

# Essay®

P.O. Box 111910  
Nashville, TN 37222

March/May 1995

## CORRECTIONS COMMITTEE UPDATE

Hi, my name is Gary G, and I'm a gratefully recovering sexaholic from Cleveland, OH. With the help of God and this Fellowship, I've been sexually sober since April 1993. I have been attending SA meetings regularly since November 1991. In early 1994, I joined with a group of SA members from northeast Ohio, who were attending SA meetings within two prisons near Cleveland. In February, 1995, I joined the Corrections Committee (SACC), which has been meeting monthly since November, 1994. Marsha F. took over the Chair from Bernie M. (Portland, OR) in July, 1994. Marsha's article in September 1994, issue of the *Essay* introduced the committee and how it functions.

The purpose of the SACC is to carry the message of recovery to sexaholics who are suffering from their lust addiction while inside prison. The group conscience of the committee helps us stay within the guidelines of our Twelve Steps and Twelve Traditions in carrying out our mission. SACC members must have at least six months sobriety and the chairperson must have at least two years. The chairperson's term of office is three years.

The main function of the SACC is to respond to letters written to the SA Central Office by prison inmates. This job is facilitated with the help of 11 local area contacts throughout the country. Our current contacts are: Paul S. (San Diego, CA), Wayne C. (Lancaster, CA), John B. (Monterey, CA), Leonard D. (Baltimore, MD), Michael B. (Wichita, KA), John N. (Rochester, NY), Tim T. (Akron, OH), Bernie M. (Portland, OR), and

Byron W. (Pittsburgh, PA). Until very recently, we also had the help of Bert D. (Daytona, FL), who had to resign for personal reasons. All of these contact people have been very helpful and we are grateful for their willingness to serve.

Marsha F. has compiled a computer list of 119 inmates who have inquired about SA. Of these, 86 inquiries have been received since July, 1994. All of these requests have been answered with letters or information packets. Twenty-one inmates have access to SA meetings within their prisons. Twenty-nine inmates have agreed to have their names appear on a mailing list so that SA members on the "inside" can communicate with each other. Recently, this list has been made available to SA members on the "outside" who wish to write to sexaholics in prison. We are also planning to contact the thirty-two inmates from the original list to see if they are still interested in SA.

This past Christmas, we sent Christmas cards, signed by all the members of the Friday night Cleveland SA meeting, to thirty-five SA members inside prison. We received twenty responses thanking us for our kindness and Christmas spirit.

Another recent activity of the SACC is the revision of the information packets for inmates. They contain an SA brochure, the Sobriety Definition, the SA Literature List, SA Institutional Meeting notes, three articles from the *Essay* (Marsha F.'s Corrections Committee News article, the article by

## THANKS... FOR YOUR SUPPORT

The COOC and the Central Office want to express sincere gratitude for the generosity of the fellow-ship in response to our appeal for funds. This makes it possible for us to continue to "carry the message to the sexaholic who still suffers." If contributions continue at this level, we will be able to serve our basic needs.

You may have noticed that this issue of the *Essay* is coming to you somewhat later than the "March" date. We apologize for the delay, which was beyond our control, and hope to get back on track with the next issue. Thank you for your patience.

## NEW!

"Practical Guidelines  
for Group Recovery"

- \* Copy
- \* Discuss
- \* Feed Back Comments

See page 5.



Mike H. from North Hollywood, CA, and the article on sponsoring newcomers), an article written by Dan B. from Painesville, OH, entitled, "SA is Not Group Therapy," and an open letter to SA from a prison inmate in Texas.

Finally SACC is reaching out through prison counselors and chaplains to offer more sex addicts in prison a chance to experience the strength and hope of SA recovery.

My own experience in serving SA on the Corrections Committee is one of love and gratitude. Whether I'm sitting in a prison meeting or corresponding with an SA on the "inside," I'm sharing my experience, strength, and hope with an addict who wants recovery as much as I do. I realize how much my own sobriety and recovery depends upon my reaching out to other sex addicts. The SACC provides a great way to do just that. G.G.

*If you are interested in further information about serving as an SACC representative, please send*

### CALENDAR OF EVENTS

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

**May 12-14, 1995**  
**Germany SA Convention, Maria Laach, Germany**  
Theme: I am the Key. Contact AS Gruppe Bonn, Lotharstr. 95, 53115 Bonn

**May 19-21, 1995**  
**SA/S-Anon S. MidWest Retreat, Wichita, KS**  
Theme: We Came To. Contact Tom M. (SA) at 918-835-3385 or Christine W. (S-Anon) at 316-682-8916.

**July 7-9, 1995**  
**SA-S-Anon International Conference, Baltimore/Washington DC**  
Theme: Fellowship of the Spirit. Contact Chris B. (SA) at 703-742-6990 or Paulette C. (S-Anon) at 410-343-1412.

