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# Essay

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September 1992

Post Office Box 300  
Simi Valley, California 93062

## GROUP NEWS

**West L.A., CA:** "In May, we cut the percentage of what we send to the Central Office in order to free up money for some outreach. Our projects, however, are already increasing our returns. The increase enclosed reflects the increase in attendance on the last week in June. This is because that meeting was the first of the 'All Groups SA Unity Speakers Meetings' we've begun for the last Saturday of the month.

Other groups from the area are invited to sponsor a meeting. Last Saturday we had four speakers from Alhambra. The Alhambra meeting brought a contingency of about 10. Attendees from other meetings brought our normal attendance of about 30 up to 55. This first 'All Groups Meeting' was a great success. The North Hollywood meeting will be sponsoring the last Saturday of July.

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## CALENDAR OF EVENTS

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

**September 25, 26 and 27, 1992 — 4th Annual Unity Conference**, The Inn at the Park, Anaheim, CA. For information, call Barry W. (714) 467-0348.

**October 2, 3 and 4, 1992 — Weekend Retreat**, Spiritual Life Center, Wichita, KS. Host: Kansas City SA. Call John D. (816) 444-2004.

**November 6, 7 and 8, 1992 — Pacific Northwest Retreat**, Surrey, British Columbia. For information, call Tony or Anna at (604) 538-9323.

**November 20, 21 and 22, 1992 — SA/S-Anon Convention**, Benediktbeuern, Germany. SA contact: Michael, tel.: 011-49-89-691-1940. S-Anon contact: Gabriele, tel.: 011-49-89-606-1592.

**January 8, 9 and 10, 1993 — SA/S-Anon International Convention**, Long Island, New York. For details, call Jerry J. (516) 379-7113.

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### NOTE FROM THE CENTRAL OFFICE OVERSIGHT COMMITTEE

“We are running very close on balancing SA income and expenditures. We have no extra money for translations or other needs. We ask SA members and groups to be faithful in their giving.”

## Literature Disbursed

|                              |      |
|------------------------------|------|
| <i>Sexaholics Anonymous</i>  | 956  |
| <i>Recovery Continues</i>    | 234  |
| <i>Member Stories — 1989</i> | 93   |
| <i>Meeting Guides</i>        | 33   |
| Brochures                    | 2789 |
| Tapes                        | 29   |

## Welcome to the Following New Groups

|                          |         |
|--------------------------|---------|
| Anchorage, AK            | 6/22/92 |
| Blainville, Que., Canada | 5/29/92 |
| Deerfield, IL            | 7/13/92 |
| Elmhurst, IL             | 7/24/92 |
| Moscow, Russia           | 7/24/92 |
| Pompano Beach, FL        | 8/17/92 |
| Vancouver, WA            | 6/24/92 |

**NOTE:** If your group is not listed with the CO, call Pat at (805) 581-3343, or write to Post Office Box 300, Simi Valley, CA 93062.

## GROUP NEWS (cont. from page 1)

“Though our mailing has not yet gotten off the ground due to hassles in procuring mailing lists of psychologists, therapists and ministers, we expect to be launching that project soon. Over time it should bring many newcomers.” **R.H.**

**Syracuse, NY:** “A recent Day of Inventory at a local retreat ranch brought to mind things we have been doing well, and things we could do better. Attendance has shot back up into the double digits at all three of our weekly

meetings, and newcomers are guaranteed a sponsor as soon as they enter the program. Much more remains to be done — all in God's time." A.B.

**Seattle, WA (May 1992):** "I mentioned in my letter two weeks ago that I would like to approach the Seattle Friday night SA fellowship about acting as a liaison between our group and Central Office. Well I submitted the idea to them at last night's meeting and asked that they consider it for a week, discuss it at a brief business meeting and then decide the matter by group conscience. However, the group was so overwhelmingly in favor of committing to this level of support that they chose to vote in favor right away. They further wished to forward immediately a sum which had accumulated as surplus donations.

"We are maturing as a group in our collective recovery. Part of that process includes accepting responsibility for our role in supporting Twelfth Step work at the Central Office level, without which there would be no unity of spirit.

"A personal note: I want to thank you once again for the work you have done and are doing to prepare the way for those who will follow. Without SA I would have died in the darkness. Without Central Office there would be no Unity of Spirit, no SA, no hope. It is not possible to ever 'repay' for my sobriety. All I have to offer is my willingness. God spoke to me through a plea for assistance and then He spoke to our Friday night group. We were willing. That is the miracle. That is how it works. When all is said and done, that is all that is truly ours to give; our willingness to surrender to His care. It is why He chose us to begin the work. It is what sets us apart." D.W.

**(June 1992):** "The Ballard Fellowship in Seattle continues to thrive. In response to the request from *Box 300*, I will see what can be done to come up with a brief history of our Ballard Fellowship. In the near future I will be ordering yet another *SA Meeting Guide* from you, my third. Honest, I don't throw them away. One was used as the seed for a new Monday night group in Seattle. That group has thrived now for six months and averages twelve members. The other guide was passed along to a member who is being lead by his Higher Power to begin a group in a nearby state prison. God seems to be able to use the *Meeting Guides* better when they are right here as people are called to serve in this way. My Father is so mighty and



yet so gentle, He takes my breath away. Keep up the good work at Central Office. God touch you today as you have touched so many." D.W.

