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# *Essay*<sup>®</sup>

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March 1993

Post Office Box 300  
Simi Valley, California 93062

## ***NEW COMMITTEES OFFER OPPORTUNITY FOR SERVICE***

A good response was noted at the SA International Conference in New York to an appeal for volunteers to serve on service committees. The following is from a report of the conference business meeting, held on January 9, 1993:

**Conferences:** Mike C. from Chicago (312-267-8824) will head the SA International Conference Committee. This committee will be comprised of at least three members. It will consult with S-Anon before making decisions on conference locations.

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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.*

**April 2-4, 1993 — Seventh Annual SA/S-ANON Couples Retreat** in Tucson, Arizona. For details contact Roy and Sandy K., 602-790-4415.

**April 16-18, 1993 — South-Midwest Region (CO, KS, MO, NM, OK, AR, TX, LA) Spring '93 Retreat in Wichita, KS.** Host: Tulsa, OK. Contact Tom M., P.O. Box 702491, Tulsa, OK 74170, phone 918-835-3385.

**April 23-25, 1993 — Northwest SA/S-ANON Weekend Retreat**, located 20 miles west of Tacoma, WA near the Olympic Mountains. For details, call Steve at 206-775-1535.

**May 14-16, 1993 — SA Convention, "Give Freely of What you Find,"** Dahn/Pfalz, Germany (50 km from Karlsruhe). Price for the weekend is DM 70 per person for bed, meals and conference; sponsored by Mainz SA group. Contact Hans: 011-49-6136-5789 or Michael: 011-49-6131-475891.

**July 9-11, 1993 — SA-S-Anon International Convention**, Nashville, Tennessee. Theme: Tools of Recovery. For details contact Chair, SA Conference, P.O. Box 158009, Nashville, TN 37215-8009.

**October 1-3, 1993 — 93 Unity Conference**, Anaheim, CA, sponsored by SA Southern California Intergroup.

*Articles and news items submitted for the June 93  
Essay must reach the Central Office no later than  
April 30.*

### ***New Committees Offer Opportunity (Continued)***

**Tapes:** Francis H. (306-543-5999) from Regina will lead the Conference Tapes Group. He has one additional person.

**Prisons:** Bernie M. from Portland (503-635-5639) will lead the Prison Committee. Eight other members came forward to help. There is a backlog of prison correspondence at the Central Office. This committee also intends to develop guidelines for dealing with this question in the future.

**Correspondence in Spanish — Literature Translation:** Help is needed to translate letters and to return phone calls in foreign languages. Those able to assist in carrying the SA message in Spanish through speaking, writing or telephone, please contact Maseo G. *as soon as possible* at 12290 Folly Quarter Road, Ellicott City, MD 21042. Those able to assist in carrying the message in any other foreign language (ASL included) please contact Curt R. (405-324-2199) or Pat at the Central Office.

**Newsletter:** Lawrence M. (703-379-5350), *Essay* editor, spoke on issues dealing with the newsletter. Dave G. from Rochester (716-377-7096) volunteered technical advice and assistance.

**Intergroup Assistance:** Bill T. from Chicago (708-352-3380) has four volunteers to help on Intergroup Formation. He will work with the Central Office to identify areas that have intergroups and then assess where he could encourage new intergroups.

**Group Assistance:** John B. from Los Altos (415-941-4197) is looking for people to assist new SA groups. Roy K. from Simi Valley also wishes to help in this work.

**Loners:** Dave M. from Rochester (716-244-4189) has four volunteers to work with him with Loners. He will contact the Central Office to begin responding to this need.



**GSB Study:** Mike B. from Wichita (316-686-5104) reported on the General Service Board Study Committee. His committee is looking for a representative from the Mid-Atlantic region (VA, WV, OH, PA, MD, DE, NJ).

**International Directory:** Martin B. from Chicago (312-247-8830) is interested in working on an International Directory for SA. Bert D. (904-252-4663) from Daytona Beach would like to see a list of meetings.

