

## SA Financial Snapshot

2000 Year End		2001 Budget	
Contributions	77,750.07	Contributions	82,500.00
SACFC	10,087.89	SACFC	12,000.00
Conventions	18,958.13	Conventions	14,000.00
Literature Sales	95,941.83	Literature Sales	90,000.00
Discounts	-13,147.03	Discounts	-14,000.00
Refunds	-135.23	Refunds	-200.00
Interest	1,127.61	Interest	3000.00
<i>Essay</i>	4,736.67	<i>Essay</i>	4,800.00
<b>Total Revenues</b>	<b>195,320.14</b>	<b>Total Revenues</b>	<b>192,100.00</b>
Bank Charges	383.14	Bank Charges	600.00
Credit Card Fees	1,409.74	Credit Card Fees	1,000.00
Depreciation	1,677.41	Depreciation	1,600.00
Conference Fees	1313.71	Conference Fees	1,700.00
Interest Expense	3.79	Interest Expense	0.00
Liability Insurance	373.00	Liability Insurance	400.00
Legal	4,509.18	Legal	5,000.00
Accounting	4,367.00	Accounting	4,000.00
Literature expense	19,088.57	Literature Expense	20,000.00
Payroll	62,163.90	Payroll	71,100.00
Payroll Tax	4,389.76	Payroll Tax	7,000.00
Pension	10,264.97	Pension	4,800.00
Postage & Freight	11,332.24	Postage & Freight	14,300.00
Office Expense	2,120.96	Office Expense	2,100.00
Printing	2,720.55	Printing	3,000.00
Rent	7,156.00	Rent	7,500.00
Maintenance	332.80	Maintenance	800.00
Supplies	1,015.73	Supplies	1,500.00
Tapes	2,114.91	Tapes	1,700.00
Sales Tax	1,098.66	Sales Tax	900.00
Taxes & Licenses	67.23	Taxes & Licenses	100.00
Telephone	12,037.51	Telephone	13,000.00
Travel	26,844.41	Travel	30,000.00
<b>Total Expenses</b>	<b>176,785.17</b>	<b>Total Expenses</b>	<b>192,100.00</b>

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# Essay®

A Publication of Sexaholics Anonymous, Incorporated

P.O. Box 111910  
Nashville, TN 37222

2001, Issue One

## NO MORE EXCUSES

I woke up this morning thanking God. Then I prayed this simple prayer: "God grant that I may love thee always and follow thy will. Do with me according to thy will." Then I did my daily readings. It wasn't always that way. Today I'm enjoying over three years of sexual sobriety. But again, it wasn't always that way....

My name is John and I'm a sexaholic. And this is the way it used to be: "Oh God, please get me out of this one and I promise I'll never do it again." "Oh God, if only I had \$50,000, I could pay off my debts, make a down payment on a second car for my wife, and buy new clothes for our children. Then everything would be OK."

Today I call this stinking thinking. Today I know these prayers are called "jail house prayers." How do I know? Well, my name wasn't always John.... I used to be called 9999.

Like many of us, I was abused as a child. I can go back to 1944. I was six years old at the time. A great aunt was abusing me. It was the month of May and my first communion. I knew then what I knew now—that "No" means "No." But my "No's" were ignored. Between that time and 1954, a Boy Scout leader and a Catholic priest abused me. These experiences became my EXCUSE to act out sexually in a reckless, dangerous, and criminal manner.

I was fourteen years old when I first abused an eleven-year-old girl. She was a victim because she said, "No." And I ignored her, "No." Therefore I classify her as a victim. I was a very high bottom person at that time but it was still wrong. To me, as I look back in retrospect, that was a low bottom. That was a low thing to do not to respect someone else's privacy, not to respect someone

*(Continued on page 4)*

IN THE  
NEXT  
ISSUE:

**Member Story:  
Reports:**

**Letters and Feedback:**

*Grow Old With Me*

January 2001 Orange, CA Convention

Report from the Format Committee

This is SA's meeting in print. We need your group news, articles, and personal stories.

## Calendar of Events

[Events listed here are presented solely as a service to readers,  
not as an endorsement by *Essay* or SAICO]