**Regina, Sask.:** "It is a deep sense of joy and gratitude that accompanies this letter. I have been part of the Regina SA group for over three years and my life has been so changed and enriched. I have my sobriety, I have found friends and I have a safe place to go when I am afraid. The group is doing quite well. There are eight to ten people at the meetings. We now have three meetings a week and sobriety is coming. When I first joined the group I had the most sobriety with seven months. Now we can have as high as eleven years of combined sobriety at one meeting. It really does work.

"I owe a debt of gratitude to the international fellowship. I have been able to attend three conferences and they have been great times of growth for me and times to heal and also to meet wonderful new people." F.H.

**Saskatoon, Sask.:** "We are averaging four to five people per meeting with newcomers every month. We just celebrated one member's eighth year of sobriety. Eleven recovering sexaholics attended to celebrate. We are 'carrying the message' with our Higher Power's help and guidance." S.M.

**Casper, WY:** "Life is so very full and it's just a matter of showing up and being a part of and being of service. Lust is cunning, baffling and powerful and tricky, too, but if I just do as I think the Higher Power would have me do and thoroughly rely on him, everything turns out OK. The third meeting of the month, when we read a step out of the White Book, seems to be our best meeting. I need to get in the White Book more, but I do read the AA Big Book on a daily basis. I need to share with you my rule: Never hurry. Everytime I rush to get somewhere I find I arrive just when I'm supposed to. Never late." D.W.

**Moscow, Russia:** "My name is V.C. I am a sexaholic. I was in Germany (Bad Herrenalb) in June 1992 and I met with R.K. from Simi Valley, CA. I was at the SA roundup of Germany. When I came back to Moscow I began

the first SA group. I have the pamphlet, 'Sexaholics Anonymous' and the White Book 'Sexaholics Anonymous.' The first meeting of SA in Russia was 1 July 1992. I had 30 days of sexual sobriety on this day. At the first SA meeting there were two men and two women. We decided to call our SA group 'Sunday,' after the day on which it is held. We ask you to officially register our SA group in your SA Central. We need some SA literature and contacts. Welcome the SA meeting in Moscow!' V.C.  
[Address and phone number are available from Central Office.]

**Shreveport, LA:** "A brief update — the small SA group in Shreveport has been meeting on Tuesday evenings. My phone number is the contact number for information. The Shreveport group voted to make a small contribution to show appreciation for your recent sendouts. Keep up the good work."  
J.B.

**Grand Junction, CO:** "Thanks for all your good work. We continue to have regular meetings of good quality, honesty and desire to grow and change. God is working in our lives and helping us live sane and sober lives. We are losing one of our 'old timers' to a job promotion/transfer. We will miss him a lot. Our loss will be Colorado Springs' gain." M.H.

**Memphis, TN:** "Our group in Memphis remains small with Larry and I along with one or two others holding down our Sunday afternoon meeting. We pray for some growth and the opportunity to share our fellowship. SA works for us. I've been in touch with Harry in Portland, OR, and look forward to joining with SA members there once I relocate in June." T.V.

**Apple Valley, MN:** "Enclosed is a small donation from the Apple Valley, MN group. Our group is holding steady with 5 to 10 people at each meeting, and three members have more than a year of sobriety! We thank you for the Essay and for your prayers for us." B.C.

**St. Louis, MO:** “Please keep up the good work. We get at least three newcomers a month. It is hard with the weather change to get people to meetings but we average about 16–20 a week.” R.H.

**Pittsburgh, PA:** “Thanks for sending the batch of *Essays*, they were eagerly awaited by our members. We used *Essay* articles for two of our meeting topics. The Pittsburgh Region just had its Spring Conference. We had only 13 in attendance, but those participating said they were glad they came. All of you and your efforts are appreciated, including the ones we don’t know about.” L.H.

**Sunnyvale, CA:** “ ‘We can never be sufficiently grateful’ (to quote a S. California SA member heard at a conference) for those that have gone before us. Our meetings draw on that experience — each month we have a week of ‘White Book’ step study and a Twelve and Twelve step study, and our ‘Speaker’s Meeting’ is usually a conference tape or a reading from ‘Member Stories.’ They are invaluable in keeping the focus of our meetings on recovery.” G.S.

## MEMBER NEWS

**Papua, New Guinea (June 2, 1992):** “Last May 24 I celebrated my first year of sobriety in SA right here in the peaceful and beautiful hidden valley of my mountain home. In the morning I said a sincere prayer of thanksgiving to God for every day of progressive victory over lust in the year that has passed so swiftly and gently. Then, I thought of the kindness and love I received from SA through the year. Living as a loner here has its blessings of being open to receive any help available by mails, phone, or news from the Central Office. Also I’ve learned the daily practice and discipline of taking extra care for the gift of sexual sobriety which I received. I wish one and all, especially you in the Central Office, a radiant and joyful day! Very grateful for SA.”



