
- Women, Sex and Addiction

The decision to stop carrying these items is based on financial considerations and also reflects the belief that in our own growing collection of fellowship literature, we sex addicts have some solutions — something to offer others who suffer from sexual addiction. While many of us have been greatly helped by these publications, it seems as though our implicit message does not need to be that we need professionals to get well. Removing these books from our inventory is a step toward endorsing the message that we have a program that works. We have some solutions.

### PBR Editor Needed

Two or three people are needed to help solicit, organize, input, and possibly write articles for the PBR. The job will probably entail meeting once or twice a month for two or three hours. It promises to be very fun and rewarding twelve-step work. For the time being, anyway, the people need to be from the Twin Cities area. If interested please call the office or talk to me directly. Thank You.

— Lisa G.

### New Publication!

- Three Circles: Defining Sexual Sobriety

It's a wonderful tool for recovery — recovery with a capital "R."



## Don't Act Out — Reach Out!

A monthly column devoted to sharing outreach service efforts.

Recently we at Twin Cities SAA Intergroup formed a fledgling public information outreach committee aimed at focusing and expanding outreach efforts. One of the tools of the program is 12th Step service work, and I have found such work to be essential for my continued growth and sobriety. Just one of the lofty goals of the new committee is to have SAA pamphlets made available at all of the police stations in our metro area. This will be no small task, assembling the list and addresses, contacting each station. Hey, wait a minute — this sounds like work . . . Well, it is.

Why is it important to formally do public information outreach? Isn't it against the traditions to do outreach work?

In the A.A. Public Information Workbook there is the following quote that answers these questions;

In answer to queries and in trying to help clear up misunderstandings within the Fellowship I have found it useful to stress the fact that the professional and other third parties working with alcoholics cannot realize the value of A.A. as a resource and proven support unless they have been given information about our recovery program. Professionals — agencies — others working with alcoholics are the public which needs to be informed.

Years ago I personally had the police come to my door regarding my criminal behavior — exhibitionism. I see this outreach work as part of my healing, an opportunity. I no longer fear the police since I now have years of abstinence from acting out. I also see this work as part of my amends to the community.

We aim to help addicts who still suffer. As part of this committee I plan to carry this message "If you want help healing from sex addiction, we are here and we have a program that works!" I can't begin to tell you how excited I am about this.

My 12 Step work began very informally, doing 12 Step calls, serving as the group phone list human. When that work started I got sober. A coincidence? I think it got me just a little bit out of myself and I wanted to have something to give, and I found out I did have something to give.

I reach out. I do it to remind myself. I do it because I need to.

Contributions to this column are welcome. Please share how you have done outreach work in your community.

— Douglas  
Minneapolis

### Faithful Fiver and Trusted Tenner

*The Faithful Fiver and Trusted Tenner Program* has been inaugurated to help give N.S.O. a sound, predictable financial base for outreach activities and to support member services.

You will be provided with preaddressed envelopes for your convenience. Records of your contributions will be treated as highly confidential and will be available only to the two people required to process and account for your contributions. After the close of the year a receipt will be sent to you for your tax purposes.

You may withdraw your pledge or modify it at any time by notifying the N.S.O. Office.

#### INDIVIDUAL PLEDGE CARD

Out of gratitude and in support of conveying the message to others, I hereby pledge to:

##### ...Be a Faithful Fiver

☐ I pledge to contribute \$5.00 per month, in addition to regular support through my meetings, to the work of the National Service Organization.

##### ...Be a Trusted Tenner

☐ I Pledge to contribute \$10.00 per month, in addition to regular support through my meetings, to the work of the National Service Organization.

I wish to make my contributions:

- ☐ Monthly  
☐ Quarterly  
☐ Annually

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Home group \_\_\_\_\_

## Spirituality

As a child I attended a Methodist church because my mother thought it "the right thing to do." Except for that one hour, the rest of my week was totally Godless, as were my mother and grandparents. I enjoyed the music, the services, and especially the minister. Even at eight years old I appreciated what he had to say. Unfortunately, the congregation removed him from the pulpit when he preached that we should love our black brothers. For many years after, I thought the congregation reflected true Christianity. I vowed never to go to church again.

My father — an alcoholic I did not see for 25 years — professed his love for me twice a year over the telephone (usually drunk). Later, I came to realize that he was helping to develop my vision of God and my belief that God's love was remote, inconsistent, and hypocritical.

As I grew older, my spirituality followed a path of hedonism. Whatever felt good — whether drugs, alcohol, sex, or self-worship — was my God. Whatever felt bad — be it conflict, emotions, or humility — was evil. I worshipped trees, Satan, animals, and mindless, dead objects. Women I had sex with became my Jesus Christ. They were my redeemer and savior. Horoscopes, witchcraft, Satanism — whatever would gain me control and power over my life — filled the place in my heart.

But all during this time, I was being pursued by a special Someone. A number of times I should have physically died, but Something saved me. Once, having overdosed on LSD, I was slipping into a very dark pit of insanity, but a calm, clear "Presence" filled me with peace and carried me through the chemical influence.

Finally, that 'Someone' caught up with me. Eight years ago, I asked Jesus into my heart and nothing has been the same since. My cigarette smoking ended immediately (and with ease), my drug addiction left me the moment I turned it over, my filthy mouth was made clean, and my entire attitude has been slowly changing toward the attitude of Christ. Yet, my sexual addiction would not be removed no matter how much I prayed, plead, bargained, or conjoled. As with St. Paul, I also received the reply, "My Grace is sufficient." But what did this mean? And what does "losing my life to gain it" and "being dead to sin" mean?

Finally, God's wisdom grew in me so I could understand what was happening: When I slip, lie, hate, or sin in some other way ('sin' being any corruption or willfulness which goes against God's Will for my life, thus pulling me away from Him), He took the rap 2,000 years ago by paying my penalty so I again can have a rapport with a perfect God. But I must acknowledge Him, talk to Him, and obey Him if I am to be transformed into God's image through Christ Jesus. This means turning from self to God — humility — is my #1 priority in life. And, as with most sex addicts, humility is as popular to me as water to a fire; but the Spirit within me helps turn my mind to the things of God, so I can be transformed and conformed to the image of God. And I can put God on the throne where He belongs (where I used to reside).

Today, my sobriety is a fact because my spirituality has become my life. But the overwhelming joy I now experience would never have occurred if I did not, in my own meager way, follow the simple truth of Matthew 7:7-8, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened."

— Michael S.  
Minneapolis

*Do you have a story, an experience of growth, or would you just like to share your emotions and feelings? Please write The Plain Brown Rapper. Your brothers and sisters in SAA would like to hear from you. We have much to share with each other. Please write to PBR Editor, c/o SAA, P.O. Box 3038, Minneapolis, MN 55403. If you can submit your writing on a computer disk (either 800K Macintosh or IBM), that would be greatly appreciated. Please ensure that all IBM disks (either 5-1/4 or 3-1/2 inch) are formatted consistent with their physical density (i.e., high-density disks formatted high density; low-density disks formatted low density). Please submit all writings for the April newsletter by February 21, 1992.*

Unless otherwise noted, the content of all articles, stories, and poems that appear in the *Plain Brown Rapper* reflect the opinions of the respective writers. Those opinions are not necessarily shared by the N.S.O., S.A.A., or the Literature Committee. Discussion of the contents of this newsletter is encouraged.