

# Essay®

A Quarterly Publication of Sexaholics Anonymous, Incorporated

## WHAT PRICE HUMILITY?

I was a lady and ladies just aren't sex addicts. So I told myself when I thought of joining SA. No, I didn't have that problem; it was my ex-boyfriend's problem. The sexual behaviors that we argued about doing were not the problem. He just needed to stop taking care of his ex-wife.

Once in recovery I began to learn that my acting out was a perverted attempt to be appreciated, valued, loved. I didn't believe I was lovable, so, instead, I sought to be lusted after. Acting out was about feeling powerful and satisfying my desire for revenge.

The core of my sexual addiction is relationship addiction. I was 12 stepped into SA at the first 12 Step meeting I attended (Adult Children of Alcoholics). I went to SA the next week looking for help for my ex-

boyfriend. I could not see my own problem until one and one-half years later when I returned for myself.

Growing up in an alcoholic home with parents who were embroiled in their own struggles, meant that I often felt alone or needed to be in charge of myself or my younger brothers. Dad was not only angry and short-tempered, he threatened me if I didn't go the local grocery store and buy his two quarters of ale.

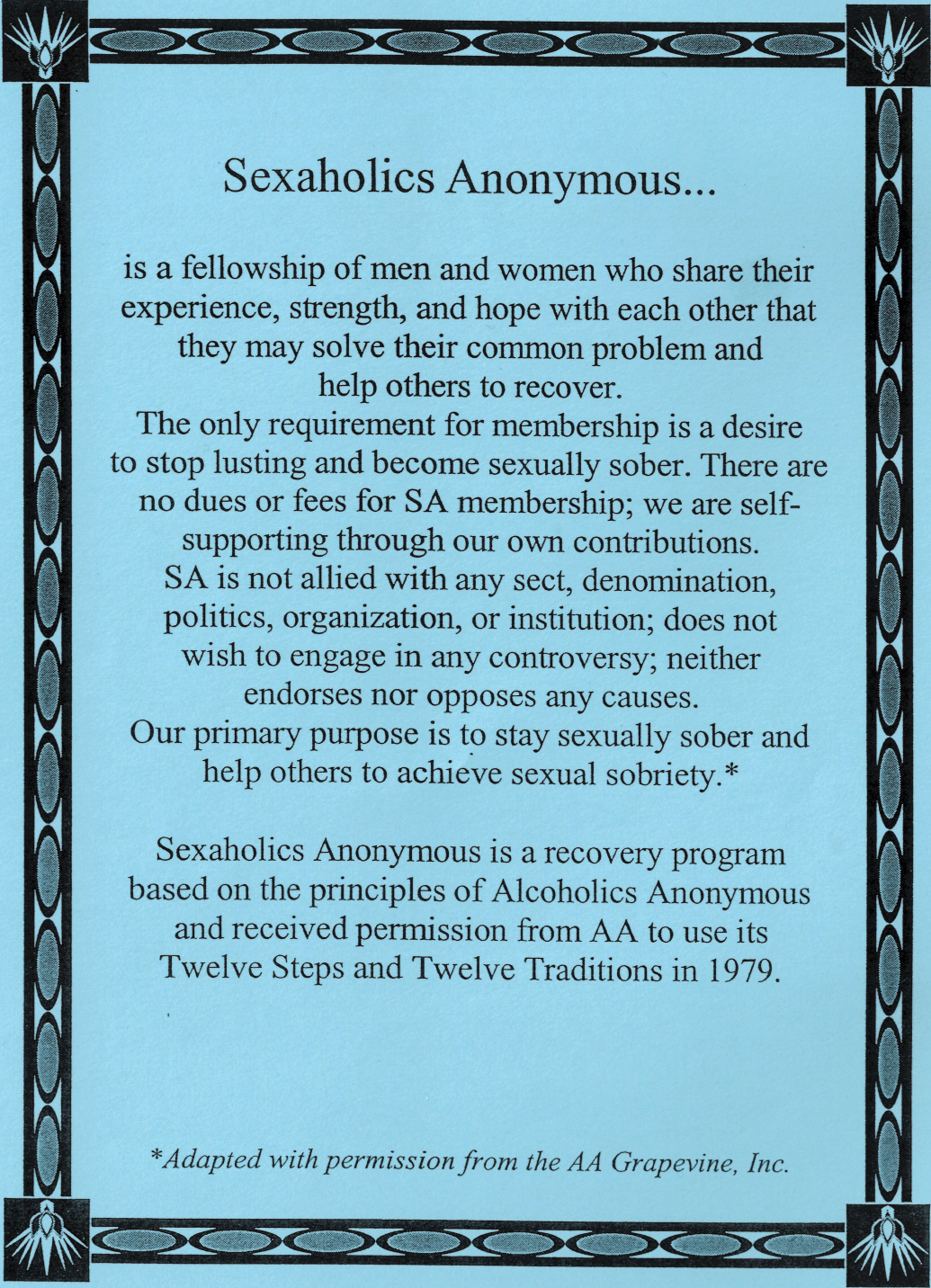
It felt as though everyone I met in the store and on the way home knew that I had a drunk for a father. I felt so much shame. At school I believed I was the only poor kid. After all, dad was the last man hired and the first one fired either because of his drinking and temper or because of his artificial leg.

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### IN THIS ISSUE:

On Early Recovery  
Positive Sobriety  
Glad To Be Sexaholic

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



## Sexaholics Anonymous...

is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover.

The only requirement for membership is a desire to stop lusting and become sexually sober. There are no dues or fees for SA membership; we are self-supporting through our own contributions.