- April 7, 2001**, SA / S-Anon Marathon, Langhorne, PA, sponsored by Philadelphia Intergroup. Theme: Surrender: The Key. Contact Philadelphia Intergroup at 215/564-3272.
- April 27 - 29, 2001**, Northwest SA / S-Anon Spring Retreat, Toledo, WA. Theme: Openness. Contact Ross A. at 206/365-2174 for SA, and Jana for S-Anon at 206/246-9801.
- April 27 - 29, 2001**, SA South Midwest Family Reunion Retreat, Wichita, KS. Contact SA Wichita at 316/942-9041 or Richard B. at 316/942-1197.
- May TBA, 2001**, SA / S-Anon Marathon, Ashland, VA, sponsored by Central Virginia Intergroup. Contact Richmond at 804/254-9939.
- May 5, 2001**, SA / S-Anon Marathon, sponsored by Rochester Intergroup. Theme: The Solution, How It Works, Why It Works, and Then Working It. Contact Miller A. at 716/323-2485.
- May 6, 2001**, SA / S-Anon Spring Conference, Manhattan, NY, sponsored by SA NYC Intergroup. Theme: Willingness. Contact SA NYC at 212/459-4044.
- May 12, 2001**, SA Marathon, sponsored by Detroit Intergroup. Contact Detroit at 810/997-7518.
- May 18 - 20, 2001**, SA European Convention, Worpswede, Germany, sponsored by AS Deutschland. Theme: Our Common Welfare Should Come First. Contact Wulf at 49 040 826333.
- May 18 - 20, 2001**, SA Spring Retreat, Battle Lake, AB, sponsored by Edmonton, Alberta, Canada. Theme: The Real Connection. Contact Edmonton at 780/980-4411, or email to [essayedmonton@hotmail.com](mailto:essayedmonton@hotmail.com).
- May 19, 2001**, SA Spring Marathon, Aurora, IL, sponsored by Chicago Intergroup. Contact Chicago at 630/415-0341.

## SUBSCRIBE TO THE *ESSAY*

The *Essay* strives to be a source of experience, strength, and hope to sexaholics as one part of our Fellowship's Twelfth Step work. The *Essay* is also a source of information about Fellowship activities and needs. We urge SA members to subscribe individually and through their groups. One year (four issues) costs \$10.00 US. Group subscriptions of 10 or more sent to the same address are \$8.00 US each. Payment can be by check, money order, or credit card, MasterCard or Visa. A return envelope and subscription form are enclosed with each *Essay* mailing.

## WRITE THE *ESSAY*

Most articles in the *Essay* are sent in by members and by SA groups. We are always interested in short articles on how we apply the Twelve Steps and Twelve Traditions in our daily life. Deadline for submissions to the next issue is April 15, 2001. Please send them to this address.

SA International Central Office  
PO Box 111910  
Nashville, TN 37222-1910

**THANK YOU! THANK YOU! THANK YOU!**

**Dorene S., *Essay* Editor**

Dorene S., *Essay* editor for the last year,  
has decided to turn to other projects.

We would like to express appreciation for her time, talent,  
and dedication to the *Essay* and the fellowship.  
Thank you, Dorene, for your service to SA and *Essay*.

## ***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 *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. Selections may be edited for style and clarity.
- 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 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.

**May 25 - 26, 2001**, SA / S-Anon Retreat, Wheeling, WV, sponsored by Wheeling / Steubenville Intergroup. Theme: Sharing of the Fellowship. Contact Intergroup at 740/342-0828.

**Late May, 2001**, SA Marathon, sponsored by Cincinnati groups. Contact Cincinnati at 513/522-1599.

**June 9 - 11, 2001**, SA Australian Conference, Belgrave, Victoria, sponsored by SA Australia. Theme: Under New Management. Contact Steve at 0417 338 074, Geoff at 03 9738 0402, or Joe 03 9347 7989.

**June 15 - 16, 2001**, SA / S-Anon Retreat, Spokane, WA, sponsored by SA Spokane. Theme: A Desire to Stop Lusting. Contact Greg S. at 509/292-8751.

**July 13—15, 2001**, SA / S-Anon International Convention, Washington DC area, sponsored by MD/DC/VA Intergroup. Theme: 2001: An Odyssey in Recovery. Contact Intergroup at 703/866-6929.

**September 14 - 16, 2001**, SA / S-Anon Northwest Regional Retreat, Toledo, sponsored by Toledo, OH. Contact Dan B. at 503/667-6311.

**October 6, 2001**, SA / S-Anon Marathon, Daytona Beach, FL. Contact Mark at 386/736-2436.

**October 26 - 28, 2001**, SA South Midwest Family Reunion Retreat, Wichita, Contact SA Wichita at 316/942-9041 or Richard B. at 316/942-1197.

**January 11 - 13, 2002**, SA / S-Anon International Convention, Atlanta, Sponsored by Georgia Fellowship. Theme: Courage to Change. Contact Atlanta at 404/239-8005.

*[Please note: Since international calling codes differ from country to country, we include only the country codes, area code, and local number for all contacts. Please call your local operator for guidance on making international calls.]*

(Continued from page 1)

else's "No." Between my first victim and the last there were many others. I was approximately age fifty-five when I engaged in my last improper sexual contact. It was with an eleven-year-old boy and resulted in my prison sentence.

After the charges were filed, I spent six days prior to Christmas in the county lockup. My sisters, who have never stopped loving me and have stood by me through this whole process even to this day, posted ten thousand dollars bail so that I could be with them for the holidays and continue working. But that didn't stop me from acting out on New Year's Eve.

Earth-shattering fear and panic set in as I made my first court appearance on January 2<sup>nd</sup>, 1993. It was a very cold day both outside and inside me. I was scared to death. I didn't want to go to prison. So on my lawyer's advice, I began "walking the straight and narrow." "Don't get caught doing anything now," he said. Out of fear, my first period of sexual sobriety began the following day.