**October 27-29, 1995**  
**SA/S-Anon S. Midwest Fall Retreat, Wichita, KS**  
Contact: Oklahoma City SA, P.O. Box 21075, Oklahoma City, OK 73156

**January 12-14, 1996**  
**SA/S-Anon International Conference, Phoenix, AZ**  
Theme: Freedom to Choose Not To. Contact Tom McD. (SA) at 602-759-9157 or Linda McD. (S-Anon) at 602-759-9157.

*your name, address, phone number, and times when you can be reached to Marsha F., P.O. Box 785,*

*Madison, OH 44057 or call (216) 766-8476, or contact the Central Office.*

### Essay Editorial Guidelines

The *Essay* editorial function is answerable to the fellowship as a whole. Just as our SA group meetings follow guidelines designed to keep meetings on track, the following guidelines apply to the *Essay*:

- Articles from SA members and SA groups or intergroups are invited, although no payment is made, and material is not returned.
- The Central Office provides the *Essay* editor with copies of letters and other material of potential use in the newsletter.
- Submissions, selected by the editor, are subject to correction of spelling and grammar (the Chicago Style Manual is the standard) and may be condensed to accommodate space limitations.
- The principles of SA's Twelve Traditions guide editorial philosophy.
- Articles are not intended to serve as statements of SA policy, nor does publication imply endorsement by either SA or the *Essay*.
- SA's sobriety definition is not debated, since it distinguishes SA from other sex addiction fellowships. *Essay* is not a forum for non-SA sobriety and non-SA principles.
- The *Essay* is not a fund-raising mechanism, although from time to time SA's needs may be made known.
- General Guidelines for Submissions: Where possible, articles submitted for publication should be typed and double-spaced. If articles are submitted on disk, check with the Central Office for software compatibility. Send articles to the SA Central Office, attention of the *Essay* editor. When an article speaks for a group or intergroup, it should have the prior approval of that group or intergroup. Articles should observe common standards of friendliness and good taste. Discussions involving therapy or religion are discouraged.



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## GROUP NEWS

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**San Francisco, CA:** On February 4, 1995 the SF Bay area SA Intergroups hosted a half-day workshop on sponsorship. Its purpose was to raise consciousness about this vital aspect of recovery. The workshop saw sponsorship as the "oft neglected leg of the SA tripod"-- 1) actively working SA's Steps and Traditions, 2) regular and frequent attendance at SA meetings, 3) giving and receiving SA sponsorship. Some insights gained from the workshop: regular and frequent phone contact, visibility of available sponsors, advocating interim sponsorship of newcomers, launching into an individual recovery regimen, attitudes and discipline required of both sponsors and sponsees, etc. The workshop experience infused energy into the participants, and the intergroups decided to inventory its experiences and approaches with sponsorship on a quarterly basis.

**Calgary, Alberta, Canada:** Six months ago we started an SA meeting here in Calgary, with three people at the first meeting. Like any new group we didn't know the group's future but we wanted sexual sobriety and so continued coming back each Sunday night. As time passed others joined us and the group has grown stronger. We realized the need for another meeting which now happens every Friday night. We are happy to say that the group is going strong and invite anyone visiting Calgary to drop in. Our Intergroup telephone number is (403) 230-9294. Thank you *Essay*, we appreciate your publication; keep up the good work! **B.F.**

**Montreal, Canada.** Looking back at 1994, we can say we had a good year in Montreal Group. We have welcomed many newcomers, both women and men. We had a one-day

mini-congress in French. Have a good 24 hours and may God be with you. Note: For those who travel to Montreal and want to contact SA, the telephone number is (514) 489-5105. **A.G.**

**Canberra, Australia.** I would like to take this opportunity to advise you of the establishment of SA, Canberra Fellowship Group. The first meeting of the group was held on the 19th of October 1994. The meeting was attended by five people. Since the first meeting our numbers have grown steadily and we now have ten members (four women and six men). **P.T.**

**Millvale, Prince Edward Island, Canada.** In 1989, the Island's first and only SA group began. Now meetings are on Tuesday at 7:00 p.m., and the group is small with seven active members. **K.D.**

**Netherlands - New Contact** is Ineke 011/31-8360-32820.

## WELCOME TO THESE NEW GROUPS

Sidney, NB  
Champaign, IL  
Lancaster, IA  
Erie, PA  
Abilene, TX  
Calgary, Alberta, Canada  
Windsor, Ontario, Canada  
Reading/Bethlehem, PA  
Fremont, CA (SF Bay Area)  
Anaheim, CA (Spanish-speaking)  
Ft. Myers, FL  
Shepherdstown, WV  
Imbler (not Imkler), OR

