

Essay®

A Publication of Sexaholics Anonymous, Incorporated

P.O. Box 111910
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2001, Issue Two
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GROW OLD WITH ME

I had to face the fact that in my marriage I didn't know what intimacy without sex looked like. I was always seeking to create intimacy so I could get my wife to have sex with me. Just like I did with the girlfriends that preceded her. Our sexual encounters usually came out of the "connect with me and make me whole" syndrome. They created a false intimacy that soon evaporated, often leaving exposed the underlying emotions that made us feel like we had to be sexual with one another in the first place. And I was usually left with a craving for more....

This is why I began to look for progressive victory over lust in my marriage. I wanted to learn how to relate to my wife as a friend and partner-in-life. I chose to practice abstinence because of what I hoped it would do for me. My wife gave me the space to do this—reluctantly at first. I really didn't give her the op-

tion. Even back then I sensed that as long as I was depending on her to fill my sexual needs, I was not going to find the kind of sobriety I needed and wanted. My wife could never fill the sexual void that had driven me to look for satisfaction outside the marriage.

After two years of abstinence, my wife and I went away for a long weekend and had plenty of sex. I got really high on the pleasure of it all. I figured this was okay because it was with my wife. And it seemed like we ought to celebrate such a long dry spell. But I came away from the holiday wondering how often we could have this sort of encounter again without my losing my sobriety?

My wife commented that in only a month's time we could be sexual with one another again because the kids would be staying with friends. This raised my ex-

(Continued on page 2)

A Richness Can Grow Within

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IN THE
NEXT
ISSUE:

Member Story:
Letters and Feedback:

Flirting Was A Real High For Me
This is SA's meeting in print. We need your group news, articles, and personal stories.

pectations of another encounter. I marked the weekend on the calendar in my mind and began ticking off the days—one by one. When the night finally arrived, we got into a disagreement over dinner. Sex was the last thing on her mind and the only thing on mine! I was so angry when she rebuffed my attempts to initiate contact that I couldn't sleep. She owed me sex. She'd promised. I tossed and turned all night.

I felt like a little boy whose Mama had pulled the chocolate chip cookie right out of his hand when he was about to take a big bite. The next day I gave my wife the "silent, withdrawn, I'm-really-angry-at-you" treatment. I realized I couldn't go on living like this. If this was sobriety, I had to find something better! Or it wouldn't last.

As a married sexaholic, I found I could still get my fix "legitimately." Once I decided to start giving up lust in my marriage by practicing prolonged periods of abstinence, I went through similar withdrawals to those I experienced when I stopped masturbating. I found myself craving sex with my wife, making suggestive comments, being physically affectionate with the hope she would respond sexually, and doing things that would make her happy in the hopes that sex would be my reward.

I consulted with some members who were further down the road of recovery from lust in their marriages and found that some of them were letting their wives take the initiative with regard to sex. Now that was a threatening thought! But the more I pondered it, the more sense it made. It was

another way of surrendering to my Higher Power and giving up my attempt to control my wife.

Several years later, after more prolonged periods of sexual abstinence, my wife suggested we might have sex one night if I came home from my SA meeting early. Fortunately, by now, I had learned that if I allowed myself to have any expectations of sex and they went unfulfilled, I was asking for trouble. So I thought, "I'm not coming home from my meeting early. I'll go to fellowship and then come home. If she wants sex when I get home, fine. But if not, I'm not going to build up any self-centered expectations."

When I arrived home from my meeting, my wife apologized for leading me to believe that we might have sex and said she was too tired and wanted to call it a night. I was able to reply honestly that I was okay with that. What a contrast to the previous incident where I had spent the whole night and the following day consumed by resentment fueled by my thwarted lustful desires! I was finally learning that I needed God more than sex and freedom, more than pleasure in my marriage.

Now the initiative to practice abstinence in our marriage started to come from my wife. At one point she said to me, "You know there are a lot of ways we can express physical intimacy towards one another without it leading to sex." I thought, "Oh really?!" In my sexaholic mind, I tended to sexualize all physical expressions of intimacy.

I began to accept that I was captive to the pleasure I got from sex in our mar-

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. The *Essay* is issued four times per year. Expanding the *Essay's* circulation will also expand the range of articles, letters to the editor, and special sections to benefit our readers.