Because of lengthy delays and legal ploys by my \$3,500.00 lawyer, I was able to plea bargain with the court system. Finally, on October 2<sup>nd</sup>, 1993, I was found guilty of sodomy and child abuse. I was sentenced to one and one-half to four years in a maximum-security prison in a non-jury trial.

God blessed me that day because I could have received up to six to eighteen years of prison in a jury trial.

In the crazy three years in prison that followed much happened to the man

who had become a sex-crazed predator; the man who wallowed in self-pity, denial, self-justification, rationalization and all the other EXCUSES for not getting sexually sober. Sobriety was a word familiar to me when I went to prison as I then already had eleven years of A.A. sobriety. But sexual sobriety was as alien to me as life on Mars. I didn't have a clue. My heart wasn't in it.

I survived a meaningless prison existence by becoming a law clerk. When I was turned down for my first parole board, I realized I had to do something to help myself. There were men in prison secretly reading SA material so I obtained an address from that literature. I wrote and received a free SA handbook and brochure from Nashville, Tennessee.

Along with this information came a list of Intergroups. I wrote to one of them. A member of SA from that area answered my letter, and I believe, saved me from a continually unfulfilled life, the mental ward (again), life in prison, or death. This member wrote to me in the early part of July 1995. His letter was frightfully candid and lacking in fear. In that initial letter, he wrote on company stationery containing not only the company address and phone number, but his home phone number as well. "Wow," I said to myself, "where did all this courage come from?"

This SA member never questioned my behavior, my being in prison, or the circumstances that brought me there. He only talked about himself and this wonderful program called Sexahol-

*For the first time in my life I was willing to listen (miracle #1).*

### 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.

#### 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.

### 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 STEPS OF ALCOHOLICS ANONYMOUS:

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

*The Twelve Steps and 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.)*

ics Anonymous. I was intrigued not only about what kind of man was this, but even more, about what kind of program this was! For the first time in my life I was willing to listen (miracle #1). And I was also willing to follow directions (miracle #2). In the fifteen months that followed, I wrote out my 12 steps for the first time. A loving God had started to express himself through me. As the axiom goes, "When the student is READY the teacher will appear!"

During the months of writing this SA member, I gained many insights into my affliction. I wanted what I saw in him and I was ready to go to any lengths to get it. At first I was positive my years in AA would be a big asset in SA. Wrong! I had to relearn the steps and endorse a new application as it specifically addressed my LUST addiction. Between 1981 and 1985 I had quit, one day at a time—drinking, cigarette smoking, overeating, and gambling. But they were outside of me. My lust was a part of me. So I worked hard on trying to work a program of sobriety in prison. I tired to look at myself objectively.

I got out of prison October 2<sup>nd</sup>, 1996, fully convinced that Sexaholics Anonymous was the way to go—that I needed this fellowship and its sobriety definition. I thought I was ready for freedom... I had so much YET to learn. Church friends arrived at the appointed time to drive me home and give me shelter in their homes. Prior to my release, the SA member I had been writing mailed me a list of meetings. By then I also had both his work and home phone

numbers.

The relief of being out of prison—and only those who have been there can understand what that relief is—was enough. I was in a safe home with some church friends. I didn't have people banging on my cell at three o'clock in the morning, and saying, "Move so I can see you move," and shining a flashlight in your eyes. I didn't have to go through all the rules and regulations and all the formations and standing at my gate to be counted. So I didn't feel like I needed a meeting or phone calls to SA members.

On October 12<sup>th</sup>, a group of friends invited me to join them on a trip to the mall. I did not know what a grievous mistake that would be so I said, "Yes." The sights, sounds, aromas, etc, etc, took their toll. That night alone in my room I acted out. Within seconds I began to weep. What I knew before that act became all the more poignant now—I could not do this ALONE and I needed MEETINGS. Yet it still would be several days before I came to a meeting.

On October 17<sup>th</sup>, I finally went to my first meeting. I had been in the church where the meeting was being held a hundred times before for AA meetings. So I knew where the parking lot was and where the meetings rooms were. When I got there, I peered through the window. I wanted to see what the weirdos in this program called Sexaholics Anonymous looked like. When I spotted a man inside the room, I said to myself, "Well, he doesn't look

*(Continued on page 6)*

*And I was also willing to follow directions (miracle #2).*

(Continued from page 5)

too bad. He's kind of an old coot like me. He can't be all that bad." So I went on into the meeting. I was fully intending to lie about my sobriety date. I was intending to say that it was January 3<sup>rd</sup>, 1993, because none of them would have really known the truth.

But the first man to speak in that meeting said, "My name is Bob and I've been sexually sober for two days." And I said, "Son of a gun, these guys are going to be honest. I can't believe it. I can't believe it!" So I found myself admitting that my sobriety date was really October 13<sup>th</sup>, 1996. This new God of my understanding had compelled me to speak the truth. I soon chose one of the members to be my sponsor and only mildly balked when he asked me to write out the steps again even though I had written them out in prison!