*The sobriety requirement for service on the Central Office Oversight Committee and on the General Service Board Study Committee is two years according to the SA definition. Although no vote was taken on a sobriety requirement for the new committees, it is recommended by the COOC that the two-year requirement apply to any member serving on a national committee.*

This is all the information on the new committees that was available at press time. For further information or to volunteer assistance, please contact the committee chair or Pat at the SA Central Office (805-581-3343).

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***CENTRAL OFFICE NOTE:***

In order to take advantage of a printer that has been donated to our office, we need a "tractor feed apparatus" for a NEC Spinwriter, Model 8800 (1985 model year). Any member that could help with this, please contact Pat at the Central Office.

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## ***GROUP NEWS***

Welcome to the following New Groups:

El Centro, CA

St-Jean-de-Matka, Quebec

Peoria, IL

Port Alberni, BC, Canada

Racine, WI

Encino, CA

Keene, NH

**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.

**Syracuse, NY:** Truly we rely on God, working through our fellowship in our program. We take nothing and no one for granted. All is gift — and we thank the God of our understanding daily for keeping us alive, for our sobriety one day at a time, for enabling us to speak our minds honestly and with love. We realize we must be able to receive help as well as to help others. Here in Syracuse, we are striving to reach out to others, to share what we've received, for the sake of sobriety and recovery. **A.H.**

**Mason City, IA:** SA of North Iowa is active, though static in size. We meet every Monday night at 7:00 pm for two hours. Our group has a history of drawing members from some 120 miles or so. We have been meeting since 1986 and have gone from two members to about six constantly active members and those spouses that feel comfortable attending. We meet together for the first hour in a modified meeting format and then separate for the next hour and cover some of the other more personal sharing at that time. It works for us. **R.T.**

**Portland, OR:** Before SA this would be the end of just another year. Now it is the passing of 365 days, one at a time, and some of them

were really terrific. A big heartfelt thanks to the Fellowship for stewardship of hope. D.B.

**Clinton, Ontario (Canada):** I have a little over one year sobriety by the SA sobriety definition. When I first read your material my reaction was "Where has this been all my life?" It was a relief to feel understood. Although I come from central Canada I had to go to California in January 1992 for further training and by God's grace was able to attend the San Diego International Conference. I also had a blessed time meeting regularly for the month with the Escondido group. But I had no group back home in Canada. Then God led me to an AA person who, when I confided in him, told me he shared my problem but through AA had also managed by the grace of God to come to sexual sobriety. We now meet weekly and consider ourselves an SA group. D.M. & L.R.

**Los Angeles, CA:** In the September 92 issue of *Essay* you reprinted a letter from the West L.A. Group that was not quite representative and was misleading in what we are doing. Many people read it to mean that we don't support our intergroup. The fact is that we are the second biggest contributors in our region, even after we divide our second basket in half for our outreach program.

The West L.A. Group wishes to share with the fellowship our approach to outreach in our area. Through a series of group conscience meetings we decided to pursue maximum recovery at our Saturday night meetings and set the stage so that all possible newcomers will know that we exist as a solution. We are calling it "The Great Opportunity." Here are the changes we instituted which are now in process: 1) We changed our Step study meeting so that every other week a Tradition is studied; 2) We instituted a First Step meeting with the goal being that a newcomer will give a written First



Step to the group within a specific time frame; 3) We've created an "All Groups Meeting" on the last Saturday of the month when we invite different groups in our area to come and host our meeting. This is a three-speaker meeting and we get to hear peoples' stories we would not ordinarily get to hear; and 4) We have instituted a "Great Opportunity" outreach program consisting of a mailer that we put together with a cover letter and SA literature, letting people in our Westside community know that we exist on a local level and that we are a resource for recovery. S.B.