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, Visa, or Discover. A return envelope and subscription form are enclosed with each *Essay* mailing. *Essay* can be ordered online at <http://www.sa.org>

Our hope is to have themes for future issues. Later this year we would like to have a focus on your experience with Steps 4 and 5 and with Steps 6 and 7. What have the Steps taught you about your relationships with others and about character defects and humility? Is there anything you wish you had done differently the first time you worked Steps 4, 5, 6 or 7? If you are in Germany, Japan, Brazil, Spain, Great Britain, Australia, or Canada or any other nation outside the US, is there anything your language or cultural experience has added to these Steps?

Thank you for reading this issue. Your feedback is always welcome.

The Interim Editors
June 2001

***Essay* Editorial Guidelines**

The *Essay* is answerable to the fellowship as a whole. 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 SA International 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 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. We like to receive articles electronically for ease of editing. Send articles to the SA International Central Office, attention of the *Essay* editor. Email should be addressed to saico@sa.org. All articles need to be in English. All articles must contain an address, telephone number, or email address so that authenticity can be verified. This information will remain confidential. 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.

riage. I could see that our sexual involvement with one another often did not have that much to do with genuine intimacy. There was nothing wrong with the pleasure our sexual relations gave me. The problem lay in my inability to take it or leave it. Once I said "yes" to sex, even after being sexually abstinent for prolonged periods, I had to have it. I craved it. I was compulsive. I had to do it more than once. More than twice. More than three times...until the time or energy ran out. I depended on my wife to set any limit. Was this progressive victory over lust? I decided it wasn't, so I kept returning to sexual abstinence to break the lust cycle that was stunting the growth of our marriage.

Once I realized my wife had given up any timetable for sex, I had to ask myself honestly whether or not I even wanted to be married to her. At first the answer was a clear "no." What was the point?! Over time the answer became a conditional, "yes." And now the answer is a positive "yes." My wife is now sure that I love her whether or not she has sex with me. I am no longer thinking about how long it has been since we had sex or begrudging her the time that has gone by, nor am I wasting time wondering if and when it will happen again.

My wife and I both like the freedom that not using sex as a coping and dependency mechanism has given us. Our extended periods of sexual abstinence have made space for much needed growth in our marriage. It's amazing how much energy and love we have to pour into other relationships and activities now that that energy and love isn't being consumed by

self-centered sex between us.

I am learning that physical intimacy that is centered in God's love doesn't create the same craving for more that lust does. I know I can live without sex and be happy in my marriage. So does my wife. When we kiss one another, or she puts her hand on my leg when I'm driving in the car, or she affectionately touches me as she passes me by in the kitchen, or we give one another a fervent full-body embrace, I know my wife is not thinking she wants to go to bed with me. She's just saying, "I love you."

Recently we went on vacation for five days without the kids and did not have sex. That's the first time that's ever happened. Previously, we always took advantage of a break like that to have sex—unless we got upset with one another. It felt so healthy to be able to pass it up this time around. It was as if we were finally getting some maturity in our marriage relationship. We had such a good week together working on various projects, going on walks, playing games, sitting by the fire, talking, and expressing physical affection without sexualizing it.

I like the road I'm on in my marriage—it's not easy but it's good. I like my increasing freedom from the tyranny of lust and the growing intimacy I'm experiencing with my wife. We are on a journey together. We know there will always be new insights to gain about the mysteries of being separate individuals joined together in a covenant of marriage made by God.

This Christmas my wife gave me a magnet that is now up above my desk along with her picture. It reads: "Grow old with me...the best is yet to come." That's

Conference Highlights Orange, CA 2001 January

The SA / S-Anon International Convention, held in Orange in January 2001, was one of the most successful ever. Attendance reached an all time high. Participants were enthusiastic in their praise of the setting, the sharing and the fellowship.

The General Service Conference of Delegates and Trustees met, heard reports, and made decisions. Among the reports was favorable news from the Finance Committee. The budget for 2001 [printed in Essay Issue One, 2001] is very lean and conservative. The goal to put SA on sound financial footing for the years ahead continues, and the prudent reserve is growing. This is especially good news during uncertain financial times. A line item was added for the cost of assisting new groups around the globe with literature. The literature needs of developing groups will be considered on a case by case basis, with the assistance taking the form of reduced shipping and handling costs.

New meetings are springing up all around the globe. The needs of these groups are not just financial. Their primary needs are to connect with other members and groups for support, encouragement, and sponsorship. If you, or your group, wish to help sponsor a new group, please contact SA International Central Office for more information.