Since getting sober, I have held service positions at local meetings and in our Intergroup. But my heart belongs to the service work of the Sexaholics Anonymous Corrections Facility Committee (SACFC). For a little over two years I've attended meetings in two state prisons plus visited inmates in three others. I've also attended prison meetings in two other states. Corresponding with over twenty inmates keeps me busy. My involvement with the SACFC has been very fruitful and rewarding. It helps keep me sober. For this I have much gratitude.

I'm not proud of what I did before I got sober. But that's me. That is who I am. It's difficult at best to lead

with my weakness and tell everyone just how low of a bottom I hit. I am telling you my story because I hope it might help you to see below the bottom you may have already created to the level where you might continue to fall. Or if you are already at the level that I was, perhaps you will see that there is hope. Perhaps you will see that this fellowship can do great things—if you surrender, if you allow it to work in you.

I used to hate the entire Catholic Church. I hated the Pope, the Cardinals, and every member that was ever a Catholic—for the actions of one man. Now the scared little child that was once abused by a scout leader and a priest... has a priest as a sponsor. God has also blessed me with two sponsees, one of whom was a priest before being sent to prison. He was the "old coot" I saw when I peered through the window to see what sexaholics really looked like!

Today I have nothing but compassion and love for all my brothers and sisters regardless of their religious background, color, creed—or whatever. I can't judge anybody else. I can't say that, "Well, because he's done this or he's done that, or she's done this or she's done that, we have to exclude them from our fellowship.

God's healing and forgiving love is boundless. Thanks to what the God of my understanding and SA have done for me, I am now able to visit with my daughter and have lunch with my grandkids. This is the same little girl that I abused when she was twelve years old.

# January - December 2000

Mt Prospect, IL CFC	20.00	Ruston, LA	40.00	Ventura, CA	25.00
Munster, IN	62.00	Ruston CFC	10.00	Vienna, VA	725.00
Nashville, TN IG	2900.00	Salem, OR	119.55	Vienna CFC	175.00
Nashville Conv CFC	1055.00	Salem CFC	84.00	Villa Park, IL CFC	16.00
Nashville Convention	8193.63	Salt Lake City, UT	886.86	Waldorf, MD	45.00
Northeast Ohio IG	30.00	Salt Lake City CFC	30.00	Washington, DC	2555.11
New England IG	143.39	San Diego IG, CA	1094.17	Washington DC CFC	657.50
New Jersey IG	3000.00	San Diego CFC	200.00	West LA, CA	534.59
New York City, NY	76.10	San Jose, CA	111.40	Westlake Village, CA	20.00
New York City CFC	122.00	San Jose CFC	36.00	Wheeling, WV	190.00
NYC Intergroup	800.00	Sand Point, ID	5.00	Wheeling/Steubenville IG	308.00
NYC IG CFC	400.00	Savannah, GA	5.25	Wheeling/Steubenville Retreat	150.00
New York Metro IG	350.00	SO CA IG CFC	565.00	Wichita, KS	358.00
Newberg, OR	333.50	Seal Beach, CA	15.00	Willow Creek, IL	1353.35
Newberg CFC	21.00	Seattle, WA	815.33	Willow Creek CFC	550.50
North Canton, OH	85.00	Seattle CFC	184.33	Windsor, ON, Canada	84.76
North Hollywood, CA	443.00	Seattle SA Teen	90.00	Woodbridge, VA	331.07
North Hollywood CFC	245.00	Silver Spring, MD	1571.30	Woodbridge CFC	58.43
Northern CA IG	1500.00	Silver Spring CFC	156.00	Woodstock, IL	72.00
NW Pacific Area IG	168.89	Somerville, MA	266.00	Yardley, PA	182.00
Norwalk, CA	40.00	So Barrington, IL	541.00	Yonkers, NY	96.50
Oakland, CA	380.30	So Barrington CFC	270.00	Yorba Linda, CA	335.00
Oakland CFC	335.97	Spokane, WA	30.00		
Ogden, UT	50.00	Spingdale, VA	41.00	<b>Group Total</b>	64,404.27
Oklahoma IG	3000.00	Springdale CFC	25.00	<b>SA CFC Total</b>	10,087.89
Paducah, KY	177.00	Springfield, VA	601.00	<b>Conventions</b>	18,958.13
Painesville, OH	50.00	Springfield CFC	86.00	<b>Individual Total</b>	5,299.04
Palm Desert, CA	103.00	Springvale, VA	58.00	<b>Jesse L. Memorial</b>	425.00
Pam Desert CFC	25.00	St Charles, IL	100.00	<b>SA Net Group</b>	187.00
Pasadena, CA	883.00	St Joseph, MO	100.00		
Penn Hills, PA	200.00	St Louis, MO	360.00		
Peoria, IL	100.00	Sr Louis CFC	60.00	<b>Grand Total</b>	99,361.33
Philadelphia Marathon	315.00	Stafford, VA	74.00		
Philadelphia IG	1624.55	Stamford, CT	42.00		
Phoenix, AZ	177.00	Steubenville, OH	116.40		
Pittsburgh Southside	433.00	Sunbury, ON, Canada	102.00		
Pittsburgh, PA	459.00	Syracuse IG, NY	240.00		
Pittsburgh CFC	50.00	Syracuse IG CFC	350.00		
Portland IG	1317.67	Timonium, MD	146.50		
Portland CFC	166.42	Titusville, FL	7.50		
Puget Sound IG CFC	100.00	Tokyo, Japan	548.83		
Queens, NY	86.50	Toronto, ON, Canada	791.73		
Redondo Beach, CA	50.00	Trenton, MI	99.00		
Regina, SK, Canada	100.00	Troy, MI	833.00		
Riverside, CA	20.00	Tukwila, WA	95.00		
Riverside CFC	34.52	Tukwila CFC	28.00		
Roanoke, VA	10.00	Twin Cities IG, MN	225.00		
Rochester Intergroup	1603.77	Twin Falls, ID	45.00		
Rockford, IL	230.00	Upper Arlington, OH	74.00		
Rockland County, NY	50.00	Vancouver, WA	163.30		
Roswell, GA	124.00	Vancouver, BC, Canada CFC	135.11		

