

Essay®

P O Box 111910
Nashville, TN. 37222

September 1995

FEEDBACK ON WORKING PAPER

The working paper has hit the nail on the head. Thank you for naming the problem. When I first came into SA, I came into a very strong group. The group was my sponsor as there were no women sponsors available in SA. I knew I could stay sober going to this group every week. I came into the fellowship in March 1989. I had wanted SA sobriety for a long time before I knew that there was a group with this sobriety. For almost two years I had a strong SA group. For over four years I have not had a strong SA group. I go to the Unity Conference [in Los Angeles] yearly to witness what strength is and recommit myself to SA sobriety and recovery. The groups that were near my home were small and had no sobriety. Two groups died. Another group was down to one or two, sometimes three, people and no sobriety. Occasionally I went far from home -- 30 miles. I didn't feel a part of the group. Being a woman I didn't feel comfortable fellowshipping with the group before and after the meeting. I called occasionally the few women in the SA fellowship. For my sanity I went to other fellowships and did not talk about "lust." Then the oldtimers in SA started to drop out, move away. Only two are left...

I lost my sobriety after five years. The pain kept me coming to meetings. I felt embarrassed. To get back on track I knew I needed a home group. I selected a meeting that could be my home group and now I have six and one-half months of SA sobriety.

Getting involved with newcomers is not that easy. I am a woman and I need firm boundaries. I will not give a newcomer man my phone number. Only women newcomers do I give my number to.

Sponsorship. I have tried to sponsor women. Each has dropped out to pursue a relationship. I don't know what I'm doing as a sponsor. Usually a woman has multi-problems besides lust. I encourage each to do their First Step inventory. Listening to their inventories certainly keeps me sober.

Steps. I work the Steps in other fellowships. I haven't felt safe to work the Steps with a bunch of SA men. I have been attending S-Anon this year. The woman I asked to be my sponsor freaked out when I told her I was also a sexaholic. She rejected me for sponsorship. I am now praying for a sponsor in Al-Anon. S-Anon is talking about having a meeting for working the Steps. Sometimes I feel very lonely in the SA-S-Anon fellowship. I keep coming back because I have respect for the drug of lust and know I don't stand a chance alone. I am working the Steps with a sponsor in my food program and my sponsor can relate when I discuss lust.

Being a single woman having relationships with people both in and out of program is important to me. I am learning by trial and error. I like the idea of group inventory. The stronger

(Continued on page 3)

LITERATURE COMMITTEE NEWS

SA Literature in Spanish

We want to get the word out that most SA literature is now available in Spanish (see Order Form at back). The translations have been made over the years through the outstanding contributions of several, but in particular, one, of our members. Most of the Spanish-speaking world does not know all this literature is available, so help open the door by spreading the word.

White Book on Audio Cassette

The SA white Book (*Sexaholics Anonymous*) is being taped in English. The first tape, "A Personal Story," is now available from the Central Office; other tapes will be produced this year until the entire set is complete. This first effort is aimed at obtaining fellowship feedback and response, so if you order the tape, let us hear from you.

IN THIS ISSUE

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- Calendar of Events
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COMING EVENTS:

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

September 23, 1995, NYC SA Intergroup Fall Marathon - Theme: The Importance of Working the Twelve Steps: The Original Approach. Contact Jerry J., 516-379-7113.

September 22-24, 1995, Chicago Area SA Fall Retreat - Theme: Serious Recovery. Contact 708-790-6269.

September 29 - October 1, 1995, Portland, OR SA & S-Anon Fall Retreat - Theme: Into Action. For information contact Myron F. at 503-231-9260.

October 6-8, 1995, Southern California Unity Conference, Los Angeles, CA - Contact: Curt D. (SA) at 818-786-4261

October 14, 1995, Annual SA/S-Anon Baltimore-Washington Marathon - Theme: Experience, Strength and Hope—Give Freely of What you Find. For information contact John M. (SA) at 410-654-0092 or Mary W. (S-Anon) at 410-529-5290.

October 13-15, 1995, Tübingen, Germany SA-S-Anon Conference - For information contact Bernard, 011-42-711-8893465 or Michael, 011-42-711-847394; for S-Anon information contact Elena, 011-42-711-621768 or Dolores, 011-42-711-621768

October 14, 1995, Cleveland, OH Recovery Marathon - For information call Bonnie D., 216-428-8835, or write P.O. Box 5512, Cleveland, OH 44101.

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

November 24-26, 1995, SA Conference, Rudesheim, Germany - For information contact Juwal, 011-42-4980461 or Harald, 011-42-6104-5688

November 11, 1995, SA/S-Anon New Jersey/Eastern PA Second Annual Fall Conference - Theme: How it Works. Contact Lloyd (SA) or Lyn (S-Anon) at 610-944-9393.

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

July 12-14, 1996, SA/S-Anon International Conference, Chicago, IL - Theme: Willing to Go to Any Length. For information contact SA Hotline, 708-790-6269 or S-Anon Hotline, 708-545-7110, and leave your phone number for a return call.

January 11-13, 1997, SA/S-Anon International Conference, Oklahoma City, OK - Theme: To be announced.

January 1996 Conference Announcement

The Phoenix Freedom Conference program committee will accept any suggestions or ideas for topics, panel discussions, break out meetings or agenda up to November 12, 1995. This will give the program committee two months to finalize the program and arrange speakers or panel members. Please send your suggestions to Tom Mc, Freedom Conference, P.O. Box 44586, Phoenix, AZ 85064-4586.

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 materials of potential use in the newsletter.

* Submissions, selected by the editor, are subject to correction of spelling and grammar (*The Chicago Manual of Style* 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 are submitted for publication should be typed and double-spaced. If articles are submitted on disk, check with 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.

