

# ESSAY

August 2020, SA.org

The International Journal of Sexaholics Anonymous



## FOUND IN TRANSLATION

The Real Connection

More Than One Language

A Wonderful White Guide

The Basics Are Always There

From The Language Of Lust

Translation Efforts

## PRACTICAL TOOLS

Chip In The Mouth

Hands Off!

Bringing The Inside Out

## STORIES & STEPS

Not So Special After All

A "Given Moment"

Drifting Off The SA Path

Came To Believe In A HP

Daily Writing On Step 4

A First Step: Recognition

## FOUND IN TRANSLATION

Experiencing SA in various languages and cultures



# SA Purpose

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.

*Adapted with permission from AA Grapevine Inc.*

## RESPONSIBILITY DECLARATION

I am responsible. When anyone, anywhere reaches out for help, I want the hand of SA always to be there. And for that, I am responsible.

## Sexaholics Anonymous STATEMENT OF PRINCIPLE

We have a solution. We don't claim it's for everybody, but for us, it works. If you identify with us and think you may share our problem, we'd like to share our solution with you (*Sexaholics Anonymous 2*). In defining sobriety, we do not speak for those outside Sexaholics Anonymous. We can only speak for ourselves. Thus, for the married sexaholic, sexual sobriety means having no form of sex with self or with persons other than the spouse. In SA's sobriety definition, the term "spouse" refers to one's partner in a marriage between a man and a woman. For the unmarried sexaholic, sexual sobriety means freedom from sex of any kind. And for all of us, single and married alike, sexual sobriety also includes progressive victory over lust (*Sexaholics Anonymous 191-192*). (*Adopted 2010 by the General Delegate Assembly*)

The only requirement for SA membership is a desire to stop lusting and become sexually sober according to the SA sobriety definition.

Any two or more sexaholics gathered together for SA sobriety according to the SA sobriety definition may call themselves an SA group.

Meetings that do not adhere to and follow Sexaholics Anonymous' sobriety statement as set forth in the foregoing Statement of Principle adopted by the General Delegate Assembly in 2010 are not SA meetings and shall not call themselves SA meetings. (*Addendum to the Statement of Principle passed by the General Delegate Assembly in July 2016.*)

*Essay is a publication of Sexaholics Anonymous*

[essay@sa.org](mailto:essay@sa.org)

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

*Adopted by the Trustees and General Delegate Assembly in May 2016*

Editors'  
Corner

August 2020

Dear **ESSAY** readers,

We thank our retiring editor David M. for his long and devoted service to the *Essay*, and his example to us. Read more about this on p. 4. We start this new chapter off with an international editing team consisting of an Irish, UK/Israeli, Australian, 2 US and a Belgian/Spanish member.

This month's edition features inspiring stories about translating our literature into various languages and the challenges it brings. Read how the French fellowship is working day by day on a mobile version of The Real Connection. A young member in Chile who got started in Kentucky is now very active in Spanish translations. Fellows are meeting in two languages on the border of Texas. The young but booming Indian fellowship is meticulously working on their translation of the White Book into Hindi. Another member describes how the Program Slogans helped him through his Italian translation struggles. And in Egypt, a team of fellows is translating their way into sobriety, finalizing the Arabic version of the White Book.

The *Essay* is a wonderful Twelfth Step tool to help reach sexaholics, whether in treatment centers, jails - or even right in our own home groups. Check out p. 12 to read how the *Essay* is a great way to give to a sexaholic in need.

Help us to make the *Essay* into the truly International Journal of our fellowship. Send us your articles, artwork, jokes, and upcoming event information. Take five minutes to improve your magazine by filling in this short online survey: <https://forms.gle/kHFENdRDEVapPm3UA>

*In fellowship,*

THE EDITORS (*Luc D., Kent A., Daniel T., Brian C., Doug H., Emily J.*)  
& ARTISTS (*LaRon W., Jimmy M.*)

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# August 2020

“The Twelve Steps that summarize the program may be called *los Doce Pasos* in one country, *les Douze Etapes* in another, but they trace exactly the same path to recovery that was blazed by the earliest members of Alcoholics Anonymous.”

AA xxii



On the cover: Members share on how they experience SA in various languages and cultures of the world.

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## Dear Essay



*Under your leadership, SA members of the global fellowship have benefited from the Experience, Strength, and Hope (and humor) contained in the Essay.*

## Thank you, From David David!

**FROM THE BOTTOM** of our hearts, the Trustees thank you for your years of service as editor of the *Essay*.

Under your leadership, SA members of the global Fellowship have benefited from the Experience, Strength and Hope (and humor) contained in the *Essay*.

Words are not enough to express our gratitude to you, David!

Sincerely,

THE BOARD OF TRUSTEES  
(Tom K., Denise O., Brendan T., Eric H., Connie T., Steve S., Thad M., Jason C.)

Please keep using *Essay* in your local meetings and please send in articles and art and regional announcements to share with other sexaholics.