# SEVENTH TRADITION

Abilene, TX	25.00	Colorado Spgs, CO	1150.00	Greeley, CO	70.00
Akron, OH	479.08	Columbia, MO	75.00	Green Bay, WI	100.00
Albuquerque, NM	304.64	Columbus, OH	385.00	Greenwich, CT	175.00
Anaheim, CA	218.15	Concord, MA	123.00	Hacienda Heights, CA	100.00
Ann Arbor, MI	136.50	Corona, CA	20.00	Hermosa Beach, CA	150.00
Annapolis, MD	215.00	Corona CFC	25.00	Herndon, VA	611.34
Arlington Heights, IL	50.00	Crystal City VA	1152.25	High Point, NC	25.00
Arlington Hgts CFC	50.00	Crystal Lake, IL	238.00	Idaho Falls, ID	240.00
Atlanta, GA	515.94	Dallas, TX	100.00	Irvine, CA	150.00
Aurora, IL	65.00	Darien, IL	315.00	Jersey City, NJ	85.00
Australian Conference	50.00	Darien CFC	120.00	Jerusalem, Israel	35.00
Ballard, WA	33.66	Davenport, IA	200.00	Kansas City, KS	300.00
Baltimore, MD	48.00	Daytona Beach, FL	114.55	Kirkland, WA	154.25
Bannockburn, IL	360.00	Daytona Bch CFC	114.58	Kirkland CFC	45.25
Bannockburn CFC	55.00	Denver Retreat	102.00	Knoxville, TN	90.00
Barrie, ON, Canada	100.00	Denver, CO	288.00	LA Olympic, CA	327.00
Beaver, PA	99.00	Detroit Conv CFC	1000.00	Laguna Niguel, CA	45.00
Bellevue, WA	29.00	Detroit Convention	8709.50	Lake Mary, FL	50.00
Beltsville, MD	454.00	Downers Grove, IL	200.00	Lakeland, FL	100.00
Bend, OR	47.00	Doylestown, PA	37.10	Lancaster, OH	45.00
Binghamton, NY	132.00	Eastern PA IG	2400.00	Langhorne, PA	94.00
Binghamton CFC	75.00	Edgewater, FL	28.00	Leesburg, VA	135.00
Birmingham, AL	165.00	Edmonton, AB	100.95	Lincoln, NE	112.50
Brook Park, OH	50.00	Elk Grove Village, IL	820.00	Lincoln CFC	52.00
Brooklyn, NY	6.00	Elk Grove CFC	230.50	Little Falls, NJ	200.00
Brooklyn CFC	40.00	Erie, PA	208.31	Littleton, CO	2.00
Bryn Athyn, PA	326.10	Essington, PA	199.50	Livonia, MI	38.38
Buffalo, NY	45.00	Euclid, OH	25.00	London, ON, Canada	50.00
Calgary, AB, Canada	157.92	Fairbanks, AK	100.00	London, UK	312.00
Camarillo, CA	615.00	Fairfax, VA	412.00	Long Island IG	1352.00
Cambridge, MA	85.00	Fairfax CFC	33.00	Longwood, FL	95.00
Canberra, Australia	75.00	Falls Church, VA	300.00	Los Angeles, CA	42.00
Canoga Park, CA	180.00	Falls Church CFC	30.00	Lynchburg, VA	20.00
Canoga Park CFC	459.00	Federal Way, WA	95.00	Manchester, NH	35.00
Cape Girardeau, MO	15.50	Federal Way CFC	63.00	Manhattan Beach, CA	154.50
Central CA IG	250.00	Fernandina Beach, FL	40.00	Mansfield, OH	243.06
Central VA IG	200.00	Franklin, TN	504.00	McLean, VA	467.00
Centreville, VA	445.40	Frederick, MD	55.00	McLean CFC	20.00
Centreville CFC	12.60	Fredericksburg, VA	262.30	Medford, OR	43.00
Chicago, IL	1489.00	Fremont, CA	173.21	Melbourne, FL	54.50
Chicago CFC	656.00	Fremont CFC	87.00	Menlo Park, CA	15.00
Chicago IG	427.00	Fresno, CA	30.00	Miami, FL	20.00
Chicago IG CFC	75.00	Ft Collins, CO	15.00	Midvale, UT	40.00
Chicago Retreat	750.00	Ft Wayne, IN	20.00	Mill Creek, WA	43.23
Chino, CA	100.00	Gaithersburg, MD	134.00	Millvale, PEI, Canada	50.00
Cincinnati, OH	180.00	Georgia IG	821.93	Milwaukee, WI	633.50
Clayton, MO	150.00	Germantown CFC	28.00	Milwaukee CFC	100.00
Cleveland, OH	300.00	Glen Ellyn, IL	1305.00	Mississippi Gulf Coast	50.00
Cleveland CFC	16.00	Glen Ellyn CFC	340.00	Montreal, Canada	90.12
Cochise, AZ	53.00	Grand Rapids, MI	900.00	Mt Clemens, MI	487.97

