



News from the Web...

By: Bob D.

The SAA Board has approved the concept of allowing links from the SAA website to web pages run by SAA groups and intergroups. These links allow your local organization to have a website that others can easily find.

There are requirements for a page to be linked. Since the SAA website and any links from it are part of the public image of SAA, we all need to be careful what we present as SAA authorized material. First, a candidate website has to be about recovery and cannot contain outside advertising. Second, the site must have it's own domain name, such as www.saa-phoenix.org.

"Ouch" some people may say. "Registering a domain name and hosting it advertising-free costs money." Why is the Board requiring such an expense? It's one way to make sure a group is serious about putting up the web sight and the site is not just the capricious work of one member. (I believe a group can run a registered site for less than \$100 per year. If you want my suggestions on how to do that, e-mail me at webmaster@saa-recovery.org.)

When you get your website running and you want a link from the SAA web page, what do you do and what will happen? I don't yet have all answers, but here's what I think will happen.

First, you should get a copy of the complete ISO policy on Standards for Linked from the SAA Website, downloadable from the Member's area of the SAA website. Make sure your site meets the requirements before continuing.

Then amend your Website Information Form to include the website address as a contact. If you already have some sort of web listing, you can e-mail the change to the ISO Office, info@saa-recovery.org. If your group/ intergroup has not sent in a Website Information Form, you must complete one. (Until we create new forms, just use the existing form, available on the web.) You can put as much or as little information on the web as you want. Suppose you only want the link and nothing else on the web page? Just leave everything on the registration form blank but the country, state and city and we'll create your link under that that city with no meeting information. That's it

from your end.

After reviewing your site for conformance to the Board's requirements, we will add your link to the web site registration. We'll also add the link to listing of links to be posted in the Member's area.

Hope your site will be a charter



**Panora, Iowa Annual SAA Retreat  
September 21-22-23, 2001**

St Thomas More Center  
Panora, Iowa

\$65.00 -2 nights dormitory [male-female]  
lodging. Includes 5 meals.

[bring your sleeping bag & toiletries]  
Bring snacks for sharing.

Registration 4-7 PM Friday, Depart Sun noon  
Mike W.-319-326-5259 or e-mail  
mwilder425@aol.com

**Retreat Announcement**

The Santa Fe Area SAA Groups  
are sponsoring the retreat

**"FINDING OUR WAY"**

at the

**Glorieta Conference Center  
August 3-5, 2001**

[15 miles north of Santa Fe, New Mexico  
[limited to 60 persons]  
(check-in 5:00 pm Friday)

\$166.00 single room (all meals included)

\$124.00 double room (all meals included)

**To register call:**

Vicki (505) 424-6362 or

Rafael (505) 986-1264

For information on transportation  
[from airports and train station], call  
(505)757-4200.

(we will identify ourselves as the  
"Finding Our Way Retreatants")

Anyone coming from out of the  
Santa Fe area who would like to  
speak at our retreat meetings,  
please let us know.

**12th Annual Puget Sound  
SAA Retreat**

**AUGUST 23-24-25-26, 2001**

A CLOSED retreat  
OPEN to all SAA members,  
adult family, and friends in recovery

"From Self Will

To a

Higher Power"

**At Sound View Presbyterian  
Camp**

Contact Joe Z. 360-377-4935

**SOUTHERN CALIFORNIA SAA  
RETREATS FOR  
2001 AND 2002**

Plan now to attend !!!

Retreat dates for the years 2001-  
2002 have been set for **Southern  
California**. In addition to this notice,  
the **SAA Website** will contain the  
listings.

**The Dates:**

♦ September 21-23, 2001

♦ April 5-7, 2002

**Open to all SAA members.**

Enrich your recovery with a  
weekend of fellowship, workshops  
and recreation.

**Location:**

Calvary Monastery in the mountains  
overlooking Santa Barbara.

**Lodging:**

11 double rooms (\$145)

8 single rooms (\$165)

30 persons maximum.

Price includes lodging,  
meals and snacks. Participants and  
speakers are SAA Members.

Retreats begin with dinner  
on Friday, ending with lunch on Sun-  
day. First-come, first-served so  
please reserve early

For more info or for registra-  
tion, contact Roark W. at  
626-797-6213 or

email: lastsafarii1@earthlink.net

From Roark W.



This is the usual place for ISO Outreach — this issue is devoted to Board business at Convention...

The following are abbreviations of most actions taken by the ISO Board of SAA during their meetings held at the 2001 Convention in Houston, TX during the days of May 23-24 and May 27. The items are listed in the order of business, not in order of perceived importance. For purposes of this writing, wherever actions were taken, they can be presumed to have been approved by the Board, according to the procedures for doing the ISO business. The motions, seconds, discussions, and voting are not listed as such, but are in the official minutes, to be distributed later. Where motions were NOT approved unanimously, the vote taken is reported.

The "Basic Text Timeline" was presented to serve as a guide for preparing for the cost of producing SAA's Basic Text, now in the second stage of writing. The publication date of October of 2002 is merely a target for raising the \$20,000 to \$23,000 projected to be the cost of producing a copy of the text for review by the SAA Fellowship, but not as a deadline for completion of that phase of the project. The timeline was approved.

Roger B., ISO Board chair, appointed Bruce B , Peter B. and himself. to a committee to look into the possibility of limiting the amount of money that can be distributed annually from the Outreach Endowment Fund.