Please welcome Luc D. from Barcelona, Spain, as your new editor. Luc has provided art for *Essay* issues and brings a global consciousness to it. He also has lots of great ideas to have *Essay* be an even more accessible Meeting-In-Print and electronic publication. I am thrilled to welcome him as the successor editor!

DAVID M.

### Subscribe to

# ESSAY

The electronic worldwide *Essay* is free. Download your current or back copy from [www.sa.org/essay](http://www.sa.org/essay). Mailed individual five issue print subscriptions are \$20 USD/year to addresses in the United States and to Canada, and outside North America are \$26 USD/year. Group rate (10+ copies sent to one address) for mailed copies is \$17.50 USD/year to USA addresses. Multiple year subscriptions are welcome. Visit [www.sa.org](http://www.sa.org) to subscribe or for information.

## World Wide Walls of SA



"Na Fontanke" group,  
Saint Petersburg, Russia



Hi-tech 360° camera that constantly films the whole room but only shows the part where someone is speaking



Parking lot meeting, John Creeks group  
Georgia, USA



## SA meetings can be held just about anywhere ...



Downtown meeting  
Huntsville, Alabama, USA



Monday group,  
Ghent, Belgium,  
using a 360° camera



### Share your photos

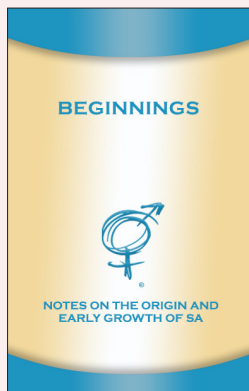
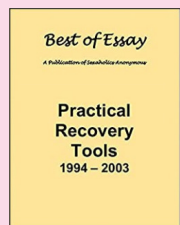
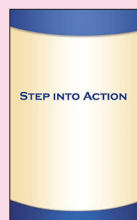
Send your meeting place photos (minus identifiable people) to [Essay@sa.org](mailto:Essay@sa.org).

**Remember:** Include your name, address, group name, and location of the meeting.

# SA'S WHITE BOOK KINDLE EDITION ON AMAZON!



To order your e-copies of any of these 4 SA books for your phone, tablet, or other device, enter the following link into your browser: <https://tinyurl.com/y7gem2sm>



## Excerpt from "Beginnings - Notes on the Origin and Early Growth of SA" 7-8

*4 February 1979 - First meeting of SA as such (though this too will collapse) at Hollywood Presbyterian Church - near the red light district. Roy has no meeting format or other structure and is just hoping people will come in who want victory over the obsession through a fellowship of the Twelve Steps and Traditions. Two men appear, dressed in suits, acting cagey, and asking a lot of questions (probably vice squad). But never mind, Roy got to tell his story.*

Find this fascinating story of SA's false starts, surprise turns, and early victories on the SA Store: [https://www.sa.org/store/product\\_info.php?products\\_id=45](https://www.sa.org/store/product_info.php?products_id=45)

## Practical Tools

# I Did It: CHIP IN MOUTH

Originally published in *Essay*, February 2003

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.

**The full force of my lust washed up against that chip and its boundaries were firm (how unlike mine).**

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 was overwhelming to me 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.

WILL W., Oregon, US

Communication comes easy if you pay attention



## ONE NIGHT AT A TIME HANDS OFF!

I've physically acted out in my sleep. An old-timer who had the same problem suggested that I wear pants under my pajama pants. Acting on this suggestion has helped me avoid touching myself, providing as it does, an extra layer between myself and lust.

For me, it is an act of surrender expressing that I want to give up any

*You know my heart, how I really want to lust. I send it away to You. Come victorious over my lust; I don't want any of it - conscious or subconscious. I want You to bear it for me. Please keep me sober from all my lust tonight.*

הצור ינא המכ דע, יבילב רשא תא עדוי התא תא חצנתו אוב. קילא תאז חלוש ינא. תוואתהל הזב קלח סוש הצור אל ינא; ילש הוואתה אשית התאש הצור ינא. עדומ תתב וא עדומב לכמ חכופמ יתוא רומש, השקבב. יליבשב התוא הלילה ילש הוואתה

Here, I recall any form of lust that I may not have given up throughout the day and surrender it, praying for anyone involved. This helps me to stay clean at the subconscious level and enjoy a peaceful sleep with no erotic dreams. I've been practicing these tools for over a year now and they have been working for me, One Night

At A Time.

SHEMARYAHU S., Israel



form of fantasy or acting-out during the night. He also suggested to say the prayer in the White Book 167:

## The Practical Tool of Bringing The Inside Out

I had many friends, a loving family and a caring wife. But all this was not enough. I wanted others to see that I was confident and knowledgeable. Wanting people to only see what I

wanted them to see. Yet in the quiet moments I felt alone. My thoughts and actions of lust separated me from those relationships.

*Many of us felt inadequate, unworthy, alone, and afraid. Our insides never matched what we saw on the outside of others.* SA 203

Fear crept into my life. What if

people really knew me on the inside? Seeing what I was really like. I was sure they would reject me. Then I would really be alone. These thoughts compounded the feelings of separation and fear.