A new Trustee was elected to the Board of Trustees. Tricia S. is from Oklahoma and already hard at work on the Literature

Committee. She will be preparing a training and orientation session for new members of the General Service Conference.

Central Office added a second employee to replace Barbara, who recently retired. Kimberly comes to SA with years of experience in office procedures and 12 step programs. Her able, flying fingers are busy preparing literature orders for shipping.

A goal was set to return *Essay* to the schedule of four issues per year. An interim Editor will be appointed. The Internet Committee reported that a more reliable server will be sought for the SA web site, www.sa.org. The General Service Conference will consider guidelines for proposed group web sites. In the meantime, SA will not link to groups, but groups may link to the SA site. This Committee needs lots of help and technical expertise. Interested members can send email to the committee at internet@sa.org.

The Regional Realignment Committee has results of the first SA census. However, it is not complete and a new due date of 4/15/01 was set. The goal of registering all groups and attaining equal representation for all groups cannot be attained without complete and reliable information. Changes in information for group meeting dates, places, and times need to be reported to Central Office.

The Literature Committee reported that work continues on Member Stories. A subcommittee is busy at work on this project. Authors who have submitted stories for consideration should be hearing from the subcommittee or an editor assigned to help the author edit, polish, and ready his or her story for publication.

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 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 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.)

The Literature Committee has adopted a new Literature Process. This process should be more streamlined. More SA members will share their talents in the writing, editing and polishing stages.

The Draft SA General Service Conference Charter is complete. Copies are available from Central Office for groups to study. The Charter is entering a comment period where input from the fellowship is sought. Your feedback should be addressed to Central Office.

The Site Selection Committee has selected new sites for conventions. A survey of the SA and S-Anon fellowships will be done throughout this year to gather information and input about timing and number of conventions. If you did not receive a survey yet and would like to participate, you can get a copy from Central Office.

Another survey of the fellowship, a feedback form on the Cleveland Statement of Principle, is still in design.

Roy K. hosted a Lust Recovery workshop. It was an enormous success and participants reported that it greatly helped in their personal recovery. He also addressed the General Service Conference on "Recovery in SA Today."

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.

We are looking for articles about Steps 4 and 5. In another issue, we will feature articles about Steps 6 and 7.

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

How to Contact SA

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A Richness Can Grow Within

It's hard for me to talk about the benefits of maintaining sexual sobriety. But I can compare it to some things in the natural world.

I think something happens in sexual sobriety. Not acting out compares to a farmer letting a field lie fallow. Slowly, over time, a person's natural energy builds up, in a deep way, enhancing the richness of physical, mental, creative and spiritual health. It is this richness I am seeking in maintaining sexual sobriety.

Another comparison is to a flame. A flame needs limits if it is to burn well. If the boundaries surrounding the flame are too close, the flame will be snuffed out. If, on the other hand, they are too distant, gusts of wind can blow it out. If the boundaries are just right, the flame burns brightly. I think the same thing happens with sexual sobriety.

The boundaries for sobriety cannot be just any boundaries. They have to be the right ones. And they have to be adjusted over time. I tried to maintain sexual sobriety, at one time, by avoiding people, by not having interactions with anyone, except one or two people. Although I didn't act out with others, I did act out with myself, physically as well as mentally. My almost total isolation was not a safeguard against lust.

At another extreme, I engaged in sex, willy-nilly, without any boundaries. This was like a flame open to constant gusts of wind. It was impossible to keep a steady sobriety with my lack of boundaries.

I've found that I need to adjust my boundaries at times, to keep the flame steady. For example, if I've had an important loss, or if I'm ill, I need to be cautious about being around people who may be a trigger for me and more cautious about whom I hug. If I have been relatively free of lust, and have people in my life with whom I can talk openly, then I can begin to expand my boundaries. For example, perhaps meet someone new or explore a new sober setting or interest.

Over the long term, there's a lot more benefit to sexual sobriety than simply avoiding the pain of lust. A richness can grow within, in body, mind and spirit. I don't have names for these qualities, but I have seen them in others, and felt some in myself. The future holds promise of more to be revealed.

Anonymous

God Works in Small Towns, Too!

I live in a small town. For a year, I drove 85 miles one way to an SA meeting, and I still do so. I had wanted to start a meeting for a while, but how was I going to get the word out and who would come to this kind of meeting? I had been going to various other 12-Step meetings to hear the Steps and recovery. I got frustrated because all they talked about was drinking, drinking, drinking, and that was not MY problem! Still, I got a lot from them. I would encourage anyone who doesn't have access to SA meetings to go to open meetings of other 12-Step fellowships.