SA is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.

Our primary purpose is to stay sexually sober and help others to achieve sexual sobriety.\*

Sexaholics Anonymous is a recovery program based on the principles of Alcoholics Anonymous and received permission from AA to use its Twelve Steps and Twelve Traditions in 1979.

*\*Adapted with permission from the AA Grapevine, Inc.*

By the time I was 14, I went to one of the priests in my church and said I wanted help in believing in God. He spent a year trying to help me. When I went to college, I made sure it was a religious one so I could learn the answers to my need for God. I had no idea what it was about or why I so desperately needed to know or feel God's presence. I was sure everyone else believed and was secure and comforted by this faith.

The summer before my senior year I met the man I would marry. On our first date, we declared our disgust with our parents' marital relationships and admitted we had no idea how to have a fulfilling marriage relationship. A year and a half later we began duplicating a mixture of their relationships.

After seven years of marriage, I saw my husband touch a woman in our therapy group with tender affection. He told me he could only touch me sexually. Within a week I acted out with another man. I went home and told my husband. I wanted him to be upset, jealous, something. He just said, "I guess we have an open marriage."

I didn't know how I seduced someone else, I didn't know why I did it, and it didn't make me feel any better. In fact, I felt confused and dirty and ashamed — that old familiar feeling. After that the men who were friends to us all seemed to know I was available sexually. My denial was so cunning that I couldn't understand how and I couldn't say, "No."

In two years I was divorced and determined to overcome my prudishness.

After a few years of acting and feeling worse, I remarked to a girlfriend that I wanted to stop having sex with men that I just met. She told me that I would stop when I got sick of it. I was sick of it and I could not stop. I didn't know then that I was addicted and addicted after the first time.

When I first attended meetings, I knew that I had a problem getting too involved too quickly with men. I lost my identity and my life when I was in a relationship. After awhile I decided that the way to avoid getting hooked by one man was to date several simultaneously. The problem was that I just couldn't go a year without dating. If I could just do that I'd be ok and could marry again. Besides, the men who were interested in marrying me had problems I could not accept (addictions).

I continued in ACA and a women's therapy group. I lost months of sobriety twice. I acted out with a man I met at a business meeting. I couldn't lie to myself anymore. My therapist said it was SA or inpatient treatment.

For the first year or two in SA an ex-partner attended meetings. Because I felt so unsafe with this man who had no sobriety, my sponsor allowed me to invite several other members to meet before the meeting for my First Step. Her comment was that she didn't hear a lot about powerlessness and unmanageability, but about my being the victim.

My Fourth Step in another program helped release me of the illusion of

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being a victim, so I could be more forthright for my Fourth Step in SA. It was wonderful to burn the "evidence" against me and begin the road to forgiving myself.

Therapy gave me awareness of how I was hurting others, and myself but I could not make myself stop. After 15 years of insanity, I was free in SA.

Old boyfriends would call during that first year and even later, and I could say no thank you. I even went to dinner with one and God did for me what I was never able to do. Of course, I called my sponsor after the fact. Was I lucky that time!

God granted my prayer to get out of sales jobs that were really a big source of triggers and partners. I started at a greatly reduced salary in a whole new area. Eventually, I was able to return to school and complete a master's degree while on this job.

Four years into sobriety my self-reliance was strong and my God reliance was tenuous. As usual, I did not know this until later. I had 5 sponsees and had done service work on the group, Intergroup and regional levels. I spent too much time helping others and not enough time keeping my house in order with prayer, meditation, journaling, and calling my sponsor. So, I relapsed with another person.

I called my sponsor that day and worked out how to protect my sobriety. What I didn't tell her was that I got high earlier that day when he merely held my hand. I was drunk on lust. I gave it away as I had done so many

times in the past. I got nothing but physical pain and this devastating fear that I made an unthinkable mistake.

I couldn't decide if I lost my sobriety. When my sponsor told me that I had, I was furious! How could she tell me that while I was at work? I had to shut my door because I cried uncontrollably for two hours. One brother in SA assured me that I needed to make that decision on my own. Well, once my sponsor told me her opinion, I knew I had to surrender that decision. I knew I lied to myself and couldn't trust myself. I had to accept the loss and go on or I'd be lost. My sponsees were angry with me for not calling them. I had too much shame.

It was two weeks before the International Conference in Vancouver, BC and I had a plane ticket. I decided to go and give my First Step there. What I gained from giving my shame away so quickly was the most beautiful first step imaginable. As God would have it, the room was packed with 20-25 people. There were unfamiliar faces, but there were also about a dozen folks from my town. Never have I felt closer to the bunch than after receiving their feedback and hugs that night. The next day someone who did not come to my First Step remarked that I looked so much better than the day before. WOW, you could actually see a physical difference from working a Step.

Today, I have surrendered the right to seek a relationship with a man. If that is in my highest good, then the God of my understanding will send

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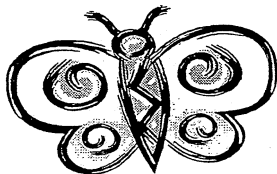
that to me. I am simply to thank my God for every experience and look for the lesson.

I work my program in a variety of ways. Meetings locally, regionally and internationally is one way. Doing service work from the group level to the international with only one position at a time is another way. Finally, my newest joy of connecting is by telephone with other women in other locations.

Things in my life have changed. I've been given free trips, a new car, a much nicer home, help in moving and repairing, a fulfilling career, help after three major surgeries, and other things too numerous to mention.