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## MEMBER NEWS

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Hi, I'm Marsha F. a gratefully recovering sexaholic by the grace of God and this Fellowship. I have come to discover there is very little difference between myself (a SA on the outside) and the SA's I have met on the inside. As a recovering sexaholic, I seem to grapple with fear. Yet, with prayer fear can be overcome. "Courage is fear that has said its prayers" was a slogan I have clung to over the past six years in recovery. I have been afraid many times during my journey in this program; my first SA meetings at the Tuesday Night Painesville meeting, walking into prisons, SA meetings on the inside, volunteering to serve as the SA Correction Committee Chairperson, calling total strangers in SA to ask them to be or find a contact for an SA on the inside. I thought I would die! But I didn't--I prayed and God as always, did His part when I did mine. It amazes me to think of all I would have missed had I allowed my fear (which probably would have come out as contempt so I would have had a really good excuse not to do something I was afraid to do even though I knew I was supposed to do it) to control my life. The SA and AA Big Books say, "There is a principle which is bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance--that principle is contempt prior to investigation." [From *Alcoholics Anonymous*, pp. 569-570]. Thank you God for turning my fear to courage. The SA White Book says, "At times we experienced great joy; at other times, doubt, uncertainty, depression, and fear. At times it seemed we were running with winged feet, at others, standing still and still others, that we were losing ground. But we found that once on this road, something deep within told



us it was the right path for us. We simply knew it. And that was enough to keep us going. Whatever our experience, we found it to be the greatest adventure of our lives."

[From *Sexaholic Anonymous*, page 78.]

I would like to share some of the experiences of those SA's on the "outside" who have dared to risk SA on the "inside":

"My prison visits have been a blessing to me. I have recognized that I walk on equal ground with all who have joined me within these prison walls. All that separated us is the fence. God's grace, love and forgiveness have no barriers. Prison visits have been a gift to me--thank you for your honesty, openness and open-mindedness." CB

"I went to a SA prison meeting this week. I needed a meeting. This is 'going to any length' and it was wonderful. These guys are just like me and I heard what I needed to hear from my Higher Power: 'Stay in the moment.' To share my experiences, strength and hope. To be helped. I need these guys to stay sober and recover. I am grateful today for SA in prison. Thank God!" PH

Giving up my addiction I felt would be death itself or at the very least boring (A fatal death in my immature thinking!), life would be dull, there would be very little to do, and nothing to look forward to! Guess what, I was wrong! And now you actually have me admitting it in writing! Hard to believe I know, from someone who was never wrong and if I was I was not going to let you know I knew that I was! M.F.

Please send items for Group or Member News to the Central Office, P.O. Box 111910, Nashville, TN 37222.

### The Importance of the Group

Getting sobriety in SA was a complicated job for me. First I had to attend meetings where I was told to listen and identify in anticipation of a time when I'd become willing to surrender my lust habit to God.

Initially, I resisted this open mindedness, thinking that I needed to lust to be me. In a year's worth of meetings, listening to sober and unsober members, I began to realize the benefits of the sober lifestyle for those who had it. I grew enthusiastic about getting serenity, choice, and freedom from lust. One thing that

"... sobriety would only be mine if it became my first priority, over and above fear, comfort or frustration..."

particularly appealed to my ego at that time was that only a sober SA could lead meetings.

In an attempt to put the cart before the horse, the perchance to trick myself into staying willing to be sober, I took the leadership of a meeting before committing spiritually to sobriety. I had a slip in time, and had to step down publicly from my post. This had the effect of making me admit to myself and others that sobriety would only be mine if it became my first priority, over and above fear, comfort or frustration (the three demons that lead to a slip in any of my programs.)

Having a public slip illuminated the importance of the group in my recovery. I felt that my life had changed as a result of our prayerful work together on a regular basis. Ninety days after my slip I was reinstated as group chair, this time sober and without any reservations. Since then sobriety has held top priority in my life on a daily basis.

Giving it up would be a matter I would have to debate publicly with the group at length before surrendering it. **Anonymous, NYC**

### Striving for 100% Willingness

At a recent check-meeting on chronic slipping in our local group here in Somerset, I made a personal discovery which I would like to share, it made so much sense to me.

I have been around SA now for seven years. I have been miraculously relieved of my sexual compulsivity in several stages or layers over that time. The first layer was relief from masturbation, cross-dressing, pornography and voyeurism--relief from compulsive sex with myself. The second layer was relief from sexual obsession with my partner - relief from compulsive sex with others. The third layer has been progressive relief from lust in my daily life: from the power that fantasy, memories, and my eyes have to take control of at any time.

Today, I can look back and see that layer one (sex with self) truly holds no temptation for me - today. That is not yet true for me with layers two and three (sex with others and lust) - maybe it never will be. What I *can* see is that I am as vulnerable today to a slip in layer three as ever I once was (and could be again) to a slip in layer one with masturbation, cross-dressing, etc.