A letter of reprimand was send from the Board to Jerry B. as a disciplinary action due to the Audit Committee's finding that the checking account had not been properly balanced. This in part because of

the changes to the system because of varying methods that credit card companies have for extracting their percentages of sales. It will be removed after the next two successful audits.

Leo H. has been nominated as Chair of the Office Oversight Committee and was elected as an "at large" ISO Board member for 2001-02. This action was later affirmed by the Convention Delegates.

A chart of organization structure called "Organizational Structure - Phase III [Office Alignment]" was presented and approved. The chart represents a vision of long term development of the ISO Office and will serve as a guide as decisions are made to meet future growth and staffing needs.

The Board approved a "short term" staffing change to the ISO Office and authorized the hiring of a part time employee whose duties will be limited to financial matters. The Office Oversight Committee is to formulate and bring to the Board, a standard description of hourly employees.

They approved, by a 5-3 vote, a motion to purchase the eight "domain names" proposed by the ISO Webmaster. They are: saa-recovery.biz, sexaa.biz, sex-addicts-anonymous.biz, plus the ISO's existing domain names.

The ISO Office will add a second phone line.

They accepted an amended motion approving the Standards for Intergroup/Group Web Pages To be Linked from the SAA Web Page. [See related article in this issue's the "Web" column, by Bob D.]

Francie E. is SAA's representative to the 2001 Interfellowship Forum.

"Sermon on the Mount" by Emmett Fox will not be considered for addition to the list of non-SAA literature sold by the ISO Office.

By a vote of 7-1 the motion to allow female/male only workshops at ISO conventions

was approved.

Permission for a commercial enterprise to link to the ISO Website was voted down unanimously.

The Board approved by a 7-1 vote a motion allowing John H. of the North Pacific Region, to distribute his "Break the Buck" flyer.

Approved advance travel for a Board member. [Payment is usually approved subsequent to the travel except in special and/or hardship cases.] As a part of this business item, the Office Oversight Committee will be directed to investigate how scholarships could be provided for Board and Literature Committee members and to bring back a proposal.

The Annual Report was approved for presentation to the Delegates.

The Board met jointly with the Literature Committee and discussed issues related to the SAA Basic Text, The Plain Brown Rapper [PBR], the Public Service Announcements [PSA's] and translations.. The Board is to write to the [2] authors informing them that it is the Board's desire that the Chair of the SAA Basic Text Committee have direct access to both authors.

The Board approved a motion to delete from the Website [as hidden "keywords"] all references to specific persons, non-SAA literary works and outside organizations.

Approved was a motion to allow SAA groups and intergroups to display local SAA literature in the ISO Convention Bookstore, conspicuously marked as being non-SAA approved and not for sale. Such literature must be reviewed by the ISO office manager prior to display.

COSA was authorized to display a sign about its events in the area of the ISO Convention registration table.

The ISO Office Manager is to bring to the Board at its meeting in August a draft of a storyboard agreement. [For the PSA's]

In conjunction with the above, the ISO Office Manager is to prepare and distribute a request for

(Continued on page 7)

# SPONSORSHIP CORNER ....

## Prison Outreach Gets Shot in the Arm at 2001 Convention

by: Mike L., Prison Outreach Chair

The 2001 SAA convention, Sharing the Promises, was a success on any number of fronts, not least of which was that prison outreach started making a comeback.

I reported to the delegates on Friday morning and had a chance to tell them that letters from prisoners continue to be on the increase. My presentation garnered an encouraging number of questions.

We had a lively prison outreach focus group on Friday evening which ended with all four prison outreach committee positions being filled. I also found volunteers to serve as prison outreach coordinator for each of the regions, even though some of the coordinators reside in regions other than the ones they will be coordinating. (Later that weekend, I found a volunteer to serve as coordinator for women prisoners and a state facilitator for Arkansas as well.)

One topic our focus group discussed was the role of the PBR in connecting prisoners with outsiders by printing prisoner addresses. The obviously nonbinding consensus of the group was that the PBR should continue not to print prisoner addresses, but that those wanting to write to prisoners should come through the prison outreach committee first in order to get a printed set of guidelines.

Finally, Tim E. and I led a very good prison outreach workshop on Saturday afternoon. Those who attended had a lot of valuable questions and comments. A tape of the workshop is available through the ISO.

So I'm encouraged by the increased interest in prison outreach. I can always use more volunteers to write to prisoners, so if you're interested in this valuable form of outreach, please contact me so I can send you a set of guidelines and the name of a prisoner or two. You can write to me as follows:  
Mike L.  
P.O. Box 27544  
Houston, TX 77227-7544

Sponsorship is the place where the 12th Step meets reality. Sponsorship is where we as individuals begin the process of giving back what we have been given. For me, becoming a sponsor was the second most important decision of my recovery

When I agreed to become a sponsor for the first time, I had no idea what I was getting into. In fact, the way I work with individuals now is entirely different from the way I have done in the past. My own sponsor had simply made himself available for consultation but had otherwise left me to work my own program. In that case it was OK because we were both involved in a group working through Patrick Carnes' *A Gentle Path Through the 12 Steps*. The book provided a structure for my work and the group dictated the pace at which we were able to work. That first process took nearly 3 years to complete. In the end, I knew that I had a need to move faster than that.

Since that first process I have made it a point to review each step at least once a year. I tend to write about it in my journal, talk about it in my groups, and with my sponsor. I have developed the view that the 12 Steps are a process that I am integrating into my life. As a sponsor, I see my role as helping the person I sponsor do the same thing.