The intangible gifts are: a warm relationship with my only child, gratitude and serenity instead of self-pity and fear; the ability to allow others to say no; the ability to appreciate and learn from others, rather than the need to teach them and have them appreciate me; the ability to give without always expecting something in return.

One of the "benefits" of my addiction was excitement. I was so afraid of being bored. Now my life is quieter, but I do have adventure without sacrificing my peace of mind...the only goal I ever want to seek.



## *Essay:*

### **Future Issues**

The Editors of the *Essay* would like to devote future issues of the *Essay* to our experience, strength and hope with three special concerns:

Materials and ideas for Newcomer meetings

The Twelve SA Traditions  
SA meditations

We have had some helpful responses, but we need more, lots more. We need a mountain of material for these projects.

We respectfully request that you send your writings, experience and thoughts to us at:

SAICO – ESSAY  
PO Box 3565  
Brentwood, TN 37024-3565  
U.S.A.

Electronic files can be directed to [essay@sa.org](mailto:essay@sa.org)

With anticipation and thanks,  
The *Essay* Committee

# LETTERS & FEEDBACK

LETTERS, WE GET LETTERS!



Letters to the Editor

I am subscribing to a second issue of *Essay* to share with our small group. Any other literature I can bring to the group would be appreciated.

David C., NH

I enjoy seeing them come quarterly and the insights I find about this addiction.

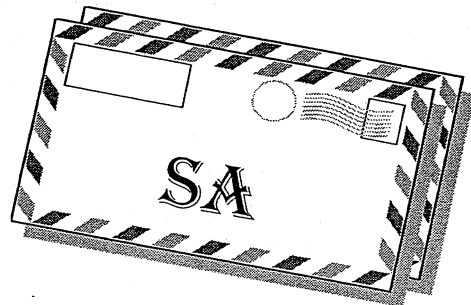
Conrad F., WA

Wonderful, encouraging, inspiring! I look forward to receiving it. I use the stories in the *Essay* at my meetings.

Chris B. Ireland

I like it! I would like to write more articles for it, but I haven't because of time limitations. Always great to know that SA is there should I ever want to submit something for possible publication! *Essay* is a great outlet and encourager.

Kim L., NE



## Greetings to SA members From a Loner in Sydney, Australia

I've just concluded writing out my Fourth Step moral inventory followed by a Fifth Step given to a priest. So many wrongs were uncovered that I had to write a supplementary inventory after doing the Fifth Step.

The effect of the Fifth Step was to deflate my ego and help me on the journey back to reality after a lifetime pervaded with illusions. I surprised myself at the wrongs uncovered, particularly in areas of dishonesty, especially since I've had a lifelong reputation for honesty.

I've started to come to terms with my resentment. I realize that if I resent another person, usually a woman, there is a double wrong — the resentment itself and the emotion towards the person. I am also learning to take positive actions of love towards others.

This spiritual growth has to be underpinned by strict adherence to SA sobriety. Yet, I still find myself lusting after women. I still feel that some "social, recreational lusting" wouldn't do any harm. Intellectually, I know that I cannot afford this "luxury." Under stress, I feel tempted to act out, thinking that this

will act as an antidote. Experience tells me that it does not.

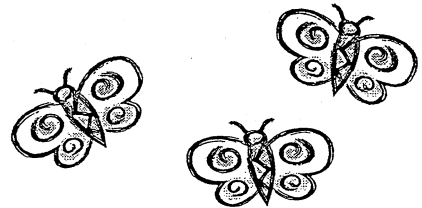
My objectives in SA are to remain sexually sober and to recover. I see recovery from lust addiction through the SA program as bringing about a recovery from my mental illness

**Patrick O.**

## Glad to Be a Sexaholic

I am glad to be a sexaholic because the symptoms of the disease leave me desiring God. I get to be with God all day and to give God's very presence to others. The effects of the disease have made me more sympathetic and loving toward the "warts" of others, molded into a person at depth. I always have desired to be a person of substance, not trite or indifferent. I have met many friends here. Sponsoring or carrying the message has truly been one the greatest adventures in my life. There is another unspeakable gift: being free of secrets is a relief!

**Michael R., Seattle**



## Danger Zone

Harvey A. raised a very important issue concerning our definition of sobriety (*Essay #3 2002*). I believe that we all owe him a debt of gratitude for initiating this discussion and I am happy for the opportunity to participate.

Throughout my 14.5 years of sexual sobriety, I have appreciated the clear definition that SA has, that sobriety means no having orgasm with myself or with anyone except my own spouse. This simple definition has certainly helped me to avoid fuzzy thinking and unnecessary scruples about my sobriety date. To do otherwise might well lead each of us to define sobriety individually. This would greatly complicate any definition of sobriety.

In addition, I have done my best, of course, to avoid the obvious dangers that may lead to the breaking of my sobriety. My personal guideline is that any flicker of sexual arousal (except with my wife) is a clear trigger or danger sign that I may be headed for relapse (breaking of my sobriety). In these instances, I know that I need to change something that I am doing, saying, or thinking. To try to control and enjoy such emotional-physical arousal would be to nurture my insanity. At best, such behavior would prevent growth in recovery and the maturation of positive sobriety; and at worst, may lead me into relapse.

This guideline means that I may

suddenly need to avert my attention from seemingly safe situations that may not have triggered me in the past. I am convinced surprisingly that absolutely anything may trigger me, depending upon my mood and my spiritual condition.

