

The Plain Brown Rapper

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THE ISO ENCOURAGES GROUPS TO REPRODUCE THE PLAIN BROWN RAPPER SO THAT COPIES WILL BE AVAILABLE TO ALL MEMBERS. THE PLAIN BROWN RAPPER IS MAILED FREE TO ALL WHO REQUEST IT.

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Editor’s Note: The ideas expressed in the literature section of the PBR reflect the opinions of the authors of those articles and do not necessarily represent the opinions of the ISO or of the SAA fellowship as a whole.

“These ideas were not bad in and of themselves. However, in my sickened state of mind I used them as an excuse to act out my addiction.”

See Page 17

What a Difference Prison Made

By Michael R., Houston, TX

Being a convicted sex offender, prison time was going to be an option that would be giving the world a break from how I acted out, while I was out there. The question was, though, if doing some time, in prison, would change the way I acted. Prison can change a person; usually, it does so, but in various, negative ways. The circumstances that were created, as a result of being rigorously honest about my acting out behaviors, are the keys to recovering from the hopeless state of mind that I was in, when I found the “oasis” of SAA.

Who would want to be honest about something that could result in getting put in prison? Why would I want to face going away for any period of time, for saying something about the things which I've done; which nobody else is verifying; and I'm being asked to confess to these various criminal acts by the police?

The difference is: I did tell on myself about the criminal acts that I committed. I wasn't looking to use some lawyer whose specialty is criminal cases of a sexual nature to shelter me from the ramifications that my acting out was going to cause me, since I was disclosing how I had been behaving in the past.

I took the place of the person whom I have hurt, and I told the truth concerning my behavior. I was defenseless now.

Going all the way back to when I did, first, speak to someone who I did feel could offer me some guidance to help me deal with all of the feelings that I was having about using sex as a means to cope, I chose to speak to a Catholic priest at a location that I was familiar with. All that I wanted was to become clean of my past actions concerning the children that I had hurt. I wanted to be forgiven for being a pedophile.

Disclosing my past sexual acting out behaviors to someone other than this priest that I had chosen was going to be a stipulation that God would place in my path to recovery. I was going to have to seek help for this problem of mine from another human being who could give me that love and care that I needed, so I didn't have to keep going back to doing the things that I was used to doing whenever I would get around children.

Eventually, I had a nervous breakdown. The program to recover from acting out with children meant that I was going to have to give up all of the other things that I was using illegally while I was not also abusing sex.

I was not just a sex addict. I was an alcoholic, a pot-smoker, a cokehead and an habitual criminal. I didn't know about how I was affected by all the different times that I had committed criminal acts, until I got some cognitive intervention, during the time that I have been incarcerated.

What a Difference Prison Made Continued

The main thing that I am trying to tell another sex addict who is having to face recovering from a past history of sexually abusing children is: I had to go and take these various actions in order to not continue to feel that I was going to keep being a threat to society and myself: I took some action so that my prayer could be answered. Yes, I heard a lot of different suggestions.

I had come to the realization about my being a pedophile after I had been sober from using alcohol for about a year. I say this because I want to show that I couldn't have been honest about my crime at the outset. "First things first."

I'm glad that my Higher Power is a loving and forgiving God. He is faithful; he is my protector; my Higher Power guides me through my recovery while I'm here in prison for acting like a pedophile while I was in the free world.

Being in prison has helped me to realize how much more I can depend on God while I'm having to face prison life as a sex offender.

Staying connected with people, like a sponsor and other addicts who are interested in recovering and who come together to meet and talk about the challenges that prison life imposes on our recovery; and receiving help and suggestions from 12-step literature that I read, help make a positive difference.

Instead of using the pages of the Bible as smoking paper, I read it. My sponsor has made specific suggestions to me as to which books to read.

I have found it helpful to read books that speak to the heart about the ways of human thought. Other books from which I, as a recovering pedophile, have gotten something positive include those on self-esteem, recovery from various mental illnesses; and books that shift my mind toward a better relationship with my Higher Power.

One of the things that I want someone who is facing a similar road to recovery to know is: I have to choose on a daily basis not to involve myself in a relationship that is going to have negative effects on my self-esteem, my health, or my sanity.

Yes, I'm human, and I need to feel loved and wanted. I don't need to burden myself with the chance of catching some disease, or jeopardizing my own health, or that of someone else either. Only God will judge my sex situation. His Will, not mine, be done.

At this juncture, the question is: What is being advocated to my fellow recovering pedophile? The answer is that I am just telling you my story, from my current position of being incarcerated, and continuing to do justice to my sobriety from bottom-line behaviors.

This is how the recovery process is for me. I'm here to share how coming to prison effected a further positive mental change!

If you are reading this and you can identify with my criminal addictive behaviors, what you are reading is a solution that I've found which has helped to solve my problematic behavior.

No! I think every day about whether I made the right decision by disclosing my crimes, with the assistance of competent mental health professionals. There's no question that I made the right decision in accepting the health of SAA, choosing a sponsor who is dealing with having been at a similar bottom, and putting my faith in God!

My being honest and forthright about what I did to people didn't put me in prison. My past

criminal actions did. Remember: "A price had to be paid."

Today, my life is better because I'm not a threat to children or myself. Today, I'm not worried and wondering if somebody is going to find out about what I've done in the past. I'm able to concentrate and better focus my will on what it is going to continue to take for me to remain a respectable, accountable member of a free world society.

Prison time does not make the difference. I make the difference as to whether I will remain sober, because I took these certain, specific actions, so that I could stop my acting-out behavior.

○

**“As long as we can be honest,
even a little bit, we can move
forward in our recovery.
Honesty is the foundation on
which all further progress is
based.”**

From *Sex Addicts Anonymous*, page 23

○

Finding Fellowship with God

By Christopher B.

Reading the stories of fellowship and recovery in the Green Book and the Plain Brown Rapper is inspiring and uplifting. I'm writing today to encourage every SAA member to celebrate the opportunity to participate in meetings, sponsorship and other interpersonal aspects of the program. It is easy to take these things for granted, but for many incarcerated sex addicts, they are only a hope for the future.

I am a pre-trial detainee facing federal charges for interstate travel and enticing a minor. I've been in protective custody for nearly the entire four months of my imprisonment, which means spending 23 hours a day alone in my cell. It might be another six months before this part of my legal ordeal is done. I have very few occasions to even speak with my fellow inmates, let alone share much of my recovery. Yet as I write I have 118 days of freedom from my inner circle behaviors, which I've defined to include all forms of sexual thoughts or actions.