**(July 17, 1992):** "Today, through the loving grace of God and the fellowship of SA, my whole life is getting better and better. SA as a spiritual program helps me to stay in touch with my daily realities. Even if I cannot fully express the awesome effect of it, I can say the process of growth, emotionally and sexually, in positive terms, is very active. Greetings of love, peace, and joy to everybody in the SA Central Office." **B.S.**

**Pittsburgh, PA:** "I've been in the Pittsburgh area groups for nearly 7 years now. Unfortunately, I recently lost an extended period of sobriety. In doing an examination of what happened leading up to this loss, I've realized that one unresolved issue for me is my unwillingness to admit to my innermost self that I am not like other 'normal' people and never will be.

"The surest indicator of this is that I've neglected my brothers and sisters in the program. Somehow, I've thought, to have fellowship with others like me would be to admit that I was one of 'them.' I'd have been reluctant to admit this before my fall, but one's walk does belie one's talk!

"As part of my denial, I've neglected being in contact with the Central Office. First, would you please add me to your mailing list ... Second, from the enclosed check, I'd appreciate a copy of *Recovery Continues*. Thanks for being there, even for those of us without the rigorous honesty necessary to admit we need you." **R.M.**



## The Genie Tree — Experiences with Service in SA

I served as treasurer/literature person for my home group for 17 months — too long.

From the outset, I enjoyed service. I found (as some had said) that it was good for sobriety. When tempted to act out, I held self-conversations on how “I can’t ... or I won’t be able to continue service.” Sometimes, it was more my obligation to the group than to myself that kept me sober. Fine: a day ... a technique at a time ... whatever it takes. I learned, however strong despair, it will pass — and once gone, I would feel okay — the urge would come back, but I could endure again. No one ever woke up on the sunny side of sobriety regretting having acted out one time too few.

I decided, arbitrarily, that a year would be a good length of service. [This is typical of me — a lifetime of conversations in my mind.] Meeting attendance climbed ... one night to a high of 19; then gradually slipped to a low of four or five. Newcomers came and mostly went; several established members drifted, appearing infrequently. I feared some might view me as a person of experience. “Not me!” I’d declaim in one of my habitual self-conversations, “I’m still a beginner.” Being responsible was a difficult conception at best ... a trait that, through all prior years, I both avoided and felt I didn’t merit.

Some nights I led, collected contributions, sold literature. “Too much,” I’d dialog with myself, letting wonder and resentment evolve. Being still a “beginner,” I had my excuse to avoid seeking change.

By pattern, I was accustomed to obscurity. The cloak of anonymity, in various guises, was how I evolved my dealings with life. There were a few (and these were outside the program) who had known me for many years who had observed I could tell amusing stories, but they didn’t know how I felt ... didn’t know who I was. I’d spent my life isolating, devoting myself to fantasy where responsibility can be imagined, success entertained, communication pretended. And when reality introduced the disconnects, I would dive deep — into depression, lust, drink, work, antisocial actions — to get lost inside myself.

As a year closed I looked at attendance — judging. Who with enough sobriety was coming regularly to take it over? Without revealing my

thoughts, I occasionally talked with someone. [I heard a story about someone doing service who, on not finding a replacement, finally left the literature and money behind at the end of a meeting.]

A year was up. I started feeling trapped, thinking twelve months might have been a disservice, preventing others from serving. I imagined some relied on me being around. If a member observed how something might be changed, resentment germinated [the inside reply — “Why don’t you do it, not just carp?”]. But on the outside I wasn’t saying what I felt.

I began to announce: “I’ve been serving for 15 months; that’s too long. I’m offering this up to interested members.” [An overtone of indecision.] One member asked whether I was offering because I wanted to or because I felt I should. I avoided a direct reply. Because I hadn’t spent hours analyzing, I didn’t know what my “right” feelings were. I was uneasy; I had imagined a volunteer, a business meeting, a rescue to save me from taking a stance. [My expertise was in being indefinite.]

In following meetings I repeated the announcement ... no takers, no discussion. I felt confusion about responsibility and commitment. I took silent inventories, of myself and others, tinkering with memory ... and conscience. I fall into this pattern when I’m avoiding issues, seeking to bury something with denial. In this case, it was finding a constructive way to move for change.

I began to view service turnover differently — trying to keep resentment and self-imposed responsibility out — the group can take care of itself. Perhaps any disservice was my doing — how many are going to say, “step aside.” I looked at myself ... and considered. Boundaries have been a major problem for me. I would set them in my mind, but not tell others. When they were crossed, I would let resentment grow until, surprising “trespassers,” I reacted out of proportion.

I set a goal. I would announce my intent to resign by the end of the month. If no one picked up, I would resort to “option B.” With all planned in advance, I announced, eliciting some surprise, but no discussion. A member I’d consulted told me after the meeting that I omitted my resignation date. This was forcing me out of fantasy ... into self-expression. I rehearsed, next time specifying the date.

