

ESSAY

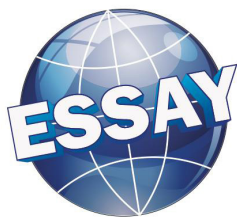
December 2016



God Works Through Others

A quarterly publication of Sexaholics Anonymous

SA'S "MEETING IN PRINT"



Our Meeting in Print

Essay presents the experience, strength, and hope of SA members. *Essay* is aware that every SA member has an individual way of working the program. In submitting articles, please remember SA's sobriety definition is not debated, since it distinguishes SA from other sex addiction fellowships. Opinions expressed in *Essay* are not to be attributed to SA as a whole, nor does publication of any article imply endorsement by SA or by *Essay*.

Themes for upcoming issues are: SA Outreach and Growth; Going to Any Lengths for Sobriety, Dealing With Mixed Meetings; Living The Traditions, and As We Understood God

Closing date for articles is approximately six weeks prior to publication dates in March, June, September, and December.

Resolution adopted by the Trustees and Delegate Assembly in May, 2016: ***"Since each issue of Essay cannot go through the SA Literature approval process, the Trustees and General Delegate Assembly recognize the Essay as the International Journal of Sexaholics Anonymous and support the use of Essay materials in SA meetings."***

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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.

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***Essay is the quarterly
publication of
Sexaholics Anonymous***

Essay@sa.org

EDITORS' CORNER

December, 2016

Dear Essay readers:

Welcome back to *Essay* -- or, if this is your first time to read the *Essay*, welcome to your SA meeting in print on-line. We hope you will subscribe to *Essay* to benefit from our meeting in print every quarter.

In this issue we introduce MissyCoverly and expanded non-English articles and more humor, for we are not a glum lot. We also continue to feature articles from our Meditations and from Member Stories. We also include three articles that invite you to respond to the writers.

Steadily we are using the SA web site (sa.org/essay/) for longer and recent articles. Please do check them out from time to time.

Our March 2017 theme is SA Outreach and Growth. Have any experience, strength and hope for us in that area? Let us hear from you!

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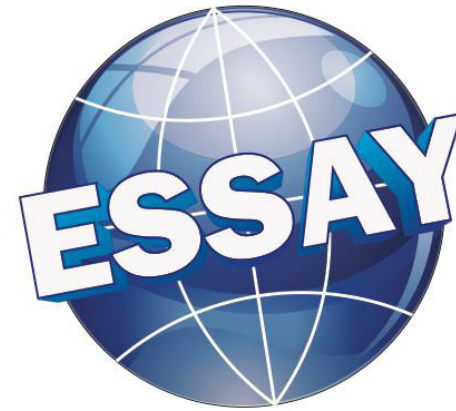


**New to Sexaholics Anonymous?
Contact our International Central Office**

Visit the SA website at www.sa.org
North America toll-free 866-424-8777
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“God Works through Others”
Hope is present if we look for it



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Dear Essay

Dear Essay,

The theme for this issue is *Sobriety in the Holidays*. I'd like to share a holiday memory.

As I remember, it was during the daily morning phone call to my sponsor on January 1. We talked about celebrating New Year's Eve and what our plans were for the New Year holiday. My sponsor said, "D__, We do not have any vacations in this program." While it was just a simple statement of fact, I recall being very moved by his observation. I still am all these years later.

One difficult aspect of 12-Step recovery is accepting that I merely have a disease. My sexaholism is not a failure of moral values or lack of will power. I simply have a disease or a mental illness based in selfishness and self-centeredness.

I often compare my disease to diabetes -- once a person has diabetes, he or she just has it. And, regardless of what's happening on any given day, if the diabetes is not accepted and managed appropriately, the disease will prevail. Equally importantly, if one checks one's blood sugar and administers insulin in the prescribed amount, the day will proceed just fine.

For my sexaholism, the equivalent of checking is phone calls, reading, and a personal inventory. And the

equivalent of insulin is my daily contract for sobriety, getting to a meeting and working the Steps. When I am willing to admit my sexaholism and to do whatever is needed to stay healthy, I always have a good day.

So, as holidays or vacations approach throughout the year, I drop any expectation that I can take a break from recovery. I concede that my illness is truly "chronic, progressive and fatal" unless I take action every day. As it turns out, for the past twenty-eight years, accepting there are no holidays or vacations is the easier, softer way.

Anonymous

Dear Essay,

I was taught by an old-timer years ago to read two pages each of my Sacred Scripture, AA and SA literature each morning. I was given a beautiful gift this morning in the September 2016 issue of Essay.

On pages 32-33 you published the SA Statement of Principle including the Addendum to the Statement of Principle passed by the General Delegate Assembly on July 8, 2016. These words create a safe haven for me, within my own heart and mind. I am very grateful to the General Delegate Assembly for having the courage to set forth and stick by principles which I need to stay sexually sober. We can only speak for ourselves.

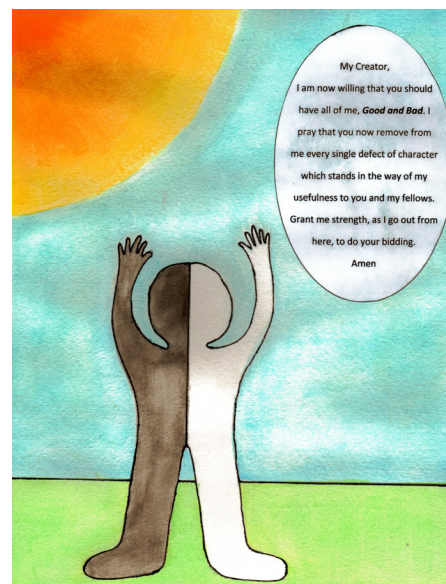
I was hurting and fearful because my wife and I had just attended a

Dear Essay

meeting of members of my faith community several evenings before regarding sexuality. Suddenly at that meeting a well-meaning participant started questioning the foundational beliefs of my faith community that match the SA sobriety definition. Suddenly what had been a safe meeting was no longer safe for me.

I am a crazy, weak SA and I need safe places to discuss the parts of me that are out of kilter at the core of myself, without being encouraged to act out in some way. Sometimes, it seems that SA is the only place on earth where that is possible. Thank you SA and Essay for continuing to faithfully carry the message to people like me.

Will K.



Literature Corner

THE SPIRITUALITY OF SERVICE



"Performing service can be challenging, especially since we have lived lives dominated by various forms of selfishness. But once we start, the benefits we experience can be immediate and profound. Service gives our lives a new sense of purpose and meaning, which we might call a spiritual awakening. In time, we find that we too can give up some of our ego-drive and become part of a community in recovery."

