
Essay

February 1990

Post Office Box 300
Simi Valley, California 93062

COMMENTS ON THE NASHVILLE CONVENTION

Nashville, TN: "I just wanted to drop you a note sharing with you our excitement at the wonderful Conference we just experienced here in **Nashville**. We were so pleased at the turnout at the Conference. Instead of the 180-200 we were anticipating, over 300 people arrived in **Nashville** to attend the Conference. It was a wonderful few days. The increased sobriety within the whole fellowship is being felt every time I attend a Conference. This time, we incorporated more free time for people and even had a bus tour of Country Music Stars Homes as well as a talent show on Saturday night. All in all, it was a wonderful weekend and I'm so glad that we here in **Nashville** had the privilege of hosting the International Conference.

"Another wonderful aspect of the conference was the enthusiasm and involvement of our people right here in **Nashville**. I felt it helped our sobriety tremendously as a city itself. We are continuing to grow by leaps and bounds here in **Nashville**. Last Thursday night, we had 50 people at our meeting. We are having 16 meetings a week now in **Nashville** which is a miracle to behold. Our numbers keep increasing and our quality of sobriety keeps expanding.

"To the fellowship at large, thank you so much for making our conference so rewarding. Thank you for your love and support also." H.A.

(Continued on page 3)

CALENDAR OF EVENTS

Events listed here are presented solely as a service to readers, not as an endorsement by ESSAY or the Central Office.

March 30 – April 1, 1990. Pacific Northwest Area Spring Conference/Retreat

Registration and Further Information write to:
Portland Conference
Post Office Box 42483
Portland, OR 97242

\$75.00 for registration and payment prior to March 9, 1990. \$85.00 registration at the door. Make checks payable to: Greater Portland Metro Intergroup.

April 6, 7, 8, 1990. Tuscon Couples Retreat

Total cost for retreat including meals and lodging is \$165.00 per couple. We will be limited to 25 couples so reserve your space early. Please send \$25.00 reservation deposit to: Frank and Flo F., 4950 East Fourth Street, Tucson, AZ 85711.

July 13, 14, 15, 1990. SA/S-Anon Semi-Annual International Convention

See enclosed announcement. **Greater Baltimore/Washington Metro Area**

Fall of 1990. Long Island Retreat. Contact Jerry Jordan at (516)379-7113.

January 11, 12, 13, 1991. Oklahoma City, OK. SA/S-Anon International Convention. Details in forthcoming Newsletters.

Davenport, IA: "Nashville was a varied, challenging, and strengthening experience. A miracle is happening in my life." **G.L.**

Arlington, VA: "I very much was blessed by the conference in Nashville...." **D.S.**

Antioch, TN: "I'm writing to let you know how thrilled I was to be able to attend the SA Conference in Nashville this past weekend. I feel so fortunate to have gone. It was so touching to see so many people there, each willing to be open and honest about their unique story. It was my first conference and I'll always remember it...."

"I'd also like to take this time to thank you for sharing this fellowship with so many people and allowing me to become a part of it. I've been with the program for seven months now and I still struggle with my sobriety each and every day. I've learned though to strive for progress, not perfection. I am making progress, one day at a time...." **J.S.**

WELCOME TO THE FOLLOWING NEW GROUPS

Ashland, OR
Avenel, NJ
Dansville, NY
Dubuque, IA
Glendale, OR
Kailua-Kona, HI

Kelowna, B.C., Canada
Kent, WA
Martha's Vineyard, MA
Meriden, CT
Peoria, IL

INTERNATIONAL GROUP CONSCIENCE COMMITTEE ELECTION RESULTS

The International Group Conscience Committee selections are now complete. We are happy to announce the results to the Fellowship at this time. The new members are:

Murray R., New Westminster, B.C., Canada, representing Pacific Northwest/Canada/Bozeman;

Bill W., Chicago, Illinois, representing Chicago/Milwaukee;

Jeff R., New York City, representing New York City/Boston/East Coast;

Joachim H., Stuttgart, West Germany, representing West Germany;

Laurence M., Alexandria, Virginia, representing Baltimore/Washington, D.C.

These new members are joining the current members, **Katherine D.** and **Jean P.**, who will be stepping down from the Committee once the new elections complete the Committee roster.