That means that I too am a chronic slipper when it comes to my uppermost layers (two and three): the compulsive desire for the warm buzz that being around the women (rather than the men) still gives me - the desire to be lusted after; or the compulsive tendency to speed when I'm driving; or my remaining compulsive attraction to status and money.

What I find about my uppermost layers (two and three) is exactly like the man who, as a chronic slipper, simply cannot keep out of mens' restrooms (for example), I too want total relief from my particular affliction *now!* But if the truth be



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known - and my behavior proves it to the group - I am not 100% willing - yet - to give these uppermost layers up.

The insight from our check meeting, for me, was that our program does not even tell me that I have to be 100% willing! That 100% willingness will come with time, just as it has for me today, with my own layer one. The program actually tells me - or rather, suggests - that I simply have to put down the jug for now; to delay gratification of my lust for the next few minutes *only*. That gives me time to run the idea past my sponsor or another group member, over the telephone, and see it for what it is actually worth: the sacrifice of all my glorious new-found sobriety for the sake of just one slip!

Looking back I can honestly say that I have never been 100% willing to surrender out there at the cutting edge of my sobriety. What a relief to recognize that all I have ever done is to *delay* gratification of my lust, just for now, and the willingness to surrender completely has then come with time.

What gratitude I have for the members of the Fellowship, who

have been there to support me, as I practiced these delays, and faced the emptiness and feelings of confusion which they always bring - in the short term. In the longer term the gift of lengthening sobriety has been worth every bit of it!

I hope this is helpful to other chronic slippers too. We only have to put it down for now! Tomorrow is another day! **Anonymous, U.K.**

### **12 Steps as Principles of Recovery from where I am Today** (*From January 1995 Conference in LA. Ed.*)

*Dying:* Admit I am powerless over lust; that my sex, sexuality, orientation and relational misconnection are unmanageable.

*Needing:* Know I need a Power greater than myself to restore me to sexual and relational sanity.

*Surrendering:* Turn my will, sex, sexuality, orientation, and relationships over to the care of God.

*Seeing:* See and tell the truth of myself in the light of those who are recovering and write a moral inventory of myself.

*Exposing:* Share this inventory with another recovering person.

*Cleansing:* Bring God into each defect of character that is revealed, asking that it be removed and continue bringing it into the light of others and God until I am released from its power over me.

*Changing:* Make direct amends to all persons I have harmed, except when doing so would injure them or others and continue looking at where I am wrong and promptly amending it.

*Forgiving:* Ask for the willingness to forgive all persons guilty of real or imagined wrongs against me and forgive each one.

*Receiving:* Receive God into each fantasy and temptation to lust, misconnection, resentment, fear, etc.--into the very temptation itself. Instead of acting out or thinking out, let God in.

*Giving:* Join with others in helping other pseudosexuals find this God who is saving me from my lust and from myself.

*Praying:* Seek through prayer and meditation to improve my connection with others and God.

*Living:* Make these principles a way of living, taking the *actions* of love--especially when the feeling of love is absent--to improve my relations with others. **R.K.**

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## LITERATURE COMMITTEE UPDATE

The Literature Committee is considering a new book for SA that would address such topics as developing healthy groups, guidelines for meetings, sponsorship, helping newcomers, a history of SA, and more. Parts of *Discovering The Principles* and the *SA Meeting Guide* will also be included. But help is needed from each group (and Intergroup).

Along with each issue of the *Essay*, subscribers and Intergroups will receive short, pamphlet-sized papers that will address single topics that are of current interest to the

Fellowship. Members are invited to copy, distribute, and discuss them, then send your comments to the SA Central Office for consideration by the Literature Committee. These critiques will be the basis for the direction of the book. The first working paper is included with this issue.

### **Tapes Available**

Many SA and S-Anon Tape Albums are available to members from Glenn K Audio Tapes. For further information, contact Glenn K

Audio Tapes at 1-800-257-TAPE. A list of tapes is also available.

### **Spanish Literature Available**

Two official items, the *White Book* (*el Libro Blanco*), and *Discovering the Principles* (*Descubriendo los Principios*) have been translated into Spanish. The prices are \$8.00 for the former and \$2.00 for the latter, plus shipping and handling charges (check order form). The two non-official items distributed by the Central Office, "Notes on the Early Growth of SA" ("Notas sobre los comienzos de SA"), and "Some



Opinion, Medical And Personal, On The Physiological Aspects Of Male Sexual Abstinence" ("Algunas Opiniones, Medicas y Personales, Sobre Los Aspectos Fisiologicos de la Abstinencia Sexual Masculina") are also available in Spanish. And all literature can be ordered from Nashville Central Office. See Order Form on p. 9.