We were ten at the next meeting. After our regular meeting, five members quickly left. One, no longer attending regularly, suggested I wait to next week. I let that go. I was learning to let go of more in the business meeting that followed ... of worry, of projecting my failings onto others, of imagining the future through a series of isolated thoughts.

We managed a transition and agreed to take steps to involve more members in service and rotate more frequently. This was growth in the group and, individually, for myself. It was another step out of my head. J.O. [*still doing area-wide service*]



## Distorted Reality

Distorted reality, that's one of my main problems when it comes to dealing with my sexual addiction and life in general. My mind is full of unreality, thus causing me to view the things going on around me in a distorted manner. I then respond in an inappropriate manner since my whole basis is out of line.

It started way back when I couldn't deal with the pain around me. I learned to tune out everyone and everything into my own little world. I programmed myself to suppress what I was feeling, thinking it made me feel better when in reality it just pushed the feeling out of the way. Eventually all those feelings had to come out and since they were not dealt with appropriately, they came out inappropriately, through acting out. I believed escape made me feel better when in reality it made me feel worse since I could never really rid myself of the uncomfortable feelings.

I became an island and started believing the distorted lie that I could do it alone. The lie that I could handle it by myself became my reality. I desperately needed the comfort of another human being but there was no one there. I needed the feedback of another's thoughts but instead turned to physically soothing myself with fantasy and masturbation. This set the stage for a lifetime of inner conflict and pain. Since there was only me to be both the problem and the solution, I split myself in two. I learned to express my own problems in my head and then to suppress them in my own body by using sex. Since the whole thing occurred in my own head and not through the mutual exchange of words, it became my own reality, whether or not it was truth. I had no other input to balance what I was thinking so my own negative thoughts became cut in stone in my mind.

Then there was TV. I began to believe in those perfect families on TV and compare them with my own imperfect family. The more I viewed the unreal world of TV, the more I retreated into my own fantasy world since the real world couldn't measure up. I believed that all problems could be solved in a half hour and when mine were not, I became disillusioned and again retreated into myself to ease the pain. I usually judge all my relationships on the fantasy world of TV and on my own world inside my head. I then place unreal expectations on others, thinking that they are supposed to be a certain way, never giving them room to be themselves. Of

course, then I am always disappointed since my whole foundation is not real. No real person can measure up to my unreal expectation of them. With this basis, I am destined to fail every time.

Another unreal basis for relationships that my fantasy life gave me was to think that someone else could make up for what I was lacking. Over and over I fantasized of the perfect relationship that would fix everything that was wrong with me. "Please connect with me and make me whole" was my basis for all my acting out. I didn't feel OK so I dreamed that if someone else who was OK would accept me, then I would be OK. False assumption based on false reality. I had programmed myself to believe that sex was the way to reach out, so when I wanted to feel better, lust was what I looked for. It wasn't acceptance I went looking for, it was a lust attraction. Those that I looked for were also motivated by lust, so they really weren't OK. Therefore, even if they accepted me, it didn't make me feel better since they were just using my body for their own lust cravings. Most of the time they didn't even know my name and didn't even care. Even if the formality of names were exchanged, it was just that, a formality, not a real desire to know me or care about me.

I was told my whole early life that I wasn't good enough. Again, since I did not have anyone to tell me otherwise, that lie was etched in my brain. Then when I was feeling weak and inadequate, I thought that I could take that strength and adequacy from someone else rather than find it in myself. The problem was first that they really didn't have what I was seeking since they were also in the same place as me. Second, if I couldn't meet my own needs and feel good about my own self, no one else could do that for me. Third, my whole self image was based on distorted reality. I believed everything negative that everyone else said about me rather than the reality of what really was. All the input I was receiving was coming from those that were not OK, so it was not real.

So here I was with a false perception of myself, looking for a relationship based on false expectations of an unreal world. Trying to find someone else to fill an emptiness inside that only God and I could fill together. SA affords me the chance to change my reality to the truth. Little by little, through interaction with the group, I can see the real truth about myself. I can get the positive feedback from others and break the isolation that I lived in for so long. I can share what I'm feeling and thinking and balance that with another's thoughts.

SA also points me to God who, when understood, can show me that I am of great value to Him and am loved by Him. He can be my help when I am in need rather than trying to split myself in two. He can provide what is lacking in myself by showing me how to reach out to Him, to others and most of all to reach down into my soul to find what He already placed there to meet my needs. **J.L.**



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# *Box 300*

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September 1992

Post Office Box 300  
Simi Valley, California 93062

## **HIGHLIGHTS OF VANCOUVER BUSINESS MEETING**

- July 1993 Conference (July 9–11, 1993) will be held in Nashville, TN.
- Moved and seconded that SA Conferences should be bound to reading the sobriety statement as it is in the SA Big Book (current printing) without alteration. Vote was 27 in favor; 10 opposed.
- Central Office Oversight Committee (COOC) Report was accepted as read, with one minor correction.
- Financial Report indicates a slight improvement in SA financial situation, with expenses decreasing and income increasing a bit in 1992; need to maintain an attitude of generosity in 7th Tradition giving.
- Discussion of need for local support and involvement in the CO and COOC led to a suggestion (moved and seconded) that COOC contact the New York conference planners and ask that time and space be allocated for a brainstorm session on service, to be held the day before the January 1993 conference begins. Passed unanimously.
- General Service Board Study Committee recommends that formation of a General Service Board (GSB) be tabled for the present.