Available for order at www.sa.org

MEDITATIONS

Humility— a Lifestyle

The benefits of love and service

To get completely away from our aversion to the idea of being humble, to gain a vision of humility as the avenue to true freedom of the human spirit, to be willing to work for humility as something to be desired for itself, takes most of us a long, long time. (AA 12 & 12, 73)

I once believed that being humble meant being humiliated, feeling less than, and losing one's self-respect. I could not take that. I already felt bad enough about myself because of my secret life of sexual obsession. I could not tolerate the shame of anyone seeing I might be wrong or imperfect. I had an overwhelming fear of being found out for the person I really am.

When I found SA and began to work the Program, I saw humility in a different light. I learned being humble means being honest and seeing things as they really are, recognizing my strengths as well as my limitations, and relying on my Higher Power to guide me through each day. I believe humility is an attitude and a lifestyle where one does not try to play center stage all the time but supports others by recognizing their needs and

helping them.

Humility frees me to believe I am worthy. It provides me a self-respect that is grounded in my Higher Power's love for me. Humility is the avenue to true freedom and happiness.

Today I will live in a spirit of humility and enjoy the benefits of love and service it brings.

90 Days of Meditations 49

Accepting Reality

Finding purpose in my life

A new life has been given us, or, if you prefer, "a design for living" that really works. (AA 28)

As a young boy I decided the world was not treating me right. I wanted things to go my way. When I did not get what I wanted, I chose to retreat into sexual fantasy. As I grew older, my sexual behavior became more risky and deviant. For me, this involved behavior that put me at risk of arrest and imprisonment.

When I found SA, I learned that I had to change my sick view of reality. I had to get sober and stop sexualizing people and situations. In Step One, I recognized I was powerless over how I had been acting. My life was truly unmanageable. I had been expecting the world to fit my desires instead of accepting reality as it is. True insanity!

Step Three—Made a decision to turn our will and our lives over to the care of God as we understood Him—offered the solution. I realized I had to move out of the driver's seat of my life and let God take charge. What a relief when I did! Soon I desired sobriety, harmony, and truth much more than I had ever desired lust and fantasy.

God, the design for living you offer me each day brings contentment and purpose to my life. Thank you.

90 days of Meditations 9

Does It Get Easier?

Positive results of the Steps

Someone asked me if it gets any easier as time passes. I have to think about what that question really means to me. I have to think about what it is I'm actually measuring and comparing between my past and my present.

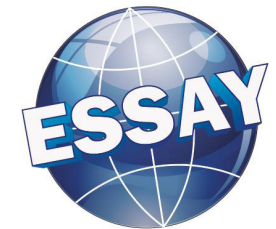
If the question is, "Does it get easier to fight against lust and temptations?", then the answer I must give is, "I really don't know, but I don't think so." I don't try to fight against lust today like I used to. I surrender lust instead, because I sincerely believe that if I start fighting against lust again, if I start to try to control it myself again using my own strength, I will

be back to acting out again. I am powerless over lust. It's that plain and simple for me. I believe I can honestly say that I have entirely accepted Step One as true for me. So for these sober years I've been in SA recovery, I really don't know how hard it is to fight lust. I just don't fight it, but I don't give into it either.

If the question is, "Does it get easier to surrender lust to God and as a result be set free from the obsessions and compulsions?", then the answer is an unequivocal, "Yes!" That's what Steps Two through Twelve have opened the door to. That is what God has done because He "could and would if He were sought."

Has it been hard work on my part? Certainly! They don't say "play around with the Steps." No, we work them because it only "works if you work it." But the positive results of working the Steps of the program and increasing my connection with God and others have extended well beyond the problem of lust. And it certainly has been worth it!

Sexaholics Anonymous, Taichung



DOWN TO BASICS

Holidays Then and Now

What a difference recovery makes!

Sexaholism drove my view of holidays in the past. I hated them; they always took the focus away from my misery. When I couldn't have my misery, I surely gave it away freely. Everyone around me was irritable, restless and discontent!

I Used To:

Grieve the loss of what I didn't have
Be impatient for family to leave or for me to get home
Get angry at my kid's selfishness
Stew with vehemence that I didn't get what I wanted
Feel remorse about stealthing out for a quick fix
Resign myself to being bored
Hate God for not bringing peace to the world
Ridicule others for their blind and bigoted beliefs
Mourn the past that it was not what I wanted it to be and try to control the future to be better for me

Today I:

Rejoice in all the miracles around me
Bless the fact that we can all be together
Feel blessed that he has a wonderful life
Bask in the warmth from joy of the pleasure of others
Feel fulfilled with the warmth of family and friends
Arise with excitement to find out what's coming next
Thank God for His love and ask what I can do for my fellows
Share the joy of the Spirit and Love of the season
Feel the grace of the moment and give thanks for all the outside pressures that shape my day

This year, I reflected on how I used to react to holidays and how I react today. In Recovery, I have joy and hope each holiday season and a desire to be near the ones I love. It is only by the Grace of the Spirit of the Universe, God as I understand God, that I am able to be the citizen, the father, the husband, the brother that I am supposed to be. Not as I see myself, but as I let God mold me.

Peace on earth and serenity to all. Blessings.

Anonymous, Portland

DOWN TO BASICS

Isolation & Spiritual Progress

It's all an attitude...

One of the hallmarks of my sexaholism is isolation. I consider isolation more than just shyness or introversion or not liking to be around people.

For me isolation is an attitude - just as Sexaholics Anonymous says lust is an attitude. Isolation for me is my default approach towards the rest of the world: fear, abandonment, shame, and loneliness. I'm powerless over my attitude of isolation. I believed this attitude of isolation may be why it can be difficult to get sexaholics involved in service work.

In SA recovery I have discovered that fellowship is the antidote for isolation. I work the 12 Steps and take positive action in order to make spiritual progress towards real connection. For example, I dislike committees, so I have participated in my local intergroup these past six years. I take an action that is contrary to my negative attitude of isolation.

I am learning to ask questions and listen to others and let them teach me valuable lessons. One favorite question is to ask people what spiritual books they are reading?

Recently I was introduced to the tool of "self-care." Part of my isolation is letting other people

trample on me - run roughshod over me - and then I fume with resentment. I decided to look at the nature of my wrong and be willing to have that part of me removed. Unfortunately, "self care" ran riot for me. In relationships I was self-willing my self-care, and people began to retaliate. My version of self-care was not leading to serenity.