I encourage the person I sponsor to work through the steps the first time as quickly as possible. My recommendation is not more than 30 days per step for the initial work. This builds a basic foundation from which the process of personal growth can begin. For some that is too fast, for

others it is too slow, at least the first time through. But that is why we make recommendations, not rules. We are all individuals and must work individual programs.

Working as quickly as possible the first time through created an overview of the process and reinforced the concept of process. It allowed me to build from hopelessness to hope. It gave me tangible progress while not demanding perfection. It gave me time to grow and a direction in which to grow.

Working quickly meant I did not need to lock every decision down. It allowed for change. Change is what brings growth for me. Change is reality. For me *"reality is the only safe place to be"*.

**Before I started working the program, the rules were set in stone carved by the hands of another. Growth was not possible because I had no control over the rules. The only option was blind obedience, and blind obedience is unacceptable to me.**

Finally, working the steps as a process allowed me to review my thinking on each step and make the changes demanded by growth.

**Working the steps as a process has freed my soul. That is what I want to pass on.**

Jim K.

For me, "reality is the only safe place to be."



## CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY

When I finally accepted I was a sex addict and that my life was truly unmanageable, I had just finished two years of study at Seminary. Thus, I was already fairly steeped in 'godtalk' and spent a great deal of my time studying various sacred scriptures, religious traditions, biographies of saints and holy persons, and visited and participated in worship ceremonies within multiple spiritual communities. All the while, I was a sex addict thoroughly out of control, and soon on my way to getting arrested, losing my job and having to cancel my wedding plans. And now having to face a future in the teaching profession with a criminal record as a sex offender on probation.

My first step was not a hard one to take. The humiliation following my arrest, and all that fell apart because of it, made it absolutely clear that I was a sex addict and I could not control my life. But, thank God, I did not have to wallow in the pitiful demoralization of my first step. Although, it is often necessary for me to return to it to remind myself of my perpetual disease, it was the next step that offered hope and promised me a future.

As I mentioned above, I had spent a great deal of intellectual effort examining God, gods and the possibility of no God at all. I considered

“Still, I had an empty prayer life with little tangible connection to this "holiness" that I found so intellectually stimulating.”

myself very well versed in the many languages and symbols that people all throughout history have used to grapple with these issues of ultimate meaning, fundamental purpose, and some sort of personal destiny beyond the grave. Likewise, I was deeply interested in those spiritual narratives that described a holy life as being a life committed to justice, peace and service. Still, I had an empty prayer life with little tangible

connection to this "holiness" that I found so intellectually stimulating.

It was the second step, with the utterly real acceptance of my first step behind it, that made it possible for me to see that God was a Power greater than myself, and one that could restore me to sanity. It took the devastation of my hidden world to bring me out of the secrets and isolation and open me up to this holiest of relationships. God would not be available if I would not give up the false securities of my lies and masks; likewise, when I finally made myself available to God, the falsities and performances literally lost their power to cover up and hide my real, authentic self. It was a wondrous paradox: by hiding myself away and protecting my shameful secrets, I lost everything; and by offering up all of my greatest fears and embarrassments, I gained a new me. the real me. Fundamental to

all of this were the relationships I was cultivating with members in the Group, especially my Sponsor. These connections were training me in a life of authentic interaction free of competition and guilt - and especially liberating from the shame that had so deeply burdened me. These people knew my story, were well aware of my secrets and were not easily impressed by much else besides the steps I was taking towards maintaining sobriety and abstinence. And, we shared our lives with our higher Power - what prayers worked, how to talk to and with God, when to make ourselves available for God, quiet time and meditation, and our struggles in maintaining this holiest of all relationships.

What soon became obvious to me, was that God was not merely

an idea or concept to be examined and explored as a type historical phenomena or cultural artifact or psychological tool. My higher Power was a living and vibrant Someone and Somebody - not merely a thing for me to pick up and use, or set aside at will. Higher Power is contacted through relationship, interaction, and an exchange of wills. My God changes things, and there is nothing beyond the grasp of this Power - even the tormented existence of the worst sex addict. It became clear that God was not an abstract principle of justice, but a radical force of liberation. Higher Power was not a concept to facilitate psychological maturity, but an overwhelming agent providing profound healing. Ultimately, this is a love affair and an everyday journey toward greater intimacy with God and with others.

There is nothing extraordinary or cosmic about it. It is getting

“There is nothing too large or too small to be kept out of my relationship with God - or too dark and shameful.”

up in the morning, doing my prayers, practicing quiet time, and seeking the will of God in all interactions, exchanges, persons, places and things throughout my day. There is nothing too large or too small to be kept out of my relationship with God - or too dark and shameful. God, to me, is not as interested in the depth of my theology, or the profundity of my prayers as much as getting involved in my life and working alongside, ahead and through me to make change. That's the hope and the promise of the second step for me.

Shannon T.

[Shannon has been with the San Francisco Bay Area SAA. His first year anniversary was May 18<sup>th</sup>. Congratulations, Shannon!]

**A**t the 2001 Delegate meeting, the issue was raised as to how to handle level 2 & 3 behaviors, and specifically the area of mandatory reporting. Mandatory reporting is when someone, because of the nature of their profession, is required by law to report any illegal behavior that they know about. Level 2 & 3 behaviors are behaviors of an illegal nature; level 2 being more minor (as the world sees it) such as voyeurism, prostitution, public lewdness; and level 3 being more serious behaviors like offences against children, or rape.