**Montreal, Canada:** It is with true gratitude that I take this opportunity to let you know that our group is growing in real sobriety with a third member having one year of sobriety. Right now we average around fifteen members per meeting on Sunday night and it is common to see two to three months in length of sobriety. Our group was founded on February 11, 1990. Simply seeing members growing gives everybody a push into surrendering lust. For myself, after a long time in SA I reached 75 days of abstinence and my understanding of sobriety gets deeper. By the grace of my loving God, I want to continue this resurrection to joy, 24 hours at a time, one temptation at a time. C.L.

**Manila, Philippines:** Thank you very, very much for the brochures and letter that you sent me. I was really surprised to receive the package. Indeed, this is a big help for me. I am very grateful for your concern. I may not be able to contribute financially in the meantime, but I assure you of my commitment in spreading this cause. Please join me in my prayers that a group be soon formed here in the Philippines. Once again, thank you very much and may God bless you always. J.

## ***MEMBER NEWS***

### ***Letting Go Absolutely***

After a misunderstanding here in Quebec City, the definition of abstinence is now being transmitted more clearly and it makes me feel very good. I feel safe in SA. It is the real SA, just the way I need it. After a slip last September, I now have complete abstinence. Abstinence has prevented me from doing things and entering relationships that would have brought me a lot of pain, like in the past. I feel cleaner, purer, more myself. As a woman, my relationships with other women have improved a lot. I feel less jealous. I made friends with some that would have been a threat to me before. There is another woman now in SA in Quebec City and I started a group for women. I had that very great need to get closer to women, to get to know them again.

It was in my second year in SA that I really did my Third Step, and this is becoming more and more important as time goes by. It is my Number One solution in many situations. My only solution is to completely let go to my Higher Power. Yesterday, I started reading the Third Step prayer in the AA Big Book. Just reading it feels very good inside. That's what I want. That prayer is my guide, my consolation, my hope. My relationship with my Higher Power is what makes me accept even the unacceptable. It is my security. Even at the thought of losing everything, I do not feel empty or scared. I feel full of something very different and more nourishing than what the world gives me or takes from me. N.

### ***Invitation to Nashville***

Once more it is time for the semi-annual SA/S-Anon International Conference. This July it will be held in Nashville, Tennessee on the



9th, 10th and 11th. Our theme will be "Tools of Recovery." On behalf of SA and S-Anon here in the Music City, I cordially extend an invitation for three days of growth, fellowship and fun. Interactive meetings will be conducted along with the other recovery staples of topical breakout meetings. Also, a show of talent will be provided by the attendees as Saturday night's entertainment, so bring your violin or kazoo — or your best *wholesome* jokes. We hope to see as many of you as possible; the more of us present, the more experience, strength and hope we can share. Until then, Martha W., Co-Chairperson

P.S. Since sufficient seed money is not available, we would be grateful for donations to underwrite the initial costs of the conference.

## ***FEEDBACK CORNER***

### ***Thoughts On Dealing With Chronic Slippers***

*[The following ideas resulted from a group inventory done on the problem of continued slipping. These ideas are put forward simply to stimulate discussion and action. Please feed back from your experience.]*

**For the chronic slipper who wants it:** An interim plan to help get you into solid recovery.

**For the newcomer who wants it:** An interim plan to help you get sober and onto recovery track.

1. Disconnect from any sponsor you may have had; it hasn't worked. Disconnect from other methods *used to achieve sobriety* (or keep you from it); they haven't worked either. Instead, put yourself into the hands of two or three willing SA men (women to women) who are

sober and surrendered to God. Call them friends, buddies, nothing, whatever. Titles can get in the way.

2. When it comes to decisions affecting your recovery, turn off your own thinking. Your best thinking is what got you here and is keeping you sick. Let these men do your thinking for you on an interim basis, by group conscience if necessary. Make yourself responsible to them and take direction from them.

3. Meet with one or more of these each day, even if only briefly, such as for breakfast, lunch or on-the-go. Use of the phone is good, but not enough. *Personal presence has more effect in getting us out of our isolation.* Meet with these members together once a week or so and discuss problems/progress/procedure. Go to a meeting with at least one of them as often as they say — ideally, every day.