Calendar of Events

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

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.

June 16, 2001, SA Second Annual Speaker Jam, Metuchen NJ, sponsored by the NJ Intergroup. Contact Leon M. at 908/756-4827 or John V. 973/463-9550.

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 703/912-4109.

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

September 29, 2001, Recovery Continues Marathon, sponsored by SA Toronto. Theme: Celebrating 10 Years of SA & 5 Years of S-Anon in Toronto. Contact Joe at 416/696-0239.

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.

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

July 12 - 14, 2002, SA / S-Anon International Convention, Portland, OR.

[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.]

SEVENTH TRADITION

January - March 2001

Abilene, TX	38.00	Grand Rapids, MI	200.00	Salem CFC	26.00
Akron, OH	131.82	Greeley, CO	30.00	Salt Lake City, UT	440.00
Albuquerque, NM	24.00	Hermosa Beach, CA	100.00	San Diego, CA	172.50
Anaheim, CA	40.00	Irvine, CA	150.00	Savannah, GA	3.75
Ann Arbor, MI	82.00	Ithaca, NY	30.00	Seattle, WA	151.94
Annandale, VA	112.00	Jersey City, NJ	35.00	Seattle CFC	71.94
Annandale CFC	12.00	Kansas City, KS	250.00	Silver Spring, MD	38.11
Annapolis, MD	40.00	LA Olympic, CA	56.00	So Barrington, IL	478.00
Arvada, CO	75.00	Lake Mary, FL	50.00	So Barrington CFC	200.00
Atlanta, GA	403.92	Lakeland, FL	50.00	Somerville, MA	140.00
Aurora, IL	15.00	Lexington, KY	151.24	Springfield, VA	146.00
Aurora CFC	15.00	Lincoln CFC	26.00	Springfield CFC	18.00
Bannockburn, IL	155.55	Little Falls, NJ	100.00	St Louis, MO	200.00
Bannockburn CFC	25.00	London, ON, Canada	72.50	Steubenville, OH	7.00
Barrie, ON, Canada	100.00	Long Island IG	200.00	Syracuse IG, NY	150.00
Bellevue, WA	164.00	Longwood, FL	50.00	Syracuse IG SACC	150.00
Bowie, MD	69.00	Los Altos, CA	100.00	Tokyo, Japan	114.37
Brooklyn, NY	50.00	Manassas, VA	30.00	Toledo, OH	65.00
Brooklyn CFC	21.00	McLean, VA	124.00	Toronto, ON, Canada	320.65
Calgary, AB, Canada	194.61	Milwaukee, WI	86.75	Trenton, MI	16.00
Camarillo, CA	130.00	Mississippi IG	50.00	Trenton, NJ	10.00
Cambridge, MA	100.00	Montreal, QC, Canada	52.00	Troy, MI	300.00
Central VA IG	225.00	Mt Rainier, MD	55.00	Tukwila, WA	45.00
Centreville, VA	142.00	Mt Rainier CFC	17.00	Tukwila CFC	45.00
Chatsworth, CA	50.00	Myrtle Beach, SC	25.00	Twin Cities IG, MN	200.00
Chatsworth CFC	50.00	Naperville, IL	50.00	Twin Cities CFC	50.00
Chicago, IL	400.00	Nashville, TN	560.00	Twin Falls, ID	11.25
Chicago CFC	120.15	Nashville, TN IG	400.00	United Kingdom	72.00
College Park, FL	53.23	Neptune, NJ	20.00	Vancouver, WA	51.25
Colorado Spgs, CO	400.00	New Jersey IG	2500.00	Vienna, VA	212.35
Columbus, OH	205.00	New York Metro IG	200.00	Vienna CFC	50.00
Corona, CA	50.00	North Canton, OH	60.00	Washington, DC	654.50
Crystal City, VA	282.00	North Hollywood, CA	226.00	Washington DC CFC	81.00
Dallas, TX	150.00	NYC IG	150.00	West LA, CA	85.00
Darien, IL	100.00	NYC IG CFC	50.00	Westlake Village, CA	20.00
Daytona Beach, FL	131.45	Oakland, CA	365.44	Wheeling, WV	172.00
Daytona Beach CFC	46.33	Ogden, UT	55.00	Wheeling Steubenville IG	80.00
Delmar, NY	50.00	Ojai Valley, CA	57.00	Willow Creek, IL	34.00
Doylestown, PA	23.00	OKC IG	485.00	Willow Creek CFC	19.00
Edgewater, FL	11.00	Orange Convention 2001	6971.12	Windsor, ON, Canada	50.00
Elk Grove Village, IL	125.00	Owensboro, KY	50.00	Woodbridge, VA	185.00
Elk Grove Village CFC	30.00	Paducah, KY	84.00	Woodbridge SACC	15.00
Erie, PA	85.00	Pasadena, CA	140.00	Woodstock, IL	48.00
Escondido, CA	70.00	Penn Hills, PA	198.60	Yardley, PA	73.00
Essen, Germany	30.00	Pittsburgh, PA	25.00	Yorba Linda, CA	60.00
Evanston, IL	60.00	Pittsburgh CFC	25.00		
Federal Way, WA	20.00	Pittsburgh Southside	85.00	Group Total	27,360.39
Federal Way CFC	14.00	Portland, OR	375.00	SA CFC Total	1,151.51
Florence, AL	70.00	Portland IG	554.83	Individual Total	2,218.50
Frederick, MD	50.00	Portland CFC	35.59		
Fremont, CA	48.53	Queens, NY	74.50	Grand Total	30,730.40
Fremont CFC	14.00	Ravenswood CFC	72.15		
Fresno, CA	100.00	Redondo Beach, CA	100.00		
Ft Wayne, IN	20.00	Rochester, NY	412.43		
Glen Ellyn, IL	75.00	Roswell, GA	78.00		
Glen Ellyn CFC	75.00	Salem, OR	26.00		