A bilingual order form and the Spanish brochure are included among the material usually sent to inquirers from Spanish speaking countries or to Hispanics in the U.S.

We ask all our readers to share this information with all the Spanish speaking members they might know. We are sure that reading program

literature in their own language will be very helpful to all of them, and will strengthen their sobriety.

**J.M.R., Madrid, Spain**

### **Call For Recovery Stories In Spanish And Portuguese**

There is urgent need for recovery stories from both men and women (and S-Anons) in the Spanish and Portuguese languages. Preferably on audio cassette. These stories will be used as member-to-member sharing until more complete resources are made available. Members who want to contribute should get prior approval from their group. Use first names only: Tell "What it was like,

what happened, and what it's like now." Send tapes/typewritten stories to the SA Central Office, where masters will be kept.

### **Elect Essay Rep**

During a recent meeting the SA Literature Committee voted that "The SA Literature Committee recommend to the fellowship that each SA group elect an *Essay* representative who will create the *Essay* consciousness, implement its distribution, and receive input from the group and from individual members for the *Essay*." Please see page 7 of this issue for further information on how to register your *Essay* representative.

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## **SERVICE STRUCTURE COMMITTEE UPDATE**

There has been a surge of interest in SA for unity through representation. Many are asking how they can start an intergroup or communicate with other people in their region. The answers will come; the key is willingness and an open mind. Every area can do what best suits their current situation. The overall goal is to have each SA group represented in their respective regional assembly this year. Whether a state has one or 100 groups it should be represented. A state with 100 groups will probably have several intergroups and hence several intergroup reps at their regional assembly. Oklahoma, for example, has one intergroup, with less than 12 groups represented from around the state. The purpose of the service structure is to carry the message,

provide information and communication from the group to the Central Office in an orderly democratic manner. For more information contact SA CO.

Until the service structure is underway the committee needs representation from three regions to aid the fellowship in this task. Representatives are needed from 1) the northeast region: Que, Ont, NB, ME, VT, NH, NY, CT, RI, MA; 2) Mid-Atlantic region: PA, DC, MD, NJ, OH, VA, WV, DE; and 3) Southeast region: IN, KY, TN, NC, SC, MS, AL, FL, PR, GA. Representatives are volunteer trusted servants with at least two years sobriety. Contact Mike B., 636 Eastern #101, Wichita, KS 67207. Phone: 316-686-5104.



# Box 300

P.O. Box 111910  
Nashville, Tennessee 37222

March/May 1995

## CENTRAL OFFICE BEGINS PROCESS OF UPDATING RECORDS

SA's Central Office needs to have an updated completed list of all local groups with the following information, if possible:

- Name and phone number of a local contact. (This information would be given to callers interested in SA. Or given to SA members who want to attend a meeting while traveling.) This person might also be the *Essay Representative* (see p. 6).

- Mailing address that could be used as means of reaching as many SA members as possible by mail (for instance, when election of a regional representative is necessary). Discretion will be used; the outside of the envelope will have only our return address—"P.O. Box 111910, Nashville, TN 37222."

- Name and phone number of a group contact person; it would be used only by the Central Office (for instance if the local contact person's number has been disconnected or when mail has been returned). Discretion will be used: If I leave a message, I will say that I am Cathy McKee from the office in Nashville, Tennessee.

The Central Office has some of this information already. But it has been several years since the information has been updated and changes do occur without the Central Office being notified.

Please take a few minutes, talk with the members of your group, and have someone fill out the form on page 11 and return it to the Central

Office. Please keep the Central Office in mind when changes occur...and keep us updated.

For the next few months this form will be sent out with orders and with the newsletter. If you know an SA friend in another group that may not have heard about the Central Office trying to update records, please try to get in touch and let them know about it.

The Central Office is ever mindful of the Eleventh and Twelfth Traditions regarding Anonymity and keeps all information confidential. The only exception would be the local contact who has volunteered to talk with those interested in coming into the program. **Cathy McKee, Central Office**

### MARCH 1995 CENTRAL OFFICE EXPENSES

Rent (includes final Simi Valley office rent)	\$ 970.00
Payroll (includes IRS employer contribution for 12/1/94 - 2/28/95)	2,790.56
Office Supplies	136.19
Telephone	911.39
Postage	680.79
Printing	815.00
Bookkeeping	175.00
Computer Support	70.00
Member reimbursement	49.35
<b>TOTAL</b>	<b>\$6,598.28</b>

### FINANCIAL REPORT

Final financial results for 1994 have not been determined yet because of the move and the change in bookkeepers. The bookkeeper in California has completed October and November 1994 reports.

Expenses during December included printing literature, office supplies, and moving expenses.