The IGC Committee voted *not* to endorse the proposal to take an IGC on an SA-sponsored chip. The reasoning of the Committee is the following:

"We feel this matter is appropriately addressed by the autonomous local groups. We suggest that if further action is desired, that the standing conference committee commission or sponsor a chip. In reaching this decision, we were guided by the example of Alcoholics Anonymous, which does not sponsor an official chip, but leaves it up to the individual groups to select whatever chip they wish."

Thus, the Committee encourages groups to exercise autonomy in the spirit of Tradition Four, wherein the power of choice resides. (Tradition Four: "Each group should be autonomous except in matters affecting other groups or Sexaholics Anonymous as a whole.")

NOTES FROM THE CENTRAL OFFICE

Member Stories—1989 (59 pages) is now available from the Central Office for six dollars plus \$1.95 postage and handling. This plain covered book contains 21 recovery stories submitted by SA members.

Any SA member suffering from AIDS and wanting to contact other members so suffering may so advise the Central Office. A list of phone numbers will then be made available to all those listed.

SA TAPES

Comments or opinions expressed in tapes of SA functions, made available to the fellowship through whatever means, are not to be attributed to Sexaholics Anonymous as a whole. Production, distribution, or use of these tapes does not imply endorsement by either Sexaholics Anonymous or the Central Office.

This is a growing issue and business, since tapes are available from an increasing variety of sources. How do you as a member or group feel SA should handle this issue? Please write in your responses to the Central Office.

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FEEDBACK CORNER

Hugging

Bozeman, MT: "Speaking for myself, I am against hugging in SA almost completely. About the only time I have ever initiated a hug in my years in SA was a few times after a person had given a very intense and difficult, for them, First Step to the group. But, even in such a case, I would rather not hug if it is a woman member (I'm male.) ...I believe that no man should ask for a hug from a woman and no woman should ask for one from a man. If that is violated, I believe that the man or woman needs to have the sobriety to say, 'Sorry, but that's not right for me' I have seen women do that a couple of times and I really respect their courage and developing sense of boundaries. I believe we were people who invaded others boundaries because we had no sense of them. I think recovery is partly about learning what our boundaries are and respecting others' boundaries." J.L.

Wet Dreams

Wichita, KS: "The recent *ESSAY* is confusing to me. Most of it provides great support. The topic of wet dreams is addressed, however, and SA members do not agree with that letter you've published. I'm probably idealistic to think we'll all agree on everything, but this is a pretty major issue. I'd heard it had been discussed at a convention. The letter hurt me deeply. I *have* had a wet dream. I can *honestly* say that I have a four-second rule for myself with lust and I surrender my lust very quickly--I do not entertain it. Yet I had a wet dream. Then I was comforted greatly to hear that I had nothing to do with it--consciously. I believe it was God's will for me. My question is, why be divisive, or why print a divisive issue if it hurts people, until you're real certain--is it black and white? I did not lay down in my bed and say, 'Now tonight I'm going to act out.' I'm a psychologist. I've consulted with other psychologists in the program, and a D.O. as well. The issue needs more research before I'll believe it. Dreams are such an ill-defined, vague area anyway. I don't think there are any factual areas about dreams. Since they're unconscious. M.B.

[Members are referred to the paper, "Sobriety and the Self"--Ed.]

St. Louis, MO: "....Please send suggestions on how to encourage a group to move from negative addictive thinking to positive, healthy, recovering thinking. Thanks." S.L.

GROUP NEWS

Newton, KS: "....I am writing because the SA group here in **Wichita** is sponsoring an SA Retreat in October" **M.C.**

Avenel, NJ: "We had our first meeting last night. 39 men came out. We were strip searched afterward, but were committed to keep SA going and the guys say it's worth it. It was very emotional. **Jeff R.** and **Jerry** were a blessing to us all....." **E.P.**

Lakewood, NJ: "Our Wednesday night **Edison, NJ** meeting just became aware of the Central Office's need for funds to support referrals from the 'Dear Abby' column. Enclosed is a check representing our entire treasury. We know it's not a lot, but we've also learned that big things get done by taking a lot of small Steps." **G.M.**

Grand Junction, CO: "....Things are going well with our Monday night meeting here in **Grand Junction**. We fluctuate in size as people try us out. Not everyone is ready for the work and honesty required for healing. We pray God will lead them there eventually.