For me, sobriety is not enough! The price of growth in recovery and maturation in positive sobriety continues to be constant vigilance. I do my best to avoid entering my personal danger zone and to leave it immediately upon realizing my location in it.

**Ray S., Tucson, AZ**

## Two Forms of Love In SA

Love. Paul said it was patient and kind. Kahlil Gibran said that without it life is like a tree without blossoms or fruit. The Four Aces called it a many splendid thing. But what is love when it comes to Twelve Step programs, Sexaholics Anonymous in particular? In my opinion there are two kinds of love, equal yet different, when helping people in SA. They are Tough Love and Gentle Love.

Tough Love is helping people, and helping is based on inequality. It is not a relationship between equals. When I help, I am very aware of my own strength, and that I am using it to help those of lesser strength, those who are more needy than I am. Helping incurs debt; makes those helped owe me

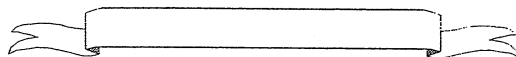


something. Helping also perceives that the person is broken or needs to be fixed. Their brokenness requires me to act, in effect to play God. It is a form of judgment, which creates distance, disconnection, an experience of difference. It becomes a moral distance because of the perception of unequal expertise.

Conversely, Gentle Love is true service to another equal. We don't serve with our strength; we serve with ourselves. We draw from all of our experience, strengths, and hope. We reveal our failures, limitations, our wounds, our dark-sinful mistakes that those we would serve could relate to. They see the wholeness in us, and it touches the wholeness in them, their Godliness so to speak. Serving, like healing, is mutual. There is no debt, as I am served as well as the one I am serving, the miracle of 12<sup>th</sup> Step work. Service work is a relationship between equals, and we should serve them not because they are broken, but because life is holy.

For me, Tough Love is what I need when I'm being dishonest with my program and myself. It's when I say, "I can't" do something when I know that it's that I "won't" do it. Without Tough Love, I'm going to wallow in my self-pity. I expect Tough Love from old timers, folks who say, "Been there; done that." This works, this doesn't. And most importantly, "Quit fooling yourself."

Gentle Love, on the other hand, is when I've come up against an obstacle that I simply cannot or am not ready to



## New Groups

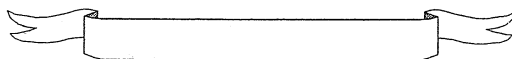
### USA

Brockport, NY  
Hermiston, OR  
Honolulu, HI  
Molokai, HI  
Raleigh, NC  
Schenectady, NY  
St Paul, MN  
Traverse City, MI

Additional meeting  
Las Vegas, NV

### Colombia

Bogota



overcome. Gentle Love occurs when I've mentally beaten myself up and my sponsor or a fellow SA tells me to stop. It's what program means when it says, "We will love you until you can love yourself."

In either case, there are those in the Fellowship who are there to support me and join me as I trudge this road to happy destiny. Thank God for SA!

**Debbie T., Ohio**

## On Early Recovery

My sobriety date is 8/28/02. I don't know what to think, what to do, or why I am even sexually sober. I do know that until I was introduced to SA I was completely hopeless everyday. I would return from meetings of AA and go to adult material viewing places because it was only a coping mechanism. Acting out was killing me, but the thought of spending my life without acting out was unbearable.

I felt like I was living a nightmare. My lust and acting out seemed to be blocking God's grace out of my life. As a cross-addicted sexaholic, I feel my lust can easily lead to my death. Today, there is no other way to live except within the confines of the sobriety definition.

My lust has ruled twenty-two years of my life. I hope that SA is beating me into a state of reason. As a recovering liar, I must say that staying sober is one of the hardest games in town. The supply of lust drinks in Tokyo is endless. One moment I am feeling "the joy response"; the next, my lust is stalking another victim. Sexually sober, I see my character defects in action as clear as day. I project my insecurities onto other people. I take drinks. I second-guess all encounters with people.

All my relationships are wrought through dependency. My days are like a roller coaster. My sobriety in the three other programs does not erase my lust. I am grateful for my sexaholism because it is bringing me closer to a Higher Power I do not understand at all.

We have one meeting a week in Japan. Because of the small size of the SA fellowship, I am fortunate to be a recovering alcoholic who can attend meetings every day. I have tried with varying degrees of success to work my SA program through AA. In SA, I have become a chronic slipper, a whiner and a constant SA meeting goer. Once a sexaholic, always a sexaholic. I need a Creative Intelligence to tap into, or I will use my drugs until the bitter end.

I am writing this at the suggestion of a friend. I am on Step Eight. I do not know if I have any slips left. When I act out, I borrow money and I am not interested in women as partners in relationships. I am not even close to a full understanding of the SA program. I am often full of self-pity, fantasies, and paralyzing fear.

I am a sexaholic, and my name is **Mark, Tokyo, Japan**

## Same Sex Issues

I had early childhood experiences that would probably be considered steps in the formation of homosexuality. Despite these early experiences, I saw myself as heterosexual. When my sexaholism began to exhibit itself, it was through straight porn, phone sex, and strip clubs.

Early in my marriage, I became aware of my same sex attraction (SSA). There were men at my church and at work that I just had to look at. I could not help it and I was drawn to them. It seemed harmless, though, because I didn't sexualize it then. But I began

sexualizing my SSA about seven years ago, around when I turned forty. Not only did I look at men, I thought about having sex with two particular men. One was an acquaintance and the other was a co-worker. This was distressing at first. I was involuntary. I don't know where it came from and I kept beating myself up about it. There came a time when I seemed to tolerate the thought of having sex with them. Eventually I was entertained by the thought.