Nearly four months of total celibacy in isolation would not have been possible without working my steps. With the help of AA and SAA literature, and constant prayer, I have lived the spirit of the program to the best of my ability. Cut off from the support of my fellow sufferers, I turned to God for help.

Because I already knew something about the 12 steps, I was able to carry out a heartfelt Third Step in my first hours in custody. This decision, and the attitude of gratitude that came with it effortlessly opened the door to a series of blessings and outright miracles that made my initial jail experience much easier than it might have been. Within days I had the Big Book of AA and a bible, which led to an effective spiritual experience that has completely changed my outlook on life.

A month later I received a literature package, including the Green Book, from the ISO prison outreach committee. I was ecstatic! Reading the detailed breakdown of the steps and the stories of so many sisters and brothers really gave me a sense of program and fellowship. Thank God and SAA for this generous gift!

Spending most of every day alone in a cell leaves a lot of time for talking with God. If the book is my meeting, He is my sponsor. He has shared my first step presentation letter, and guided me in establishing loving communications with my wounded family. I've still made mistakes, but it's better to be working the steps and making mistakes than waiting for a "better time" to start the work.

I know a human sponsor will be along in His time. My regional outreach director has written and we are exchanging letters, and this fellowship helps a lot. And the two

issues of the PBR I've received are full of encouraging words. But while I'm waiting for face-to-face sponsorship and the blessing of a regular meeting, I know I can stay strong in recovery, one day at a time, in fellowship with God.

What I Thought Were Losses...

By Mike B.

I've been exhilarated by life's blessings
I have been awed by some of life's pain
I have been touched by life's tender moments
And what I thought were losses, I now count as gains

For in each precious second of life
Hope and courage, despair and fear
Can shape the moments of my days to come
So I must try to hold each second dear

For when the sun completes it's course, tonight
And I lay quietly upon my bed
I want to feel each positive moment
And remember each tear that I've shed

For even tears show me I'm alive
Where once I would have hid from the pain
I now live to drink in each moment
And what I thought were losses, I now count as gains

September 4, 2005

A Question of Tradition

By "Truly Seeking"

[Editor's Note: In this new PBR column, a member of our fellowship—"Truly Seeking" or "Truly" for short— is going to put forward one question per issue that brings up a practical application of one of the Traditions. Generally, rather than answering it, Truly wants to invite one-paragraph replies from individual members, groups or Intergroups. Each issue the PBR will print a few diverse replies, and pitch a new question for the next issue. Truly is waiting in the wings with a million questions. For this first column, and just to get the ball rolling, Truly has submitted both a question and a proposed answer. Please send the PBR your thoughts on this question, which we will publish next issue, as well as print a new question.]

Q: Is it a problem to have the name of the facility as part of the name of our ISO registered meeting?

A: Well, each ISO registered meeting makes a commitment at the top of the Group Registration Form to follow the Twelve Steps and Twelve Traditions of SAA. Tradition Six tells us that "An SAA group ought never endorse, finance, or lend the SAA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose." And Tradition Five tells us that our primary purpose is to carry our message -- the SAA message--to the addict who still suffers.

An autonomous group that links itself to a facility like a church or a treatment center by naming itself after that facility might run the risk of alienating

members who have strong feelings about a particular religion or therapy. Then we would fail to carry our message to those members on the basis of something that had nothing to do with our program.

The same problem might occur if we name a meeting after other outside enterprises like the titles of non-SAA approved literature. As much as the work of some authors might mean to us personally in our overall recovery, to affiliate an SAA meeting with any outside professional work--which is very separate from someone's personal experience, strength and hope as recovering addicts--risks alienating members who might not agree with those authors as professionals.

Post-Connection Syndrome

By Douglas P., Minneapolis, MN

[Editor's Note: This article originally appeared in the January 1990 issue of the PBR.]

Post-connection syndrome is the phenomenon a friend of mine and I experienced, and later named. It can best be explained as having really connected with a person in the program in a positive way, yet wanting to act out (feeling jazzed) afterward. This is a natural process for addicts to go through as they recover.

The question then becomes, why on earth would I/he feel like acting out just after a good experience--rooted in bettering our lives?

The answers to that question are twofold, and I believe both answers play a large part in helping to explain the cause of this syndrome. (1) It may be explained as rediscovering our aloneness, from the loss of that connection. (2) That as addicts it is unnatural for us to feel valued, connected, and hopeful. In having these positive feelings, we need to preserve our old reality—counteracting those positive feelings by doing something which is more in line with our view of ourselves (the view of oneself as a person who does these negative things).

The good news is if we can remain sober, those post-connection syndrome addictive feelings will occur less and less.

This change occurs by being valued, and by choosing to value ourselves. Our view of ourselves slowly transforms. We begin to see ourselves as valuable. In time these urges to act out become incongruous with our view of ourselves.

P.S. Thanks to Jack A.



Gleanings from the Past

Undertow

By Dean L.

[Author's note: When I was deep in my addiction I would slip out of bed in the night, leaving my wife to log on to use pornography. It made me think of being called by the "Sirens," the mythical creatures who would sing beautiful enchanting songs of love and sex to sailors. When the sailors responded they would end up crashing their boats on the rocks and drowning in the icy ocean. This poem is about waking in the night and trying to resist the urge; about trying to remember how cold and lonely my acting out was.]

Resting peacefully on the ocean shore of the
edge of sleep I see in my
lover's eyes everything I need.

Suddenly an undertow, like unseen hands, is
tugging me away from her. The
sexual sirens have come again: hungry hags
beautifully cloaked in enchanted
pleas and promises, calling me to leap to
fantasy.

"Escape!" they say in whispers urgent and
excited.

"From what?" I stir and protest.

"Come quickly!" they urge, their hot breath
close now, trying to excite my
blood.

"Oh why?" I moan and toss.

They burst forth in vision now; filmy
disjointed forms, a collage of round
body parts and deep crevices, and their howl
rises: "You know why! So you
can fill us and gorge us 'til we burst! So you
can choke us hard until we're
emphy and nothing! Why? To love us and to hurt

us at will, as you wish! Now
Leap!" they wail. "Leap from your bed. Slip
from your lover. Rise from your
rest. Leave those sleepy and plain things.
Come and be our King again this
night!"