"We have received a new order of the new edition of the Big Book. Obviously, much work has gone into this. We are grateful for the dedication it represents. We are profiting greatly by our study.

"One comment we wanted to make about the book's contents was our surprise at the deletion of the section on narcissism from page 28 of our old 'white book'. Many in our group had profited from those words and thought them very helpful, accurate, and powerful. We wondered why this was left out? Also, we wondered if, according to our Traditions, the organization shouldn't have been consulted in any deletions or additions?" **M.H.** [The section of the old SA manual titled "Characteristics of the Addict," which includes "Narcissism," was deleted by unanimous vote of the Literature Committee. It was the only section derived largely from published sources. Members and groups may obtain copies of this deleted material from the old SA book or the Central Office and use it as they wish.--Ed.]

Erie, PA: "Greetings from **Erie, PA**. We're struggling with people persevering in the program. We do have a committed core group of three or

four but we hang in there for ourselves and hopefully can help the `newcomers'." **T.S.**

Tucson, AZ: "This will let you know that after more than a year's sobriety in **San Diego**, I moved to **Tucson** to rejoin my family. Now I have started a new meeting in **Tucson**, because the only `SA Meeting' in **Tucson** is really `mixed' with SAA and SLAA folks, and really `mixed up' over the various definitions of sobriety...." **R.S.**

Arcata, CA: "Here is a report on the **North Coast SA Group** here in **Arcata**. We finally took root and are growing. We now have three meetings a week with an average of eight to ten people. How wonderful it is. Surprising, many of our members are from the University here. Our total membership is 16. Keep us in your prayers as we are struggling with almost all new members." **T.R.**

Pittsburgh, PA: "All our groups under the **Pittsburgh, PA** area regional office are doing fine and growing because the program works." **B.W.**

Kalispell, MT: "We had our semi-annual convention in October here and it was a complete success. You might say it was international as we had two members travel from **British Columbia, Canada**. They brought us length of sobriety medallions which we now use, as well as sharing with us their experience, strength, and hope." **P.B.**

Yukon, OK: "Howdy from **Oklahoma City, OK**.

"We are growing and getting stronger down here. Groups seem to regularly exceed ten people in a meeting. We have also started an intergroup for our three groups. There is also talk of a fourth group being started. We have groups in all parts of the city except the south and the people from the south, are kicking around ideas for various meeting times. They are getting active, and I wouldn't be surprised to see it start soon.

"Enclosed with our order is a check for donations from the individual members and additional donations from the groups. Two of our groups have decided to donate ALL funds above current expenses and prudent reserve (two or if necessary three times regular monthly expenses) to the intergroup. This money will be sent to Central Service Office (CSO) from intergroup (pending our next intergroup group conscience)--following the same procedure as the groups. Thus, when intergroup's prudent

reserve is reached ALL money not going into current expenses will go to CSO. This follows our understanding of the money flow in larger fellowships such as AA, NA, and Al-Anon. This allows CSO to direct its money to further 12-Step work for new locations at the international and national level and provide funding for those in need of such as in hospital and institution meetings. (Meetings where SA as such cannot have a regular meeting because group conscience is not followed because the prison or other organization imposes regulations such as who can attend, etc.) CSO is already providing important contributions to this effort by providing free literature to inmates. I know some of the inmates (the ones that come out of their own desire) in the meeting I bring in the prison are interested in this offer.

"Because of the importance of CSO's work, I would like to ask other groups to consider this form of donation also. This form of donation benefits both the group and SA as a whole. This protects the group from collecting a large treasury in which pride can enter the group and divert us from our source of protection in the form of our Higher Powers. (It may also tempt an individual, this has happened.) This plan, besides protecting the group, also allows it to have its funds to use for any 12-Step work that the group may deem appropriate since these can be set aside out of current expenses. (This can include parties, get-togethers, etc.--recovery is fun, healthy fun, and I as a newcomer appreciated seeing that there is hope for more than just stopping, when one is in recovery.) The second benefit is to our 12-Step efforts that go on through our CSO as described in the previous paragraph.

"Finally, I believe that this form of giving is a better way of following Tradition Five--'Each group has but one primary purpose--to carry its message to the sexaholic who still suffers.' Money in a treasury to my understanding does not further our 12-Step work to which Tradition Five speaks. I hope others will consider this in their group conscience meetings." K.R.