Thanks to the generous response from SA membership following the L.A. conference in January, the bank balance as of March 31, 1995, was \$13,098.81. **Jim C.**

### ARCHIVIST NEEDED

Any SA members with library science background who would be interested in advising the Central Office concerning SA's archives should contact Cathy McKee at CO. We are looking ahead to cataloging and storing SA archival materials. Call 615-331-6230.

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## Donations for the Fourth Quarter --1994

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Anaheim, CA	\$ 62.39	Pittsburgh, PA	53.92
Atlanta, GA	90.00	Pleasanton, CA	16.00
Baltimore, MD	50.00	Painesville, OH	50.00
Bay Point, CA	.40	Pomona, CA	10.00
Beaverton, OR	18.93	Portland, OR	78.35
Bozeman, MT	17.05	Rapid City, SD	50.00
Burbank, CA	100.00	Regina, SK, Canada	100.00
Cache, OK	400.00	Riverside, CA	20.00
Camarillo, CA	50.00	Rochester Intergroup	63.77
Capitol Hill UMC, DC	90.00	Rochester, NY	570.44
Chicago Intergroup	28.95	San Bernardino, CA	27.00
Chicago, IL	75.00	San Diego, CA	54.00
Cleveland Fri Night, OH	100.00	Sauk, United Kingdom	30.00
Cleveland, OH	257.50	Seal Beach, CA	25.00
Columbus, OH	60.00	Slidell, LA	100.00
Crystal City, VA	150.00	South Jordan, UT	15.75
Crystal Lake, IL	100.00	Suitland, MD	50.00
Dallas, TX	10.00	Sunnyvale, CA	26.00
Davenport QCSA, IA	50.00	Syracuse, NY	40.00
Daytona Beach, FL	50.00	Torrance, CA	25.00
Desert Hot Springs, CA	80.00	Troy, MI	100.00
Downers Grove, IL	195.75	Tucson, AZ	29.50
Elk Grove, IL	33.00	Villa Park, IL	50.00
Elmhurst, IL	50.00	Warner Robins, GA	30.00
Elysia, OH	45.60	Washington, DC	200.00
Erie, PA	50.00	West LA, CA	50.00
Escondido, CA	121.39	Westside, OR	135.25
Florence, AL	70.00	Wheeling, WV	10.00
Ft. Collins, CO	40.00	Whittier, CA	15.75
Hacienda Heights, CA	37.00	Wichita, KS	400.00
Houston, TX	15.00	Willow Creek, IL	149.50
La Mesa, CA	80.39		
Laurel, MD	25.00	Group Donations Total	\$6,557.65
Lincroft, NJ	50.00		
Livingston, MT	10.00	Individual Donations Total	\$3,045.27
Long Beach, CA	141.83		
Mason City, IA	50.00		
Metuchen, NJ	60.00		
Millvale, PEI, Canada	40.00		
Milwaukee, WI	273.65		
Montreal, BC, Canada	75.00		
Nashville, TN	210.59		
North Hollywood, CA	220.00		
Painesville, OH	50.00		
Palm Desert, CA	100.00		
Pasadena, CA	98.00		

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# CENTRAL OFFICE OVERSIGHT COMMITTEE REPORT

(The mandate of the COOC is to oversee the running of the Central Office.) During the March 26, 1995 Central Office/Steering Committee meeting, the following issues were raised: Motion made and carried to authorize purchase of a new computer for Central Office, for approximately \$2,000. Motion made and carried to authorize Cathy McKee to train a part-time person to work up to two days a week in the office, and fill in when she is on vacation. Motion made and carried to have Cathy travel to AA Central Service in New York City following the Baltimore Conference, to learn about archiving and how the central office of AA is run. Motion made and carried to extend the life of the Steering Committee until the Phoenix Conference or until it is replaced with a permanent body. Discussion of our policy of sending free literature to people in correctional facilities: in the last six months of 1994, \$772 was spent on literature and shipping, and in the first three months of 1995, \$673 was spent on literature and shipping. There was affirmation that this was an important part of our outreach. There was concern, however, that there might be too many duplicate requests. COOC asked Cathy to contact the Correction Committee chair and report back. Jose Maria R. requested that Cathy locate a Spanish-speaking SA member in Nashville to read Spanish-language letters. Requests for literature could then be handled promptly by the Central Office. A new bookkeeper has been hired in Nashville. Motion made and carried to empower Cathy to offer both correspondence with the SA Loner Committee and telephone numbers of the national offices of other "S" fellowships to anyone who calls from an area in which there is no SA contact.

### HOJA DE PEDIDO (Order Form)

Los pagos se han de efectuar en dolares USA  
SA, P. O. Box 111910, Nashville, TN 37222  
Estados Unidos de America  
tel. 615 3316230 FAX 615 3316901

Por favor, escriba con letras mayusculas o a maquina.