I am not innocent. I have followed --no,
invoked--the sirens of sexual
escape many times. Yes, I do know why I do it:
because only with them can I
have it any way I want. Only with them can I
have it all my way.

But looking over the edge this moment I'm
suddenly alarmed.

"Oh, rest your memory." they coo. "It will not
be cold and dark and lonely
beneath these night waves this time," they lie.



Distractions

By Santi L.

We are all guilty of being distracted. We are all guilty of working on the things we consider vital and important---only at the expense of our relationship with God

Being distracted from God is being preoccupied with someone or something. Sometimes we succumb to these distractions to such an extent that we experience separation from God. Sometimes these distractions come from evil temptations while at other times they come from our motivations and mind-sets.

Not all distractions are alike. There are times when the sinful lures of the world distract us and turn our attention away from God. We can also be distracted by our own good intentions. Our work, families, hobbies and even our service to church have the potential to distract us from God.

“Lower-level” temptations toward immorality, lust, pride, gossip, deceit and the like distract us from God. These temptations tell us we need to do this certain action to be fulfilled, or that we have a right to do it, even though we know that it

may well be opposed to the way God would have us think and act. Whether they come from an evil force or our own fallen nature, these temptations deceive us by encouraging us to focus only on the supposed benefit of the temptation. Then, when we have given in to them, they prey on our consciences, often leading to a most bitter after-taste filled with guilt and shame thereby supporting our addictive

We can also be distracted by our own good intentions. Our work, families, hobbies and even our service to church have the potential to distract us from God.

cycles. For us acting on that temptation is so devastating that sometimes it will even lead us to consider suicide. I still remember being sober 10 years in AA and considering blowing my brains out because I could not shake these temptations and I was too weak to resist them.

Generally, the lower level distractions are not too hard to spot. By contrast, the higher level ones, the ones that are rooted in good intentions are murkier. We can become distracted from God when we allow our responsibilities, our goals and the normal demands of life to dominate our minds and pre-occupy us. Work, financial issues, our homes, our marriages, our families; As important as these activities and responsibilities may be, they too turn our attention

away from God by offering a false sense of security or fulfillment.

If we wish to grow closer to God, then we need to address both the lower-level distractions as well as the higher-level ones.

It sounds like a lot of hard work, doesn't it? Before we lose hope in managing our distractions let's call upon God for help. Let's pray for discernment, quiet to still our hearts and the courage to take the appropriate action, even if it means not getting something we really want. He stands ready to give us the grace we need to overcome these distractions that keep us from experiencing the intimacy with Him that is there for the taking.

Often we find tremendous relief from these worldly distractions just by reaching out to another addict, preferably one in recovery, like our sponsor, who can gently guide us out of the temporary fog these distractions bring.

My experience leads me to believe that unless we correct our "stinking thinking" immediately we are apt to subtly begin the process of relapse which ultimately will lead to a SLIP. This need not happen. Fortunately we have a tool box full of resources to help get us back on track. All we need to do is reach out for help.

Santi L.
Charlotte NC
9/19/94

A Bottom and a Beginning

By Chris W.

My name is Chris and I am a sex addict. The message of this article is one of hope and encouragement to other sex addicts struggling with this addiction.

I have worked the SAA program for approximately two years and have never managed to get more than six months of sobriety at one time.

Recently I hit bottom. This bottom has led not just to understand, but also to feel the powerlessness I have over my addiction.

The fallout from acting out was an emotionally and physically painful epiphany, experienced in both mind and body.

The hangover from my slip rivaled any induced through conventional methods.

The factors leading to my acting out were many. The primary culprits were isolation, complacency, and denial. It was only through seeing the repeated results of these symptoms that I was led to finally have the desire to get sober.

I now have a new desire chip and a fresh understanding of Steps One, Two and Three. Now I am truly moving into grace from shame.

If you are struggling, I encourage you to keep trying. The miraculous can and will happen!

Relapse Dynamics

By RVS

[Editor's Note: This article originally appeared in the March 1997 issue of the PBR.]

I'm kidding myself when I believe that going through a treatment program is gonna cure me! Intellectually I knew that, but deep down there was a hunk of me that said it would really be over soon, the weekly [or more frequent] meetings would end, that I would emerge, free again.

I also knew deep down that I could have a healthy, committed relationship with someone I cared about deeply and would be free to establish friendships with others without any of those "old problems" cropping up here and there. I had been an incest offender, but since the children were grown and the grandchildren posed no problem anyway, that would solve that. And I was not addicted to alcohol or other drugs so it would be okay to have a social drink without incident. After all I did have a few belts for a year and half into my program. I'd had no center circle behavioral problems either.

I can only thank my Higher Power the above beliefs never materialized into the same acting out behaviors I experienced for some 40 years or more. Through the 12 steps and 12 traditions of SAA, something was gradually destroying that deep-down, gut feeling I would find

that "once-and-for-all" healing.

I did go through outpatient treatment in a controlled drinking program, but only because I could not afford in-patient for sex addiction. And no place in the hinterlands of the Dakotas or North Minnesota to do any SA counseling for which my insurance would pay. My three CD counselors integrated into my OP work.

I received many instructional materials during this and subsequent counseling programs. Some of these I only glanced at during the sessions, and tucked away in a file thereafter. One of these was a long list of "Relapse Dynamics."

Recovery for me was intense; I wanted to work a perfect program, do all the "right" things, with all the fanfare due someone who performs well. I had little time for long lists, especially since they were really for addictions not anywhere akin to my own.

I can't rightly remember when I lifted that four-page list from the other "stuff" that was in files, envelopes and folders. I couldn't help spot on the first page the word "denial." That hardly referred to me; after all I was in recovery.

Another on page one was "defensiveness," another, "attempts to impose sobriety on others," another, "adamant commitment to

sobriety.”

The list goes on: “easily angered,” “plans begin to fail, “self-pity,” and the one that really hit me ‘tween the eyes was “unreasonable resentments.” I remember in Houston a wonderful friend named Steve, who said an expectation was the start of a “pre-cast” resentment. How correct he was. That comment helped me to more carefully, and more and more frequently, re-view this list.