While on a retreat, I realized I hadn't given my desire for an SA meeting in my small town to God, so I surrendered it. Guess what? A couple of days later, a friend of mine from one of those other meetings called and said, "You know, I am obsessing on this issue and I would really love to have a meeting." Surrender is beautiful, isn't it? And it works like magic. So we had the first ever SA meeting in this small town at my house--a week after I surrendered it. There were 3 people there!

After some time, with more surrendering, I reached the point of being willing to sit alone for a meeting for months if I had to. I am a female recovering addict, and the thought of being alone and just any newcomer showing up (even one coming for the wrong reasons) was scary. Once a friend told me fear won't do me any good, but God can.

So once again, I surrendered by releasing my fear. I did some calling, looking for referrals. I called someone who in his profession may deal with addiction issues. He told me he was a recovering sex addict and would do anything he could to help. God was really at work. After giving it to God some more and doing some calling, we had our first regular ongoing meeting last September. The meetings are small but full of recovery. Members shower me with gratitude often. I try to remain humble, for this was God's doing, and I was just willing. It feels good that my willingness is making such a difference in not only my life, but in others as well!

Six months passed and on my first year sobriety date in March 2001, there

were 7 people at that meeting, which was bigger or as big as the one I drove to "the big city" for. It was amazing. In those 6 months I only had to be alone twice. One was on a holiday (New Year's Day). Both times I really was grumpy and glad to have some time alone to read. Now a second meeting is starting on Saturday nights. Opening the meeting will be done on a volunteer basis.

To me it feels like a miracle, but really it is just God at work because I let Him.

Judy C., ID

Letters & Feedback

Recently, I was listening to a tape from a recent International Conference. The speaker on the tape talked about things they found helpful in their recovery. They spoke of attending meetings, having a sponsor, step work, phone calls, etc. This all seemed, to me, like good SA information.

Then the speaker said, "I know the Sixth Tradition says, 'An SA group ought never endorse, finance, or lend the SA name to any related facility or outside enterprise.' But..." Then the speaker went on to give their opinion on mental illness, depression, medication, their favorite therapist's books, their favorite spiritual writer and so on.

I wondered if there exists an unwritten tradition that says a tradition can be broken, if it is first quoted? My strong belief is that outside issues belong outside. When a person leads an SA meeting, at an SA International Conference, which is taped, and sold with "SA" on the label, what that person says is easily believed to be true for all of SA I certainly do not wish to enter into any arguments about the merits of outside issues. I simply want to see the SA message remain as simple and pure, for the next person, as it was when I received it.

I do not want to tell newcomers or anyone else for that matter that SA works if... if you read such and such book or see such and such therapist, etc.