My SSA began involuntarily, but I began deliberately conditioning myself to have sexual response to other men besides the original two. I told myself that I was "training" myself to be bisexual. I didn't feel I was gay. I figured that it was ok to be bi. I was looking for a fix wherever I could find it. These quotes from the White Book seem applicable in my life: "The more I indulged, the broader the spectrum of possibilities for feeding the obsession, including crossing the gender line." (A Personal Story, page 16) "And being nonsexual, lust crosses all lines, including gender." (A Personal Point of View, page 42) Now, as I'm trying to maintain my sobriety, I feel buffeted from all sides. My search for "more, better, different" has definitely complicated my life.

Lately, I've been taking my renewed interest in women as a sign that my SSA is waning. It could be, but it shows my lust is still in full force. Lust is the motivating power in my inappropriate sexual interest in women and in my SSA. My masturbation, pornography use, fantasy, and SSA are all symptoms

of the same disease. That disease is lust.

SSA is only a part of my sex addiction. For that reason I chose to attend Sexaholics Anonymous instead of a program specifically for SSA. I have only shared my SSA issues with those who attended my First Step Inventory, because I have noticed some intolerance in my local group toward people with SSA. Those few people I have shared this with have been supportive. My experience in Sexaholics Anonymous has been very positive. Currently, I have a little over a year of sobriety. I owe this to the Grace of God and the Fellowship of my local group.

**Anonymous**

## Lust Baby

How lust has affected my life! I seem to have been in a lust trance most of my life. I was never aware of what was wrong and it kept me isolated from having a normal life and relationships.

It was behind my thirty or so trips to mental institutions, psychiatric wards, and jails. I have been mesmerized by lust all my life.

A fellow from AA told me that pornography was addictive just like alcohol. I ignored it. I started the lust addiction recovery process some fifteen years ago.

At the SA meeting today I realized that I am just a baby in the SA recovery process. It is scary to me. A little boy who is afraid he is going to make a mess has been running my life for 55 years.

**Will L., Denver CO**

# PRACTICAL TOOLS FOR RECOVERY

## Practical Suggestions from the Fellowship: What Works For Me

### Chip in the Mouth

Not long ago, I did it: I put a Desire chip in my mouth. And no, it didn't melt.

Earlier that day, I had attended a meeting, and a newcomer was there. We gave him a desire chip with the familiar instructions, "When you get a lust attack, put this in your mouth. When it melts, you may act out." Within an hour after leaving the meeting, I was in a full-scale lust attack, and the words came back. Having nothing to lose, I gave it a try.

As I said, the chip didn't melt. In fact, it didn't change at all. It just stayed there: round, hard and slightly uncomfortable. And because it didn't change at all, a change or two happened in me.

The chip was a little like... God. A lust attack that to me was overwhelming, didn't distress God a bit. Nor did God decide to become any softer or more comfortable, just to accommodate me. The full force of my lust washed up against that chip, and its

boundaries were firm (how unlike mine).

After a good ninety minutes, the lust attack receded. I was impressed. Something (someone?) far more stable than I had brought me through and taught me a lesson on the way. I was grateful to God, and to the Program and its chips.  
**Will W., Portland, OR**

### Lust Based Decisions

Hi. I'm Bill. I've been sober for seven years. I'd like to share a new tool that's helped me in my struggle to become increasingly lust-free.

I've been able to maintain SA's sobriety definition, and I've had many behaviors, such as explicit pornography or extra-marital fantasy, eliminated. For that I'm eternally grateful to God, to family and friends, and to the people and principles of the Program. What's difficult is that often I'll get tripped up in a gray area. Examples: the selection of a TV show or magazine article; choices made while web surfing; the path I take while driving home. Am I lust-free?

The tool God gave me is something I call a Lust-Based Decision. Or an LBD. Rather than focusing on the outcome, I challenge the initial intent. If I chose an action because of the possibility, however remote, of a lust-hit, it was still a concession to my disease and an intentional turning away from God. So now the question I ask: "Is there an underlying lust-based motivation in the action I'm about to take?" If so, it's an LBD and I need not go there.

I now disclose any LBD's in the shame question of the daily renewal and go through them in my weekly check in with my sponsor. I don't like doing this; it's destroyed my wiggle room, my ability to justify. But it's what I need. It helps me to recognize that I'm still a sexaholic who must continue to trudge the path of happy destiny, one day at a time.

**Bill, Boston, MA**

### **Giving First Steps: A Guideline?**

I want to share a brief concern shared by other SA's I talk to. It seems that at times -- maybe most of the time -- the First Steps given during meetings become way too sexually graphic. This morning I spoke to an SA newcomer who is really upset and was not going to return because of the First Step given last week.

I was wondering if maybe a simple one-page guideline could be put out, giving pointers to sponsors and sponsees, perhaps saying things like:

"Giving away explicit, graphic images during the giving of First Steps in meetings is not appropriate. While 'giving away' powerful images is sometimes needed in order to dispel their power, this is better done in private with a sponsor or other experienced SA member." Or, perhaps, "In consideration of other group members, we suggest that sponsors caution their sponsees to use language not offensive to others." Thanks very much, and God bless

**Glen D., Long Beach**

### **Kite Strings And Letting Go**

After many years in the program, I couldn't understand why with all my faith I still didn't have peace. Then I realized I gave my troubles to my Higher Power by sending them up on a kite string and hanging on to the other end. In other words, I didn't really surrender.