4. Call or see one of these men at least once each day — any time you feel liable to slipping, and at every significant lust and resentment temptation you encounter. Later, as you learn to use your own spiritual tools, frequency of such calls can decrease. In the beginning, it's important to call at each temptation. Describe exactly what you are thinking and feeling — exactly what you are being tempted by and how you feel about it. *Talk and pray it through together until you are free from that crisis.* Try to keep "dogma" and "religion" out of the prayer. You are simply confessing to God in that man's presence what you are tempted with and turning your lust (resentment, etc) and will over to God to break the power of that temptation. The Third Step prayer is good too, praying it together.

5. If married, go into a long and open-ended period of mutually agreed sexual abstinence with your wife to begin to recognize lust and get victory over it. Ideally, your friends should already have gone through this or be in process. As our literature says, increase non-

sexual communication, care and contact with your wife during this time for the benefit of your marriage.

6. Put commitment to these men and to your recovery above all else — wife, friends, family, career, religious institution, therapy...

**For the SA group and trio of members providing support, either to chronic slippers or newcomers:**

1. Become intolerant of insobriety and lust *in* SA. It's killing us and others. We can become intolerant of lust while remaining helpful to the person. It's called "tough love." This is one real test of putting principles before personalities. Decide not to support the illness in anyone, regardless of who they are, what positions they've held, or how long they've been in SA. We do *not* give positions of program responsibility to people who are not sober.

2. Reach out together in a trio of personal support and guidance. Put this work before all else. You must be more committed to this relationship than the slipper or newcomer is! Your commitment makes them sense the urgency of this and helps them commit. Length of sobriety isn't as important here as your attitude.

3. Assign program literature — study it *with* them — and work them through the Steps. Male bonding! Find them a service commitment right off the bat, even if it's just setting up or taking down chairs. Impress responsibility to commitments. Get *them* into a trio of working with a slipper as soon as they can. Nothing succeeds like working with another sexaholic.

4. These friends helping a slipper or newcomer will have to create their own guidelines. Here are some ideas practiced elsewhere:

a. Another sex addiction group has evolved their way of protecting their own unity and recovery by dealing with chronic slippers like



this: *"If we as a group feel that your continued slipping no longer serves your recovery, we will take a group conscience on whether to ask you to leave this group."*

b. The practice in a local AA group: "If you slip three times, find another sponsor."

5. The SA group may decide to assign the trio of friends, or the group secretary may designate people or call for volunteers.

6. Remember, we don't want to put the slipper's or newcomer's focus on What can these people do for *me*? but What do I have to do?

**Questions to ask ourselves in discussing this problem in SA groups:**

1. What in our experience have proven to be the results of chronic lust/slipping in members and in our group?

2. How have we as sober members reacted to chronic slippers?

3. Are we supporting the illness instead of recovery? If so, how?

4. Are we compromising our own spiritual unity? If so, how?

5. What is the effect of a preponderance of non-sober people in a meeting?

## ***THE TENTH STEP***

When I began my sobriety in recovery in SA over three years ago, I listened to the Tenth Step as it was read at every meeting. At that time all I could hear was the reflection of my guilt, my shame and my pain. I thought that this Step meant that I would have to quickly proclaim to everyone all the screw-ups that I make in my life. I had enough difficulty revealing my past screw-ups!

Fortunately, a power much greater than I had something to do with the development of these Steps and there were nine Steps preceding this Step. Those other Steps absorbed my attention and took my mind off the Tenth for a while. I know today that I would not have been able to accept a "suggestion" that meant to me the need to continually reveal my imperfections to others while I contained such shame and internal pain.

So I attended to the first nine Steps in sequence. I made a commitment to a new higher power, that of my new understanding. I came to know the wreckage of my past, and revealed it to another human being as well as to God and myself. I became able to tell others, after admitting to myself, the problems I had and the shameful thoughts, feelings and attitudes that I continued to experience. These being accomplished, my shame diminished significantly.