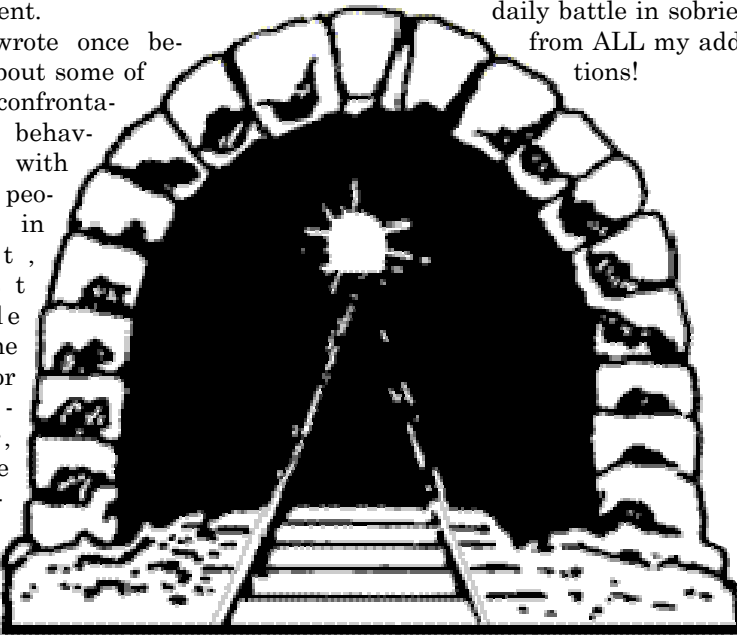
As I began to see some light at the end of that “tunnel vision” I had, it became clear that each one of those was written especially for me. Every one of them constitute a part of the core of my character defects. It’s no wonder the casual first walk through Step Four was quite insufficient.

I wrote once before about some of my confrontational behaviors with many people, in fact, most people at one time or another, if the rela-

tionship lasted long enough. It was as if survival was at risk.

That survival emotion was born of the anger/rage syndrome my family of origin seemed to display most of the time. I got the disease early and used it to destroy many friendships. Recovery or not, I continued with these confrontational behaviors. I indeed had unreasonable expectations, maturing into resentments. As I talked with an old friend only yesterday, we recounted some of those difficult times when we served together, when my rigidity overruled my good intentions. My way or the highway.

I’m glad to say the list is more handy these days. I’m happy to reflect on all the items listed thereon. I am a bit more aware of what each of them means in my daily battle in sobriety, from ALL my addictions!



“Loved” into Recovery

By Morris L., New Orleans, LA

[Editor's Note: This article originally appeared in the January 1992 issue of the PBR.]

I'm writing to share my thoughts, feelings and experience concerning being gay and going to mixed meetings (ones with homosexual and heterosexual members). The reason I go to meetings is because I'm a sex addict. I happen to be gay and my primary acting out behavior is anonymous sex with men.

I have struggled all my life with the issue of being gay. When I finally started looking at my behavior, I assumed it was because I was gay that I acted out the way I did. One of my sponsors helped me see that being gay and a sex addict had nothing to do with each other. I acted out to numb out, feel in control and be powerful. I'm gay because I am sexually attracted to men. It has been a struggle to untie the tie that binds me. I've gained the gift of acceptance about being gay and this has given me freedom to focus my energy on my addiction.

When I go to meetings, I feel at home. The members of the group have varied lifestyles and acting out behaviors but we share the same feelings and solution. It is a

place where I can get my needs met in a healthy way. There are male members who father me, females who mother me and both sexes who are my friends. I don't think I would be alive today had it not been for the men and women (both gay and straight) of the groups that I attend.

When I finally started looking at my behavior, I assumed it was because I was gay that I acted out the way I did. One of my sponsors helped me see that being gay and a sex addict had nothing to do with each other.

Another very important discovery I made at mixed meetings is that I can develop and maintain relationships with people and not sexualize the friendship. This has been a most wonderful blessing in my recovery. I have found it very beneficial to have a sponsor who is straight. He

offers me a point of view that is different and helps me put things in perspective. I find that my relationship with my sponsor is not sexually charged as were other relationships I've had with sponsors who are gay. I feel safer and am able to trust more.

I feel very grateful that God has put people in my life to help show me the way to recover. The action part is up to me but I can't do it alone. I've experienced so much love and acceptance at my "mixed meetings" that I've literally been loved into recovery.

We Were Only as Sick as Our Sickest Secrets

By D.W.

[Editor's Note: This article originally appeared in the March 1996 issue of the PBR.]

It has been over a year since I last wrote an article for the PBR. The first article was my story on feelings, how I had become a sex addict, and my road to recovery.

Today I was reading the January 1995 issue of the PBR. In it was an article called "Just an opinion." Several things struck me as I read it. One of them was that "we were only as sick as our sickest secrets." This reminded me of the years I spent trying to follow my faith through religious ideas that told me I was healed or to just confess my sin and all is forgiven.

These ideas were not bad in and of themselves. However, in my sickened state of mind I used them as an excuse to act out my addiction. I could ignore the real issue that I was a sick person who needed more help than clichés could offer. I could confess all day long that I was healed, but I realized every time I would hear on the news another story of someone who has victimized another child, my shame-based addiction would return in force.

I came to understand after being incarcerated and coming to the SAA program that shame is a tell-tale sign that I still have an addiction. Addictions do not go away by wishing, confessing, or believing them away. I can

never forget that I once victimized others and that if I don't continue to work my program I could victimize others when I am released.

Yes, there is healing and forgiveness. There is also recovery. There is also hope. I must not forget that recovery is a process and through God's grace I have hope. When I forget this I am in danger of perpetrating another victim and abusing myself.

I appreciate my Christian friends who have stood by me during my time of incarceration. I appreciate more those, Christian or not, who help me remember that I am a sex addict and point out possible blind spots to my acting out again.

The program has been a great vehicle in my recovery, even here in prison. I am allowed to speak out on these issues without feeling condemned by those around me. No other place have I felt I could do this. I praise my God for providing me with hope and recovery in the SAA program.

A grateful recovering sex addict
in prison,

D.W.

Step 9 Worksheet

Submitted by Anonymous

[Editor's Note: The following article represents a method of working Step 9 that has worked for some members of our fellowship.]

Step 9:

Made direct amends to such people wherever possible, except when to do so would injure them or others.

1. List some fears you may have in making direct amends.
2. Recall that fear is "Feeling Expectations Are Real." With that in mind, what ways can you reduce the fear or the anxiety that fear may be creating?
3. The amends are something we do in order to help us recover. A successful amends is in simply doing it. Take your list of people to make amends sort them into four groups. Those you can make direct amends. Those you can not make direct amends because you can not find them or don't know them. Those where an amend may injure them or others. Those you are presently unwilling to make amends.