Nombre \_\_\_\_\_ (Name)  
 Direccion \_\_\_\_\_ (address)  
 Localidad/Codigo postal \_\_\_\_\_ (city and zip code)  
 Estado opais \_\_\_\_\_ (state or country)  
 Telefono \_\_\_\_\_ (phone number)

\_\_\_\_\_ Primer envio \_\_\_\_\_ Segundo o posteriores \_\_\_\_\_ giro postal \_\_\_\_\_ cheque  
 (first order) (repeat order) (money order) (check)

Cantidad Quantity	Precio Price ea	Titulo Description
_____	\$ 8.00	Sexolicos Anonimos
_____	\$ .30	Folleto de SA (SA brochure)
_____	\$ 2.00	Descubriendo los Principios
_____	\$ .50	Notas Sobre los Comienzos de SA
_____	\$ .25	Algunas Opiniones, Medicas y Personales, Sobre los Aspectos Fisiologicos de la Abstinencia Sexual Masculina
_____	\$ _____	Deducccion del 20% (mas de \$200)
_____	\$ _____	(Residentes CA .0775%) (Residentes FL .0600%)
_____	\$ _____	Gastos de envio (shipping & handling)
_____	\$ _____	PRECIO TOTAL (ORDER TOTAL)

COOC members decided to begin writing a notice for the *Essay* to let the fellowship know about items discussed and decided at our meetings. As of March 1995, the COOC members are: Judy F. (NE Atlantic-secretary), Margot C. (NE Atlantic), Paul G. (Mid-Atlantic), Bill P. (Southeast - CO Steering Committee liaison), John S. (N Mid-West), Sylvia J. (S Mid-West - chair), Jim C. (Southwest - treasurer), Paul S. (Southwest), Steve G. (Southeast), Jose Maria R.

#### GASTOS DE ENVIO (Shipping & Handling)

\$	- \$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	
Over \$100.00	= \$6.50	

(Madrid/Spanish-speaking liaison and translator); and Cathy McKee (Office Manager). ■



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### Donations for the First Quarter --1995

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Abilene, TX	\$ 10.00	Montreal, Quebec, Canada	200.00
Akron, OH	49.30	Nashville, TN	660.45
Anaheim, CA	23.25	New York City, NY	30.00
Atlanta, GA	400.00	North Hollywood, CA	120.00
Augusta, GA	150.00	Norwalk, CA	12.00
Baltimore, MD	80.00	Olive Branch, TX	20.00
Bannockburn, IL	75.00	Omaha, NE	71.00
Beaverton, OR	16.50	Painesville, OH	50.00
Binghamton, NY	65.00	Pasadena, CA	410.00
Bozeman, MT	30.00	Penn Hills, PA	143.00
Calgary, Alberta, Canada	28.85	Phoenix, AZ	152.00
Camarillo, CA	324.05	Pittsburgh, PA	38.56
Chicago, IL	61.00	Pleasanton, CA	11.00
Chino, CA	225.00	Portland, OR	778.13
Cleveland, OH	349.56	Puget Sound, WA	14.00
Crystal City, VA	319.51	Riverside, CA	20.00
Crystal Lake, IL	315.00	Rochester, NY	331.26
Daytona Beach, FL	175.00	Rockville, NY	37.00
Downers Grove, IL	90.00	SAFWC, IL	41.60
Dubuque, IA	100.00	S. CA Area Intergroup, CA	250.00
El Paso, TX	12.00	Salt Lake City, UT	26.36
Elk Grove Village, IL	97.00	San Bernardino, CA	88.00
Elmhurst, IL	45.00	San Diego, CA	20.00
Encinitas, LA	44.21	Saskatoon, Sask., Canada	50.00
Erie, PA	50.00	Savannah, GA	11.60
Escondido, CA	65.00	Seal Beach, CA	10.00
Oklahoma City, OK	600.00	Springbrook, OR	121.00
Franklin, TN	96.00	St Louis, MO	60.00
Fremont, CA	30.00	Stafford, VA	15.00
Glen Ellyn, IL	100.00	Sunnyvale, CA	27.00
Glendora, CA	85.00	Tokyo Japan	100.00
Hacienda Heights, CA	75.00	Toronto, Ontario, Canada	50.00
Hyde Park, IN	56.50	Torrance, CA	40.00
Irvine, CA	350.00	Tri State Intergroup, NY	400.00
Knoxville, TN	80.00	Villa Park, IL	50.00
Lancaster-Palmdale, CA	60.00	Warner Robins, GA	48.00
Lawrenceburg, TN	20.00	Washington, DC	50.00
Lewiston, ID	35.05	Wheeling, VA	6.00
Lincolnshire, IL	56.00	White Rock, BC, Canada	150.00
Long Beach, CA	126.14	Wichita, KS	710.06
Long Island, NY	270.00	Willow Creek, IL	100.00
Lower Bucks County, PA	28.00	Woodbridge, VA	15.00
Wauwatosa, WI	40.00	Yellowknife, NWT, Canada	10.75
Metuchen, NJ	25.00		
Milwaukee, WI	538.25	Group Donations Total	\$11,559.94
Mission Viejo, CA	100.00		
Montclair, NJ	40.00	Individual Donations Total	\$ 2,720.89