I then became aware of my behavior and character defects that were still present and which caused me continual pain in my daily life. I was only then made willing and able to take helpful suggestions from my fellows in order to begin the process of changing my self-defeating behaviors. My internal pain abated dramatically. I then began to notice that a wide range of people had become important to me. The only problem was that I was truly terrible at the work of relationships. What relationships I hadn't damaged in my active addiction, I was incapable of sustaining or attending to properly in my early recovery. Though my shame and pain had been remarkably reduced, my guilt about the sad state of my relationships continued to trouble me. The Eighth and Ninth Steps helped me do the repairs necessary and I learned how to do the hard work of relationships, continually taking the actions of love demonstrated to me by others that had gone before me.

I now became able to look both inwardly and outwardly to see troubles and I developed tools to be able to do something about them

once detected. I grew respectful of myself and others and became convinced of the need to deal with problems as soon as they arose. I could no longer hide from them and think they would just go away. My past convinced me of the power of shame, guilt and pain in my active addiction. My experience with the grace of God and the positive responses and support of my fellows gave me the hope I needed to face these problems.

Suddenly I was aware that the Tenth Step was quite simple and reasonable! It now meant that I had to develop internal and external gauges that could help me learn before it was too late, that something was not right either inside of myself or in my relationships with others. My "personal inventories" could then detect when I was "not right."

Since my pride was reduced in Step Seven, I was able to accept the fact that to "not be right" meant I must be "wrong". Quickly the intimidation of being "wrong" faded away. Having gone through the painful yet shame-and-guilt reducing process of Steps Four through Nine, it was now an absurdity to consider delaying the clearing away of any "not right" feeling, attitude or behavior as soon as possible. I now knew that each, left untouched, would predictably bring me back to the position of pain, shame and guilt I had left behind with God's grace and the program of SA. I certainly did not want that!

So as with a car that took a great deal to get into working condition, I could only maintain that functioning state with a set of well functioning gauges. It is not good enough to have a gas gauge that reads "empty" as my car putters to a stop without fuel or an oil gauge that reads "low" as the engine burns out. I now had to have gauges that would give me sufficient warning so that I could do something about the problems that were detected. I could then take "prompt" actions.



These gauges were the heart of what I learned in Steps Four through Nine. The "prompt" actions were those that were suggested to me by my sponsor, others in the fellowship and the Big Book of SA. I now thank God for the program of SA and the Twelve Steps, each important at different times in my recovery. P.G.

### ***READING FOR SOBRIETY: NEW IMAGES FOR OLD WAYS OF THINKING***

Every morning, whether at home or traveling, I take five to ten minutes to complete my daily readings. Like other rituals for my sobriety, such as a daily contract or gratitude lists, this developed in response to a suggestion from my sponsor.

The readings are one form of surrender to the Twelve Steps and Traditions of Sexaholics Anonymous. They serve as a means of conscious contact with God as I understand Him. My Higher Power allows me to understand what I read only as I am ready. Only daily reading keeps me in regular contact with our literature so that I can be ready to receive corrections to my sexaholic way of thinking.

What is our SA literature? There are four basic pieces: *Sexaholics Anonymous* (the "white book"), *Recovery Continues*, *Alcoholics Anonymous* (the "Big Book"), and *Twelve Steps and Twelve Traditions* ("12&12"). I have added the A.A. book *As Bill Sees It* and the current issue of the *Grapevine* to my pile. Each day I read two pages (no more, no less) of each book. This takes less than ten minutes and on days with several half-pages to read, perhaps only five.

During my four years in SA I have probably read each book between six and fifteen times. They are still "new" every time I read my two pages. In the months between reading the same sections I have grown and changed in sobriety and recovery. God provides new meanings

and layers of meanings even though the words are the same. I misunderstand or corrupt a particular passage all too frequently. This is a side-effect of an ego-centered disease. Also, as time passes, I am more willing to replace old ways of thinking about lust, resentment, money, pride and my other character defects. The readings provide, one day at a time, new images of recovery.