When I trusted other human beings, it gave me strength to trust my higher Power. This allowed me to surrender and release the kite string that held my problems. I pray that God will help me to extend my gratitude to the human beings who gave me trust. But God cannot help me unless I get go.

**Will L., Denver, CO**

## POSITIVE SOBRIETY

I love that analogy! I, too, have Love-based recovery or Sobriety as opposed to the *fear-based* sobriety I started out with. Today, I am grateful for the *fear-based* beginning because without I could never have found the *love-based* kind. You see, I was a Love cripple. I did not know how to give or receive Love. Not from God and not from anyone. I was too selfish and self centered. Love is unselfish and unconditional. I had conditions of all kinds for any kindness or charity that I was willing to extend. And I was sure so did everyone else including God.

I began to stay sober because I was afraid of the consequences. I still really wanted the lust and good feelings that came from the misconnection. I did not want to part with my selfish partner "Lust." I wanted to be free from the compulsion and unmanageable problems connected with the misconnection. My connections were selfish, physical demands. The other person's welfare or happiness was not as important as *mine*. That was the Love cripple I was. I did not know how to *give*. I was attracted to others who were just as selfish as me.

In recovery I have learned through being in *service* and giving of myself to the Group as a whole. I was still too selfish to give to any individuals who I thought were less than me. However, it was through giving of myself that I began to get respect and unconditional Love from others. I learned how to change within

these rooms of recovery. Today I love what I am getting from *giving* instead of taking. And I am grateful for my Positive sobriety today.

**Bob B. Riverside, CA**



## New Intergroup Forming

At the Portland International Conference I found out there was another meeting in North Idaho, about 200 miles south of here. That was really exciting. I have been feeling a need for an intergroup for quite sometime.

I was hoping to connect with Spokane WA, but that hasn't worked out (yet!). Other North Idaho groups were interested. We had our first quarterly meeting in the summer of 2002 which included a potluck dinner and speaker meeting. It was wonderful! Our main concern is to create more unity with the surrounding groups.

Here in the Panhandle of Idaho, Northeastern WA is close and Western MT (*anyone from Missoula out there???*). We named it Inland Northwest Intergroup (INWIG) to be welcoming to all areas. We had wonderful fellowship, and it was a grand time.

God does indeed work in small towns.  
**Judy, Sandpoint, ID**

# SACFC NEWS

SA CORRECTIONAL FACILITIES COMMITTEE

## Arizona Prison Program

For well over ten years, I had tried to get an SA meeting going in a Tucson unit of the Arizona Department of Corrections. I had gone through local authorities, a prison chaplain, a contractor for a treatment program, and top administrators of the Department of Corrections in Phoenix.

Unable to generate the necessary support, I continued to sponsor prisoners individually by mail. But then God did for me what I could not do alone. My prayers were answered when one of my regular correspondents reported that his Associate Deputy Warden would like to have me meet with him and a counselor to discuss the possibility of starting regular SA meetings in his unit. By then, all Arizona sex offenders had been moved into a single prison complex in Florence, Arizona.

We encountered no serious obstacles, but we did experience some delay while I qualified as a volunteer: orientation program, background check, TB test, and ID photo.

Our meetings started in mid-August, and have continued almost every Fri-

day evening since then. I make the hour-and-a-half drive for our one-hour meeting. We allow thirty minutes before and thirty minutes after the meeting for discussion of the program and fellowship.

Nearly all of the fifteen regulars have taken turns leading the meetings, and I have been impressed by the openness and honesty of their sharing. Nearly all have worked some of the Steps and have substantial sobriety. We have used sobriety chips that I had printed on card stock because plastic and metal are both prohibited. It has been a great pleasure several times to go an hour early to hear Fifth Steps. Once another Tucson member accompanied me so that we could both hear Fifth Steps.

We will soon be considering the extension of the program to another unit in the same complex. Certainly these men have done at least as much for my recovery as I have done for theirs. Together, we thank God for this special opportunity.

**Ray S., Tucson, AZ**

# SAICO NEWS

SA INTERNATIONAL CENTRAL OFFICE

We personally believe that there is nowhere else as beautiful as Spring in Tennessee. If you think that your location is prettier, please send a photo. We would love to receive a photo from Australia where it is Spring when we are freezing. We can truly appreciate Spring this year gazing out the windows of the new location for Central Office.

The move went very well with only a glitch or two. Rather than whine about the problems, we would rather spend the time praising the character, good humor, diligence, and strength of the international team of members who moved Central Office. A huge "Thank you!" to Rick, Tony, David, Lincoln, Joseph, and Dave. You know that we could not have done it without you!

To make the transition smoother, we will maintain the old PO Box 111910 for a long time and the old phone contact, 615/331-6230. However, you should note the new PO Box 3565 and phone, 615/370-6062 and fax, 615/370-0882. The web site remains the same.

Now, how can you help, you ask?

Please, make a note of the new contacts. Write them into your White Book on pages 169 and 211.

Pass them along to your home meeting, your Intergroup, your region.

Do not assume that Central Office knows about your SA meetings. Let us hear from you. If you haven't called or checked in or renewed your *Essay* this year, now is a good time to test the new phone number and make sure that it works for you. We will appreciate hearing from you and so will the inquirers who want to attend a meeting in your area.