(*FEEDBACK Cont. from p.1.*)
the group, the safer I feel. Prayer sustains me one day at a time. I like

the Working paper and have encouraged the Fellowship to read it. Group infection is a serious problem. L.

Tucson, AZ: Thank you for the opportunity to review the draft of working paper Number 1: Practical Guidelines for Group Recovery. While we generally feel pretty good about the progress of SA in Tucson, we welcome your encouragement to strengthen our activities. To this end, we have decided to schedule a special "group inventory meeting" each month to review our operation and make appropriate improvements.

Our specific comments on the working paper are:

1. We enthusiastically endorse the purpose of the paper: to provide guidelines to help groups become more effective.

2. We support the wording of all of the 17 points, with the following exceptions:

a. In point #4, rather than indicate a preference for book-study meetings, we suggest that it might be preferable to recommend that *all types* of meetings be structured and conducted to emphasize the "priority of solution over problem." While "dumping" or "getting current" meetings may tend to emphasize the problem over the solution, the following meeting types would seem to be useful: Book-study/discussion; Step-study/discussion; Topic/Discussion; Problem/Discussion; Speaker/Feedback. In addition to the main content, *all* meetings might well include: Opening and Closing prayer; Introductions; Readings; Chips; Step Reports.

b. Regarding point #6, we prefer to

let newcomers participate freely in the discussion. This serves to involve them quickly in the fellowship, and the expression of their feelings usually leads to the definition of the problem and discussion of the solution and program tools that work for us. This process reminds all of us of "how it was, what happened, and how it is now" as we share our experience, strength, and hope.

c. As for point #17, we suggest that *every* aspect of the program is spiritual, that SA is a spiritual program.

3. Finally, we suggest that the paper might be more effective if the 17 points were re-formatted into a smaller number of main points, such as: Focus; Orientation; Sponsorship; Meetings; Fellowship. R.S.

San Diego, CA: Working Paper Number 1 (March/May 1995) was extremely well written. I have 114 days' sobriety and have been in SA since November 1994.

The section on "Abstinence" on page 8 was good, but mention could be made of single members. In San Diego there is some trouble on that. Members are saying they have "X months of recovery," but "X days of SA sobriety." They see a difference between recovery and sobriety. Members with time in jail for exposing themselves and other unlawful acts are counting the time since they last did that as recovery, but want to live with an unmarried partner or go to porn booths, etc., [and still call themselves sober]. This is not a majority of members, but their presence is being felt as they have some time in SA. I find this confusing. In AA we follow the bottom line strictly, but SA appears to feel that sex addiction is different.

Personally, I want to treat sex addiction much like a bottle of booze. That makes it simpler for me. Is there a difference between recovery and sobriety in sex addiction? I feel the literature has to mention the requirement for singles to be celibate and explain why. For myself, I'll continue to hold to the SA bottom line, which I understand to mean no sex with myself or anyone other than my spouse. Since I'm not married, this means no sex. Am I correct? D.W.
[Yes, you are. See Sexaholics Anonymous, p. 191. Ed.]

Birmingham, AL: Our group used this paper as our reading for a meeting recently. Then we all commented on it. We are a relatively new group, begun in the latter part of 1994. We average about four or five people at each meeting, of varying degrees of sobriety.

In general, the paper was well received. We noted that there were several things we were doing already, such as Step studies and encouraging phone calls. We agree that these things have been very important elements for keeping the emphasis on recovery.

It was noted that we did not emphasize sponsors as much in the group (although there has been some sponsorship within our group). One member commented that although he did not want to take the effort to become a sponsor, that it was something he should do for his own Twelfth Step. We intend to work an emphasis on sponsorship into the meeting format soon.

One member pointed out that the phrase "answering machines don't count" (page 8) is unfair. We feel that making contact by answering machine can be of some value in making

contact with sponsors and others. Of course, if the answering machine becomes an excuse for not making contact "person to person," the value is reduced, and it can actually become detrimental. Perhaps it is best for each of us to keep this in mind and ask ourselves if we're avoiding contact by using the answering machine.

We hope this will be of value in the preparation of this paper. Thank you for the opportunity to comment.

San Jose, CA: By group conscience, the San Jose fellowship read and discussed the "working paper" from the SA Literature Committee. All attending members participated in this exercise which took two full meetings to complete.

While opinions varied on the application of this guideline appropriate to our group, we all agreed that this very timely paper provided helpful insights and convincing testimony as to the primary purpose of any group (i.e., recovery) and how to best work the SA program as a group.

Of special interest is the paper's endorsement of "getting involved with newcomers" as the group's capacity to carry its message is contingent on how well newcomers are challenged to do "the work it will take to survive." For us this means attending lots of meetings, giving and receiving active sponsorship, working the Steps with a sense of urgency (do them faster rather than slower), practicing SA principles in all our affairs, and praying only for knowledge of God's will for us and the power to carry it out (this is certainly a good "start" anyway). Admittedly, our group is attracting and retaining newcomers not at all, so we are keen to embrace the newcomer with a renewed sense

of urgency and enthusiasm.

Not succumbing to the effects of "talking the walk" inertia, we opted to apply some of the suggestions made in the working paper:

- * Effective immediately, we will use a book-study meeting format starting with Step Zero; we will make every effort to refrain from mechanically or ritualistically racing through reading the Steps and then "getting current" (as in the past) -- but slowly and thoughtfully focus discussion on applying the respective Step in our "constantly new" life of recovery (and discovery/spiritual awakening with our Higher Power, others and ourselves!).
- * Whenever a newcomer shows up, our book-study meeting will temporarily (fifteen minutes or so) convert into a newcomers meeting with the facilitator leading the group through pages 180 and 181 of the SA White Book (i.e., "What Do We Say To the Newcomer"); if the Spirit moves us, opportunities for First Step sharing may follow.
- * Owing to our small size, we will meet for sixty minutes only (breaking from the SF Bay area standard of ninety minute meetings); we do this for two reasons:
 - We want to keep sharing "tight" and closely focused on the Steps and solution rather than loose and prone to lengthy "getting current" sessions often ill-grounded in the problem.
 - We want members to socialize after the meeting and affording an

extra thirty minutes to do this promotes our fellowship, in particular, we find the rewards of real SA fellowship and are often realized by getting together in some small way either before or after the meeting -- sometimes sharing a meal, dessert, a cup of coffee; other times recreating together as a group.