Direct Amends:

Indirect Amends:

May cause Injury:

Not Ready for amends:

4. Think about the last two categories and consider if any of those listed in "May Cause Injury" or "Not Ready for Amends" might fit within the indirect amends. Circle and move those that may fit under indirect amends.
5. List some ways of making indirect amends. Think about sharing some of these in group.
6. Select 1 to 3 names from the direct amends and consider how you would make a direct amends. List a few means of direct amends that you could make to each of these people. (Recall saying we are sorry is not an amends.)
7. In making amends, many have discovered that finding humility and being humble in making an amends help us to let go of our past shameful acts. List means of humility.
8. If possible list an amend you have made. List some of the things about the amends. Was it direct or indirect? If direct what was the response - did the response impact your recovery? Describe how this amends has helped your recovery.
9. Recall your name appeared on the list of person harmed. List ways you have made amends to yourself.

From the Editor

By Mike L.

In the past few weeks, I've had occasion to reread our Green Book from cover to cover. I'm still just as excited about it as I was the first time I read one of the late drafts of it. And the stories! It's amazing how I can find things to absolutely identify with in every one of them. I'm going to have to put our book on my short "Annual Reading" list. There's just too much material in there of great help to me.

A couple of comments about this PBR: It's rare that the PBR begins with an article from a prisoner, and this issue's "What a Difference Prison Made" is so beautifully heartfelt that I couldn't resist. I hope you find it to be as beneficial as I did.

And we have a new column called "A Question of Tradition." I remember the first time that I attended a tradition meeting of another 12-step fellowship. When I got there and found that the topics was one of the traditions, I looked around for the nearest door. I couldn't sneak out of it without being noticed by everyone, so I reluctantly stayed. It was really one of the better meetings I had ever been to. In our zeal for working the steps, the traditions often get left to the side, and I hope that this column encourages some of you to take a closer look at them.

In this issue of the PBR, we have several articles from previous PBRs. I'm very pleased to be able to take these articles out and dust them off for the benefit of our newer members who may not have been around the first time they were published. And I normally only publish older articles when I have a shortage of newer ones, as was the case this issue. So if you have an article that you've been working on or thinking about working on, now is a great time to get it into publishable condition and send it along. You can send it by e-mail to pbr@saa-recovery.org or regular old mail to ISO, P.O. Box 70949, Houston, TX 77270-0949. Be sure to write "PBR article" on the envelope and it will get right to me. Deadline for the May/June issue is April 10 and for the July/August issue is June 10.

I'll see all of you again next issue.





ISO News



ISO Board

The Board of Trustees of the ISO of SAA, Inc.,
met by teleconference March 18, 2006.

The following is a report of significant actions taken.

- Approved: A motion directing the ISO Office to make more vigorous attempts during the next six months to request of groups and intergroups whether or not they wish to receive a hard copy of the PBR by postal mail. (See page 34 of this issue)
- Approved: A request from the ISO Literature Committee for the Board to authorize the 2006 Delegates to elect Chris D. as an at-large member of the committee.
- Approved: Distribution of an SAA Teen pamphlet by the ISO Office to those who express an interest in SAA Teen Meetings.
- Approved: Revised guidelines for convention workshops. (See article about the 2006 ISO Convention on page 25)
- Approved: A bookmark design bearing the SAA "From Shame to Grace" logo.
- Approved: Two logos, one for the 2007 ISO Convention and one commemorating the 30th anniversary of the founding of SAA.
- Approved: A motion to maintain for the 2007 ISO Convention the same registration fee schedule that has been used for the conventions since 2004.
- Accepted: As presented, the audit of the ISO Office for presentation to the 2006 Delegates.
- Approved: A motion to increase Jonathan C.'s hourly rate to \$14 per hour.
- Approved: Two motions to formally recognize the service of Bob D. who served as ISO Webmaster from 1995 through 2005.

- Approved: A website transition plan for transfer of ownership of the Telemeeting Website from Bob G. to the ISO for administration by the ISO Office.
- Approved: A motion that the extra leather bound copies of *Sex Addicts Anonymous* be given on special occasions.



ISO Literature Committee

The Literature Committee of the ISO of SAA, Inc., met by teleconference February 19, 2006.

The following is a report of significant actions taken.

- Approved: A motion that the Literature Committee recommend to the board that a printed copy of the PBR be sent to all registered groups.
- Approved: A motion that the Literature Committee design a survey that will poll the fellowship on what kind of literature is needed and/or desired for the future, and that the Literature Committee use this information to consider ways to coordinate the development of those pieces of literature.
- Approved: A motion to recommend Chris D. as an at-large member of the Literature Committee for 2006-07.

ISO Income/Expense Summary As Of February 28, 2006

	February	Monthly Average	Year To Date
NET OPERATING INCOME			
Net Sales	7,624	8,918	17,833
Donations			
General Donations	3,038	4,389	8,775
LifeLine Partners	2,776	2,712	5,421
Designated Donations	463	247	492
Miscellaneous Income	128	108	214
TOTAL NET OPERATING INCOME	14,028	16,369	32,735
OPERATING EXPENSES			
Wages/Benefits/Taxes	10,315	10,278	20,555
Outreach Related	2,263	2,339	4,677
Wages - Other	5,917	5,710	11,418
Benefits	1,436	1,558	3,113
Taxes	698	674	1,347
Insurance	146	277	552
Depreciation	191	196	390
Postage	182	143	284
Communications	135	146	290
Rent/Utilities	1,122	1,129	2,255
Office Related	849	809	1,616
Financial	623	766	1,531
Plain Brown Rapper	641	495	987
Translations	0	5,296	10,590
Outreach Expenses	1,293	1,203	2,404
Total Operating Expenses	15,496	20,728	41,455
TOTAL NET OPERATING SURPLUS	-1,468	-4,359	-8,719

Note: Income and expenses associated with the Delegate Meeting, convention travel, and the 2006 ISO Convention will not appear in this report until after the 2006 Convention income and expenses have been finalized in July.

As reflected in this issue's financial report, January and February were not banner months. Sales were off. Even more off were donations. During one week in February only 255.04 in donations was received. Such a draught in support had not been experienced since the early 1990's. The 951.50 received the next week was an improvement but still below what is usual and needed. Though not shown in the January-February numbers, cash flow greatly improved in succeeding weeks. The annual distribution from the Outreach Endowment Fund infused operating funds with 6,968.57. This was followed with a better than average week that brought 3,766.03 in donations. For the time being at least, the ship has stopped listing.