I think it is imperative that people know SA works when and only when you work SA's simple Twelve Step program, as I have found. My firm belief is that our program can be found in the Big Book of AA, the Twelve and Twelve, and our own "White Book." If we discuss other issues in SA meetings, we are no longer discussing SA. By doing so, we open the door to division, which compromises our First Tradition, unity, and our Fifth Tradition, singleness of purpose.

Most importantly, when we discuss outside issues, we confuse people. Remember Dr. Bob's dying words to the fellowship, "Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual AA [SA] work." As well as Bob's last words to Bill W., "Let's keep it simple."

Brian K.

New Groups

Aurora, CO
Charleston, SC
Conway, AR
Delmar, NY
Hattiesburg, MS
Madison Heights, MI
Montrose, CO
Ridgewood, NJ
Santa Fe, NM
York, PA

You can see your new group listed here, if you please contact Central Office with your meeting information.

SA International Central Office

Meet the SAICO Staff — Part III

My name is William R. My sobriety date is June 12, 1993. I live in the state of Washington, USA. Since January 1998, I have served Sexaholics Anonymous as the Correctional Facilities Coordinator.

I work for SA ten hours a week. It is my job to carry out the day-to-day tasks of the Correctional Facilities Committee (CFC). These tasks include working with members of the CFC to decide how we can be more effective; communicating with Inter-groups local groups, and individual members, as well as inmates and prison officials; providing information and support to CFC representatives who coordinate our work in their individual areas; and attending local and national conferences to talk with CFC representatives and members about the progress in our efforts to reach the sexaholic in prison. I am in frequent contact with Kay and Kimberly in the Central Office in Nashville, Tennessee, and Buddy S. of Pennsylvania, the chair of the CFC.

Much of my time is spent in front of my computer responding to e-mails and writing letters, or talking on the phone. I seek to be a connecting link between members of the fellowship and inmates and prison officials that are looking for help. I am motivated by the awareness of how much it would mean for me to hear that SA had a solution to my problem if I were in prison myself.

The people I have come to know through this work have given my life new meaning and a deeper understanding of what "taking the actions of love" really means.

An Announcement from the Literature Committee

The Literature Committee has announced that work has begun on a new SA book. The working title is "A Twelve and Twelve for SA." The Sponsoring Editor will be working first on Steps One through Four. Members who would like to share in writing their thoughts about these steps are encouraged to send their manuscripts to Central Office. Manuscripts should be double spaced, authors should identify themselves, and give contact points, such as address, phone number, and email contacts.

Authors who feel inspired to write about other steps and the Twelve Traditions may send manuscripts, also. They will be stored until the Sponsoring Editor is ready to work on them. Send to: Email to saico@sa.org

SA
PO Box 111910
Nashville TN 37222-1910

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, PR, SC, TN

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
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Service Structure	Mitch A., Chair
Site Selection	S-Anon Chair

To contact Trustees, Delegates and Committees, send email to Trustee@sa.org, SACFC@sa.org, or Delegate@sa.org
 Or write in care of Central Office at

SA
 PO Box 111910
 Nashville TN 37222-1910
 Phone: 615/331-6230

Board of Trustees

A New Dawn

Please update your records with this new information about the meeting in Clyde, NY.

What: Outdoor SA meeting

Name: A New Dawn

When: Meetings start one-half hour before scheduled sun rise at first light.

Meetings last one-half hour to one hour, depending on the number of attendees, who should dress appropriately for the weather. Meetings are held year round.

I realize that one member cannot qualify as a group, but I remain hopeful that there will be more soon.

[Received on a day when the weatherman reported record amounts of snow in this area. Dawn shooting its rosy rays across the glistening diamonds of the hills of snow was an irresistible picture of members "willing to go to any length."]

From Frederick, MD:

March 28th marks our one year anniversary. We have grown from a struggling three to four to a steady nine to twelve and many newcomers monthly. Thanks for all your support.

From Corona, CA:

Thank you for being there! We're a small group, but we still want to chip in our share. God bless you!

From St John, NB, Canada:

Please accept our donation for the continuing work of SA everywhere. We are a small group—three permanent members—with under two years experience in our recovery movement. God bless you and support you always.

Practical Recovery Tools: A Contract for Sobriety

Shortly after I entered Sexaholics Anonymous some fellow sexaholics mentioned making a "daily contract" for sobriety. During the first few weeks of sobriety I hardly needed a contract. I was so scared and miserable that sobriety was my only option. My second marriage was near an end, my acting out would cause me to quickly lose my job and I simply felt hopeless. When the counselor suggested going to SA, simultaneous waves of cold dread and relief flooded over me.