What are some of my favorite passages? "Obstacles to Recovery" and "The Joy Response" are favorites in *Recovery Continues*. "Overcoming Lust and Temptation" and pages 100 and 133 in the white book are special helps. I liked the middle paragraph on page 92 of *12&12* so much that I memorized it and have passed it on to many others. I did the same with the top paragraph on page 62 of the AA Big Book and the sentences in the middle of page 98. Finally, every SA in our area reads and re-reads pages 448-452 of the Big Book, because our sponsors tell us to.

I don't know how I would get through a day without my reading. On some days I have skipped my readings. The result is so uncomfortable that I do most of the readings no matter what. For me, this is part of the progressive victory over lust provided through the grace of my Higher Power and Sexaholics Anonymous. **Anonymous**

#### **4TH QTR LITERATURE REPORT**

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## *The Twelve Steps of Sexaholics Anonymous*

1. We admitted we were powerless over lust—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God **as we understood Him**.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God **as we understood Him**, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to sexaholics, and to practice these principles in all our affairs.

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THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS: 1. We admitted we were powerless over alcohol—that our lives had become unmanageable. 2. Came to believe that a Power greater than ourselves could restore us to sanity. 3. Made a decision to turn our will and our lives over to the care of God **as we understood Him**. 4. Made a searching and fearless moral inventory of ourselves. 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. 6. Were entirely ready to have God remove all these defects of character. 7. Humbly asked Him to remove our shortcomings. 8. Made a list of all persons we had harmed, and became willing to make amends to them all. 9. Made direct amends to such people wherever possible, except when to do so would injure them or others. 10. Continued to take personal inventory and when we were wrong promptly admitted it. 11. Sought through prayer and meditation to improve our conscious contact with God **as we understood Him**, praying only for knowledge of His will for us and the power to carry that out. 12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

(The Twelve Steps and Twelve Traditions are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps and Twelve Traditions does not mean that AA has approved the contents of this work, nor that AA agrees with the views expressed herein. AA is a program of recovery from alcoholism only. Use of the Twelve Steps and Twelve Traditions in connection with programs which are patterned after AA but which address other problems does not imply otherwise.)



### *The Twelve Traditions of Sexaholics Anonymous*

1. Our common welfare should come first; personal recovery depends upon SA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop lusting and become sexually sober.
4. Each group should be autonomous, except in matters affecting other groups or Sexaholics Anonymous as a whole.
5. Each group has but one primary purpose—to carry its message to the sexaholic who still suffers.
6. An SA group ought never endorse, finance, or lend the SA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual purpose.
7. Every SA group ought to be fully self-supporting, declining outside contributions.
8. Sexaholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. SA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Sexaholics Anonymous has no opinion on outside issues; hence the SA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

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# Box 300

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March 1993

Post Office Box 300  
Simi Valley, California 93062

## ***CENTRAL OFFICE OVERSIGHT COMMITTEE REPORT - JANUARY 1993***

Since the Vancouver International Conference in July 1992, the COOC has met on the telephone about every six weeks and at the conference in New York. COOC members are Betsy T. (Mid-Atlantic Region/Chair); Larry M. and James M. (New England/Special and Finance); David M. (Southeast/Secretary); Sylvia J. (South Central/General Service Board); Jim O. (North Central/Finance); Dave B. and Dan N. (Southwest/Special and Central Office); Harry B. (Northwest/*Essay*).

Major issues of the past few months have included exploring areas of service such as literature translation and outreach to imprisoned or isolated SA members; organizing a special meeting at the New York conference to encourage such service opportunities (over 60 participated at the service meeting in New York!); utilizing the COOC replacement policy following the resignation of Harry B. from the Northwest region; maintaining our literature stocks and considering the handling of audio tapes of talks and conferences; and assisting the New York Conference Committee in publicizing the conference. We also review the financial well-being of the Central Office and concerns of the staff. The COOC is not a general service board, however, we will support service structures which begin to develop as the Fellowship grows.