This is an issue that holds strong emotions for me, as I am a 2-time felon. My felonies concern inappropriate behavior with children. These were not the only things of an illegal nature I've ever done, only the ones for which I got caught. In July, God willing and by the grace of God, I will be celebrating 5 years of sobriety. I mention this not for any personal accolades, but to point out that this is 5 years worth of victims that I have not offended. Sobriety for every sex addict is very important, but perhaps even more so when the behavior leaves such devastating scars on its victims. Had I been told at my first meeting that I had better not share my felonious behaviors, as there where those in the room who would have to tell on me, I probably would not have come back. I know that I would not have shared, and without that sharing I believe I would not have found the healing and recovery that I have in this program. This does not however relieve the burden of the mandatory reporter. So what is the solution?

Others and I have begun work on this in the past, but because of the volume of work required to research the laws in all 50 States and beyond, the

## First Steps may be a problem for Level 2-3 Offenders

Jon C. has some ideas that may be useful for your recovery

issue was tabled, for which I must make amends to the fellowship. This is far too important of a subject to let drop. I have a possible solution, but I need your help.

I believe the following guidelines would allow the suffering addict to share the dark secrets that are burdening his or her soul, while giving the mandatory reporter nothing on which to report. I believe the legal requirement for reporting is that in order to make a report you must know who the victim was, where the offence occurred, and when. Without this information there would be no offence to report. I also believe the reporting requirements are stricter in the case of someone who is presently offending, and in the case of murder. I don't know that our fellowship is equipped to handle the issue of murder, but in the case of the addict who is still offending I would recommend that he or she strive, with the support of their sponsor, and the help of their Higher Power, to stop the behavior before giving a formal 1<sup>st</sup> step, or sharing these behaviors openly in a meeting, so that the behavior is not a present offence. On all of this I need your help at the local level using your local resources to determine the legality of this statement with the laws in your state, were it to be published. My belief is not sufficient.

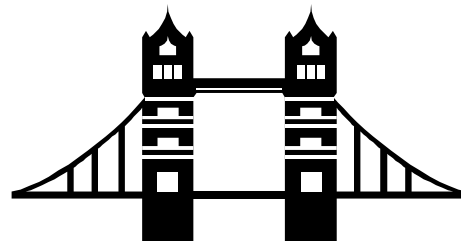
How would this practically work? I will give you a fictitious example.

If I were to say "Last Christ-

mas my family all gathered at my uncle's house and that night I crawled into my 8 year old cousin's bed and fondled her." You would have, with very little extrapolation, all of the information needed for a report. You would know when the offence occurred, December 25 of last year, you would know who it accrued to, and with very little research the local police could find out where my uncle lives, and you would then know the location of the offence. Instead the statement might go something like this. "At a family gathering I crawled into the bed of a young relative and fondled her." In this statement are none of the needed requirements for reporting, but the addict has had a chance to tell his story in enough detail to get out that deep dark secret.

Please use whatever local resources are at your disposal to research the legalities involved in this issue, as they may vary from State to State. It might also be helpful to have information on statutes of limitations for your State. Responses to this article can be directed to me through e-mail. My e-mail address is JonC-SAA@AOL.com

Jon C.



**"ATTITUDE"**  
From a Texas Prison

In prison as a result of my addictive behavior, I both marvel and ache as I observe so many others who have not had the benefit that a fellowship such as ours has to offer. They are defeated by their own attitudes.

Viewing themselves as victims, these men stew in self-pity. I've no doubt that to some extent or at some point they were victimized: weren't we all?

Dr. Viktor Frankl, in his book, "Man's Search For Meaning" lists one of the key ingredients in the search for meaning is "the attitude one takes toward unavoidable suffering."

Attitude is more important than facts, or the past. It's more important than circumstances, failures, or successes. Attitude is more important than what other people think, say, or do. Attitude will make or break a company, a church, or a home.

The remarkable thing is, we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past, we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing that we can do is play on the one string that we have, and that is our attitude.

I'm convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you perhaps.

**We are in charge of our attitudes.** We have all suffered enough at the hands of our addiction. The attitude we choose to take as we work to overcome it, is vital

**What attitude will you choose to wage your battle against addiction today?**

David B.

[Ed note: David wrote a previous letter to the PBR on Christmas eve of 2000. It's on page one of the Feb/Mar PBR]

## ISO Board Actions - Convention 2001

*(Continued from page 3)*

proposal for PSA production. [Note that the Literature Committee approved one of the 4 submitted for appraisal... See Literature Committee Report, this issue]

The Board approved San Francisco as the site of the 2002 ISO Convention. Further details in future issues for members only; the website will not contain specifics.

The Board and representatives from COSA held a dialogue regarding convention related matters. At the conclusion of the discussion a motion was introduced that there be a committee established to explore interaction with COSA at conventions in light of the traditions.

At the May 27<sup>th</sup> meeting, Board representation was presented, and is as listed on page 12 of this issue of the PBR.

Roger B. was duly voted in as Chair of the 2001-2002 ISO of SAA Board. Peter B. was elected Secretary and Leo H. was elected as Treasurer.

Approved for Office Oversight Committee membership for the 2001-2002 year were Bill H., Claude E., Mark H., and Jerry O.

By a 7-1 vote a motion was approved to appoint a qualified person to prepare job descriptions for the Office Oversight Committee Chair and the Board Treasurer. Judy N. was so appointed.

The ISO Board teleconferences for the coming year will be August 18<sup>th</sup> and November 10<sup>th</sup>, for 2 hours each, on January 19<sup>th</sup>, 2002, for 4 hours, and for March 23<sup>rd</sup>, for 2 hours. An Informal dinner is to be held on May 21, 2002, and the meetings will be May 22-23, 2002, face to face.