I talked to friends about this matter. They told me that perhaps self-care has become another addiction for me, a form of workaholism. My delusion is that I "can wrest satisfaction and happiness out of this world if [I] only [manage] well" (AA pg 61).

And there you have it. Like isolation, another stab at me managing and controlling my life. I don't beat myself up over this today. It's how I make spiritual progress.

Just for today I will live in the knowledge that: a) Spirit of the Universe knows exactly what I need and b) Spirit of the Universe knows exactly what It needs from me.

Today I surrender my self-care "run riot." I rest in God's Care today.

Brad M, Nashville TN

I "can wrest satisfaction and happiness out of this world if [I] only [manage] well"

High Cost Of Fear

God intervened through my defects

"[Fear]! That we think, is the root of our troubles. . ." (AA p64)

Although I am not married, I have lived as if I were—not to any living breathing human being but to FEAR. Just as my addictions seemed to help me to cope with the dysfunctional world in which I grew up, Fear seemed to help me to manage and control my addictions.

Fear points out the negative consequences of acting out, so I can go without lust and sex for periods of time. Fear is at home with my other forms of compulsiveness: computer games, activity and work,

overeating. Fear keeps me from following certain disciplines of prayer and exercise and getting to bed at a reasonable hour. Fear nestles in the conviction that I am different from all of the other perverts who surrendered and are now living happy, joyous and free.

Fear has kept me both from the full consequences of my addiction and from the full benefits of recovery. By nature I am as much of a lust-hound as anyone who has been arrested, contracted diseases, spent thousands on prostitutes or pornography, or lives on-line in chat-rooms. Even so, I am much

more attached to Fear than I am to sexual acting out.

Several times I have stepped out on Lady Fear. Love was inviting me to relationship. God has actually gotten me sober and kept me sober. Once love was so strong that I was completely overcome. I really lost all desire, all compulsion to act out. And I knew it was not my doing. I cried tears of joy when I realized that God was doing for me what I could not do for myself.

But of course, Fear was waiting in the wings and She got me back. A wise sponsor noting my euphoria asked if I was not more in love with the gift than with the Giver. I had stopped working a program because I thought God had fixed me

for good. I now know that if I want to be truly free from Fear, I have to work hard on a new relationship with my Higher Power, who is Love. And I have to work on that relationship one day at a time.

Based on Fear my attempts to "control and enjoy" have clearly been abysmal failures. Fear of disease or legal or personal consequences have kept me miserable, sick and tired. A life lived in Fear can never go very far. A life consumed with irrational Fear can only be chaotic and crazy. Today, my deepest desire is to respect my disease rather than to fear it. And that leads me to the conclusion that I am powerless

Fear has kept me both from the full consequences of my addiction and from the full benefits of recovery.

over lust and my life has become unmanageable.

I am and always have been powerless over the family into which I was born, over the sexual abuse, and over the death of my sister. I am powerless over the past, present and future. I am powerless over the way my brain works. I am powerless over the self-blindness, over the unintentional dishonesty of my life. I am powerless over me.

Today I am willing to risk, to believe, to accept that God loves me exactly as I am and wants to give me the awesome blessings of sobriety and recovery.

Anonymous, St. Paul, MN



My Halloween

With my new family

I was nervous, well no, anxious, afraid. I couldn't pinpoint why, but it seemed to have something to do with the fact that it was Halloween night.

I enjoyed many trick-or-treat adventures in the past. I remember as a boy going around the neighborhood with my brothers and sister collecting my stash of candy treats. As a father, I remember taking around my kids for their night of fun. Then, as a "Papa" I took my grand-babies, one after another as they begged for a Halloween trip through the neighborhood. Oh, the joy! How I looked forward to that special day of gleeful sugar treats.

It has been seven years now since my daughter has allowed me to be alone with any of my grandchildren. Well, I guess she's right to have her concern - I have completed three years of probation and treatment as a sex offender after touching my own sixteen year old granddaughter inappropriately.

I do not live in the past. I made many phone calls this recent Halloween night as I sat alone at home, with the shades drawn and the porch light off. Today I celebrate holidays with my new family in SA and I am grateful for their love and God's.

Anonymous

OLD TIMER STORY

God Works Through Others

I am a recovering sexaholic. I have been sober since 1984. It is hard to say exactly when my sexaholism began. I started masturbating in my high-school years, and pornography was almost immediately a part of that experience. From the very beginning, the pornography-masturbation ritual was a two-edged sword. I got a tremendous high not only from the pornography, but also from the secrecy, the anticipation, and the buildup. I was addicted to it. There was also a tremendous guilt, shame, and loneliness that followed every experience.

In college I discovered adult bookstores. I had been to X-rated movies, but this was different. I felt like a kid in a candy store. The options seemed unlimited—and a private booth to boot! From the very first time, the candy-store illusion was unmasked when I noticed someone staring at me from above my “private” booth. Being from a conservative religious background, such an experience would normally have kept me away for good. My lust for the experience kept me

going back, despite other moments of fear and danger. Most of my acting out was in such places.

I was one year out of college and teaching when I got involved in an affair with a married woman. While there were certainly honest feelings of affection for each other, there was also lust. I was also drinking alcoholically, and I seemed unable to stop the affair. I was depressed and drunk and awash in a sea of shame and despair. I stopped for two months, realized I no longer loved this woman, and decided to end the affair. On the last day of school, when she asked if I still loved her, I lied and had sex with her. It was a devastating moment in my life.

A few months later I got sober from alcohol. For two months, although I did not stop all masturbation, I stayed out of bookstores and porno theaters. I felt that the sexual acting out had been part of my alcoholism and that I was now free of it. Then, on a trip to a large city, I discovered bookstores with “live” women in them. Lust was off and running in me for another two and a half years. I became increasingly unable to stay away from places of pornography despite prayer and other efforts to do so. I was hooked. This became

There was also a tremendous guilt, shame, and loneliness that followed every experience.

most clear to me on two occasions. First, I drove by a bookstore I didn't know existed. The adrenalin and the ritual began immediately. I prayed that I wouldn't stop the car. I stopped it. I prayed that I wouldn't get out of the car. I got out. I prayed that I wouldn't go in. I went in. I prayed that I wouldn't masturbate. Needless to say, I did.

Second, I was in a bookstore with “live” dancers and experiencing an intense high. The dancers changed shifts in the middle of my experience. The lack of reality and the phoniness of the connection overwhelmed me. Driving home, I tried to soothe myself with the thought, “I'm only human.” A few seconds later, I found myself pulled over to the side of the road, pounding the steering wheel and screaming in rage and shame at having failed again.