A push in 2003 for new LifeLine Partners increased membership in the program from 35 to 100 members. Since then, the number of active participants has slowly declined to 77. For those who do not know, LifeLine Partners is a way to commit to supporting the ISO and its work with monthly donations. While both groups and individual members are enrolled, the majority of LifeLine Partners are individuals. Of the 77 active members, 63 have their monthly gift automatically debited by the ISO Office. The rest send in a monthly check or money order. An enrollment form is printed on the reverse side of this page. Consider making monthly support as one of the ways you carry the message.

The Outreach Endowment Fund cited earlier is another special support program available to SAA members. Established by the Board of Trustees in 1999, the fund provides a way for individual members to anonymously donate larger than usual sums to the ISO or to name the ISO in their wills. Participant donors actually give or will their gifts to the Greater Houston Community Foundation, designating them for the Outreach Endowment Fund. The foundation offers a tax exemption. All donations remain in the fund, with 80% of annual earnings being distributed annually to the ISO to use for outreach. To learn more about how you can make a perpetual gift to the Outreach Endowment Fund, contact the ISO Office.

Community Support

**You received
\$255.04!**



Lifeline Partners

**A way to be a part of the ISO's
sustaining foundation by
committing to monthly support.**

Yes, I want to be of service in this way.

I pledge \$ _____ per _____.

Enclosed is my initial gift of \$ _____.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____

I want the ISO to debit my:

American Express / Discover / Master Card / Visa
(Circle One)

On the _____ of the month.
date

Credit Card # _____

Expiration date: _____

Signature: _____

Mail to:

**ISO
P.O. Box 70949
Houston, TX 77270**

All donations to the ISO are tax deductible.



Healing at the Crossroads

New Guidelines

During its meeting on March 18, the Board approved new guidelines for convention workshops. A revised Convention Workshop Presenters Form is now posted on the special convention website. The following has been incorporated into the revised form.

SAA WORKSHOP GUIDELINES

The following is meant to assist the convention's Program Committee in selecting subjects, presenters and speakers. The basic guide is found in our Tradition Five: Our groups are dedicated to serving sex addicts who seek recovery, and the purpose or goal of our service is to carry the SAA message: that freedom from addictive sexual behavior is possible through the Twelve Steps of SAA (page 84, *Sex Addicts Anonymous*). The list of topics on the following page are suggestions and are not meant as an exhaustive list. We would like to leave final decisions to each convention's Program Committee.

Convention News Continued

Presenter Qualifications

- minimum one year in SAA
- minimum 6 months abstinence from inner circle
- working with SAA sponsor beyond step 3

Workshop Guidelines

Solution-focused SAA-related topics, such as:

<p>12 Steps (any)</p> <p>12 Traditions (any)</p> <p>Sponsorship</p> <p>Sobriety/abstinence</p> <p>Program tools</p> <p>Service</p> <p>Outreach</p> <p>Literature</p> <p>3 Circles (especially: outer circle; freedom from middle circle; formulating the 3 circles)</p> <p>Spiritual awakening</p> <p>Spiritual practice</p> <p>How to get started</p> <p>Higher Power</p> <p>Fellowship</p> <p>One day at a time</p> <p>Rigorous honesty</p> <p>Re-entry</p> <p>Service Committee-sponsored</p> <p>Newcomer-focused</p> <p>Sober dating, sexuality</p> <p>Freedom from sexual anorexia</p>	<p>Meetings (starting, strengthening)</p> <p>Freedom from guilt</p> <p>Going to any lengths</p> <p>A new way of life</p> <p>Seeking humility</p> <p>Forgiveness</p> <p>Relapse prevention</p> <p>Carrying the SAA message</p> <p>Positive action plan</p> <p>Unique group focus (GLBT; women; men, etc.)</p> <p>Topics/Areas to Avoid</p> <p>Professional/Expert presentations</p> <p>Therapy-oriented/Theoretical</p> <p>Religious</p> <p>Lectures</p> <p>Other addictions (love, drug/ substance, etc.)</p> <p>Outside literature (AA literature acceptable, as relates to SAA)</p>
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Convention Speakers

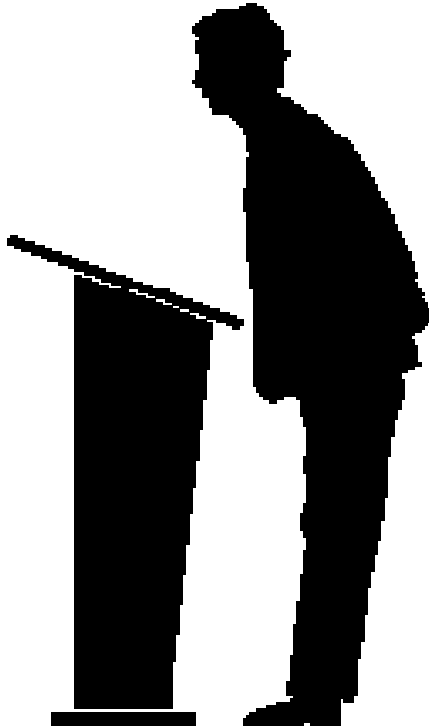
The Board of Trustees has also adopted specific requirements for speakers.

- ✓ Two+ years abstinence from inner circle.
- ✓ Ongoing participation in SAA.
- ✓ At least one SAA meeting per week attendance.
- ✓ Completed Twelve Steps with sponsor.
- ✓ Service at some level (meeting, sponsorship, intergroup, international).
- ✓ Endorsement by sponsor or group.
- ✓ Use standard “what it was like, what happened, etc.” format.
- ✓ No speaking from the level of “professional/expert.”

A special committee will interview each potential speaker by telephone.

There are also inspiring and knowledgeable SAA members in every region who are too modest to promote themselves as international speakers. Please help find them! (Please get their permission before you nominate them.)

Speaker forms can be downloaded from the convention website or obtained by calling or e-mailing the ISO Office.



Phase III Implementation

At its meeting on January 21, the Board approved an initial and limited implementation of Phase III. This decision was approved in principle at the Board's face-to-face meeting during last year's convention in New Orleans. At that time, Jerry B., the present Director of Fellowship Services, told the Board that, even without adding to the scope and quality of the ISO's service and outreach, his job had grown too big for one person to handle effectively without consistently working extra hours. He also noted that his age made it prudent for the organization to plan for his replacement.