The God of my conscience has healed our relationship.

When I entered Sexaholics Anonymous, God did not ask me what my bottom was. He only asked me, "Do you want to be sober?" "Do you want to be restored to sanity?" "Are you willing to come to this fellowship and admit that you are powerless over lust and that your life is unmanageable?" And I said, "Yes." And I have been delivered.

I tell you all this because God and SA have taken me, a low bottom pedophile, and returned me to some sort of sanity by reinforcing in me that every time I come to a meeting and don't act out, I've done the right thing. I hope that the God who allows my presence in SA will be seen as a hope for all who want to stop lusting and become sexually sober—no matter what they have done.

In my life, God has given me three pertinent concepts—SERENITY, COURAGE, and WISDOM. God has given me the wisdom to follow him, the courage to forgive myself and others, and the serenity of living sober in SA.

I pray God never allows me to forget these words: "This is the beginning of a new day. God has given me this day to use, as I will. I can waste it or use it for good. What I do today is important because I am exchanging a day of my life for it. When tomorrow comes, this day will be gone forever, leaving in its place something I have traded for it. I want it to be gain, not loss; good not evil; success not failure—in order that I shall not regret the price I paid for it." Be well and God bless!

**John C., Rochester, NY**

## Your Experience, Strength, and Hope HERE!

Most articles in the *Essay* are sent in by members and by SA groups. We are always interested in short articles on how we apply the Twelve Steps, Twelve Traditions, and Twelve Concepts in our daily life and service to others, our families, and the Fellowship. How are you expressing your gratitude today?

Deadline for submissions to the next issue is April 15, 2001. Please send them to SA International Central Office.

### How to Contact SA

SA International Central Office  
PO Box 111910  
Nashville, TN 37222-1910

Phone: 615/331-6230  
Fax: 615/331-6901  
Web Site: <http://www.sa.org>  
E-mail: [saico@sa.org](mailto:saico@sa.org)

## Letters

&

## Feedback

I discovered how great the recovery readings are when someone loaned me the January 2000 editions with writings of Jesse L. So, now I want more inspirational recovery reading. Here is my subscription for the *Essay*. Keep up the great work!

**Nathan, L.A., CA**

Dear Central Office:

Enclosed is a check from the Wednesday night meeting at St. Teresa's in Chicago. I now live in Madison, WI. I still attend the Wednesday night meeting because it's so great. We have only one small meeting in Madison. Two of us meet faithfully on Monday and Thursday nights. Thanks for your patience and keep up the great work.

**Jim, Madison, WI**

Greetings from the deep, deep South:

I am one of the loner type members who has been fortunate to find the Internet meeting. I have found it extremely useful and a valuable aid to maintaining sobriety for the last couple of years.

I hear I should advise you of my status as a loner and if any enquiries come through about the possibility of setting up an SA group in Wellington, New Zealand, I will be after more information and help.

**Barry, Wellington, NZ**

I would like to inform you that I and my three other friends begin to meet weekly in an informal meeting in Jakarta. We share and give e, s, & h. I'm reading the White Book now, a gift from a friend in SA Australia. I myself am not capable of beginning a new group because I lack of experience and knowledge. My friends do not know SA at all. We lack resources to understand how the group should be run and maintained. If it is possible, please inform about this group through email. We hope that this group can help other people who suffer from that addiction in Jakarta and Indonesia. I need help to make this group continue to exist from you and friends abroad. Thank you very much.