The first person to tell me this problem might be an addiction was the woman who is today my wife. I told her about my experiences, and she said it reminded her of my drinking. I calmly explained to her that the two had nothing to do with each other. I continued acting out, but the seed had been planted. Later my brother began calling me and telling me about his problems with acting out. He was looking for a way to stop. I told him nothing of my own experiences and listened

in real fear for us both as I played the role of observant advisor. One night I ended up in a place where pornography led into prostitution. I remember the rage and shame I felt as a stranger kissed me on the cheek and quoted prices. I also remember the intense lust that I felt. This was a moment of truth for me. The lust and shame cycle was so intense that

My early recovery was filled with a lot of behaviors designed to reduce temptation.

I might never stop. I talked to my brother and told him the truth: “I've been doing the same thing you have.” I burst into tears and asked for help. He had found a Twelve-Step fellowship for sex addiction, and I began to attend also. (This was not SA but

another of the S-programs.) At last I found a place I could tell the truth about my lonely secret. What I heard shocked me. Many members were worse off than I was! I resented having to be with such perverts, but I knew that I, too, had perverted my sexuality. So, though angry, I stayed. By the second meeting, I was staying sober! For me this meant no masturbation and no sex except with my fiancée. (Members of this program set their own definitions of sobriety.)

For the next three years I attended this fellowship regularly. I met wonderful people and got help to stay sober. I got a sponsor and worked the Steps, especially the housecleaning Steps, Four through Nine. I married the woman who had

stood with me through the worst of my alcoholism and sexaholism. My life was improving, but I began to get uncomfortable at the meetings. The many differences in what constituted sobriety seemed to lead to situations where one member struggled to stop doing something someone else was doing and reporting as sober behavior. I was concerned about unity of purpose. I began to feel I was staying sober almost in spite of the conflicts in the group.

Once again my brother led me deeper into the solution. He had started an SA meeting which I began to attend. SA became my primary group as I sadly said goodbye to my first S-fellowship. SA was different and more rigorous. There were many debates about the sobriety statement, but I knew I had found a home for myself, so I kept coming back.

My early recovery was filled with a lot of behaviors designed to reduce temptation. Don't take the second look, don't drive down that street, keep your eyes on the sidewalk. I said frequent prayers of surrender. I used the phone frequently. I turned over lustful thoughts and images. I stopped going to R-rated movies. I cut back on TV. I kept to a minimum relationships with women other than my wife, family, and

established friends. I began to do service work with others. In a few years, I attended my first international convention; I have missed few since. There I see greater lengths and greater quality of sobriety in larger numbers than in my home city. People I have met there have become lifelong friends. Involvement in these conventions has become a key ingredient in my continued sobriety.

My marriage has gotten better and better. Through both a voluntary and an involuntary abstinence period, my wife and I have cleared out much of the lust in our sexual history. I have learned that sex is truly optional. Through our deepening intimacy,

both emotional and sexual, we have learned what works for us in terms of both the importance and the limits of sex within the marriage. We have done an entire historical sexual inventory of our marriage and benefited greatly from the process. Recently I made new commitments in the area of language use and household tasks that are further strengthening our growing bond. It was in my wife's father's death and in the loss of a child through miscarriage that I finally knew for sure that I truly love her. We now have two beautiful children who, God willing, will never have an active sexaholic for a father. My family

God has given me a beautiful fellowship of the most unlikely friends

will reap the benefits of the true sexuality that recovery is giving us over time.

SA alone has not answered all my problems. I take help wherever I can get it. I am involved in another Twelve-Step fellowship. I meet regularly with a psychologist. I am active in my church. But SA is the foundation of my sexual sobriety. It is Twelfth Step work that has most benefited my recovery. Service at the national level and in helping to plan an international convention has helped me to grow, and I've made great friends. Recently my service has focused on sponsorship. I cannot begin to describe the joy I receive in opening myself up to the newcomer and to those struggling to maintain sobriety. It has taken me out of much of my arrogance, intolerance, and rigidity and has made me feel more truly connected with God and the fellowship than ever before. Most of all, it has helped me to maintain my own sobriety during some troubling times. I truly need my sponsees

more than they need me.

I have said little about God. Some of that is by design. I'm not that comfortable using God's name for fear of being glib and easy about it. I can only say that I believe that God works through others and that God has given me a beautiful fellowship of the most unlikely friends, who have loved me and through whom God continues to work in marvelous ways. To my God and my friends in recovery I say, "Thank you!"

Member Stories 76



Group Discussion Topics

With what is now 32 years of sexual sobriety, how does this story affect you as you work your program?

If you are married, what is your experience with abstinence?

What forms of help outside SA have benefited your sobriety and recovery?

Service work takes many forms and all service can help us remain sober. What service work has benefited you over your time in SA?

Do you like Old Timer stories in the *Essay*?

STEPS

My Childhood Best Friend

Step 10 Promises come true

this has caused me much grief in my life. Although he is well-meaning, Lester never has healthy suggestions for healing my pain.

Lester's real name is Lust. The story of Lester is an analogy I have recently begun carrying with me to help me take a position of gratitude

toward my lust. When I am troubled, I imagine Lust placing a loving hand on my shoulder and saying, "It's okay. I can help get your mind off this pain. Remember what we did and/or saw in 1996? Let's make some more pleasant memories like that." The greater my disturbance, the

harder Lust tries to cheer me up. If I take my pain to bed with me, Lust even tries to cheer me up in my sleep with erotic dreams.

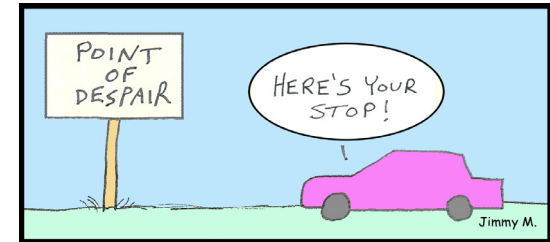
My attitude toward Lust as a loving friend helps me not fight back. Instead I find myself smiling, thanking Lust for helping me see that I was in pain, and then turning to my new Best Friend, God, for a healthier solution. I sometimes respond to Lust by saying, "I'm okay. Thank you. Let the adults work on this." Then I invite God into my present moment and call a fellow in the program so the three of us can work on a mature response to my pain.

Instead I find myself smiling, thanking Lust for helping me see that I was in pain, and then turning to my new Best Friend, God, for a healthier solution.