St. Louis, MO: "Our group has become quite solid with our attendance ranging 20-25. We are pleased to be able to contribute to your good works." J.R.

Conifer, CO: "Let's finish up the '89 year with some good news from the **Denver-Aurora** area and a donation to help keep the fires burning in the 'home office' stove. Our **Denver** Friday noon meetings have been

well-attended by an average of 9-10 and the **Aurora** Friday evening meeting averaging 12-15. Of course, as **Sam K.** told you last month, the **Boulder** Monday meeting is our strongest group and continues to give the maximum support to all attendees, now frequently having 25 good folks at a meeting...." **B.H.**

Glen Ellyn, IL: "The **Glen Ellyn** group is now averaging 13 in SA and 12 in S-Anon each week..." **J.R.**

Fairfield, CT: "You should have the opportunity to attend one of our Saturday morning **Westport, CT** SA meetings. 30 to 40 people, a lot of healthy talk, and people getting sober. Last Saturday, one of our members celebrated his fourth year anniversary, another two years...." **B.E.**

Loner Members Wishing to Correspond

Please write Elizabethann M. at Post Office Box 457, Boulder, MT 59632

[The following is a note pinned to the wall behind Roy's desk. It was sent in by an SA member.--Ed.]

Institutions remain cumbersome, easily seduced by their own self-interest, preoccupied with their own survival. It's a melancholy and ubiquitous fact of life that once an ideal, any ideal, becomes institutionalized, confusion sets in between accomplishment of the ideal and aggrandizement of the institution.

Author unknown

MEMBER NEWS

Boulder, MT: "It has been a long time since having written to you.

"The **Loners Group** has gone from a high of 30 back down to a current low of 14. It might help if you re-installed the notice in the *ESSAY*. Since the omission of the notice, inquiries have dropped off. Thanks.

"....Speaking of the (Nashville) Conference, it was wonderful. SA is growing in sobriety, serenity, and in numbers. The program works both at home and in the conferences. The conferences are like a 'kiss from God', an added shot in the arm, a blessing to be treasured. The magical spirit of SA as a whole is felt absorbed and cherished at each and every conference. We are truly blessed with a unity of fellowship at these larger meetings of the spirit.

"Due to the grace of God, I am no longer a loner, per se, as there is now a meeting 36 miles to the south. When we first started the group, I thought I should surrender the loners coordinator position. After much thought and praying, I have decided to turn it over to God; i.e., I will continue to serve in this capacity until someone else voices a burning desire to take this over. The rewards are many, with many friends writing worldwide. "Just finished reading the new book of *Member Stories—1989*. This, too, was a spiritual experience. God has blessed us all with these recitings in print." E.M.

Fairfield, CT: "...I'm working on ten months plus of sobriety, and am filled with wonder plus the pain of growth—not the same desperate empty vicious cycle of acting out." B.E.

Sydney, Australia: "...I have been able to maintain my sexual sobriety for five and a half months now with the help of God, meetings and the literature, which really means applying the Steps in my life each day in all my affairs. I have not had a great deal of trouble in those five months except at certain times and when they did come, it was very difficult but I want my sexual sobriety very much and am in touch with God constantly. I don't want to act out and give up the great freedom, peace of mind, and my closer contact with my Higher Power to be able to surrender immediately a lustful thought that has come into my head has been a great blessing. I don't count the days very often now because time to me isn't that important but the quality of my sobriety is very important. I am working

the Steps each day and trying to apply them to the best of my ability. I do know that as I grow, the better able I am to apply them. We have started a third group here although we are few in number. We are still trying to grow. There 's about four of us that have sobriety over three months, the longest being nine months, but I believe this is how it started off in America and, of course, we are only in our infancy...." R.C.

Chicago, IL: "....When I arrived in **Chicago**, I checked out the Wednesday and Friday evening meetings and they are just what I need. It feels like family at those meetings. Everyone is so open and willing to help, it's a 'WE' meeting...." G.M.