The following persons were approved unanimously for the Committee Liaison assignments:

- >Fund Raising-Leo H.
- >Interfellowship Relations-Francis E and Ken S.
- >Intergroup Communications-Roger B.
- >International Development-Peter

B.

- >Internet Outreach-Bruce B.
- >Literature-Carolyn
- >Outreach-Joel D
- >Prison Outreach-Mike C./Greg B.

The 2002 Convention Committee is authorized to open an ISO of SAA, Inc. checking account in the San Francisco, CA area with the signatories to be Board Members Frank B., Leo H, and Roger B.; and ISO staff members, Jerry B. and Klaus P. [last names omitted here], and three members of the 2002 ISO of SAA Convention Committee, who will be ratified in August. The account will require two signatures for checks in excess of \$500.00 and that a copy of all bank statements be sent by the bank directly to the ISO Office.

The positions of Ken S., Chair of the Interfellowship Relations Committee, and Shelley K, recording Secretary, were announced. Affirmed was the mission of the committee as being, in the light of the traditions, to look into how we in SAA cooperate with other 12 step fellowships, and recommend to the Board those actions it deems necessary. In conjunction with this motion was that up to \$150.00 be authorized to fund a one hour or more July teleconference so as to make a program report to the Board prior to its August meeting. The Committee was further instructed to explore the relationship of SAA with COSA, and report to the Board. A committee previously appointed to study the sixth tradition is hereby dissolved and the task is now given to the Interfellowship Relations Committee.

The ISO Office was directed to provide the Board with all documentation pertinent to the Outreach Endowment Fund by July 15<sup>th</sup>.

The name previously given to the South Pacific Region is not changed to be the "Southern Pacific Region."

[Delegate business on page 11 of this issue.]

**My** name is Scott F. I am a Gay Recovering Sex Addict. I have totally abstained from all my bottom line behaviors since 01-18-99. I am writing to share with you my experience, strength, and hope, in regards to "Humility". I am also a recovering Alcoholic, sober since 12-10-78.

When I came into SAA back in November of 1998. I desperately wanted to get well. After twenty-two years of being an active recovering alcoholic, I could not stop acting out. Over the years, I had attempted to solve this "Sex" Problem as a defect of character, to no avail. I got new sponsors, One had thirty-three years of sobriety, the other had twenty-two years. They could not figure it out. I re-did my inventory so many times, almost everyone had heard it. Finally I searched out the most experienced, and most expensive Psychiatrist that could be found. Well, he informed me that I was without question the "sanest" person he had ever met. Oh, big help that was.

Over the years I came to believe that I was going to spend the rest of my life, doing acting out behavior that I would rather die than continue to do. Finally, God got SAA to me, On that day in November I just happened to glance down at the bottom of our Alano Club meeting schedule. I saw an SAA Meeting listed. So I went to my first meeting. For the next two months, I worked the first Three Steps with my most sincere energy. The day I got my sixty day chip, I found my self having sex with a guy. I got really mad. Went home, stood in my drive way, and I cursed God! What was the problem? Why had he not removed my obsession, and compulsion to act out? What was it that he wanted me to do? Well, This may shock some of you. But I got an answer. God told me, "Stop Running From Your Pain". That got my attention!! I went inside and started to think. It occurred to me that I was still hanging onto masturbation, and the occasional glance at porn. After all, it was *not* a bottom line behavior.

## THE MANY FACES OF... HUMILITY

So, I stopped all the behavior. That was two years ago now. It was not long before my obsession, and compulsion, came up on me like a fire-breathing dragon. I had to find a way to get through the day without acting out. I went back into the Big Book. Guess what I discovered? Humility. When I really began to look at what the program was telling me.

Humility is the thing that actually destroys my addiction! Destroys it! Humility is the single most important part of my recovery. Without humility, I will not recover. The more humility the quicker I recover. So, what is humility? Well, humility is honesty. Getting honest with ourselves. Getting honest with God. And getting honest with our fellows. But it is more than that. See, honesty will set me free, but honesty will not keep me free. So, what else is humility?

Humility is "Stopping the Behavior" and "Sincere Regret". That is how I am able to tell my self and my fellow sex addict that we will experience absolute, total, and complete, recovery from our addiction. Be-

cause right from the beginning I had the sincere desire to "Stop My Behavior" and the "Sincere Regret" for my actions.

So, what exactly is the meaning of humility? Think about it! Remember our slogan "Think, Think, Think." The First thing it means is that I Stop acting out, no matter how painful, no matter how hard! Willing to go to any length! It means I humble myself before God, before my fellow man, and before the group. It means that I am now going to live by the rules that God assigns. Work the program the way the Big Book tells me to do it. It means that I am now going to do "Any" Task that God puts in front of me, and accept it as his will.

It also means that I am going to help my fellow man grow spiritually! Really important, this part. It means that I am sincerely going to help my fellow man grow spiritually. When I am doing these things, I have true humility. When I have true humility, my sex addiction dies!

So now I know what humility is, and why it is so important. When the fellow sex addicts that I am so privileged to sponsor, and myself, dive into this humility we get well. But we must dive into this ocean of humility, get really drenched, let it wash all over us. The more I go into the humility ocean, the easier it gets. Remember Humility is the power source. The more I have the brighter the light!

Shine! Turn your power source on.

Thank You For Allowing Me To Recover In This Wonderful Fellowship Our God Has Given To Us.