* Finally, we will conclude our meeting joining hands with each member expressing one insight gained from the meeting and/or one victory achieved/promise fulfilled working the Steps in gratitude to our Higher Power doing for us what we could not possible do for ourselves -- followed by a member leading us in the Lord's Prayer (or other suitable prayer). Amen!

Final thought, the San Jose group wholeheartedly thanks the SA Literature Committee for all their concern and effort in preparing and distributing this gem of a working paper and daily pray that its swift acceptance and enthusiastic application by SA groups everywhere will mean the difference between remaining in the problem content with pseudo-sexuality and pseudo-fellowship and "leading people through the Steps into their own spiritual awakening, God-connection, and eventual independence." Committed to the latter, the San Jose SA Fellowship is now excited, encouraged, and hopeful in carrying our collective message of recovery to unrecovered sexaholics who still suffer. Again, thanks for your guidance and being part of the solution! P.T.

Unknown Location . . . Our last quote from the White Book is from

the Preface, p. ix, "Sexaholics Anonymous is based on the principles of Alcoholics Anonymous." We respectfully request that you take a good look at the group problems you propose to overcome, and apply the principles of Alcoholics Anonymous to the rigid, pushing, advice giving, and controlling direction [in which] this working paper is leading SA as a whole. It saddens us to realize that we were doing fine, we had almost five years of success (happy healthy recovery) by not knowing that in order to be SA, we had to comply with your definition of sobriety or join one of those "other groups." . . . **J.B. & G.B.**

Quebec, Canada: There is no doubt in my mind that this is by far the best ever written article on the powerful spiritual ways and means of coping and overcoming this deadly dis-ease called sexaholism.

The core of the article is really "*permanent victory over lust is impossible without God.*" This is the only solid and proven approach. It invites all sexaholics to stop fooling around with human methods and human therapies and pray to God directly and be answered. **M.G.**

Unknown Location: I very much enjoyed "Practical Guidelines for Group Recovery" and am returning now to SA meetings and will follow the principles of the program. I thank the Literature Committee for their hard work and dedication. I also feel very grateful that I have a program of recovery. **I.**

Davenport, IA: . . . We had long discussions regarding some of the material suggested relative to newcomers. There was concern that some of the language was a bit harsh and too judgmental. We believe that it

is true that our purpose is not to be "nice" to the newcomer in the sense of accepting whatever they say or do and stifling the program message and principles. It is possible to show hospitality (be nice?) and still be open and honest about this program and about what we hear and see before us.

We would suggest that the last two sentences in the first paragraph on page 5 entitled "Get involved with newcomers" be deleted. We are not sure any of us is possessed with sufficient wisdom to judge a newcomer's seriousness, particularly on first meeting. . . . We believe this material should be stated in a more positive manner. This paper stresses in several places that the Steps take *work*. Why should this be any less true for the Twelfth Step?

We also believe that much of what is said about working with newcomers applies to those of us already in the Program. Perhaps this reflects a difference between those blessed with long-term recovery and those who are in earlier stages of recovery. We need to put the recovery of all of us above our being nice, not just that of the newcomer. All of us need to listen and take direction. There is a risk of SA developing a division between "those that got it" and "those that don't." Aren't we all in need of a daily reprieve from lust? Doesn't this include the long-term sober oldtimer as well as the slipper?

We agree with the need to actively encourage sponsorship, contact among members outside of meetings, doing First Step Inventories, and progressively working the Steps. As it says on page 7, in a different context, we must *take action*. It does take action to live in the solution, and we appreciate the powerful reminder of that which we have experienced as a

result of our discussions of this working paper.

... We are grateful to the Literature Committee for drafting this paper and for opening this dialogue and we intend no criticism of anyone by any of our responses. ... G.L.

San Diego, CA: ... Excellent paper. Believe it "hits the nail on the head." Good ideas on format changes. I have been self-centered with the program, using it for my own sobriety and not helping others very much. This focus (working paper) may help me, as it says in the AA Big book, "If [sex] is very troublesome, we throw ourselves the harder into helping others." Solution over problem is a *great* idea. I'm not sure this can be "policed." I believe it has to be done by the oldtimers continually setting the example and talking to sponsees on a regular basis. ...

WELCOME TO NEW GROUPS:

Manchester, NH
Greely, CO
Seabring, FL

GROUP NEWS

Portland, OR: The Sunday West SA group of Portland, Oregon is alive and well. Our fellowship has around ten attendees on any given Sunday night. D.T.

Yellowknife, Northwest Territories, Canada: Our small group (anywhere from two to six members) has been meeting once a week for over a year now. We read from the SA Big Book and support each other in maintaining sobriety. C.L.

Montreal, Canada: Currently we have five groups in Montreal -- four French-speaking and one English-speaking. They all meet at the same place, but different nights of the week. This gives some people the opportunity to attend five times a week. The English-speaking group started in March 1994 and has slowly grown from two or three to an average attendance of 12 at this time. We work closely together with the French-speaking groups, since many people attend meetings in both languages. We have one intergroup and one SA phone number for both French and English: (514) 489-5105. B.B.