Copy of the Minutes are available from the SA Central Office.

## HIGHLIGHTS OF COOC MEETINGS HELD AT VANCOUVER

- Central Office Manager reported on administrative aspects of the CO operation: literature sales, computerization of sales records, need for backup personnel, *Essay* mailing costs.
- Budget report: Will be presented on August conference call.
- Suggested that a SA volunteer force be developed who could keep the CO running in the event of an emergency. Will be discussed at LA Intergroup.
- Discussion was held on the best way to provide for translations of SA literature.
- Procedure for resignation from COOC was discussed: In the event of a resignation, regions will be notified and asked to find a replacement; if no replacement is forthcoming, COOC may appoint a temporary replacement until one is elected by the region.

## CENTRAL OFFICE OVERSIGHT COMMITTEE REPLACEMENT POLICY (Adopted by the COOC on April 5, 1992)

### Qualifications for COOC Membership

- A minimum of two years sexual sobriety as SA understands sobriety be required to become a member of COOC and to continue as a member of COOC.
- Members shall have a proven record of active group participation and service experience at national, conference, intergroup or group level associated with willingness to serve on COOC.

### COOC Vacancy Occurs

- When a member of COOC resigns in writing and COOC accepts the resignation.
- When a COOC member relapses or redefines his/her sexual sobriety in such a way that the SA Sobriety qualification is no longer fulfilled,

that person is no longer a member of COOC and the position becomes vacant.

- COOC may declare a COOC position vacant if the member is inactive for three months and is not present on two consecutive meetings (conference calls) without reason.

### **Selection/Replacement Procedure**

- COOC formally declares the position vacant and the Chairperson/Secretary notifies all Registered Groups and Contact Persons in the region of the vacancy and invites the region to proceed to fill the vacancy. The requirement of two years sexual sobriety as SA understands it is to be explicit in this notification.
- The region, following group conscience, selects the COOC replacement. Steps may include: preparation and circulation of a list of qualified volunteers/nominees from the region who are willing to serve; actual selection by vote of groups, intergroup or more comprehensive regional structure.
- If the region notified fails to select a qualified candidate within six months of the notification of vacancy and COOC decides further delay would harm the fellowship, COOC may proceed to name a qualified candidate from the region to fill the vacancy on an interim or temporary basis.

## **A NOTE TO SOUTH MIDWEST REGION SA GROUPS (Kansas, Texas, Colorado, New Mexico, Oklahoma, Arkansas, Louisiana and Missouri)**

I'm Mike B. and I'm your regional representative on the General Service Board Study Committee. I'm concerned about unity in our region and would like to hear from you. SA is much bigger than the group in your area, and I know I have benefited from extending my SA support network to outside my own community. SA is growing, and the more unity we have on a state and regional level, the more unity we'll have on a national level.



I encourage you to start learning about how AA and other 12-Step groups represent themselves in their local, state and national levels. For example, if you already have an intergroup in place, please share how you have adapted or varied from the AA structure. It's only as we pool our knowledge that we will find the unity that AA has developed in its General Service Board structure.

The cities of Tulsa, Oklahoma City, Wichita and Kansas City have taken part in a biyearly retreat for the past five years, providing the kind of fellowship that is beneficial to our members. Our next regional retreat is planned for October 2–4, and will be held here in Wichita. If your region does not have a retreat and you would like to come, I would be happy to send you information. If you are the contact person for your area, let me know how many flyers you need and I'll send them to you. Also, we'd like to have your group address for future mailings. Send to: Mike B., P.O. Box 48023, Wichita, KS 67201. **Mike B.**

## ESSAY TRADEMARK REGISTRATION

Sexaholics Anonymous has just received final trademark registration for the mark *Essay*. This registration (U.S. Trademark Registration #1697579) protects our mark *Essay* from all unauthorized use. Just as our logo is also a registered trademark, the *Essay* cannot be used, including use within the fellowship, without prior permission. The mark is the property of Sexaholics Anonymous.

## SHARED SERVICE IN ROCHESTER

I wish to say thanks for the referrals SA has sent my way from callers to the Central Office. I have contacted them and we just interviewed one yesterday. He will be coming to his first meeting either tomorrow or on Monday. He lives about 50 minutes from Rochester and has children so he will have to plan his time to come here.