The Board appointed a subcommittee comprised of the officers of the Board – Ken S. (Chair), Shelley K. (Secretary), and Don K. (Treasurer) – and Jerry B. to draft a plan which the Board has now approved for implementation in stages during 2006, provided qualified candidates are found to fill all positions.

If all goes as planned, four full-time and two-part-time employees will staff the ISO Office by the end of the year. The full-time positions will be Director of Fellowship Services, Director of Business Services, Administrative Assistant, and Information Technician. The part-time positions will be Outreach Specialist and Business Services Assistant.

Jerry B. will continue to serve as Director of Fellowship Services until August 1. At that time, a new Director of Fellowship Services will be hired, and Jerry B. will become Director of Business Services.

Applications will be accepted from now until May 12 for the reconfigured position of Director of Fellowship Services. The Board will select the successful candidate during its meeting scheduled for May 24-25 for employment on August 1. Information about applying for this position can be found on page 30 . In addition, the same information, printed on a separate sheet, has been enclosed with this issue of the PBR. Members are encouraged to copy the enclosure for local distribution. Finally, information about applying is posted in the Members Area of the ISO website (www.saa-recovery.org).

The position of Administrative Assistant is being filled temporarily by Carol Ann R. Applicants to fill this position permanently will be taken from now until May 12. A permanent Administrative Assistant will be selected on May 25 for employment on August 1. Information about applying for this position can be found on page 32 . In addition,

the same information, printed on a separate sheet, has been enclosed with this issue of the PBR. Members are encouraged to copy the enclosure for local distribution. Finally, information about applying is posted in the Members Area of the ISO website.

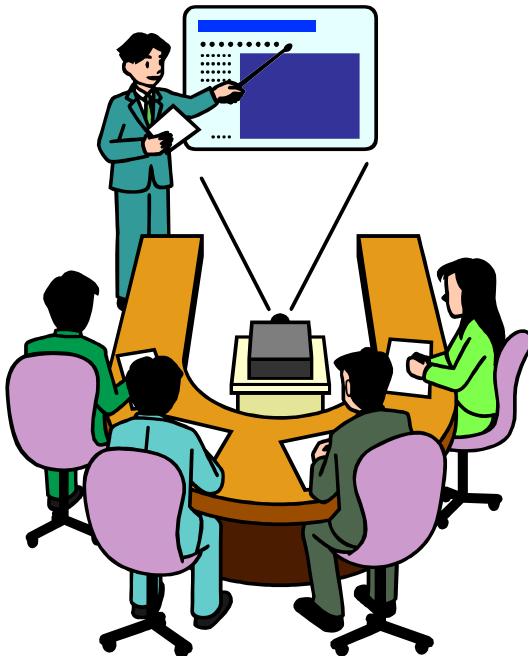
Carol Ann R. will continue to temporarily fill the position of Administrative Assistant until August 1.

Jonathan C., presently a full-time employee, will switch from his present job responsibilities to the new position of Information Technician on October 1.

Klaus P., now a part-time employee, will switch from his present job responsibilities to the new position of Outreach Specialist on August 1.

A new part-time employee will be hired on October 1 to fill the position of Business Services Assistant.

The plan outlined above can be found in its entirety in the Members Area of the ISO website.



Request for Applicants

for the position of
Director of Fellowship Services

The International Service Organization of SAA, Inc. (ISO) is seeking applicants from within the SAA membership to fill the full-time position of Director of Fellowship Services.

This position, presently filled, will be divided into two positions on August 1, 2006. At that time, the current Director of Fellowship Services will assume the position of Director of Business Services, and the new hire will fill the position of Director of Fellowship Services, which has been reconfigured to include expanded outreach and service responsibilities.

Compensation

This is a full time position with a salary range of \$30,000 - \$50,000 annually. The starting salary being offered is in the \$30,000 - \$35,500 range, depending on qualifications and experience. Compensation also includes an automatic cost of living allowance (COLA) increase each January 1 (tied to the annual Social Security COLA) and the possibility for two merit increases during each of the first two years of employment and once per year thereafter.

Benefits

Benefits include eight paid holidays annually and six days of sick leave per year accruable up to twenty days. After six months, one week's paid vacation will be allowed during the first year of employment. Two weeks of vacation will be allowed after the first year and continue through the fifth year of employment. Three weeks of vacation will be allowed beginning with the sixth year of employment.

This position also includes an employee benefit of \$248 per month which can be used for personal or family health related expenses or, at the employee's option, for additional income. If used for verified health related expenses, this money is not taxable as personal income. If used for additional income, it is taxed. The monthly employee benefit can be accrued without limit.

Qualifications

Director of Fellowship Services applicants must be members of SAA with at least three years in the program and must have at least two years of continuous sobriety. They must have a thorough knowledge of the Twelve Steps and Twelve Traditions of SAA and at least three years experience working in a managerial capacity. Experience in working for or with a board of directors or similar governing body is desirable.

In addition, applicants must be willing to permanently relocate to Houston, Texas, in time to be on the job on August 1, 2006. (The ISO will negotiate compensation for moving expenses.)

Required Skills

Required skills include a working knowledge of computers, standard office equipment, and Microsoft Office software; the ability to organize and prioritize a variety of activities and tasks; to maintain accurate records; to communicate well orally and in writing; to interact with a wide variety of personalities and styles; to motivate and supervise employees and volunteers; to conduct business openly and honestly; to network with individuals and groups both within and outside the organization; to work without direct supervision.

Application Process

Those qualified will submit an application that includes the following:

- Applicant's name, mailing address, telephone number, and e-mail address.
- A letter from a sponsor or from an ISO registered group attesting to the applicant's time in the program and continuous sobriety.
- A history of 12-Step service work including all levels of service (e.g., sponsorship, group, intergroup, international), services performed, and fellowships served.
- A paragraph on each of SAA's Twelve Traditions explaining the applicant's understanding of each Tradition.
- A statement about the applicant's vision for SAA as the fellowship moves forward.
- Education history including degrees or certifications awarded.
- A work history that includes job titles, job responsibilities, employers' names, addresses, telephone numbers/e-mail addresses, and the names of immediate supervisors with their telephone numbers/e-mail addresses.