I have a best friend. I'll call him Lester. I met Lester when I was about 3 years old and we became close very quickly. Since then, we have almost always been together. Lester loves me more than a brother could, and he worries about me constantly. He cannot bear to see me in pain. If I'm sad, he immediately tries to cheer me up. If I am in conflict, he always takes my side. I know Lester will never abandon me. I foresee him being by my side – my closest companion – till the very end.

There are a couple of challenges with my friendship with Lester. First of all, he is very immature. He stopped maturing around the age of thirteen. Because he never reached emotional adulthood he gives me terrible, absolutely horrible, advice. This is further complicated by the fact that he is charismatic, persuasive, and persistent such that I have always listened to him and followed his advice instinctively. Unfortunately,

Instead of resenting my lust, I now see how it can be a tool to find God and make the real Connection helping me experience the Tenth Step promises: "And we have ceased fighting anything or anyone—even [lust]... If tempted, we recoil from it as from a hot flame... We are not fighting it, neither are we avoiding temptation... so long as we keep in a fit spiritual condition" (AA pg. 84-85). A.J.



Step 12 & 4/8ths

Humor is a big part of my recovery. As the AA Big Book says "We absolutely insist on enjoying life" (AA, Page 132). I have created a Step 12 & 4/8ths: take the actions of humor (or Rule 62) seriously:

- 1) I learned to juggle so that I could entertain people (I juggle in my car at red lights and often get a thumbs up and a smile from people nearby.)
- 2) I search for and tell puns, like "I wasn't going to get a brain transplant but then I changed my mind." or "I'm reading a book about anti-gravity and it's impossible to put down."
- 3) I bought a cheap pair of drug-store glasses, popped out the lenses, and later put them on and rubbed my eyes through the holes saying "I think I need new glasses." or "I think there's something wrong with these glasses."
- 4) I bought a deck of blank playing cards, and I splay them out in my hand telling people to pick one so I can show them my new card trick. Then I wait for the funny quizzical look on their face and then I show them that all the cards are blank.
- 5) I draw funny cartoons for others to see at work.

These are just a few examples of how I "find the funny," as humorists are known to say, because if I can find humor in a difficult situation, I often find I have practiced my way out of resentment. by Ed R.

PRACTICAL TOOLS

Everyday Gratitude

Grateful for common things

My wife and I were putting away the Christmas tree. It's an artificial tree with lights wired into it, and we like the way it looks in the front window at night.

But packing it up for storage is a struggle. Starting at the top, we have to fold up each branch snug against the upper one-third of the trunk before detaching that segment from the lower segments and putting it in a box. We have to hold up an entire layer of branches

long enough to wrap a cord around them and tie it. The same with the middle third and the lower third. Do you know how many hands and arms that takes? More than four, I can tell you! My wife remarked that the best person to do the job would be an octopus. Branches flopped down in our faces, or a hinge would come out of its socket, causing the branch to swing loose on its wires and tangle with the tree below. We called out instructions to each other, grunted, and laughed.

What was I feeling during this

struggle? I was feeling gratitude. Why? I was flashing back to my first marriage. My first wife and I could never work together. Joint projects collapsed into arguments and bad feelings. Looking back I see that, for my part, I wanted to be in control. I believed I was the one who knew how to do the job right. Now, struggling to corral that uncooperative tree, I didn't have to be in charge. I could cooperate with my partner.

This is not only about recovery in my marriage, it's about the importance of gratitude in my recovery.

Before recovery, I expected the worst out of life. If something good happened I automatically discounted it. If I completed a task that I had been worrying over, I immediately put it out of mind and fastened upon the next task I could worry about. It didn't occur to me to pause and celebrate. I kept myself numb with lust and obsession. Events and encounters with others had a grey tinge to them.

In recovery I have a new pair of glasses. My lenses aren't grey or pink, they are clear, which allows me to spot the gifts that God gives me every day. Often, as with the Christmas tree episode, I am struck

I didn't have to be in charge. I could cooperate with my partner.

by the difference between my life before and after recovery.

When I call another sexaholic or a member calls me, I am reminded that I don't have to be alone with my disease anymore. When one of my adult children calls to catch me up on family news, I am grateful for how rich and full my life is. I could be a sour old man living alone in a small apartment and masturbating myself to sleep every night.

I find that resentment, self-pity, fear, and lust have a harder time crowding into my brain.

I'm grateful for a thousand common, everyday things. I'm grateful that I can drive a car competently at my age; that I can walk in full stride, arms swinging, breathing deeply; that I'm a warm-blooded animal. I'm grateful for the microwave oven, for the automatic dishwasher, for the sunlight streaming into my kitchen, for the food on the table in front of me, for my appetite.

With gratitude all around me, I find that resentment, self-pity, fear, and lust have a harder time crowding into my brain. That's how it works for me.

Art B., Macon,

Georgia

Struggling Is Optional

Acceptance that I am a sexaholic

My experience prior to SA recovery had been that struggle was necessary. The only defense against lust was to exert as much energy as I could muster to fight and struggle against it. Lust proved to always be more powerful than me, and thus I always lost the fight. I am powerless over lust (Step One), plain and simple.

Surrender was accompanied with a whimper. No effort. No fight. I just had to accept that I will always be a sexaholic and I will never be able to handle lust, the temptations from within, and the triggers from without. The deadly combination of the world around me and my addictive mind inside me colluded to bring me down every time. I could not win the battle.

On my knees is where I have to stay, surrendered to my Maker. My will and life are His for whatever He chooses to do with them. I give my temptations and triggers to Him in an act of surrender every time there is even a hint of lust, a whiff of the old familiar scent, the slightest thought of a lust-filled memory, the tiniest beginning of a fantasy,

the remotest possibility of that person or image in the corner of my eye taking hold of me. Surrender is all I have to offer.

At times when all of these converge in a massive force that is palpable, the solution remains the same: acceptance that I am a sexaholic and that I am and always will be powerless over lust, and then surrender in attitude and action to

**On my knees
is where I
have to stay,
surrendered to
my Maker.**

a loving God who is always willing to receive from me anything I freely give to Him, including my lust and character defects.

Struggling is now an option that I no longer choose. Surrendering time and again has created a new default setting. I learned all of this by going to meetings, getting a sponsor, and working the Steps as directed. Surrender is the SA solution for those anyone willing to submit to it.

Taiwan SA Website

Men's Buddy List

This list, maintained by the SA International Committee, contains over 350 SA men from more than 40 countries willing to share experience, strength and hope with each other. It includes members who are available to sponsor other members. To apply for membership, complete the form at the site below and click Join. Please note that this contact list is for male SA members only. Applicants need to provide the contact details of a reference who can vouch for them.