Another purpose of writing this letter is to let you know that SA is doing so well in Rochester (thanks be to God). The Day of Fellowship Inventory we had last October really had a lot to do with it. The Rochester Fellowship wants to share this with all of SA. Partially as a result of that day and as a result of mechanisms already in place, the Rochester Fellowship now has a formal method of having referrals. One is by having them write to the P.O. Box address, which you have on your records, and the other is through a telephone number which, at this time, is in a member's home and is not yet published in the Rochester Telephone Book. We don't think we are ready to have it published but feel a need to have a way for referrals to contact us by phone. The number is (716) 436-6338. There is an answering machine answered by John N. He will get back to the caller.

We have a mechanism whereby each sober member gets a chance to share in the 12th Step call. There is a voluntary list and each inquiry is given to the next one on that list. So, I guess it is time to remove my phone number from the Central Office as a contact for SA Rochester and let our procedure take over. The mechanism does work well and I will get my chance to do a 12th Step call in turn.

I know I cannot speak for the Rochester Fellowship but I do have a good feeling that we are all very appreciative of all that you do in the Central Office. My business takes quite a bit of time, but I make sure that I have sufficient time to attend meetings, do service work and sponsor people. Those things must come first or I will not have any business (or anything else for that matter). God Bless you in your work and thanks so much. D.G.

## PHONE SERVICE GUIDELINES

*[The following suggested guidelines are used by SA members returning calls to inquirers in a large U.S. metropolitan area. These guidelines reflect over six years' experience in dealing with SA calls in this area. Your comments and/or experience is invited. Does your intergroup support a hot-line? How do you deal with inquirers? Reprinting these guidelines here does not constitute endorsement by the Essay or the Central Office.]*

- Being centered in a peaceful state of mind before returning a call may be helpful.
- A scared caller (for example, someone recently arrested) will find encouragement in feeling that the person at the other end of the phone line is reaching out to them.
- Be willing to:
  - Listen with an open ear and a loving heart.
  - Send a message of hope and support.
  - Let the caller know that their call is one of a series of steps to reach out from loneliness and isolation.
  - Reassure the caller that they are not alone.
- Ascertain that the person has called on behalf of herself or himself.
- Ask if their sexual actions made their lives unmanageable ... and if they have a desire to *stop*.
- Ask if they have ever heard of AA and 12-Step programs ... some explanation may be helpful.
- Explain SA's definition of sobriety — in a gentle fashion, but clearly — so that those in denial do not mislead nor delude themselves.
  - Those who find the sobriety definition unacceptable do not qualify for SA. It is not appropriate to encourage such persons to attend our meetings. An alternative may be to provide referrals to other 12-Step fellowships that deal with sex addiction. Make clear that we cannot speak for these groups — the caller will have to do their own checking.



- For those who are uncertain about their desire to accept SA's definition of sobriety, it may be appropriate to invite them to attend our meetings and determine for themselves if SA offers something they want.
- To qualify for phone service, SA members must have a minimum of six months of sexual sobriety.

## RECOVERY TOPICS

There is a great and growing need for members to share their experience on various topics of interest relating to sobriety and recovery. For example, more than one single member has requested material on dating and getting into relationships in sobriety. Included are such questions as: When is it safe to start dating? How do we conduct ourselves? What are the pitfalls? What have been the experiences of other sober/non-sober members? When is someone ready for dating, for marriage? When is someone *not* ready? "We're in the dark on this whole subject; can you help us out?"

It is suggested that the *Essay* begin a column on this very subject, spotlighting one particular topic in a given issue, and then publishing helpful member sharing on that topic.

In a similar vein, various groups or intergroups could share on topics relating to group or intergroup problems and experience.

Topics for such a column could be suggested by members, groups, or intergroups.

### Some Suggested Topics:

- Singles and dating
- Victory over lust
- Abstinence in marriage
- How to better relate to our wives or husbands
- Erotic dreams and sobriety
- Sponsorship: What is it, and how do you go about getting one?
- The First Step Inventory—pros and cons
- How do you get out of the "slipper syndrome"?

- How has your concept/relationship with God changed in recovery?
- How do you work the Steps? (Each Step could be a separate topic.)

In a similar vein, various groups or intergroups could suggest and share on topics relating to group or intergroup problems and experience:

- How has your group succeeded in producing lasting sobriety?
- What are the things that prevent sobriety from developing?
- How can we deal with continual slipping?
- How do we get new members? How *not* to try to get new members?
- How do you handle newcomers, and how do you present SA's definition of sobriety to them?
- How can we improve the quality of our meetings?
- How can "old-timers" get fed, or how to keep them from leaving?
- How can we get more participation/representation in SA conventions and SA service?
- What is your group/intergroup organizational structure and how does it work?
- How does your group work the Traditions? Do you do group inventories against the Traditions?
- How does your group/intergroup contribute to SA world services?