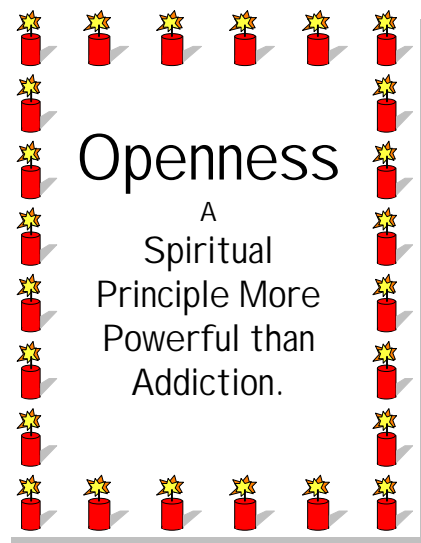
Scott F.



**O**penness is a fundamental spiritual principle. It can take the form of the open-mindedness that the Big Book calls "indispensable," the open, honest sharing of feelings and experiences when one addict talks to another, or the opening of our hearts to a Higher Power. It is a principle that is more powerful than the shame, secrecy, and fear that ruled us in our active addiction. When we open ourselves to the possibility of a spiritual solution, when we open our membership to anyone seeking recovery, when we openly share about our membership in Sex Addicts Anonymous at the personal level, we can carry the message that we are no longer living in fear, no longer isolated by secrecy, no longer consumed with shame.

In my addiction, I was always hiding, always afraid of being discovered. This secrecy and fear consumed almost as much emotional energy as my addiction. When I turned my will and my life over to the care of God, I was able to let go of my fear and open up to a new life with limitless horizons. Through working the Twelve Steps, I was able to "clear away the wreckage of the past." I can look the world in the eye today, because, although I've done very hurtful things in the past, I know that I've done everything I can to set things right, and I'm doing everything I can today to make sure that I never hurt anyone that way again. This incredible freedom is the result of living my life by the spiritual principles built into the Twelve Steps. My faith in these principles is virtually unlimited.

Part of our Outreach in efforts in my area has been the establishment of "open meetings" - meetings where anyone can attend. We list the time and location of our open meetings in the local paper, and newcomers can simply show up at a meeting. We have a phone line, but very few newcomers actually leave a message, they prefer to just come to a meeting. I think the atmosphere of



openness at these meetings sends a powerful message about the freedom from shame that we have been blessed with through this program. One great blessing of this openness is that partners of addicts can attend. In order to preserve the primary purpose of the group, we read the following statement at the beginning of the meeting: "This is an open meeting, and everyone is welcome. In keeping with our Fifth Tradition, we ask that only those with a desire to stop their own addictive sexual behavior participate in the discussion." The result is that partners have accompanied new members to their first or second meeting, have been present to support their partners, have listened and gained an understanding of our program, and have been given contact information for COSA (by individual members, after the meeting is over, so as not to imply any endorsement or affiliation).

Another Outreach project that has greatly enhanced our presence in the community (as well as my personal recovery) has been the distribution of SAA literature in public places throughout the city. The County Mental Health office, STD and Family planning clinic, Welfare office, public library, and non-profit community outreach centers/free clinics already display literature or meeting schedules from AA and NA, so the SAA Outreach pamphlets go right next to them. In addition to making our presence known to more

people who may be seeking help, I have found that as I take literature into these places and talk to the staff there as an SAA member, my shame about my membership and my addiction melts away.

As more people learn about our fellowship and our spiritual solution to sex addiction, public understanding will increase and the fear born of ignorance and misunderstanding will decrease. When Alcoholics Anonymous started in 1935, there was little or no understanding of the nature of the disease of addiction, and the social stigma around alcoholism was nearly as great as the current stigma around sex addiction. We in SAA are on the same path toward acceptance.

The Eleventh Tradition states that we need always maintain personal anonymity **AT THE LEVEL** of press, radio, TV, and film, **NOT at any other level**. Dr. Bob Smith (co-founder of AA) said that it was as much a violation of this Tradition to maintain anonymity at any level **OTHER THAN** "press, radio, and film" as it was to break anonymity AT the level of the public media. He said we can't be so anonymous that other addicts can't find us, that it is important to let people in your community know that you are a member, so they know that there is a solution. I can understand the embarrassment that might result from my friends, neighbors, and co-workers learning of my membership in SAA, but I'd much rather be caught recovering than be caught acting out. Of course, each member has the right to keep their own membership in SAA private. I just want to pass on the great blessings that have come to me through my willingness to be open and let God use me, in some small way, to carry the message to the addict who still suffers.

Love, Tom



# IT'S A WONDERFUL LIFE

Years ago our fellowship's service organization was not the well organized and well run institution it is today. We were still growing into a national fellowship and we had much growing-up to do. The National Service Organization (NSO), as it was called then, spent convention revenue to pay operating expenses during the two months before the convention.

During the convention, a finance committee formed to solve the crisis this caused. Roger B., our current I.S.O. board chairperson, joined that committee in his first role in NSO service. The committee confronted the fact that we didn't have enough money to pay the convention bill. In fact, over \$3,000 was needed before the weekend was through. They had considered every possible way to make up the shortfall and there were no other options. Not only would we be held liable for the bill but the convention might have to end right there and then, lest we incur further costs.

Roger looked weary, like a man with a heavy burden. When asked what was wrong, he answered cryptically, "There is an elephant in our fellowship's living room and we're going to have to deal with it." He wouldn't elaborate; he needed to tell the problem to the whole fellowship at once.