Melbourne, Australia: In a ski-lodge on the side of a snow capped Mt. Kosciusko, Australia's highest mountain, the first Australian SA Conference was held over the last weekend of April. ... Members attended from Melbourne, Sydney, Canberra, and Northern New south Wales. Greetings to the conference were received on tape from a loner in Brisbane and by letter from a member in prison. The theme of the conference was Sobriety, Fellowship and Unity. ... Following are comments from some who attended: "I don't remember what I said at the last meeting -- I was pretty crazy. But after the meeting three people came up and said "don't give up!" and I'm still in the program. The conference gave me hope." P.P. "Good to meet people who are working the program and the program is working for them. Very encouraging to experience that." M. "After all the planning I couldn't quite believe it was all happening. God has given me my life back through SA -- I love being around recovering sexaholics. I'm looking forward to next year's conference and the next ..." P.H.

Makati City, Philippines: It has been such a long time since I last sent a letter to our SA Central Office. I thank God today for the willingness and the courage to write.

First of all, allow me to bring to you the good news that we have now an active SA group here in Makati City. On July 21, 1995 we held our 17th SA meeting. The name of our group is Makati SA Group. [Call Central Office for address and phone number. Ed.] Our membership consists only of three men, including myself, and three women. Being an SA beginners' group, we have painful experiences of slips which greatly affect our group's sobriety. Every meeting, we always emphasize the practice of the Practical Guidelines for Group Recovery.

As a personal sharing, I'm happy to tell you that today I'm enjoying the freedom and joy of my SA sobriety. For the first time in my life I had a very positive experience of my male sexuality which affirms my ability to enter into an intimate relationship with a friend without being motivated by lust, but simply led by love. This profound experience has crumbled my lifelong concept of sex as something ugly and negative. At the moment I am in the process of discerning for God's will to prevail in my life. All I can say is that I can only choose and live up to one option, while maintaining a positive sexual sobriety and work. Thanks a lot to my sponsor for telling me what I need to hear, after having prayerfully reflected upon it during our sponsorship session. B.S.

STEP EIGHT-AND-A-HALF

[Excerpt from "Step 8: An Opportunity for Self-Examination," *The Grapevine*, August 1995, p. 18]

The "Twelve and Twelve" says we never knew how to form a true partnership with another human being. Experience has taught me that part of this learning process involves having the courage to tell those I care about that I don't like the way they are behaving, that I have a grudge or a resentment or hurt feelings. I could never do these things before, so I drank. Now that I'm sober, if I don't change my old ways, I could drink again. So I have something I call Step Eight-and-a-half; I made a list of all persons who had harmed me, in real or imagined ways, and went to them and talked things out, except when to do so would cause more harm.

I don't do this with everyone, only with people who matter -- friends, family loved ones. The deep-rooted tendency to fight or run has to be abandoned. The ability to stand still and stay with someone even when things are rocky is difficult, but Step Eight has shown me that every troubled human relation is an opportunity to get to know myself a little better. It's an invitation to face the truth about myself and the world around me in a way that will, if I persist, leave me rightly related to myself, to others, and to God.

This Step is much more than a checklist of spiritual debts. It is just what Bill said it is: the high road to a new freedom. [Copyright © by the AA Grapevine, Inc.; reprinted with permission.]

MEMBER NEWS

I Can Only Keep What I Give Away--I Can Only Pass On What Was Given To Me

I went to meetings and tried to live in the Program. I got closer to God, talked "about" the Steps, called people up--and some things changed in my life--but I was still in control. Only after I came back from a four-month residential treatment program, when my current relationship fell apart, when I didn't have a job anymore--when I was just confronted with myself and without my drug--only then could I finally surrender to the fact that I couldn't manage my own life.

So I asked God for help. I prayed on my knees for up to three months for him to send me a sponsor who could help me with the Steps. And I got a sponsor who herself had worked the Steps with her sponsor, very simply, one Step at a time. The important thing for me was that we didn't just talk about the Steps or apply one here and there, but that I actually did these Steps. And that meant when it said we took inventory, then we took inventory. And inventory meant not just looking on a shelf now and again, but to do a complete stock-taking.

What was also very important for me was that I simply did what my sponsor told me, even when I had a thousand "Yes, buts." It was a challenge simply to trust God and her, and to overcome my pride, instead of always rebelling and muddling through on my own. My experience has shown me again and again what happens when I'm at the wheel, and as a rule it wasn't much.

I can honestly say that for me the Twelve Promises have become a

reality. Of course I still have plenty of work to do, but now I have the necessary tools to manage my life, and above all a Helper who is always with me and will never leave me: God as I understand him. With his help I try a day at a time to be grown-up, to be his instrument and to do his will to the best of my ability.

I would particularly like to thank my sponsor for continually getting me to look to God for guidance because that's the only way I can switch my dependency on people to dependency on God--and therefore become truly free. (Taken from the *AS Brief*, no. 18, 1995, Germany)

I thank God for the Program

... I am a 47-year-old sexaholic, lustaholic, alcoholic inmate, serving a sentence of 18-80 years, for a variety of crimes. ... The majority of my life has been spent behind the walls of one institution after another. This is the only "home" I know. ... There was a sex crime involved in each one of my adult convictions (but I began acting out at the age of 13). ... Although I never even thought of masturbation until the age of 13 ... I still had an abnormal interest in sex.

My first masturbation experience was curiosity; my second, and succeeding were pure resentment and frustration. I was seething with resentment toward my mother (who had deserted us), toward my grandmother, who disciplined me; toward my two step-mothers, who deserted us, in turn. I was resentful toward the girls in school because I didn't know how to relate to them. I withdrew inward, completely. I felt like a social outcast. It was me against them, especially females, since my fear grew, as I became more isolated from them. ...

At the age of 21 I was arrested for my first sexual crime. Since 1969, I have been on the "outside" a total of 10 months. I have been placed in various programs geared to rehabilitation. I have had countless sessions with psychiatrists, psychologists, sex therapists, etc. I have tried various religions and been on various psychosomatic drugs. None of these worked.