<http://sexaholicsanonymous.eu/resources/buddy-list-sisters-list>

Married Men

Two of us will set up a monthly Skype meeting for male married members to share about topics we encounter in the marriage. Members in Nashville, Tennessee USA are doing this once a month. Feel free to send this notice to other members of your group.

If you are interested, let me know by sending me an email with your name and skype address:

luc4essay@gmail.com

Luc D, Barcelona, Spain

A Love Cripple

Taking A Shower

Last week I was sitting at home, tired after doing some work on the house, looking forward to a nice warm shower. Suddenly my wife said to me: "Hey, why don't you take a shower?" At the tone of her suggestion, I started getting angry for her giving me unsolicited advice. Who is she to tell me what I should do? She is trying to control me! And I felt the impulse to say: "I was about to take a shower, but now you mentioned it, I am not going to." I would teach her a lesson!

Luckily I had just enough recovery to keep my mouth shut. So I took the shower, though with much less appetite than before. When I slowly calmed down and enjoyed the shower, I came to understand what was going on inside of me. My wife had said something out of love. She cares so much for me that she just knew that I was looking forward to taking a shower. "Hey, go take your shower; I know you would love to."

And because I am a love cripple, I could not see her love and care for me. I distorted her message of love into a message of hostility. That is how I always receive other people's messages for me - that they are against me, trying to control me, tell me what to do, as if I am stupid. Thus, I have been fighting back against this hostile world around me. "Stay away from me,

leave me alone!"

But now, I could see that I am just a love cripple. My wife is not at all hostile toward me. Instead, she says kind words to me, words expressing love for me. I felt tears welling up in my eyes! How cruelly had I reacted to this expression of love. Suddenly, I wanted to be with her again!

I remembered what my sponsor told me: "The measure of your recovery is the measure that you are able to receive love." Now I understood what he meant. As a love cripple, I push love away from me, unable to recognize it. But in recovery I am slowly learning to trust people and to see and receive the love they want to give to me.

The next morning I shared the incident of the shower and what had been going on in my head with my wife. She had not had a clue! She even didn't remember the incident. She looked at me, smiling, and said that it must be very complicated to live like that. I admitted that it is complicated indeed - even taking a shower is difficult. We both laughed! She was about to make coffee and asked if I wanted coffee too? Then, immediately she wondered if I still want coffee now that she had asked me? We laughed again. I felt really connected with her. This must be what is called intimacy: *Into-me-see*.

Daan, The Netherlands

Sleep Issues

Any wisdom for me?

For the last five years, by the grace of God, I have not lusted when fully awake. When a triggering sexual image pops up, my eyes seem to automatically look away. I do not take that deadly first drink. Instead, I say a prayer. "I surrender my right to be comfortable! Please bless me so I can be helpful to other sexaholics." Then I make a phone call. For someone who was basically drunk on lust 24/7 for thirteen years, and frequently masturbated in public places, this transformation is a literal miracle.

My sleep life, however, has not been quite so simple. I occasionally have sexual dreams, which I have been able to surrender just fine. A recurring problem which I refer to as "sleep masturbation" seems a different issue altogether.

Other than the bare physical facts of the event, which usually ends in climax, there often seems to be no lust involved. It can happen after the most surrendered, lust-free, recovery-devoted day, during dream images of going to a meeting, doing service, or going to church. More often, though, it either happens when dreaming of something completely mundane, like doing my taxes, or to no dream at all.

There is always some memory of the event the next day, though some instances are foggier than others. This leads to some real confusion about what state I was in when the episode occurred. "If you were awake enough

to know what you were doing, then it was a slip," many have advised me. But for me - and I've spoken to many in SA who relate - the opposing states of awareness and obliviousness, asleep and awake, are not that black and white.

Everyone I have spoken to about sleep masturbation reports that it occurs between 45 and 90 minutes after falling asleep. I almost never remember how the touching began. I become aware that I am touching myself, and sometimes a little aware that I shouldn't be doing it.

As I said before, this problem does not seem to have any connection with

As I said before, this problem does not seem to have any connection with my level of recovery, willingness, surrender, or spirituality.

my level of recovery, willingness, surrender, or spirituality. It has never triggered craving or pushed me closer to relapse during the day. I tried resetting my sobriety and starting over on the steps after every occurrence. I tried going to a meeting

every day (for five months). I tried different sponsors, recommitting to my religious observances, more or different kinds of prayer, meditation, inventorying, and phone calls. I set an alarm for an hour after I go to sleep to wake up and say a prayer (I did this for over a year). I did a complete media fast for two months. I tried relaxing and not worrying about it - to take away its energy. While many of these actions have had a noticeable impact on progressive victory over lust, they have had zero effect on my sleep masturbation.

Sexaholics Anonymous Humor

These are the top ten things NOT to say to one's Sexaholics Anonymous Sponsor

- 10- I don't really feel that you're listening to me enough.
 - 9- The Twelve Steps are technically just suggestions, right?
 - 8- My therapist disagrees with you...
 - 7- That's not very convenient for me.
 - 6- Maybe I didn't explain well enough what she did wrong.
 - 5- I don't like making phone calls. Can you call me from now on?
 - 4- You don't understand, my situation is different.
 - 3- How can I get my wife to go to S-Anon?
 - 2- How can I stay sober if you don't call me back?
- And the Number One thing not to say to your SA Sponsor?
- 1- I'm sensing some control issues--have you done a 10th Step lately?

EMER web site, re-ordered

With the theory that this issue may be more medical than spiritual, I tried numerous strategies: medications, sleep studies, weighted blankets, belts, duct tape, a roommate, diet changes, and much more to no effect.

In my research I have found that sleep masturbation is experienced by non-addicts as well. It is considered a sleep disorder (or parasomnia) sometimes referred to as sexsomnia. There is no known cure or effective treatment.

My question for the fellowship is: Has anyone out there overcome this issue? If so, contact me at scott.onedayatatime@gmail.com

I would like to get freedom from sleep masturbation.

In fellowship,
Scott from Utah



SA in the World

Joy and Recovery in Moscow

In November I was invited by the Russian intergroup to attend the 2016 SA Moscow Convention "Our Primary Purpose" to share my experience strength and hope with the fellowship there. SA began in Russia in 1998 when an SA member from the US was re-posted to Moscow and helped to get meetings established there. Since then it has taken a firm root, spreading to other areas including St. Petersburg and Crimea and the Ukraine.