**Thanks, Kay and Melissa**  
**Your SAICO staff**

## How to Contact SA

SA International Central Office  
PO Box 3565  
Brentwood TN 37024-3565

Phone: 615/331-6230  
615/370-6062

Fax: 615/370-0882

Web Site: <http://www.sa.org>  
E-mail: [saico@sa.org](mailto:saico@sa.org)



## Calendar of Events

*[Events listed here are presented solely as a service and are not endorsed by Essay or SAICO]*

**April 5, 2003**, SA / S-Anon Spring Marathon, Greensburg, OH, sponsored by Akron.  
Theme: Happy, Joyous, Free. Contact Rich at 330/328-3972.

**April 12, 2003**, Sa /S-Anon Marathon, Langhorne, PA, sponsored by Philadelphia IG.  
Theme: Find God or Die. Contact 215/564-3272.

**May 3, 2003**, Annual Marathon, Rochester, NY, sponsored by Rochester IG.  
Theme: God Could and Would If He Were Sought. Contact Jon P.  
585/704-9592

**May 10, 2003**, 2nd Annual SA / S-Anon Marathon, sponsored by SA Asheville, NC  
Theme: Renewing Our Recovery. Contact John B. at 828/749-4950.

**May 9 - 10, 2003**, 10th Annual Sharing of the Fellowship, Wheeling, WV.  
For more info, call 740/342-0828.

**May 23 - 25, 2003**, South Midwest Regional Retreat, Wichita, KS  
Retreat and regional meeting. Contact 316/942-9041.

**June 6 - 8, 2003**, Annual Spring Retreat, Edmonton, AB, Canada.  
Theme: And the Healing Began. Contact 780/988-4411

**September 20, 2003**, Emotional Sobriety Workshop, Port Orange, FL, sponsored by  
Florida SA Intergroup. Contact Jim at 386/676-3954.

**December 5 - 7, 2003**, Third Annual NorCal Unity Men's Retreat, Sonora, CA.  
Contact Bill at 925/998-8458.

### Upcoming International Conventions

**July 11— 13, 2003**, SA / S-Anon International Convention, Chicago, IL,  
sponsored by Chicago Intergroup. Theme: A Program of Action: Maintaining  
Our Spiritual Condition. Contact Intergroup at 630/415-0341  
or Tom G., 773/274-1088. <http://www.geocities.com/ProgramofAction>

**January 9 - 11, 2004**, SA / S-Anon International Conference, San Diego, CA,  
sponsored by San Diego Intergroup. Theme: There is a Solution.  
Contact Mike S. at 619/668-6931

*[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.]*

## Fourth Quarter Donations October - December 2002

Akron, OH	145.00	Gaithersburg CFC	63.00	Ravenwood, IL CFC	97.00
Albuquerque, NM	90.00	Georgia IG	663.11	Richmond, VA	38.00
Alexandria, VA	189.00	Glen Ellyn, IL CFC	401.05	Riverside, CA	40.00
Anaheim, CA	75.00	Greensboro, NC	48.00	Rochester, NY	8.77
Anchorage, AK	60.00	Halifax NS Canada	31.17	Rockford, IL	150.00
Annapolis, MD	30.00	Hampton Roads IG	10.00	Roswell, GA	188.00
Arlington Hgts, IL	95.00	Hermosa Bch, CA	150.00	San Diego, CA	83.62
Atlanta, GA	247.21	Herndon, VA	100.00	San Jose, CA	40.00
Baltimore, MD	30.00	High Point, NC	27.00	San Jose CFC	20.00
Barrie, ON Canada	100.00	Jamaica Plains, MA	50.00	Savannah, GA	36.00
Bellevue, WA	67.33	Jonesboro, AR	10.00	Seattle, WA	272.50
Birmingham, AL	59.00	Laguna Niguel, CA	25.00	Seattle CFC	54.50
Bowie, MD	150.00	Lancaster, Oh	25.00	Somerville, MA	24.95
Bryn Athyn, PA	66.50	LA Olympic, CA	119.00	Springfield, VA	160.80
Bryn Athyn CFC	22.00	Las Vegas, NV	100.00	Springfield CFC	25.20
Camarillo, CA	500.00	Leesburg, VA	114.00	St Louis, MO	140.00
Cambridge, MA	97.00	Lewiston, ID	20.00	St Louis CFC	40.00
Canberra ACT Australia	80.00	Lincoln, NE	57.55	Timonium, MD	35.00
Centreville, VA	526.00	Littleton, CO	25.50	Toronto ON Canada	246.72
Chicago, IL	476.00	Long Beach, CA	100.00	Trenton, MI	240.00
Chicago CFC	225.00	Longwood, FL	100.00	Tucson, AZ	40.00
Colorado Springs, CO	235.00	Manassas, VA	210.00	Tukwila, WA	20.25
Concord, MA	91.00	Mansfield, OH	126.00	Tukwila CFC	20.25
Crystal City, VA	512.24	McLean, VA	105.30	Twin Cities, MN	320.00
Crystal Lake, IL	100.00	McLean CFC	11.70	Twin Cities CFC	80.00
Davenport, IA	50.00	MD/VA/DC IG	418.00	Unity Conf CA 2002	313.33
Daytona Beach, FL	13.00	Melbourne, Australia	63.34	Vancouver, WA	50.19
Daytona Beach CFC	13.00	Milwaukee, WI	60.25	Washington DC CFC	95.00
Denver, CO	160.70	Montreal QC Canada	100.00	Wheeling, WV	100.50
Downers Grove, IL	120.00	Murray, UT	95.00	Woodbridge, VA	100.00
Eastern PA IG	2,089.46	Nashville, TN	205.00	Woodbridge, CFC	40.00
Edmonton AB Can	62.58	North Canton, OH	25.00	Woodstock, IL	100.00
Erie, PA	80.00	North Hollywood, CA	100.00	Yonkers, NY	36.00
Fairfax, VA	263.80	Oklahoma IG	800.00	Yorba Linda, CA	58.22
Fairfax CFC	60.20	Omaha, NE	33.00	York, PA	25.00
Fargo, ND	25.00	Paducah, KY	75.00		
Federal Way, WA	35.40	Palm Desert, CA	80.00		
Federal Way CFC	23.60	Pasadena, CA	521.74	<b>Group Total</b>	<b>18,247.38</b>
Florida IG	13.00	Penn Hills, PA (Fri)	50.00	<b>Individual</b>	<b>2,267.40</b>
Florida IG CFC	13.00	Penn Hills, PA (Weds)	92.25	<b>SA CFC Total</b>	<b>903.45</b>
Franklin, TN	50.00	Pensacola, FL	1,350.00		
Frederick, MD	73.00	Phoenix, AZ	56.00	<b>Grand Total</b>	<b>21,418.23</b>
Fresno, CA	150.00	Pittsburgh, PA	394.00		
Fultondale, AL	37.05	Portland, OR	925.00		
Gaithersburg, MD	63.00	Racine, WI	11.00		