So if SA works for me, it can surely work for you. For the first time in my life I feel a part of something good, something worthwhile. The two weekly meetings we are permitted here are the most meaningful aspect of my life. I always thank God for the program, for the love and acceptance my fellow members from the outside . . . never fail to give me. My God bless all of you and help us to stay sober "one day at a time." E.S.

Keeping it Simple

. . . as I experience recovery, I'm finding that all the work I wanted countless others to do, I have to do myself. "The program is simple . . . keep the focus on myself . . . it works if I work it." How many times have I heard those things! And it's true! Over and over [I see that] simple works, and when I don't keep it simple, I isolate and stay in my head and go nuts with resentments and anger, blocking what God is trying to tell me. My Higher Power is showing me that *full measures avail me everything, if I take them*. Fear and pride are stumbling blocks for me. I see every day that the fellowship is the place where I can face my fears, admit my pride without being overwhelmed and start to experience life. This weekend at the conference [July 95, Baltimore] I was able to grow up a little more, feel a little more, and become more connected

with the "real connection." I was home! God; the fellowship and my willingness to finally face myself is giving me everything that I could not find by myself and I'm grateful to every one of you. I'll keep coming back! B.G.

Grief vs. Self-Pity

I used to think that the feelings of emptiness and loneliness I so often experienced in early sobriety were key amongst the triggers so inexorably leading me back to my drug -- whether in sex with myself or to yet more of the same old relationships. Nowadays I am coming to see those feelings for what they really are, a sure sign that I have already acted out. Those feelings are not the cause of my acting out, but the *result* of it.

Here's how. I have just spent a weekend away with a group of young people that included two young women. Sensing trouble, I studiously stuck with the men, carried out tasks with the men, and socialized with the men to the point of rudeness towards the women (or so it seemed to my addict self!). But as I departed, those familiar feelings from the past were there again. Being sexually sober, I also knew that in that condition I was in danger; as my sponsor would say, "just an accident waiting to happen." I managed to get to the phone, and poured my heart out to a fellow SA. In the "pouring" I thankfully noticed the self-pity that the alcoholics so rightly warn us against . . . Instead of honestly grieving my lost years, my lost innocence, here I was, resenting the fact that as a recovering sexaholic I can no longer socialize like other so-called normal folk: poor, poor me!

Honest grieving seems to be the doorway for me towards viewing my

sexaholism with humor and compassion. I find that until I can look on each and every aspect of my disease in this way I simply am unable to look on myself as a sexaholic with loving acceptance, let alone do the same for other sexaholics. . . . In my self-pity around those young people that weekend, I was still giving my addict-self free rein to determine how I feel for its own ends, because it knows that is the way that leads back to more acting out. Honest acknowledgement of what I am *really* feeling seems to be what breaks the power the addiction has over me. And it is talking to another sexaholic that seems to reopen the door to such honesty, every time. Alone I seem to be incapable of seeing myself clearly enough.

Box 300

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September 1995

HOW DOES THE SA SERVICE STRUCTURE WORK?

The service structure has evolved over the past several years, and has been designed to reflect SA's unique purpose and requirements.

The Group. The basic unit of the Service Structure. Local groups get together to form an *Intergroup*. Each SA Group in the area elects, among their trusted servants, an *Intergroup Representative (IGR)*. All the IGRs attend the local Intergroup meeting, which meets regularly (perhaps monthly).

The Intergroup. An Intergroup is formed when several SA groups in a geographic area decide to work together to carry the message. An Intergroup helps with the service work, and may do some or all of the following: establish an SA "hotline" telephone number with an answering service; develop 12-Step procedures for interacting with newcomers, tabulate local meeting lists, plan local marathons or "retreats," provide communication and information on a local level, etc.

Each Intergroup selects, among its trusted servants, one *Regional Delegate (RD)*. The Regional Delegate's term of service would be established by the individual Intergroup, with a recommended term of two years minimum. The sobriety recommendation for a Regional Delegate is established at a minimum of two

years SA sobriety. Hopefully each region will hold its first annual Regional Assembly some time in 1995. All the RDs will attend the Annual Regional Assembly.

Regional Assemblies. Regions have been established as follows:

NorthWest: AK, Yukon, NT, BC, ALTA, WA, MT, OR, ID

Southwest: CA, HI, NV, UT, AZ

North-Midwest: SASK, MAN, ND, SD, MN, WY, NE, IA, WI, MI, IL

South-Midwest: CO, KS, MO, NM, OK, AR, TX, LA

Northeast: QUE, ONT, NB, ME, VT, NH, NY, CT, RI, MA

Mid-Atlantic: PA, DC, MD, NJ, OH, VA, WV, DE

Southeast: IN, KY, TN, NC, SC, MS, AL, GA, FL, PR

International

Regional assemblies are attended by the Regional Delegates from each Intergroup. The assemblies are held to discuss and deal with matters affecting the SA Groups and SA Fellowship within the region. A prime order of business is to select one of the Regional Delegates to be that region's *Oversight Representative (OR)* to the Annual Oversight Assembly. (The International SA
(Continued on p.11)

Volunteers Needed

The Correction Committee is looking for volunteers, and also need Chairperson. Contact the Central Office if you are willing to serve. The Service Structure Committee also needs representation from the Southeast Region (IN, KY, TN, NC, SC, MS, AL, FL, PR).

Members of the committees are volunteer trusted servants with at least two years of sobriety. Contact Mike B., 636 Eastern #101, Wichita, KS 67207, 316-686-5104.

Many Thanks for Your Support

I wanted to extend to the fellowship my heartfelt appreciation for all the love and support you have shown me upon the death of my husband. The concern you have expressed has only confirmed what I have begun to believe as I work in the Central Office . . . being part of SA is a wonderful place to be and a rewarding experience.