After dinner and before the keynote speaker, he went before the fellowship to make his announcement. He faced a potentially hostile crowd. The day before, the delegate convention had met for over thirteen hours. The debates were heated and often hostile, although few can remember today what we were fighting about. Kevin K., the Chair of the Board at the time, had called several half-hour recesses in order to give the delegates time to cool down and meditate.

Roger made his announcement. He made amends to the fel-



lowship on behalf of the Board of Trustees. He explained that they had no right to ask the fellowship for money and that they had every right to refuse the request. He stood before the fellowship and humbly asked for our help.

**Kevin K. removed his hat and put it on a small table in the front of the room to accept donations.**

### Act II: The Miracle

The members sat in stunned silence. Then members began trickling up to the table to put money in the hat. *Then they start to pour up, forming a line deep into the room.* One person took Roger aside and offered to pay the whole shortfall, even the whole \$3000, if need be. *Another brought up his bus ticket and offered to sell it for his donation and hitchhike the 250 miles back home.* Roger asked them both to see how much would be needed before accepting their offers.

It took a little less than a half-hour for us to raise the entire money we needed. When we were done, we sang Amazing Grace with tears of joy streaming down our faces. We had witnessed a miracle performed through the generosity of the members of our fellowship.

It was the final scene in It's a Wonderful Life for real: a community coming together to contribute what they had to an organization that meant so much to their lives. We came together, made our individual

sacrifices, and joined in song to celebrate our fellowship and love for one another.

### Epilog

The fellowship has grown up much since then. Having learned from that experience, the I. S. O. Board formed the Office Oversight Committee to monitor the finances on a regular basis. The organization has its records audited using professional accounting procedures. This year's audit showed that we were operating within our budget.

For the past many years our business meetings have been civil, even when we have felt impassioned about issues. Our meetings lack the hostility of past meetings. They have been less dramatic but much more productive.

We no longer need to rely upon [crisis oriented] miracles to make ends meet, allowing us to share the [everyday] miracle of recovery with all who need it.

Roger B. and Kevin K. were both on hand for this ceremony which took place on Sunday evening, May 27th, at the convention buffet. After this story was told, they handed that very hat, in which the donations were made, to our current Office Manager, Jerry B..

Kevin's hat will be on display in the I. S. O. office to commemorate that marvelous event, marking another milestone of growth and recovery of this international Fellowship..



## LITERATURE COMMITTEE CONVENTION REPORT... "Shorter than the time it took to do it !!"

By Literature Committee Chair  
Chris D.

The Literature Committee had a productive convention in Houston. There was much to discuss and many plans to be made. The following is a partial list of accomplishments.

1. The SAA book project continues at a good pace. A suggested deadline of Dec. 1, 2001 has been set for the completion of the second draft. Jeff W. met with the committee and reported good progress. The committee officially declared to the delegates what had been assumed but never made clear - that after LitCom approval, an edition of the book will be published and submitted to full fellowship review. At a special panel discussion on May 27, we received helpful suggestions for making the pre-approval process more available and inclusive to the membership. The committee is also coordinating the Personal Stories section of the book. Personal stories from mem-

bers concerning their addiction and recovery are still needed and welcome. Send all material to the ISO Office. A more detailed request for stories will soon be printed in the PBR.

2. A Spanish translation of the Sex Addicts Anonymous pamphlet has been approved and will soon be published.

3. The Literature Committee reviewed storyboard submissions for the SAA Public Service Announcements, and selected one of the submissions as best reflecting our fellowship's message and principles. More details will be forthcoming after agreements are worked out with the producers.

4. A proposal by the PBR editor for a restructuring of functions concerning publication of the SAA newsletter was approved. The plan involves layout and production duties to be assumed by the ISO Office, with selection, editing and other more literary duties remaining the

province of the PBR editor. The coming year will see more discussion of methods by which to smooth the operation of the PBR.

5. The committee established a liaison group to work with the SAA webmaster, the intent being to establish better communication concerning content on the SAA website.

We were gratified by the warm feelings and the support shown for our efforts by the delegates at the conference. It is with gratitude and humility that we continue to serve the fellowship, and our wish is to be as responsive to the needs and desires of members as possible. Feel free to contact me at [cdash@mindspring.com](mailto:cdash@mindspring.com) with any questions or concerns.

In service,  
Chris D., Chair, LitCom

## Convention Delegate Business - 2001

[Editors note: The following is a composite from the words of a delegate member and the official actions as recorded by the Recording Secretary]

The business of the delegate convention was conducted smoothly and efficiently by Roger B., the chairperson of the I. S. O. Board of Trustees. The debates were heartfelt and vigorous without any noticeable hostility. The points made, pro and con on the motions were well argued and insightful. Even when I had a strong conviction on a topic, I had to concede that the other side brought up valid points.

One piece of new business was included in the Call to Convention and seventeen more were brought before the delegates at the convention. After being prioritized, six of them were considered.

The item included was the election of an "at-large" Board Member

1. Elected Leo H. as an "at-large" member of the ISO Board for 2001-02. The prioritized items were:

2. To make available to the membership, subscriptions for advance sale of the Basic Text at the 2002 Convention. It was argued that this would raise funds for the initial production. Also that pre-orders would help the Board measure how many copies they will likely sell in the first printing. Opposing were that it was premature to make such a motion since the basic text wouldn't be available for at least a year. Initially passed, minority spoke after which the **motion failed**.