## ESSAY EDITORIAL GUIDELINES

- Selections and editing within selections should be done according to canons of friendliness and good taste. For example, we would edit out personal animosities and the like.
- Eliminate trendy references to deity.
- We don't debate SA's Sobriety Statement. *Essay* is not a forum for non-SA sobriety and non-SA principles.
- We do correct spelling and grammar. Chicago Style Manual is our guide.
- Be very careful about mixing therapy and program, as with religion and program. There's a fine line here where the editor must use his own judgment.
- We do not consider personal poetry submittals. This is not to say we will never run a poem, but . . .
- *Essay* is not a forum of communication from fellowship to fellowship.
- *Essay* is not a fund raising mechanism, although we do, from time to time, let our needs and appreciation be known discreetly and low-key.
- *Essay* is a publication addressed to those who "desire to stop lusting and become sexually sober."

**Deadline for articles for December '92 issue: October 23**

## SA LITERATURE IN OTHER LANGUAGES

The COOC is aware of the need for translations of our SA literature. The brochure is available in Spanish and the "White Book" exists, at least in part, in German, Portuguese, Spanish and French. We ask those fluent in other languages to make themselves known to Pat of the CO to volunteer for a SA Translation Committee. Those who volunteer will then investigate the accuracy of existing translations and begin helping SAs in other nations develop translations. The COOC suggests this as a wonderful SERVICE OPPORTUNITY.



## **COOC POSITION OPEN**

The COOC regretfully accepted the resignation of Harry B. who has represented the Northwest SA region (Alberta, British Columbia, Alaska, Idaho, Washington, Montana, Oregon). In line with our COOC Replacement Policy, the committee declares the NW COOC position open and asks that Harry B. continue to serve until a replacement is named or until six months has elapsed. The CO Administrator, Pat, will be asked to contact all groups in the region with a copy of the Replacement Policy and a request to name a replacement.

## LIST OF DONATIONS FOR SECOND QUARTER 1992

|                           |          |                           |                    |
|---------------------------|----------|---------------------------|--------------------|
| Alhambra CA               | \$ 64.00 | Northridge CA             | 21.00              |
| Anaheim CA                | 78.00    | Oceanside CA              | 123.00             |
| Apple Valley MN           | 20.00    | Pasadena CA               | 105.59             |
| Arlington VA              | 140.50   | Penn Hills PA             | 52.31              |
| Asheville NC              | 50.00    | Phoenix AZ                | 40.00              |
| Baltimore MD              | 220.00   | Portland OR               | 203.08             |
| Barnardsville NC          | 4.00     | Quartz Hill CA            | 61.00              |
| Barrington IL             | 100.00   | Quebec, Canada            | 30.00              |
| Bartlett IL               | 75.00    | Rapid City SD             | 50.00              |
| Berkeley CA               | 100.00   | Redlands CA               | 30.00              |
| Buffalo NY                | 50.00    | Rochester MN              | 25.00              |
| Camarillo CA              | 334.36   | Rochester NY              | 216.45             |
| Camarillo/Agoura Hills CA | 10.00    | Salem OR                  | 63.85              |
| Canoga Park CA            | 35.00    | San Diego CA              | 531.81             |
| Casper WY                 | 48.00    | Santa Monica CA           | 176.81             |
| Chicago IL                | 445.20   | Seattle WA                | 440.00             |
| Chicago/Ravenswood IL     | 113.15   | Silver Spring MD          | 90.00              |
| Cuyahoga Falls OH         | 30.00    | Simi Valley CA            | 27.90              |
| Dallas TX                 | 50.00    | St. Louis MO              | 70.00              |
| Downers Grove IL          | 75.00    | Suitland MD               | 40.00              |
| El Cajon CA               | 70.72    | Sunnyvale CA              | 150.00             |
| Escondido CA              | 25.00    | Syracuse NY               | 150.00             |
| Frankfurt, Germany        | 1210.00  | Tacoma WA                 | 26.11              |
| Galveston TX              | 20.00    | Toronto, Canada           | 22.71              |
| Glen Ellyn IL             | 303.00   | Torrance CA               | 52.35              |
| Grand Junction CO         | 90.86    | Torrance/Del Amo Hosp. CA | 30.00              |
| Hemet CA                  | 20.00    | Tri State NY              | 59.25              |
| Houston TX                | 40.00    | Tri State Intergroup NY   | 62.80              |
| Hubbard OR                | 105.25   | Troy MI                   | 50.00              |
| Hyde Park IL              | 50.00    | Union City NJ             | 25.00              |
| Kittanwick PA             | 35.00    | Van Nuys CA               | 50.00              |
| Knoxville TN              | 35.00    | Vancouver WA              | 44.00              |
| Laguna Niguel CA          | 25.00    | Vancouver, Canada         | 315.00             |
| Lakewood NJ               | 23.00    | Villa Park IL             | 252.60             |
| Long Beach CA             | 63.62    | Virginia Beach VA         | 12.00              |
| Long Island NY            | 21.00    | Washington DC             | 60.00              |
| Los Angeles CA            | 27.00    | West Los Angeles CA       | 109.10             |
| Macon/Warner Robbins GA   | 20.00    | Westfield NJ              | 40.00              |
| Metuchen NJ               | 120.00   | Wheaton IL                | 5.75               |
| Midlothian IL             | 81.50    | Wheeling WV               | 12.00              |
| Millvale, PEI, Canada     | 80.00    | Wichita KS                | 286.60             |
| Milwaukee WI              | 204.00   |                           |                    |
| Montreal, Canada          | 162.00   |                           |                    |
| N. Hollywood CA           | 220.82   | Group Donations           | \$10,192.34        |
| Nashville TN              | 908.66   | Individual Donations      | 2,499.42           |
| Nashville Intergroup TN   | 5.00     | <b>TOTAL DONATIONS</b>    | <b>\$12,691.76</b> |

Central Office has taken every effort to make this list correct. If the group name was not noted on the check, the donation is totalled under "Individual." To assure proper credit, please make sure to designate exactly who the donation is from. This is the Second Quarter only. Donations received after 6/30/92 will be in the next Essay.