This was the sixth national convention and was attended by 84 SA members from Russia, The Ukraine, Slovakia, Poland, Iran, USA and Ireland. There were 30 female members and many younger members. I was very impressed by the sense of unity

and fellowship that exists in Moscow and to witness the commitment and determination of the members to help others recovering from lust. The convention included such topics as working the steps, doing a first step inventory, the traditions, carrying the message and our primary purpose.

Also there were 4 attendees from Iran who went to great lengths to get to Moscow.

I would urge any members of SA to consider traveling to Russia and visit the SA fellowship there. They really enjoy hosting SA members and are very keen to hear the solution. I believe in the not too distant future Russia will become a stronghold of SA sobriety. My thanks to the International Committee members and their service for making it possible for me to go to Moscow.

C.M., Ireland

Всем привет, я сексоголик Галина из Украины!...

На конвенте я удовлетворила свою потребность увидеться в живую с членами АС, поделиться тем, как Программа работает в моей жизни, и увидеть какие чудеса и как Высшая Сила может проявляться в жизни других членов АС. Очень полезно для меня видеть рост и взросление АС. Благодарна спикерам, что могу проидентифицироваться с ними и понять, что мой опыт не уникален, как не уникально и то, как растет сообщество АС на Украине; что в разных уголках света чуть ли не каждый сексоголик проходит этапы, когда на группах 1-2 человека, когда нет спонсоров, когда срывы, но также есть и надежда на свободную, счастливую и трезвую жизнь.

Благодарю Издателей "Эссей" за возможность поделиться своим опытом.

С признательностью и уважением,
член АС Галина. Украина.

Hello, I am a sexaholic Galina from Ukraine!...

At the convention, I saw my needs dissipate as I was seen face-to-face with members of SA, to share how the program works in my life, and to witness the miracles and how our Higher Power works in the lives of other SA members. It is very useful/helpful for me to see the growth and maturity in SA. I'm thankful to the

See the complete articles about the November 2016 Russian convention at <http://www.sa.org/essay/>

speakers, that I can relate with them, and to realize that my experience is not that unique, and that even the growth of the SA program in Ukraine is not that unique; that in all sorts of corners of the world, that almost every sexaholic is going through the steps, even when in the

meetings there are only 1-2 people, when there aren't any sponsors, and when there are disruptions, but instead there is hope for a free, joyful, and sober life.

I am thankful to the publishers of "Essay" for the opportunity to share my experience.

With Appreciation and Respect,
Member of SA - Galina, Ukraine

Lust Addiction In Marriage

Being married did not keep me sober

I got married with only one week of sobriety in Sexaholics Anonymous. I had just started working with my sponsor, and he said that it might be a good idea to postpone the wedding until I had more sobriety and recovery--but he understood that it was shortly before the wedding and canceling would have been difficult. My fiancé knew about my sexaholism and that I was in sex addiction recovery.

I surely wish that I had never done the harmful things I did in marriage, but I'm not sure that I would have become willing to do whatever was necessary to recover if I hadn't fallen that deep.

We got married as planned, and after that I crossed a few more boundaries and did the things I'm most ashamed of, including: being drunk on lust and relapsing on our honeymoon, lying to my wife, acting out in bed with my wife next to me, getting caught by her, and many other terrible things.

Being married of course didn't help me stay sober at all. I kept relapsing, but thank God now I've been sober for over thirteen months (married for 2.5 years).

I surely wish that I had never done the harmful things I did in marriage, but I'm not sure that I would have become willing to do whatever was necessary to recover if I hadn't fallen that deep. Perhaps all the problems related to having to postpone the wedding would have been a deep enough a bottom for me. But when I was getting married, I apparently wasn't willing to go to any lengths to recover. Today I am grateful for SA and for my fellows in the program, and I hope that my experience will benefit other sex addicts.

sexaholicsanonymous.eu/members-share



SA Women's International Convention
May 5, 6, & 7, 2017 • Washington, DC, USA



Join women from around the globe as we break the hold that silence and shame have over us in this disease. Trudge with us as we seek healing through the bonds of love, peace, service and unity through the 12 steps of Sexaholics Anonymous.

www.neveraloneagain2017.com

EVENTS CALENDAR

Upcoming International Conventions

January 9 - 11, 2017, Jerusalem, Israel,

Growth and Renewal in Israel 2017

Info at www.growthandrenewalinisrael2017.com

July 14-16, 2017, Newark, NJ, USA,

Jersey Strong--Experience, Strength, & Hope

Info at www.jerseystrong2017.com

Regional Events

March 2017

4, Norcross, GA, USA,

Atlanta Marathon 2017, The Journey Continues

Info at <http://www.atlantathejourneycontinues.org>

31 - April 2, Zavelstein, Germany,

German Speaking Spring Convention, Let Go and Let God

Info at info@anonyme-sexsuechtige.de.

April 2017

7 - 9, Sumas, WA, USA,

NW Regional Retreat Making The Real Connection

Info at <http://www.savancouver.org/events.html>

7 - 9, Edinburgh, UK,

SA Edinburgh Convention, Living in Recovery.

Info at essay.edinburgh@hotmail.co.uk

May 2017

5 - 7, Ashburn VIRGINIA (DC area) USA

SA Women Only, Together. And Never Alone Again!

Web: <http://www.neveraloneagain2017.com>

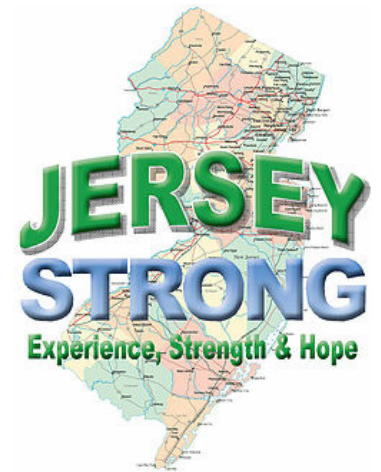
SA CONVENTIONS

**Growth and Renewal in Israel 2017
January 9-11, 2017 Jerusalem ISRAEL**

We hope to see all our fellow members from the Europe & Middle East Region (EMER), from our neighbor SA Regions and from all around the world. For three days, recovering Sexaholics, and their family & friends from all over the planet will converge on Jerusalem for growth and renewal.