As I learned that my compulsive fantasizing, masturbation, voyeurism, use of pornography, adulterous affairs and continuous sexualizing were a disease shared with others, I rapidly began to feel better. I vividly remember "surrendering" over and over again to my group, my wife and my very new sense of a Higher Power. The SA Big Book was read and re-read. Using one new paragraph per day of "Overcoming Lust and Temptation" kept me moving along and developed some healthy habits of surrender and casting out lust.

In my recovery readings I saw nothing about a contract for sobriety. I asked a sexaholic with good recovery what he did. He replied that he read a page or two each day in the AA and SA literature and made a contract with his Higher Power for one more day of sobriety. The next day I began to develop what has become my daily contract.

After experimenting with times, I settled on doing my contract alone and out-loud sitting in a chair in the living room. Occasionally I forget and have to do it in the car while driving to work or even while sitting in my office. Over the last twelve years the contract has evolved,

although the basic pattern has been the same since the beginning. I start by saying "God, I'm checking in." Then I say the Serenity Prayer and the first three Steps. Next comes the Third Step prayer from page 63 in the AA Big Book. Often I find myself repeating a line from that prayer until I really mean it -- "relieve me from the bondage of self" still loosens my chest every morning.

After that comes the actual contract: "I commit myself to one more day of sexual sobriety. No sex with myself. No sex with any partner other than my wife from now until _____. " Here I always name the next day. This reminds me out loud that my sobriety is a gift only for today. Tomorrow will take care of itself.

My contract ends with several explicit acts of surrender. They have changed over the years from a detailed list of ways I am powerless over lust to broad categories of my disease. First, I surrender my right to lust in any form and ask God to remove lust from me today in depth. After admitting I am powerless over people pleasing, I surrender my desire to control the behaviors or attitudes of others. Next, I admit I am powerless over women in all their aspects and I surrender to God my right to have contact with women today. I also surrender my right to be sexually responsive at all. Finally I surrender any fantasies or lust images lingering in my mind.

My contract for sobriety ends with the Seventh Step prayer from the AA Big Book. It takes only five minutes or less to do it. Having had days when I forget to do my contract, I can say it is the most important five minutes for my sobriety and recovery each day. This conscious contact with God sets the tone for one more good day -- a gift for which I am never sufficiently grateful.

Anonymous

SA Correctional Facilities Committee Report

Correspondence Service for Inmates

Recently inquiries were sent to all prison inmates who have requested correspondence from SA members. Inquiries were also sent to all SA members who have offered to write inmates. The results of these inquiries are as follows: 25 SA members are actively corresponding with 67 inmates in 20 states.

Our 12th step imperative to carry the message to those still suffering extends to inmates. Who is suffering more and who is more in need of our experience, strength and hope than those in prison?

We are always in need of SA members who are willing to carry the SA message to inmates. If you are interested in writing an inmate, please contact

SA Correspondence Service
PO Box 99667
Troy MI 48099

We will provide guidelines for both you and the inmate for your correspondence.

Keith S., SACFC Correspondence

Letter to *Essay* from Inside

I wanted to write to you, and to let you know what a tremendous job Keith S. has done in working with us [in prison.] The Department of Corrections is hardly "user friendly." In spite of this, we stand on the doorstep of actually beginning our meetings here. I had written to several other

organizations, all of which indicated that they supported the idea, but just couldn't help. Your organization and Keith are the only ones who "stepped up to the plate," and accepted this challenge.

One of the best days of my life was when I turned to SA for help in dealing with my addiction and my personal demons. You have stepped in to fill the void that existed in my attempts to overcome sexual addiction. I realize, of course, that no one can do this for me. That surrendering my addiction to God, and working the steps will be things that no one can do for me. But you've been a beacon of hope, in a very dismal place and time in my life. I wanted to make sure that you knew what a great job Keith is doing, and how much he -- and you -- are appreciated.

T.L.

Gratitude for Your Gifts

Many checks arrive in Central Office with a special note, "This is for the work of the SA Correctional Facilities Committee." Through March, 2001, regular contributions are \$1,585.92.

In Orange, CA, the fellowship generously donated \$1,085.77.

We would like to express our appreciation to the fellowship for their support.