Prince Edward Island, Canada: "....I enjoyed last week's meeting and appreciated your sharing. I reflected afterwards on how I reached bottom and how I knew I was having a problem. I believed I was fighting against nature. I started to believe I would lose my battle. I have full belief in the nature of things. I do not like artificial stimulants, birth control, etc.. I believe happiness is going with nature and that we have everything we need without intervention. This belief came from my experience with alcohol, AA, and especially from the Church. I was desperately seeking information about sexuality and sexual orientation. The Church said homosexuality was not right and that it was against nature. I wanted to believe this and I fought within myself to believe this. I was getting very little evidence to support this idea and society is saying that the Church is wrong and that a certain percentage of people are sexually oriented to the same sex. I was losing my fight and I in turn started to doubt the Church. I needed the Church for spiritual growth as well and I needed to have complete faith in the Church. My addiction was progressing so my belief system was falling apart and full of doubts. How happy I was to find SA. It supplied me with the support and evidence I needed to regain my belief in the Church and its teachings. I can now practice chastity and reorient myself toward my true sexuality and with God.

"Getting caught was another big fear I had. As I was saying before, my addiction was progressing and my acting out was getting worse. If I wasn't physically acting out, I was day-dreaming or living in fantasy. The distance between my wife and I was getting bigger. I was scared that my addiction was going to be discovered. That fear is still there to a certain degree--probably because I lived with it so long.

"I have restored my faith in God, Church, and nature--the birth of Christ. God supplied me once again with everything I need to go on and find serenity. He even gave me SA and friends for support." P.

Hastings, NE: "I wanted all people at your office to know of my release from prison. I couldn't have made it without all of your support. Your correspondence and encouragement made me feel that I was not the complete crazy person in the world that some of the world had painted me...."
L.M.

Chicago, IL: "I just came back from a retreat hosted by our local SA groups. It was open to members of another sexual recovery fellowship. Here are some observations.

"I heard lots of `dumping on the Catholic Church.' Interestingly, this came from the other fellowship. I am a practicing Catholic; I see lots of things in the Catholic Church which I consider blameworthy, yet I do not blame. SA asks me to keep the focus on myself and my defects and that keeps me sober. In my earlier quest for sobriety I was a member of various 12-Step groups and frequently encountered this phenomenon of certain whole meetings being little more than `dump on the Catholic Church' meetings.

"We had a speaker who bent over backward to be fair to all religious beliefs, including secular humanism. Afterwards, we counted off into groups of six, with the option of `passing,' i.e., not joining any group. Again, it was interesting that the group of `passers' was chiefly comprised of the other fellowship. This had a kind of downer effect on me. I'd have liked to see everyone join in enthusiastically. Also, I happened to sit for a meal at a table around which all were from the other fellowship. They did nothing but blame the speaker as `too Catholic, too much into his head' which I perceive as letting their anti-Catholic bias color their objectivity.

"Some of us carry teddy-bears to get in touch with our inner child (at retreats, that is). On one occasion, as I was entering my room for what was supposed to be a period of solitude suggested by the speaker, a large group of this other fellowship was loitering in the hall, laughing at us and our teddy-bears. I felt like never coming back out of my room again for the duration of the weekend.

"So in conclusion I'd like to say it seems counter-productive for SA to open a retreat to any other sexual recovery fellowship. *We* wind up doing the compromising on the bottom-line issue. I wish the other fellowships, the ones with the floating bottom-line, well. I really do. There is a place for them--but I need a tough bottom line.

"This is not to criticize our leadership in any way. They put all their hearts into that retreat and I did get a lot out of it." G.S.

Seattle, WA: "...Sober every day since February 20, 1989, and it keeps getting different! Relationship with wife is vastly different--we communicate now! Sharing fears, hopes, and dreams instead of misunderstanding and preoccupations. Wow! 'We're not the same...' "
J.H.

THE DESTINATION

I'd like to share something very personal, very much my own experience. It's a rather recent awareness, and I'm not sure what it all means, except that it's at the center of my life today.

A few days ago, year fourteen rolled around on the calendar, and for some reason, it seemed special, but I couldn't put my finger on it. Then last night, in talking with another member, I discovered what has come to me to be very special, without my even realizing it. It has to do with security and rest.

In the first months on the program, and to a diminishing extent in the first few of years, I had no feeling of security from slipping and no secure God-connection. No soul security. I remember saying in meetings, "I feel like I'm walking the thin edge above a bottomless abyss and that any step is going to be the misstep that plummets me down to everlasting doom."