3. **Passed** a motion that, in line with the 6th Tradition, a statement of Non-endorsement be included when outside concerns request permission to list the SAA name, phone number, website, and/or logo. [Note: another version, which would have required Fellowship approval of requests for use of SAA properties [as above], rather than the ISO Board, failed] There was considerable discussion on this pair of motions brought about by the Board's authorization to use the SAA phone number and logo to a firm that showed on

national TV, a fictional movie, "Sex, Lies, and Obsession." The Sixth Tradition was cited as the foundation for this discussion. Also that all printed material, not SAA approved, is stamped with a statement of non-endorsement. The passed motion was a compromise between the two motions.

4. **Failed:** A motion to change the SAA adaptation of AA's 12th step, to read "in all aspects of our lives" instead of "in our lives." This motion lost momentum when the complications of making changes was disclosed. AA would have to again be petitioned to allow changes in addition to changing all existing literature.

5. **Passed** a motion to change the suggested requirements of continuous abstinence for delegates from two years to six months. This was argued on two grounds: First, since we define our own standards for abstinence, this guideline means different things for different people. Second, the standard for delegates shouldn't be as stringent as they are for trusted servants who serve on the I. S. O. Board and Literature Committee. This motion was argued against by delegates who believed that we should always encourage sobriety as a reachable and reasonable part of our recovery. It was also pointed out that these were suggested guidelines and not regulations.

6. **Passed** a motion that the ISO Board annually send a member or alternate as the official ISO representative, to the Interfellowship Forum, with authority to act on behalf of the ISO in accordance with the 12 Traditions of SAA.

7. **Passed** a motion which would set a goal that SAA move toward discontinuing the sales of outside literature through the ISO after our Basic Text is released.

Complete minutes of the Delegate Meeting will be sent to all Delegates who participated in the meeting, by August, 2001.

## ISO INFORMATION

### BOARD - LITERATURE COMMITTEE - OFFICE - STAFF - WEB - EMAIL

Area	Board Member	Liason Function	Board Alternate	Liason Function	Litcom Member	LitCom Alternate
Great Lakes	Roger B[chr]	Intergroup Communications	Ken S.	Interfellowship Relations	Elizabeth S	Vic K.
Southern Pacif.	Peter B[Sec]	International Development	Bill S.		Susan W.	Thom C.
At Large	Leo H.[Treas]	Oversight/Fund Raising	none		none	none
Inter-Mountain	Carolyn L.	Literature	Shelley K.		Chris D	Kenton J.
North Central	Mike C.	Prison Outreach	Greg B.	Prison Outreach	Jerry A	Dave B.
South East	Francie E.	Interfellowship Relations	Bruce B.	Internet Outreach	Joseph T	David G.
North Pacific	Frank B.	Outreach	Joel D.	Outreach	John H.	Tom B.
South Central	Judy N.		Claude E.		Greg G.	Mike L.
North East	Peter M.	Prison Outreach	Joe M.		Tony Z.	Joe Z.
					Robert S	n/a
					PBR	

**Staff**

Jerry B. Office Manager  
 Klaus P. Asst Office Manager

**Office Hours [Central time]**  
 [Staffed-M-F] 10:00 AM - 6:00 PM

Phone answered at all times except when staff is on the phone. Leave Message; call will be returned, usually within the hour.

**PHONE - ADDRESSES**

713-869-4902  
 1-800-477-8191

Office: International Service  
 Organization of SAA, Inc.  
 P.O. Box 70949  
 Houston, TX 77270

**WEB SITE - EMAIL ADDRESSES**

web: <http://www.saa-recovery.org>  
 e-mail: [info@saa-recovery.org](mailto:info@saa-recovery.org)  
 PBR: [PBR@saa-recovery.org](mailto:PBR@saa-recovery.org)



**WILL YOU PLEASE?** Remember the needs of the SAA Fellowship at the international level? This newsletter was provided for you by those doing their own Step Twelve and Tradition Five work. And by one full time/one half time, paid staff member. There are important programs of outreach, many of which are represented in this publication. Outreach of all kinds, prison and all other. Materials are provided free to those who cannot afford them; i.e., prisoners. It costs dollars to maintain the central facility through which our efforts are maintained. For you who downloaded this, or have received it via "snail mail", we hope you will strongly consider sending your periodic contributions to the ISO office. *YOU* are the answer to total Outreach! Thanks !!

**The Rest of the Convention**

Once free from our duties as delegates, we were able to attend some excellent workshops as well as recreational activities. There was plenty to do but the pace was not overwhelming.

On Saturday night, we held a memorial service for the sex addicts that we lost in the recent past. Hearing members share about friends and loved-ones they lost in this program—some as a direct consequence of their acting out, was quite moving. It was especially heart-rending to hear Peter, a member whose son was also in the fellowship, memorialize his son who he lost to this

addiction.

There were plenty of lighter moments as well. The talent show brought out some remarkably talented musicians, singers, poets, yodelers, and comedians. Jon K. kept it moving and funny.

All in all, it was another excellent convention. I've stopped trying to compare them. They all leave me feeling quite high and more dedicated to my recovery.

I would encourage anyone considering it to go to the SAA international conventions. Most people I've met there make new friends each year and strengthen their recoveries. I'm really looking forward to next year's convention in San Francisco. I hope to see you there. ++++

**Now!!** You can order materials and make donations, using your VISA, MC, Discovery or AMEX !!!!

The PBR is published 6 times per year:  
 Feb/Mar—Apr/May—Jun/Jul—Aug/Sept  
 Oct/Nov—Dec/Jan