Individual members also assist with correspondence and calls to the Central Office. COOC members also serve as liaison to the *Essay* newsletter, the General Service Board Study Committee, Central Office financial matters and other special projects.

Based on a plan adopted at the Chicago International Conference in July 1991, COOC regions are broken down as follows:

**Northwest:** OR, WA, ID, MT, BC, ALTA, AK, NWT  
**Southwest:** CA, NV, UT, AZ  
**North Central:** WY, ND, SD, NE, IA, MN, IL, WI, SASK, MAN  
**South Central:** CO, KS, OK, NM, TX, AR, MO, LA  
**Southeast:** IN, KY, TN, NC, SC, GA, AL, MS, FL, INTL.  
**Mid-Atlantic:** VA, WV, OH, PA, MD, DE, NJ  
**New England:** NY, MA, CT, VT, RI, NH, ME, ONT, QUEB,  
 N.B, N.S.

Central Office Income and Expenses for Recent Years:

	1989	1990	1991	1992
Income	95,848	103,076	94,209	71,650/ 9 mos.)
(Grp/ind)	(43,833)	(36,570)	(31,189)	(35,078/ 9 mos.)
Expenses	96,684	105,238	95,833	68,495 (9 mos.)

According to Jim O., we added 1,300 people to the *Essay* mailing list in 1991, and about another 180 in 1992. In 1992, we had the highest income from groups and individuals ever: \$47,000.

Resignations were submitted by committee members Betsy T. (Mid-Atlantic) and Dave B. (Southwest).

A motion that SA brochures be discounted in lots of 1,000 to \$.13 each was carried unanimously.



## ***DONATIONS FOR FOURTH QUARTER — 1993***

Akron OH	20.75	Greenbury PA	37.05	Rochester NY	177.80
Alexandria VA	74.00	Hacienda Hts CA	18.00	S. Barrington IL	150.00
Alhambra CA	131.50	Houston TX	35.50	Salem OR	80.00
Anaheim CA	45.00	Irvine CA	90.00	San Angelo TX	2,500.00
Balt/Wash Intgtp	1,200.00	Kansas City KS	159.50	San Bernadino CA	58.50
Baltimore MD	40.00	Kittanning PA	14.85	San Diego CA	140.00
Baltimore MD	150.00	La Mesa CA	100.00	Santa Barbara CA	38.00
Bowling Green KY	11.11	Laurel MD	35.00	Saskatoon CAN	100.00
Brooklyn NY	20.00	Livington MT	8.80	Seattle WA	115.00
Buffalo NY	100.00	Long Beach CA	33.00	Somerville MA	90.00
Camarillo CA	40.00	Long Island NY	11.70	Staunton VA	10.00
Casper WY	20.00	Meriden CT	80.00	Suitland MD	218.00
Chicago IL	260.00	Metuchen NJ	100.00	Sunnyvale CA	25.00
Chula Vista CA	22.00	Midlothian IL	49.05	Syracuse NY	121.00
Costa Mesa CA	26.00	Milwaukee WI	84.00	Toronto CAN	50.00
Crystal Lake IL	40.00	Nashville TN	138.49	Torrance CA	81.00
Dallas TX	75.00	New York, NY	25.00	TriState Intgtp NY	45.00
Davenport IA	50.00	Newberg OR	55.00	Union City NY	47.00
Downers Grove IL	200.00	N. Hollywood CA	75.00	Vancouver WA	74.00
El Cajon CA	72.00	N. Iowa IA	100.00	Villa Park IL	70.00
Elmhurst IL	15.00	Optional Grp TX	40.00	W. Los Angeles CA	83.20
Erie PA	50.00	Pasadena CA	32.00	Washington DC	80.00
Escondido CA	50.00	Penn Hills PA	172.31	Westfield NY	80.00
Frankfurt Germany	83.80	Phoenix AZ	13.00	Wheeling WV	10.00
Franklin WI	43.00	Portland OR	130.00		
Gaithersburg MD	14.60	Rapid City SD	50.00	<b>Total Group</b>	<b>10,686.78</b>
Germany	1,242.17	Redlands CA	40.00	<b>Total Individual</b>	<b><u>1,867.61</u></b>
Glen Ellyn IL	80.00	Riverside CA	100.00	<b>Grand Total</b>	<b>12,554.39</b>
Gooding ID	81.00	Rochester Intgtp NY	121.24		