Over the years, that insecure feeling slowly diminished as I learned to use the Steps and other tools of the program to stay sober and gain victory over other defects. I went through various "formulas" when confronted with temptation or trial. These formulations were the essence of various Steps put together as combined surrender and prayer. Also, every morning and every evening I turned my will and life over to God and asked him to keep me sober for that day or night. These surrenders to God and

prayers worked. The Steps worked. The meetings worked. I was working it all, and it was working! I still do this, and it still works.

With all the "working" working as well as it did, I didn't think there could be anything more. I really didn't need anything more. But wonder of wonders, there is more, and I'm just beginning to see it. I hope it won't take others as long as it did me to discover it. So what's new and different today? What is that special "something" I'm feeling? Security and rest. Trust. Confidence in my Higher Power rather than in my works, my formulas. Assurance. Assurance of his love and care, and that I am kept in his love. The peaceful knowing that it is his doing, not mine, and that I can rest secure.

Today I find myself, each time I ask my Higher Power to keep me sober, simply knowing and affirming that his presence is with me, knowing that that presence is my shield and defense and power and rest, that it is his presence that keeps me sober, and all I have to do is stay connected. And that's where the Steps and fellowship come in; they are the tools by which I can keep me and the "junk" out of the way so I stay connected. Many times, I wonder why I'm even asking him to keep me sober, the security of his presence is so effective. Nevertheless, I use the surrender to God and prayer, day and night, as always. But now, today, I have the assurance, the Presence, the Person, and the rest and security that come with it. I well remember an old-timer saying, "What we're really here for is to feel comfortable with ourselves, others, and God." He may be right. This is a new beginning for me.

I'm reminded of the passage that says, "There remains therefore a rest for the people of God, and whoever enters God's rest ceases from his labors as God did from his." What an intriguing promise and joyous hope. Maybe there's something beyond my religiously "working" the survival formulas. The Steps are not an end in themselves but a means toward an end. The Steps, just like any steps, are there to take us somewhere, in this case, upward, to a spiritual awakening. The end is beyond the means. There is something__not in place of the works but beyond the works__the Destination, union with the Love that will not let me go. An abiding place.

I feel the danger and fear involved in even thinking like this, and that some may misunderstand. I'm a little superstitious, too, afraid that if I talk about this I'm putting myself in danger. All I can say is that being held in the embrace of love is better than depending on my works as the means of my being saved from slipping and meriting God's favor. Depending on my

works, even Program works, keeps me in anxiety and insecurity. Knowing the Person, the One loving me and keeping me sober, releases me from all fear. Now I see why Step Eleven is so important.

Those who gave us this program said they came to have a faith that worked. Maybe that's it in a nutshell: I get a faith that works through working the Steps in fellowship. Working the Steps is the means; faith is the destination. But faith is not a "belief" kind of thing I used to think it was; I "believed" up a storm and was still going under. Faith for me today is the actuality of a real Connection, a Personal Presence. From obedience to love. From working to knowing. Is this what it's all about? What a marvelous hope and reality. What a marvelous gift! **RK Simi Valley, CA**

The following was written by H.M. of Germany and is reprinted here from the ninth issue of the German SA Newsletter. Thanks to Ruth P. again for the translation.

THOUGHTS ON ELECTIONS OF NEW SERVICE COMMITTEE MEMBERS

"The following thoughts came to me recently when I had to observe how newly elected members left the Service Committee after a short period of time because they could not maintain their sobriety. Four members of the old Service Committee did not stand for reelection at this present term of office. The Fellowship elected five new SA friends to take their place. Out of these new Service Committee members, four lost their sobriety and all of them left the Service Committee before the term was over. For these members, this probably meant a painful defeat; for the remaining members it meant a lot more work, and for the Fellowship, it meant less necessary advise.

"Based on the experiences of the past, I want to suggest that we only elect SA friends who have one year sobriety or more into the Service Committee in the future.

"We are still a very small fellowship and we need every sober member, especially those who have been sober continuously for a longer period of time to handle the work that comes up. I would like to encourage especially those friends who think they are making themselves too important--because of personal reasons--if they take on a service position, or think they

are too much of a workaholic or want to organize everything or....I would like to ask these very people to become conscious of their defects and to see that these abilities are gifts of God which they can use positively in service to the Fellowship.