Losing someone you love breaks your heart. The prayers and support family and friends have shown has helped ease that heartache. By turning our sorrow and powerlessness over to God, I know my children and I will find a way to continue with our lives. Letting go of the sorrow will come in time. I believe that you never really lose a loved one if you keep their memories in your heart, because a part of them is always with you. Please keep us in your prayers.

Cathy McKee

SA SERVICE STRUCTURE

SERVICE ENTITY	WHEN MEET	FUNCTION	REPRESENTATION TO NEXT LEVEL	
			DUTIES OF ELECTED REPRESENTATIVE	SUGGESTED REQUIREMENTS FOR SERVING
Group Attended by members	Usually once or twice weekly	Twelfth Step work with individuals; maintain phone list, enough literature for group needs, etc. Elect IGR (Intergroup Representative)	IGR attends monthly intergroup meetings; communicates group needs to intergroup; reports proceedings back to the group	To be established by group; usually two years SA sobriety; at least one year term of service
Intergroup Attended by IGRs from each group	Usually Monthly	Service work on an area level -- establish "hotline," local meeting lists, plan SA events; discuss issues/vote on matters affecting SA groups in the area Elect RD (Regional Delegate)	RD attends Regional Assembly; communicates Intergroup issues to regional level; reports proceedings back to Intergroups	To be established by Intergroup; two year term of service, two years SA sobriety
Regional Assembly Attended by RDs from each Intergroup	Annually	Service work on a regional level, e.g., discuss issues/vote on matters of concern to groups and intergroups in the region; Elect OR (Oversight Representative)	OR attends Oversight Assembly; communicates regional issues to national level; reports back to region, Intergroups and groups	To be established by Region; two year term of service, two-five years SA sobriety
Oversight Assembly Attended by ORs from each Region	Annually, in conjunction with semi-annual conference	Service work on a fellowship-wide level; discuss/vote on issues of concern to regions and matters affecting SA as a whole; give direction to Oversight Committee Elect OC (Oversight Committee) from candidates suggested by Existing Service Structure Committee and by ORs in attendance	See below for "duties" of the Oversight Committee	Established by fellowship (1/94); Oversight Committee to consist of 9 members-- five sexaholics and four non-sexaholics; term of service 3-5 years; five, years SA sobriety for sexaholic members
Oversight Committee Elected by Oversight Assembly (presently called "COOC" -- Central Office Coordinating Committee)	3 times/ year; once at each semi-annual conference and once in Nashville	Carry out agenda of Oversight Assembly; i.e., oversee central office function; monitor/report on workings of additional committees (Publications, Prisons, etc.). Report back to regions, intergroups and groups via elected representatives		

Loners' Committee

I am honored to accept the position of Loners' Committee Coordinator. The opportunity to connect members who don't get a chance to go to meetings very often with those who do is truly a blessing.

A big thanks to Dave M. from Rochester for his two and a half years as Coordinator. He told me that this is a great way to perform 12th Step work --- I believe him.

He is sending me a folder with all the collective Loners' Committee Information and I look forward to updating it. If you know of any Loners, please pass this information along to them. If you are a Loner or would like to do some 12th Step work by corresponding with a Loner, please feel free to write to me and I will do my best to connect you with someone. The address is:

S.A. Loners' Committee
P O Box 322
Fairless Hills, PA 19030

I look forward to serving the fellowship.

Michael J

S A SERVICE STRUCTURE

(Cont. from p. 9)

Fellowship could also send a Representative, selected through a process to be self-determined, to the Annual Oversight Assembly.)

Annual Oversight Assembly The First Annual Oversight Assembly (planned for January 1996 in Phoenix) will be attended by the Oversight Representative from each region. The first Assembly will nominate and elect the first *Oversight Committee (OC)*, consisting of nine "Overseers": five sexaholics and four non-sexaholics. The sobriety requirement for sexaholic members of the Oversight Committee is five years of SA sobriety. [One of the SA Oversight Committee members would be elected from the Nashville area because the Central Office is located there.]

Subsequent Assemblies would concentrate on matters affecting the growth and functioning of the SA

Fellowship as a whole. Information would be exchanged and concerns would be shared from the groups to the Oversight Committee (group → intergroup → regional assembly → oversight assembly), and from the Oversight Committee to the groups. Future Oversight Assemblies would select replacements for the original Oversight Committee members as their terms expire. Replacements would serve for five years.

Oversight Committee In general, the Oversight Committee will carry out the agenda of the Annual Oversight Assembly, that is, it will do what the groups want to have done. One thing groups seem to want is a central office function, so among other things, the Oversight Committee will be responsible for the day-to-day operations of the SA Central Office, working through the committee member from Nashville. *Additional committees* would be formed, which would deal with such matters as Translations, Finance, Publications, Prisons, etc. The Oversight Committee would meet as a group three times each year -- once at each of the semi-annual International Conferences and again, for five or six days, in Nashville, in conjunction with the Annual Oversight Assembly.

What Does this Have to Do with Us, Here in Our Group?

If there is no Intergroup in your area but you know of other existing groups, get in touch with them to consider forming an Intergroup. For guidelines on forming Intergroups please contact Bill T. via the Central Office, Nashville.

If you have a local Intergroup, but have not yet contacted other Intergroups in the region to plan a Regional Assembly, don't wait.... just do it! Elect your Regional Delegate and make it possible, using Intergroup money if necessary, for your delegate to get together with the other Regional Delegates from other Intergroups. This could even be by conference call. For further information on existing Intergroups in your region, contact the Central

Office in Nashville, TN. If there are no other Intergroups in your Region (see the above list of states), your Regional Delegate could become the Oversight Representative, and could participate in the 1st Annual Oversight Assembly, planned for the Phoenix Arizona International Conference, 2:00 pm Friday, January 12, 1996.