All applications received by May 12, 2006, will be considered. Applicants must be available for telephone interviews at ISO expense from May 15 through 23, 2006. The ISO Board of Trustees plans to make its selection during its meeting held on May 24 – 25, 2006. All applicants will be notified no later than June 2, 2006.

Submit application electronically as an attachment in Microsoft Word to Resume@saa-recovery.org, with Subject Line: Attention Jerry B.

Submit application by postal mail to ISO, Personal: Jerry B., P.O. Box 70949, Houston, TX 77270.

Request for Applicants

for the position of
Administrative Assistant

The International Service Organization of SAA, Inc. (ISO) is seeking applicants from within the SAA membership to fill the full-time position of Administrative Assistant. This position reports to and is under the direct supervision of the Director of Fellowship Services.

Compensation

This is a full-time position with an hourly pay rate in the range of \$10.00 - \$16.00 per hour. The starting hourly rate being offered is in the \$10.00 - \$12.00 range, depending on qualifications and experience. Compensation also includes an automatic cost of living allowance (COLA) increase each January 1 (tied to the annual Social Security COLA) and the possibility for two merit increases during each of the first two years of employment and once per year thereafter.

Benefits

Benefits include eight paid holidays annually and six days of sick leave per year accruable up to twenty days. After six months, one week's paid vacation will be allowed during the first year of employment. Two weeks of vacation will be allowed after the first year and continue through the fifth year of employment. Three weeks of vacation will be allowed beginning with the sixth year of employment.

This position also includes an employee benefit of \$248 per month which can be used for personal or family health related expenses or, at the employee's option, for additional income. If used for verified health related expenses, this money is not taxable as personal income. If used for additional income, it is taxed. The monthly employee benefit can be accrued without limit.

Qualifications

Administrative Assistant applicants must be members of SAA with at least two years in the program and at least twelve months of continuous sobriety. They must have a thorough knowledge of the Twelve Steps and Twelve Traditions of SAA and at least two years experience in office administration and records management.

In addition, applicants must be willing to permanently relocate to Houston, Texas, in time to be on the job on August 1, 2006. (The ISO will be open to negotiating compensation for moving expenses.)

Required Skills

Required skills include a working knowledge of computers, standard office equipment, Microsoft Office software, and records management; the ability to organize and prioritize a variety of activities and tasks; to maintain accurate records; to communicate well and in a professional manner both orally and in writing; to interact with a wide variety of personalities and styles. Especially desirable is the versatility and flexibility to carry out a wide range of projects and, when called on, to assist other staff members in carrying out their duties.

Application Process

Those qualified will submit an application that includes the following:

- Applicant's name, mailing address, telephone number, and e-mail address.
- A letter from a sponsor or from an ISO registered group attesting to the applicant's time in the program and continuous sobriety.
- A paragraph on each of SAA's Twelve Traditions explaining the applicant's understanding of each Tradition.
- A history of 12-Step service work including all levels of service (e.g., sponsorship, group, intergroup, international), services performed, and fellowships served.
- Education history including degrees or certifications awarded.
- A work history that includes job titles, job responsibilities, employers' names, addresses, telephone numbers/e-mail addresses, and the names of immediate supervisors with their telephone numbers/e-mail addresses.

All applications received by May 12, 2006, will be considered. Applicants must be available for telephone interviews at ISO expense from May 15 through 23, 2006. The current Director of Fellowship Services plans to make his selection by May 25, 2006. All applicants will be notified no later than June 2, 2006.

Submit application electronically as an attachment in Microsoft Word to Resume@saa-recovery.org, with Subject Line: Attention Jerry B.

Submit application by postal mail to ISO, Personal: Jerry B., P.O. Box 70940, Houston, TX 77270.

REQUEST TO RECEIVE PBR BY MAIL

All groups and intergroups are reminded that, in order to receive a hard copy of *The Plain Brown Rapper* by postal mail, a request must be made to the ISO Office. Group representatives can request the PBR to be mailed by phone, by e-mail, or by sending in this form.

Yes, our group wants to receive the PBR by mail. Please send it to:

(Name of individual or group)

(Street or PO Box)

(City)

(State/Prov.)

(Postal Code)

FEEDBACK REQUESTED

SAA's basic text, *Sex Addicts Anonymous*, is the culmination of the efforts of many in the fellowship, whose collective experience has given us a new way to carry the message of recovery.

The ISO Literature Committee of SAA respectfully requests feedback about this book. Please forward any comments, suggestions, or criticisms to:

ISO of SAA, Inc.
P.O. Box 70949
Houston, TX 77270-0949

e-mail: info@saa-recovery.org

How to Submit a PBR Article

First:

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

Second:

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

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

Third:

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

“Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other sex addicts...” Step 12

Submission deadlines:

Dec. 1, Feb. 1, April 1, June 1, Aug. 1, Oct. 1

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

SIGNED: _____ **DATE:** _____

WITNESS: _____ **DATE:** _____

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

3890-D North Freeway
Houston, TX 77022

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

web: <http://www.saa-recovery.org>
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Jerry B.
ISO News

Jonathan C.
Layout Editor

Sex Addicts Anonymous is a twelve-step program of recovery based on the principles of Alcoholics Anonymous. Our primary purpose is to stop our addictive sexual behavior and to help others recover from their sexual addiction. The only requirement for membership is a desire to stop addictive sexual behavior. Our fellowship is open to women and men regardless of religion, race, ethnic background, marital status, sexual orientation, or profession. Our members define their own sexual boundaries with the guidance of their sponsors and other group members. We encourage our members to discover and explore what healthy sexuality means to them.

Region **Board Members** **Board Alternate** **Literature Committee** **Lit. Com. Alternate**

Great Lakes	Ken S. <i>Chair</i>	Ted M.	Elizabeth S. <i>Chair</i>	Vacant
Intermountain	Shelley K. <i>Secretary</i>	Jeanette W.	Dolores F.	Vacant
North Central	Greg B.	Jim A.	Thea D.	Vacant
Northeast	Gary C.	Bill J.	Tom K.	Chris J.
North Pacific	Tim E.	Mary Joy S.	Jeff W. <i>2nd Chair</i>	Lawrence S.
South Central	Judy N.	Darryl H.	Jeff H.	Vacant
Southeast	Francie E.	Carla P.	Jim L.	Mark S.
Southern Pacific	Ed B.	Mark S.	Thom C.	Cliff N.
At Large	Don K. <i>Treasurer</i>		Mike L. <i>Secretary (PBR Editor)</i>	