**We have tried hard to make this listing correct. If the group name was not noted on the check, the donation is totalled under "Individual" and is not listed separately. To assure proper credit, please designate exactly who the donation is from. The listing reflects donations received during the Fourth Quarter only. Donations received after 1/1/93 will be in the next Essay.**

**STATEMENT OF INCOME AND EXPENSES -  
YEAR ENDING 12/31/92**

	<u>Amount</u>	<u>%</u>
<b>INCOME:</b>		
Contributions — Unrestricted	\$95,207.50	100.0
(Less) refunds	0.00	0.0
<b>TOTAL INCOME</b>	<b>95,207.50</b>	<b>100.0</b>
<b>EXPENSES:</b>		
Miscellaneous expense	145.00	0.2
Salaries and wages	33,469.00	35.2
Auto expense	159.12	0.2
Bank service charges	155.68	0.2
Courier & UPS	22.00	0.0
Education & Seminars	211.50	0.2
Insurance - General	0.00	0.0
Legal & Accounting	2,265.74	2.4
Office expense	1,893.06	2.0
Outside services	14,695.55	15.4
Postage expense	10,915.21	11.5
Printing & Tape Duplication	12,974.39	13.6
Refunds	124.41	0.1
Rent expense	8,800.00	9.2
Repairs & Maintenance	499.30	0.5
Supplies	1,230.18	1.3
Taxes - Other	708.00	0.7
Telephone	7,339.98	7.7
Travel & Entertainment	5.00	0.0
<b>TOTAL EXPENSES</b>	<b>95,613.12</b>	<b>100.4</b>
<b>NET OPERATING INCOME (LOSS)</b>	<b>(405.62)</b>	<b>(0.4)</b>
<b>NET INCOME (LOSS) BEFORE TAX</b>	<b>(405.62)</b>	<b>(0.4)</b>
<b>INCOME TAXES - State</b>	<b>0.00</b>	<b>0.0</b>
<b>NET INCOME (LOSS)</b>	<b>\$(405.62)</b>	<b>(0.4)</b>

## SA ORDER FORM

**ORDERED BY:**

(Please print or type)

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_

State/ZIP \_\_\_\_\_

Phone \_\_\_\_\_

**SA**  
**P.O. Box 300**  
**Simi Valley, CA 93062**  
**☎ 805 581-3343**  
**FAX 805-581-4057**

*Payments must be made  
in U.S. funds only.*

First Order

Repeat Order

Money Order Enclosed

Check Enclosed

<i>Qty</i>	<i>Cost</i>	<i>Title</i>	<i>Description</i>
_____	\$10.00	<i>Sexaholics Anonymous</i>	With title or plain white cover
_____	4.00	<i>SA Meeting Guide</i>	Suggested formats and experi- ence in starting a new group
_____	8.00	<i>Recovery Continues</i>	Articles that discuss various aspects of recovery
_____	6.00	<i>Member Stories</i>	Twenty-one 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 <i>Essay</i> donation	
_____		<b>Total of Merchandise</b>	
_____		<b>Deduct 20%</b> for orders over \$200	
_____		<b>CA Residents</b> add sales tax = .0725	
_____		<b>Shipping/Handling</b> (See Chart)	
_____		<b>ORDER TOTAL</b>	

**SHIPPING AND  
HANDLING**

0 - \$9.99	\$1.75
\$10.00 - \$19.99	2.95
\$20.00 - \$29.99	3.40
\$30.00 - \$49.99	4.25
\$50.00 - \$99.99	5.00
\$100.00 and over	6.50



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