"Now I also would like to refer to the excerpt from 'Twelve Concepts for World Service'—'Leadership in AA: Ever a Vital Need' which we have again included in this SA-Letter. When I read this excerpt two years ago, I realized that God made me just as I am and that I myself have the responsibility for what I do with my talents. Since then, at least I do not have the bad thoughts that came over me in the past, when I open up a meeting unasked or when I do something for the group as a whole. God gave me the ability to do this. That does not exclude the fact that since I am a workaholic and also an egocentric, I have to take special care of myself that I do not take on too much or be the center of attention too often. It is the Grace of God that showed me the way to sobriety, and it is His Love that gives me the strength every day, which I need to do His Will." H.M.

GREETINGS FROM THE GERMAN NOVEMBER 1989 CONVENTION IN HOCHSTENBACH

"Dear Friends! May the Hope and Joy of Recovery be with you in the U.S.A. as it is here in Hochstenbach near Bonn." **Reinhold**

"I'm so glad." **Udo**

"I like the new *Sexaholics Anonymous* [book] very much. Thank you for everything. May God bless you! Wish you all the best." **Ruth**

"Thanks a lot. All the best for you." **Sabrina**

"Dear Friends. The program works also for crazy German Krauts. Thank God!" **Michael**

"For all that has been, thanks. To all that shall be, yes. May God bless you all." **Monika**

Other signatures we could make out are from **Hauspeter (Switzerland), Christoph, Hans, Peter, Gabriele, and Gisela.**

FOURTH QUARTER DONATIONS 1989

Akron, OH	120.75	Newburg, OR	1.65
Albuquerque, NM	80.00	North Hollywood, CA	230.00
Alhambra, CA	150.00	Northridge, CA	39.50
Anaheim, CA	50.00	Oklahoma City, OK	214.39
Appleton, WI	31.00	Olympia, WA	30.00
Australia	10.75	Orange County, CA	101.60
Baltimore, MD	215.50	Panorama City, CA	132.00
Bethlehem, WV	12.00	Pittsburgh, PA	136.00
Boise, ID	45.00	Portland, OR	169.63
Boulder, CO	113.38	Redondo Beach, CA	10.00
Bozeman, MT	2.70	Regina, Sask., Canada	22.00
Camarillo, CA	108.89	Richmond, IN	2.05
Cambridge, MA	30.00	Rochester, NY	128.79
Chicago, IL	203.10	San Diego, CA	269.00
Cleveland, OH	170.00	Santa Barbara, CA	201.95
Crystal Lake, IL	25.00	Saskatoon, Sask., Canada	50.00
Elmhurst, IL	39.12	Seattle, WA	3.50
Ft. Worth, TX	4.85	Sherman Oaks, CA	15.00
Galveston, TX	26.60	Staunton, VA	20.00
Glen Ellyn, IL	80.00	Suitland, MD	82.50
Gooding, ID	211.50	Syracuse, NY	20.00
Grand Junction, CO	36.60	Tacoma, WA	7.50
Hacienda Heights, CA	27.78	Tucson, AZ	100.00
Inglewood, CA	30.00	Tulsa, OK	9.23
LaJolla, CA	250.00	Vancouver, B.C., Canada	226.50
Lancaster, CA	34.29	Washington, DC	408.00
Lansing, MI	30.00	West Los Angeles, CA	282.30
Laurel, MD	44.10	Westminster, CO	53.50
Long Beach, CA	202.00	Wichita, KS	50.00
Los Angeles, CA	5.00	Yukon, OK	25.65
Mid Central Retreat	65.00		
Milwaukee, WI	645.56	Group Donations	\$6,313.09
Nashville, TN	130.38	Personal Donations	\$1,085.94
New York City	40.00	TOTAL DONATIONS	\$7,399.03

1989 FINANCIAL REPORT

Total Income	95,847.89
Total Expenses	96,684.62

LITERATURE DISPERSED IN 1989

Books	5,581
Meeting Guides	280
Brochures	14,964

	Total Credits	Total Expenses	Dispersed Books	Dispersed Meeting Guides	Dispersed Brochures	Donations
'87	51,079.76	47,382.54	2623	196	13,727	25,114.00
'88	61,625.70	62,052.09	3166	216	14,754	26,976.57
89	95,847.89	96,684.62	5581	280	14,964	42,830.77

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