Service Structure Committee Report

The SA Service Structure Committee recommends that the January 1996 conference, to be held in Phoenix, be the site for SA's First Annual Oversight Assembly. Each region will send a representative for this meeting. (Representation is a concept which SA is borrowing from established Twelve Step fellowships.) This assembly will concentrate on matters affecting the growth and functioning of the SA Fellowship as a whole.

The Oversight Representative elected in each region must have a sound SA background. Representatives should be active in both local and regional SA matters, requiring the background and willingness to make decisions on matters of broad policy that affect SA as a whole. It is suggested that each region provide financial support to help cover expenses for their representative to attend the Annual Oversight Assembly.

Summary of COOC Meetings in Baltimore, MD, July 6-8, 1995

The COOC Committee met twice at the International Conference in Baltimore. The following items were discussed: (1) Re: the relationship between COOC, the Literature Committee, and the *Essay*, members of COOC and the Literature Committee had met the previous evening, where Lawrence had agreed to edit the *Essay*, Keith had agreed to represent the Literature Committee on COOC calls, and publication procedures and charging or not charging for subscriptions to *Essay* were discussed. At the COOC meeting, a motion passed to pay the *Essay* editor

\$250 per issue; (2) Motion carried to print \$10,000 worth of new White Books, a compromise on receiving the best price due to our desire not to deplete the treasury; (3) Motion passed to empower Bob R., a CPA and SA member, to act on behalf of COOC in the IRS and State of California tax audits. Motion also passed to ask Bob to bill the Central Office for his expenses (including travel). Motion carried to close down the SA California records by way of a final report to the state; (4) Jim C. volunteered to present a motion at the Baltimore business meeting asking the fellowship to approve a change in status from non-profit association to non-profit corporation; (5) We discussed how to distinguish between decisions the Steering Committee in Nashville can make and decisions that COOC must approve. The sense was that giving the Steering Committee more autonomy was desirable and hinged on having a budget. Developing a budget had been held up due to complications of the move to Nashville and reconciling of last year's records. Jim C. hoped to have a budget ready for COOC approval by our next meeting (August 20); (6) Motion carried to set aside 10% of annual White Book, *Recovery Continues*, and brochure royalties for Roy K.; [*Roy K. advises that he respectfully declines the offer of any royalties. Ed.*] (7) Sylvia announced that translation of the White Book into Hebrew is underway. Submitted by Margo and Judy.

Fellowship as a whole. Information would be exchanged and concerns would be shared from the groups to the Oversight Committee (group → oversight → regional assembly → oversight assembly) and from the Oversight Committee to the groups. Oversight Assembly would select representatives for the original Oversight Committee members in their own region. Representatives would serve for two years.

Regional Oversight Committee in each of the regions of the Annual Oversight Assembly. It will do what the groups want to have done. The regional Oversight Committee will be responsible for the day-to-day operation of the SA Central Office working through the committee member from Nashville. Information would be shared with each other. Translation, Finance, Publications, etc. The Oversight Committee would meet as a group five times each year - once at each of the semi-annual International Conferences and again for five or six days in Nashville in cooperation with the Annual Oversight Assembly.

What Does This Have to Do with Us Here in Our Group?

If there is no interest in your area but you know of other existing groups, get in touch with them to consider forming an Interest Group. For guidelines on forming Interest Groups please contact Hill I. via the Central Office, Nashville.

If you have a local Interest Group, but have not yet contacted other Interest Groups in the region to plan a Regional Assembly, don't wait... just do it! Hold your Regional Delegates and make it possible, using Interest Group money if necessary, for your delegates to get together with the other Regional Delegates from other Interest Groups. This could even be by conference call. For further information on existing Interest Groups in your region, contact the Central

I am honored to accept the position of Oversight Committee Coordinator. The opportunity to contact members who don't get a chance to go to meetings very often with those who do is truly a blessing.

A big thank to Dave L. from Rochester for his two and a half years as Coordinator. He told me that this is a great way to perform 12th step work -- I believe that.

He is sending me a folder with all the collective Oversight Committee information and I look forward to updating it. If you know of any folks, please pass the information along to them. If you are a lover of words like to do some 12th step work by corresponding with a loved one, please feel free to write to me and I will do my best to contact you with someone. The address is:

S.A. Oversight Committee
P.O. Box 332
Parkersville, PA 15070

I look forward to seeing you at the next meeting.

Michael J.

SA SERVICE STRUCTURE

(Continued from p. 9)

Fellowship could also send a Representative to each of the groups in process to be established to the Annual Oversight Assembly.

Annual Oversight Assembly: The first Annual Oversight Assembly (planned for January 1996 in Phoenix) will be attended by the Oversight Representative from each region. The first Assembly will nominate and elect the first Oversight Committee (OC), consisting of nine "Oversight" representatives and four non-observant. The advisory representative for each region of the Oversight Committee is five years of SA sobriety. [One of the SA Oversight Committee members would be elected from the Nashville area because the Central Office is located there.]