Web: <http://www.growthandrenewalinisrael2017.com>

SA help: sa@growthandrenewalinisrael2017.com



LIVING IN RECOVERY
(Practicing these principles in all our affairs)
SA/S-Anon Scottish Convention
April 7th - 9th 2017, EDINBURGH

Geestelijke Gezondheidscongres in de UIA te Wilrijk

Op 16 en 17 september bemanden 2 leden van SA Vlaanderen deze informatiestand op het Vlaamse Geestelijke Gezondheidscongres in de UIA te Wilrijk. Er waren meer dan 1000 hulpverleners aanwezig die in deze sector werkzaam zijn als dokters, psychiaters, psychologen, therapeuten, verslavingsdeskundigen, enz.

De grote poster was speciaal gemaakt en geprint voor een posterpresentatie voor een jury op dit congres.

Een 30- tot 40-tal geïnteresseerden namen een flyer of vroegen uitleg. De fellows deden dit in de geest van onze 12de Stap die luidt.

Hoewel het soms lijkt dat dit onze inspanningen niet veel nieuwe leden naar de groepen brengt, houden we volgende uitspraak van dr. Bob in gedachten:

“Ik vroeg dr. Bob regelmatig over dit probleem (namelijk dat er niet veel nieuwe leden naar de groep kwamen) en vroeg me af wat er verkeerd was met mij. He antwoordde dan steevast: ‘Wanneer jij klaar bent en de tijd rijp is, zal de Voorzienigheid voorzien. Het is aan jou om altijd bereidwillig te zijn en door te gaan met het maken van contacten.’”

Congress of Mental Health in Antwerp

On 16th and 17th September 2017 two members of SA in Flanders manned this information stand at the Flemish Congress of Mental Health in Antwerp. More than 1,000 mental health professionals, including doctors, psychiatrists, psychologists, therapists and addiction specialists attended this event.

The large poster was especially designed and printed for a poster presentation before a jury on the congress. 30 to 40 interested people came to the stand and took a flyer or asked questions.

The members did this in the spirit of SA's 12th Step. Though it seems sometimes that our efforts do not bring many new members to our groups, we like to keep the following quote of Dr. Bob in mind:

“I would ask Dr. Bob about this delay (the author of this story did a lot of 12th Step work but got no new prospects to his meeting) and wonder what was wrong with me. He would invariably reply, “When you are right and the time is right, Providence will provide. You must always be willing and continue to make contacts.’” AA 264

The trusted servants of the Fellowship have had a busy year. In the business meetings held this past week, the following actions were taken:

Affirmed 8 Trustees for another year of service: Mitch A., Jim B., Dave H., Michael J., Gary L., Mike S., Bill S., and Gene T.

Passed a needs based budget for 2017.

Added new pieces of literature to the Fellowship Approved Literature list. In addition to Home Group, which debuted for sale in Denver, is added Spirituality of Service, First, Find Your Dr. Bob, SA is for Women and So, You're Going to Prison.

We successfully completed a trial of live streaming a portion of the convention around the world. We made it able for members in Finland, Poland, the Netherlands, and Africa to listen in to three Sessions Saturday morning.

The project for developing e-literature has promising developments that we hope to announce before next year.

The project to allow countries to save on shipping and handling on literature orders, Print on Demand, is closer to reality. The Assembly accepted the proposal to implement a procedure for countries wanting to print SAICO literature in English. The next step is to create some contracts and have them checked by Legal.

The Public Information committee previewed two projects. One is a draft of an information video to be used with speaker presentations to health and helping professionals. The other is a short Public Service Announcement that will be adapted for intergroups, regions, and countries to broadcast locally on cable and TV outlets.

The Assembly approved the statement of principle that will be published through all available means, including Essay, the SA.org website, and SA literature. (See September 2016 *Essay*)



**NEW SA GROUPS
4TH QUARTER 2016**

Europe and Asia:
Ulverstone, Tasmania, Australia
Berlin, Germany (additional English meeting)
Oxford, United Kingdom
The Hague, Netherlands (additional meeting)

North, Central, South America:
Cookeville, Tennessee

Ellsworth, Maine
Guatemala City, Guatemala
Kamloops, British Columbia, Canada
Long Beach, California (additional meeting)
Lemoore, California
Maplewood, New Jersey
Peachtree City, Georgia (additional meeting)
St. Charles, Missouri (additional meeting)
Williamsburg, Virginia

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TO *ESSAY***

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We invite articles of different lengths, from 200-400 word anecdotes or memories, to 400-600 word Practical Tools or Meditations, to 1000–1500 word Member stories. We prefer electronically submitted manuscripts sent to Essay@sa.org

Articles may be sent by postal mail to SAICO, PO Box 3565, Brentwood, TN 37024 USA and should be printed, double-spaced. Handwritten items should be written clearly on only one side of each sheet.

All articles must either be in English or have an English translation along with the original language. Whenever possible we will publish in the original language as well as the translation. Please include an author name, address, telephone number, and/or e-mail address so that authenticity can be verified. This information will remain confidential.

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SAICO Financial Update Year-To-Date 2016

| | |
|--------------------------|------------|
| Donations | \$173,761 |
| Other Revenues | \$39,506 |
| Expenses | \$175,447 |
| Revenues (less Expenses) | \$33,146 |
| Total Prudent Reserve | \$253,790* |

*SAICO Operating Reserve for 6 months is \$147,000

November, 2016: The Finance committee appreciates the way the Fellowship of SA has stepped up to support the projects the Fellowship wants to fund, including development of the international Fellowship.

2017 Approved Budget for SAICO

| Revenue | 2015 Budget | 2015 Actual | 2016 Budgetwww | 2017 Budget |
|------------------|-----------------|----------------|----------------|----------------|
| Contributions | 168,000 | 204,995 | 218,000 | 213,200 |
| Donate, Liter. | 81,700 | 63,042 | 77,300 | 62,700 |
| TOTAL | 249,800 | 268,060 | 295,300 | 284,900 |
| Expense | | | | |
| Fees, Insur, Acc | 20,300 | 18,813 | 20,400 | 22,700 |
| Payroll, Benef | 158,400 | 148,502 | 162,900 | 161,000 |
| Office, Comm. | 30,700 | 35,793 | 34,100 | 35,000 |
| Rent, Repair | 20,000 | 19,616 | 20,600 | 21,200 |
| Travel | 46,000 | 33,968 | 57,300 | 35,000 |
| Total | 275,900 | 256,692 | 295,300 | 289,900 |
| Net | (26,100) | 11,368 | 0 | 0 |

The Twelve Steps

1. We admitted that 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 and Traditions are adapted with permission of Alcoholics Anonymous World Services, Inc. ("AAWS"). Permission to adapt and reprint 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.

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.

The Twelve Traditions

1. Our common welfare should come first; personal recovery depends on 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 TV.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Serenity
Prayer

**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.**