**Tom, Jakarta, Indonesia**

## New Groups

These cities have added more meetings:

Arlington, VA

Baltimore, MD

Crystal City, VA

Manassas, VA

Timonium, MD

Towson, MD

[from our faithful correspondent in the Maryland/ DC/ Virginia area]

Charlottetown, PEI, Canada

Madison, WI

Sand Point, ID

Jakarta, Indonesia

To list your new group, contact SAICO at 615/331-6230, or [newgroup@sa.org](mailto:newgroup@sa.org)

## SA International Central Office

### Goodbye, Hello, and Hello

Many of you have known and received orders for literature from Barbara, the Empress of Shipping here at Central Office. Barbara decided to retire and take a well earned rest. We wish her the very best.

Some of you may have heard the introduction of Lisa at the Orange, CA convention. Lisa will be working on dragging our invoicing system into the Twenty-first Century. Currently, she has studied the old system and is working up a set of recommendations for changes. We hope to have this change accomplished before the end of the year.

When you need help with your literature orders, just call for Kimberly. She is in training and your kindness and patience are much appreciated. We miss Barbara already. However, she was on her way to an Alaskan cruise and waved, but would not stop. She mumbled something about sending messages by penguin.

### Thank you, Thank you, Thanks

Central Office would like to take this opportunity to thank every one of you who volunteered for phone service. Thank you for calling Central Office to offer your phone number as a contact for a newcomer. Someone usually called for that number about ten minutes later. Thank you for being a local contact for other members who travel. In an increasingly mobile society, it is very comforting to be able to phone someone and find out where the meetings are. Thank you to all of the patient group

secretaries who kept your meeting list updated so that we had the very best information for traveling members. A big thank you to everyone who keeps in touch with other members of the fellowship. Meetings are great. There is no substitute for a meeting. However, it is a big globe and many members are far, far, far away from a meeting. My thanks to you for writing, phoning, and sending tons of email.

**Kay Shotwell, SAICO**

### Increase in Rates

Included with this *Essay* is a new literature order form. Both the United States Post Office and UPS have increased their rates. This means an increase in shipping and handling rates for Central Office. Costs of shipping supplies went up, also. These increases are reflected on the new order form. Please discard all of your old forms dated before 02/02/2001 since their use could lead to errors in calculating shipping costs.

### Talent Search 2001

Do you have special talents and abilities that you could share with the fellowship? Many opportunities for service are available. Please contact Central Office for more information.



# How to Contact Your Trusted Servants

## Delegates

Mitch A. North Midwest Region  
CANADA: SK, MB  
USA: IA, IL, MI, MN, ND, NE, SD, WI, WY

Art B. Southeast Region  
USA: AL, FL, GA, IN, KY, MS, NC, SC, TN, PR

Erich L. Mid-Atlantic Region  
USA: DC, DE, MD, NJ, OH, PA, VA, WV

Michael O. Northeast Region  
CANADA: NB, NF, NS, ON, PE, QC  
USA: CT, MA, ME, NH, NY, RI, VT

Peter T. Southwest Region  
USA: AZ, CA, HI, NV, UT

Tony VV Northwest Region  
CANADA: AB, BC, NT, YT  
USA: AK, ID, MT, OR

Joe W. South Midwest Region  
USA: AR, CO, KS, LA, MO, NM, OK, TX

Wulf L. International  
German speaking countries

Jenny M. International  
UK, Ireland

Jose Maria R. International  
Spanish / Portuguese speaking countries

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Frank Cardona  
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## Sexaholic Trustees

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Tricia S.

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To contact Trustees, Delegates and Committees, send email to [Trustee@sa.org](mailto:Trustee@sa.org), [SACFC@sa.org](mailto:SACFC@sa.org), or [Delegate@sa.org](mailto:Delegate@sa.org)  
Or write in care of Central Office at  
SA  
PO Box 111910  
Nashville TN 37222-1910  
Phone: 615/331-6230

# Thanks from Inside

To All My Fellow SA Members,

I would like to take this opportunity to thank each and every one of you that has reached into his or her pocket to help the Sexaholics Anonymous Correctional Facilities Committee (SACFC). It may not seem like a lot to you, but believe me, for those of us in prison, it can be the only lifesaver we will ever get.

For me personally the SA program is my whole life. I have been a member of Sexaholics Anonymous since 1984. I wrote a letter to Roy K. and asked him if he would be willing to assist me in starting an SA group in the Texas Prison System. God (my Higher Power) helped me get the “okay” for our group from the prison warden through the Catholic chaplain. The chaplain then gave up his free time to serve as the official sponsor of our meetings. Roy reached into his own pocket and paid the cost of sending us the SA handbooks and information we needed to start our group.

Back then I had no way of knowing where the path of recovery was going to take me. Nor did I know for sure if I could get my addiction under control. Being a homosexual, prison did not serve as a barrier to finding willing sex partners. But once I really started working the SA program I stopped acting out.

I sincerely believe that my Higher Power used the SA program to save my life. I have now been locked up

over 20 years [of a life sentence]. How do I bear it? By knowing the truth that if I had not gotten locked up back in early 1980, I would be dead. There is just no way that I could have kept on with the style of life I was living without getting AIDS.