# SA Financial Snapshot

	2002		2003 Budget
Contributions	74,609.15	Contributions	80,000.00
SACFC	7,323.55	SACFC	10,000.00
Conventions	6,730.00	Conventions	14,000.00
Literature Sales	18,127.17	Literature Sales	10,000.00
Discounts	.00	Discounts	.00
Refunds	.00	Refunds	.00
Interest	832.35	Interest	800.00
<i>Essay</i>	3,930.00	<i>Essay</i>	4000.00
Prudent Reserve	16,300.00	Prudent Reserve	13,900.00
Total Revenues	127,861.22	Total Revenues	132,700.00
Bank Charges	20.00	Bank Charges	.00
Credit Card Fees	613.55	Credit Card Fees	600.00
Conference Fees	1,248.00	Conference Fees	1,700.00
Depreciation	1,726.70	Depreciation	1,800.00
Interest Expense	.00	Interest Expense	0.00
Liability Insurance	444.00	Liability Insurance	2,500.00
Legal	7,852.49	Legal	1,400.00
Accounting	4,048.00	Accounting	3,900.00
Literature expense	18,125.36	Literature Expense	2,000.00
Payroll	58,755.98	Payroll	62,700.00
Payroll Tax	4,423.89	Payroll Tax	5,600.00
Pension	3,154.76	Pension	4,600.00
Postage & Freight	4,674.22	Postage & Freight	4,500.00
Office Expense	1,546.42	Office Expense	1,500.00
Printing	8,632.95	Printing	11,900.00
Professional Fees	25.00	Professional Fees	100.00
Rent	7,800.00	Rent	9,000.00
Maintenance	1,355.16	Maintenance	1,100.00
Supplies	336.56	Supplies	500.00
Sales Tax	321.55	Sales Tax	200.00
Taxes & Licenses	117.68	Taxes & Licenses	100.00
Telephone	8,469.77	Telephone	8,500.00
Travel	12,592.29	Travel	8,500.00
Total Expenses	146,290.93	Total Expenses	132,700.00

## The Twelve Steps of Sexaholics Anonymous

## The Twelve Steps of Alcoholics 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*.

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.

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.

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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. ("A.A.W.S.") Permission to reprint and adapt the Twelve Steps and Twelve Traditions does not mean that AAWS has approved the contents of this publication, nor that AAWS 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, or in any other non-AA context, does not imply otherwise.*

## The Twelve Traditions of Sexaholics Anonymous

1. Our common welfare should come first; personal recovery depends upon SA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop lusting and become sexually sober.
4. Each group should be autonomous except in matters affecting other groups or Sexaholics Anonymous as a whole.
5. Each group has but one primary purpose—to carry its message to the sexaholic who still suffers.
6. An SA group ought never endorse, finance, or lend the SA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary 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, films, and television.
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 A.A. 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 A.A. membership is a desire to stop drinking.
4. Each group should be autonomous, except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. 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. A.A., 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 A.A. 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, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

## *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. E-mail should be addressed to [essay@sa.org](mailto:essay@sa.org). All articles need to be in English. All articles must contain an address, telephone number, or e-mail 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.

# Share the Message Share your Story

Dear *Essay* Reader,

Have you found something helpful in an issue of the *Essay*? Do you have something you can contribute to our quarterly? Would you urge another sexaholic or a local group to subscribe?

Hopefully you can answer, "Yes!" to all these questions.

Your feedback on the *Essay* is always welcome. You can subscribe through our website at [www.sa.org](http://www.sa.org), or send mail to above address.

Sincerely,  
*Essay* Editorial Committee

## SA Meditation Manual Material Request

Contributions are needed for an SA book of daily thoughts and meditations. They do not have to be in "perfect" English. They will be edited. The book will have one thought for each day plus a separate entry for special celebrations without a fixed date: Mother's Day, Thanksgiving, various religious feasts, etc. The format is

- a quote,
- a reflection on the quote/topic,
- a one sentence summary thought,
- and a short prayer.

Each entry should fit on one page (about this size.) Send to  
SAICO, P.O. Box 3565, Brentwood, TN 37024-3565  
or by e-mail to [saico@sa.org](mailto:saico@sa.org)

Jerry L., Los Gatos, CA  
SA Literature Committee Editor



*God grant me the serenity  
to accept the things I cannot change,  
courage to change the things I can,  
and wisdom to know the difference.*

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