Subsequent Assemblies would concentrate on matters affecting the growth and functioning of the SA

Donations for the Second Quarter --1995

Ist Australian Conf.	\$167.08	Knoxville, TN	100.75	Simi Valley, CA	30.00
Ada, OK	30.00	Long Beach, CA	43.39	Somerset, NJ	100.00
Akron/Cleveland, OH	50.00	Lorain, OH	20.00	St. Louis, MO	30.00
Albuquerque, NM	7.00	Los Angeles, CA	130.21	Stafford, VA	10.00
Alexian, IL	11.00	Mansfield, OH	15.00	Stamford, CT	62.50
Alhambra, CA	87.75	Melbourne, Australia	90.50	Steubenville, OH	12.87
Atlanta, GA	225.00	Memphis, TN	10.60	Sunnyvale, CA	31.00
Baltimore, MD	80.00	Menlo Park, CA	49.00	Sydney/Moree, Australia	100.00
Bethesda, MD	93.00	Merlin, OH	50.00	Toledo, OH	24.75
Birmingham, AL	47.00	Midlothion, IL	24.00	Toronto, ON, Canada	50.00
Bozeman, MT	118.50	Milwaukee, WI	46.00	Tri-County, IL	25.00
Camarillo, CA	57.00	Montreal PQ Canada	281.31	Trinity, IL	225.00
Cambridge, MA	15.50	Nashville Intergroup	370.80	Tucson, AZ	292.52
Chambersburg, PA	15.00	Nashville, TN	208.82	Villa Park, IL	120.00
Champaign, IL	10.00	Newberg, OR	35.00	Washington, DC	175.00
Chicago, IL	150.00	NJ/E PA Intergroup	100.00	Washington/Baltimore	63.60
Chino, CA	251.81	North Hollywood, CA	250.30	Intergroup	
Chula Vista, CA	35.21	Northern Iowa	50.00	West Los Angeles, CA	118.79
Cleveland, OH	206.00	N Vancouver BC Canada	246.94	Wheeling, WV	10.00
Columbus, OH	60.00	NY Metro Intergroup	70.00	Willow Creek, IL	1,223.00
Corona, CA	17.38	Painesville, OH	50.00		
Crystal City, VA	91.20	Palm Desert, CA	46.18		
Crystal Lake, IL	225.00	Pasadena, CA	188.00	GROUP TOTAL	12,196.92
Cuyahoga Falls, OH	100.00	Penn Hills, PA	78.11		
Daytona Beach, FL	175.00	Philadelphia, PA	99.00	INDIVIDUAL TOTAL	1,748.95
Dhahran Saudia Arabia	100.00	Pompano Beach, FL	45.40		
Downers Grove, IL	98.25	Portland, OR	224.05	GRAND TOTAL	13,945.87
Edmonton BC Canada	51.00	Riverside, CA	86.11		
Elk Grove, IL	100.00	Rochester Intergroup	51.46		
Elliott City, MD	34.50	Rochester, NY	385.18		
Elmhurst, IL	42.00	S. CA Area Intergroup	350.41		
Encinitas, CA	60.00	SA Germany	1,390.		
Escondido, CA	80.00	Sacramento, CA	024.00		
Fairfax, VA	424.00	Salem, OR	114.10		
Fernandino Beach, FL	31.40	Salt Lake City, UT	50.74		
Ft. Collins, CO	35.00	San Bernardino, CA	29.61		
Galveston, TX	70.00	Savannah, GA	29.00		
Glen Ellyn, IL	60.00	Sch Haven, PA	17.05		
Glendora, CA	192.40	Seal Beach, CA	25.00		
Hacienda Heights, CA	100.00	Seattle, WA	23.90		
Idaho Falls, ID	95.00	Silver Springs, MD	94.00		

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.

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 USA.

We ask all our readers to share this information with all the Spanish speaking members they might know. We are sure that using the tool of reading program literature in their own language will be very helpful to all of them, and will strengthen their own sobriety.

- Jose Maria R., Madrid, Spain

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

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)

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.

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 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 person 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 all.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and mediation 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. A 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 to 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.

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 whenever 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 mediation 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, every reminding us to place principles before personalities.

(The Twelve Steps and Traditions are reprinted 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.)

SEXAHOLICS ANONYMOUS

P. O. Box 111910, Nashville, TN 37222 -- (615)331-6320 » FAX (615)331-6901

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

Name _____

Street _____

City _____ State _____ Zip _____

Telephone (____) _____ Group _____

(If your order or donation is for a group, please indicate which group.)

PLEASE INDICATE ENGLISH OR SPANISH TRANSLATION. (If not indicated, English will be sent.)

Sexaholics Anonymous Manual { ___ \$10.00 English ___ Full Cover ___ Blank, if not indicated, blank will be sent } { ___ \$8.00 Spanish - no cover/not hard bound } 14 ounces

SA Brochure - Problem, solution and 20 questions { ___ 20¢ English } { ___ 30¢ Spanish } 1 ounce

Member Stories - Twenty-one recovery stories { ___ \$6.00 English } 9 ounces

Recovery Continues - Articles that discuss various aspects of recovery { ___ \$8.00 English } { ___ \$2.00 Spanish - no cover/not hard bound } 8 ounces

Discovering the Principles - SA's growing experience with the Traditions { ___ \$2.00 English not available/under revision } { ___ \$2.00 Spanish - no cover/not hard bound } 4 ounces

Notes on Origin and Early Growth of SA { ___ 50¢ English } { ___ 50¢ Spanish } 1 ounce

Some Opinion, Medical and Personal, on the Physiological Aspects of Male Sexual Abstinence { ___ 25¢ English } { ___ 25¢ Spanish } 1 ounce

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 } Shipping and Handling is included in subscription.

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)

PLEASE COMPLETE:

___ First Order

___ Repeat Order

___ Money Order Enclosed

___ Check Enclosed

SHIPPING/HANDLING

Less than 1 pound	\$1.50
1 to 5 pounds	\$3.50
5 to 10 pounds	\$6.50
11 to 15 pounds	\$9.50
16 to 20 pounds	\$12.50
21 to 25 pounds	\$15.50
26 to 30 pounds	\$18.50

The cost of shipping & handling over 1 pound has been broken down into units of 5 pounds. For each additional 1 to 5 pound unit, please add \$3.00.

For orders outside the U.S., please add \$3.00 if shipped by surface, and \$5.00 if shipped by air.

Please add \$4.00 when requesting UPS, Express, Next Day or First Class Delivery.

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