So I now owe my whole life to the SA program. It has not only saved my life—it has also given me a way to do God’s work. I write to other prisoners that are just starting to work on their recovery and I try to help them find the path of full recovery and the path of the SA program. I tell them things that help me walk this path and I tell them how God can help them live stress free in prison.

I know I have become long-winded, but I just wanted to take this opportunity to say thank you very much for caring and thank you very much for sharing with us in prison. A lot of times it seems like we forget to tell you people how much it means to know that there are people out there that do care and are willing to reach out with a helping hand. So please accept my letter as a personal thank you on behalf of every prisoner that has been helped by the SACFC.

One last word—we all would like to thank the SACFC for the wonderful job they are now doing.

Sincerely yours,  
**Ed N., Texas**

[Editor’s note: Ed N. started the first SA group in a prison.]

## Practical Recovery Tools

### Check Meetings

#### Group Sponsorship

*(Reprinted from Essay, June 1994)*

**Need:** Often a sponsee will have a problem that does not readily yield to the sponsor's efforts or that is outside his or her knowledge or recovery experience or ability to deal with it. In such cases, there can be great wisdom and breakthrough by bringing the issue to a small, select group of trusted members, together, under God.

**Example:** A woman several years sober realizes she still cannot forgive the men who perpetrated wrongs upon her. In this case it was suggested that the woman write a Step 8-1/2 inventory (see page 125 in *Sexaholics Anonymous*) on her unforgiveness. This is patterned after the Fourth Step inventory, including the added column "What does this tell me about myself?" The woman wrote on each person or incident: what happened, how her unforgiveness expressed itself within her, and what this tells her about herself and her own spiritual condition and attitude today. The focus was on her response to the wrongs, responses both within her and in her behavior, not on those who wronged her. She wrote it out and called some members to hear and offer feedback. They began with prayer for guidance and courage. She read her inventory all the way through. (Had it gotten off track, the members could have intervened, if appropriate.) When she was through reading it, they prayed

again, and one by one the members told what they heard her saying.

We do not criticize or pass judgment or give advice. We simply play back what we hear, what comes through between the lines. We do not take responsibility for the other person's life or decisions. We are simply a sounding board. We speak as we would be spoken to.

**Example:** A member who is a minister has been sexually involved with members of his congregation and calls a check meeting for guidance on how to make amends to these persons. It's very touchy because this might injure others. The man's sponsor suggests a check meeting.

**Example:** A member is stuck in her career/education and seeks a broader range of input and wisdom than her sponsor is able to offer.

**Other Examples:** A member can't get or remain sober or is an habitual slipper. A member discovers he's over his head in debt and doesn't know what to do. Another member doesn't know how to cope with his wife's response to his decision to go into total sexual abstinence. His sponsor is single and has never had to face that problem. Other members seek help with tough problems such as fear, wet dreams, dating . . .

Sometimes the person needs to write on something that surfaces during the check meeting that had little direct connection with the original topic. "Back to the drawing board!"

## SA Correctional Facilities Committee Report

We have changed our name to Sexaholics Anonymous Correctional Facilities Committee (SACFC). It was felt this name provided a clearer description of the work of the committee.

Buddy S., PA, is the new Chair of the SACFC, replacing William R., WA.

William R., WA, will continue to work part-time for SA as Correctional Facilities Coordinator, carrying out the daily administrative tasks of the committee.

Joe D., WI, is taking over from Joe D., MD, the service position of sending out the introductory letters to inmates who request our literature.

Keith S., MI, has agreed to coordinate the SACFC Correspondence Service. Future members and inmates who wish to sign up for this service may write to Keith at: SACFC Correspondence Service, P.O. Box 99667, Troy, MI 48099. Since it's inception in 1998, 63 inmates and 41 members have signed up for the Correspondence Service.

Ray S., AZ, has drafted proposed guidelines for members interested in sponsoring inmates. It includes letters about sponsorship addressed to the member and the inmate, as well as simple suggestions regarding each step. If you are interested in seeing a copy of his proposal, you may request a copy from the SACFC.

Tom A., NJ, is working with inmates and staff at a correctional facility in New Jersey that has shown interest our pro-

gram. Since the start of last year 76 inmates from that institution have requested the SA handbook. This year our committee made contact with 18 new prison officials in 7 different states.

We now have four stories of members that have been incarcerated. We hope members, local groups, and Intergroups who are interested will ask for copies of these stories. Their stories are available from the SACFC

We have 13 new SACFC representatives now serving as contacts for our committee. We now have a total of 30 members in 22 states that help coordinate the work of our committee for their area.

This last year SAICO mailed 316 SA handbooks to inmates and correctional officials in the U.S. This represents a 35% increase over last year. For the first time we had 19 inmates request the handbook in Spanish. We also sent out 460 brochures, 77 of which were in Spanish. Members in Australia ordered 10 copies of the SA handbook to distribute to inmates there.

SA members continued to generously support the work of the SACFC. This year member contributions rose to \$10,087.89 — an 18% increase over contributions in 1999. We are grateful to all of the members, local groups, intergroups and conferences that share their sobriety through their monetary contributions to the SACFC.