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# UPDATE

Please Fill Out To Update Your Group With  
The Central Office

DATE:	
AREA REGION:	
STATE:	
CITY:	
FOR CENTRAL OFFICE RECORDS ONLY (Will not be given out by Central Office)	
GROUP MAILING ADDRESS:	
GROUP CONTACT NAME & PHONE NUMBER:	
TO BE GIVEN OUT TO THOSE WHO CALL CENTRAL OFFICE (LOCAL CONTACT)	
LOCAL CONTACT NAME:	
CONTACT PHONE(S) AND/OR ADDRESS:	
SPECIAL INSTRUCTIONS:	
ZIP CODE:	



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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.

## 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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**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 TRADITIONS OF ALCOHOLICS ANONYMOUS:** 1. Our common welfare should come first; personal recovery depends upon AA 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 AA membership is a desire to stop drinking. 4. Each group should be autonomous, except in matters affecting other groups or AA as a whole. 5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers. 6. An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual purpose. 7. Every AA group ought to be fully self-supporting, declining outside contributions. 8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers. 9. AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. 10. Alcoholics Anonymous has no opinion on outside issues; hence the AA 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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**SEXAHOLICS ANONYMOUS**  
**P. O. Box 111910, Nashville, TN 37222**  
**(615)331-6230 » FAX (615)331-6901**  
**Payments must be made in U.S. funds only.**

Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 \_\_\_\_\_  
 City \_\_\_\_\_ Telephone \_\_\_\_\_  
 State/Zip \_\_\_\_\_ \*Group \_\_\_\_\_

First Order	
Repeat Order	
Money Order Enclosed	
Check Enclosed	

PLEASE INDICATE ENGLISH OR SPANISH TRANSLATION.  
 (IF NOT INDICATED, ENGLISH WILL BE SENT.)

- \_\_\_\_\_ Sexaholics Anonymous White Book { \_\_\_ \$10.00 English \_\_\_ Full Cover \_\_\_ Blank If not indicated, blank will be sent } { \_\_\_ \$8.00 Spanish - no cover/not hard bound }
- \_\_\_\_\_ SA Brochure - Problem, solution and 20 questions { \_\_\_ 20¢ English } { \_\_\_ 30¢ Spanish }
- \_\_\_\_\_ SA Meeting Guide - Suggested formats and experience in starting a new group { \_\_\_ \$4.00 English - not available } { \_\_\_ \$4.00 Spanish - not available }
- \_\_\_\_\_ Member Stories - Twenty-one recovery stories { \_\_\_ \$6.00 English } { \_\_\_ \$6.00 Spanish - not available/in translation }
- \_\_\_\_\_ Recovery Continues - Important articles aiding personal recovery { \_\_\_ \$8.00 English } { \_\_\_ \$2.00 Spanish - no cover/not hard bound }
- \_\_\_\_\_ Discovering the Principles - SA's growing experience with the Traditions { \_\_\_ \$2.00 English under revision - not hard bound } { \_\_\_ \$2.00 Spanish - no cover/not hard bound }
- \_\_\_\_\_ Notes on Origin and Early Growth of SA { \_\_\_ 50¢ English } { \_\_\_ 50¢ Spanish }
- \_\_\_\_\_ Some Opinion, Medical and Personal, on the Physiological Aspects of Male Sexual Abstinence { \_\_\_ 25¢ English } { \_\_\_ 25¢ Spanish }
- \_\_\_\_\_ Essay Newsletter { \_\_\_ English - one year/four issues - \$7.00/year single subscription - \$5.00/year per subscription for an order of 10 subscriptions or more. } { \_\_\_ Spanish - not available }

\_\_\_\_\_ TOTAL OF MERCHANDISE  
 \_\_\_\_\_ Deduct 20% if order is \$200 or more  
 \_\_\_\_\_ Sub Total  
 \_\_\_\_\_ SALES TAX (FL .06) (CA .0775) (TN .0875)  
 \_\_\_\_\_ SHIPPING & HANDLING (See Chart)  
 \_\_\_\_\_ DONATION  
 \_\_\_\_\_ TOTAL (U.S. Funds Only)

SHIPPING & 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
Over \$100.00	= \$6.00

\*If your order or donation is for a group or intergroup, please indicate in the address section above.



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