# STATEMENT OF INCOME AND EXPENSES FOR THE PERIOD APRIL 1, 1992 TO JUNE 30, 1992

|                                     | Current Period      | (%)           | Year-to-Date       | (%)          |
|-------------------------------------|---------------------|---------------|--------------------|--------------|
| <b>INCOME</b>                       |                     |               |                    |              |
| Contributions – Unrestricted        | \$7,269.19          | 100.0         | \$48,114.43        | 100.0        |
| (less) Refunds                      | 0.00                | 0.0           | 0.00               | 0.0          |
| <b>TOTAL INCOME</b>                 | <b>\$7,269.19</b>   | <b>100.0</b>  | <b>\$48,114.43</b> | <b>100.0</b> |
| <b>EXPENSES</b>                     |                     |               |                    |              |
| Misc. expense                       | 0.00                | 0.0           | 45.00              | 0.1          |
| Salaries & Wages                    | 0.00                | 0.0           | 0.00               | 0.0          |
| Auto expense                        | 0.00                | 0.0           | 105.87             | 0.2          |
| Courier & UPS                       | 0.00                | 0.0           | 22.00              | 0.0          |
| Education & Seminars                | 146.50              | 2.0           | 211.50             | 0.4          |
| Insurance – General                 | 0.00                | 0.0           | 0.00               | 0.0          |
| Legal & Accounting                  | 0.00                | 0.0           | 826.35             | 1.7          |
| Miscellaneous expense               | 100.00              | 1.4           | 100.00             | 0.2          |
| Office expense                      | 39.88               | 0.5           | 1,150.45           | 2.4          |
| Outside services                    | 4,531.00            | 62.3          | 24,565.37          | 51.1         |
| Postage expense                     | 1,920.91            | 26.4          | 5,283.74           | 11.0         |
| Printing & Tape Duplication         | 1,366.05            | 18.8          | 4,399.47           | 9.1          |
| Rent expense                        | 800.00              | 11.0          | 4,800.00           | 10.0         |
| Repairs & Maintenance               | 0.00                | 0.0           | 499.30             | 1.0          |
| Supplies expense                    | 141.40              | 1.9           | 808.49             | 1.7          |
| Taxes – Payroll                     | 0.00                | 0.0           | 0.00               | 0.0          |
| Taxes – Other                       | 0.00                | 0.0           | 411.00             | 0.9          |
| Telephone                           | 482.43              | 6.6           | 3,958.54           | 8.2          |
| <b>TOTAL EXPENSES</b>               | <b>9,528.17</b>     | <b>131.1</b>  | <b>\$47,187.08</b> | <b>98.1</b>  |
| <b>NET OPERATING INCOME (LOSS)</b>  | <b>(2,258.98)</b>   | <b>(31.1)</b> | <b>\$927.35</b>    | <b>1.9</b>   |
| <b>NET INCOME (LOSS) BEFORE TAX</b> | <b>(2,258.98)</b>   | <b>(31.1)</b> | <b>\$927.35</b>    | <b>1.9</b>   |
| <b>INCOME TAXES</b>                 |                     |               |                    |              |
| State income tax                    | 0.00                | 0.0           | 0.00               | 0.0          |
| <b>NET INCOME (LOSS)</b>            | <b>(\$2,258.98)</b> | <b>(31.1)</b> | <b>\$927.35</b>    | <b>1.9</b>   |



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| _____       | \$ 4.00     | <i>SA Meeting Guides</i>          | Suggested formats & experience in starting new SA groups. |
| _____       | \$ 8.00     | <i>Recovery Continues</i>         | 24 articles that deal with various aspects of recovery.   |
| _____       | \$ 6.00     | <i>Member Stories—1989</i>        | 21 recovery stories.                                      |
| _____       | \$ 2.00     | <i>Discovering the Principles</i> | SA's growing experience with the Traditions.              |
| _____       | \$ .20      | Brochures (English)               |   |
| _____       | \$ .20      | Brochures (Spanish)               |   |
| _____       | \$10.00     | Voluntary Essay Donation          |   |

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| \$20.00 – \$29.99              | \$3.40 |
| \$30.00 – \$49.99              | \$4.25 |
| \$50.00 – \$99.99              | \$5.00 |
| \$100.00 & over                | \$6.50 |

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