Other people didn't seem to have the same struggle that I was facing. In comparing myself with others, I knew that I didn't measure up. They had it together while I fumbled along. I felt inadequate for the task of life. To cope, I lived in a fantasy world which put me as the star of the show. I tried to live life on my terms but always came up short. SA showed me there was something different. There was a spirit of openness and honesty. People were actually bringing out their inside world.

*When we came to SA, we found that*

*in spite of our differences, we shared a common problem - the obsession of lust, usually combined with a compulsive demand for sex in some form. We identified with one another on the inside.* SA 1

For the first time in my life I felt like I belonged. The outside of my life wasn't what was important. I could actually expose the roots of my spiritual emptiness because others were exposing theirs. The more I connected with others in the group and my Higher Power, the more of the dreadful load of self was removed.

Today I am learning to live a sober, authentic life. Connecting in relationship with others and my Higher Power. My outsides are finally reflecting what is going on inside.

Bill S., Washington, USA



## WE ARE NOT A GLUM LOT

One of the most effective Practical Tools is HUMOR.

Recently a sexaholic had a severe car accident. He had followed his sponsor's suggestion to always look at his feet when he saw something that might trigger him.

Two sexaholics, a newcomer and a fellow with some years of sobriety, are having a

coffee in a coffee shop. When an attractive young woman walks in, the newcomer starts staring at her and he continues to follow her with his gaze, without blinking. The other fellow, worried, nudges the newcomer and says: "What are you doing, man, think of your sobriety!" The newcomer replies: "I am! In SA I learned that the first look is on God and I'm still having my first look!"

What does an unsober sexaholic do on a bus in the city? Window shopping.

What do you call two sexaholics in a room? An

SA Meeting.

Why does SA mainly attract men? Because it offers such a great toolbox!

What do you call someone who is powerless over lust towards his former partner? An "exaholic".

*This batch of self-invented jokes was sent in by*

Joost V., Spain



Have a good joke, wry observation, funny SA story? Send your Humor gifts to [essay@sa.org](mailto:essay@sa.org)

## A Power Greater Than Ourselves

*Why don't you choose your own conception of God? AA 12*

Trying to relate my encounter with a Higher Power to others in the Program can be a challenge because I practice a religion different from the majority of SAs. It is important for me to remember that my experience is not less valid because of how the majority expresses “God as we understand Him.” While God may mean different things for each, underneath our individual expressions are the common principles of love, compassion, and truth. This is the real language of recovery, which holds the power to unite us across the gulf of theology and dogma, as well as empowers us to help our fellow SAs.

From this viewpoint, I am free to accept everyone’s spirituality. It is helpful to disregard what first appears to be differences and instead listen for common principles during meetings, Twelfth Step calls, and chance encounters. It does not make sense to believe that we have been drawn together by a force that intends to save us from ourselves and then go on to squabble over the description of whom or what it is that called us into action. When one is starving, the bread is what is important, not the baker.

*Higher Power, help me recognize the face of God in everyone I meet, and in doing so, offer myself in service to them.*

*The Real Connection 100*

## “BAD NEWS” IN SEXAHOLICS ANONYMOUS

(In serial form, #6)

Over three sober decades in SA there have been quite a few pieces of “bad news” for sexaholics. They all arise, like our entire program, from our experience, strength, and hope:

◇ Healthy sex: Sexual behavior which helps a married couple feel closer is healthy, in my experience. Any sexual behavior which serves some other purpose (“find relief,” “help me relax,” “help me be less afraid,” “keep me from losing him/her,”) is self-centered and probably unhealthy.

◇ My partner did not cause my sexaholism. Nor can my partner control it or cure it. I am responsible for me.

◇ The greater the intensity of a response or action toward the “outside,” such as another person or situation, the greater the intensity of something hidden on the “inside” of the speaker. This is very reliable, though often not obvious.

◇ Fighting is a choice. We can reply “you may be right” or “thank you for caring so much” (without sarcasm!) rather than fight. The other person may well be upset that we refuse to fight. We still don’t fight.

DAVID M., Oregon, USA 

## Love Is A Risk

*“Love” is one of the most abused words in the language. That’s why we speak not of loving but of taking the actions of love. SA 146*

In my lustful thinking, I had sex and love mixed up. SA taught me the difference. Love, I discovered, comes as I surrender my selfish, lustful will to the God of my understanding and act each day according to God’s will for me. As I do this, wonderful and unexpected things happen. I find I can forgive myself and others as God forgives me. What has transpired is an inner love of self, not conceit, but wholesome love.

Once I started to love and accept myself, the uncontainable power of love permeated me and flowed out to others. I became able to accept and receive the love of others, including the love of my God. What a gift to be able to give love to others, instead of being the selfish one looking to take love from others. Working the Steps, I see people as reflections of my God rather than objects for my lust.

My spiritual growth depends on taking the actions of love—being honest, patient, forgiving, and respectful of others. That is risky. I cannot control how people will respond. In my recovery in SA, though, I have found that expressing love is a risk worth taking.

*Thank you, God, for your gift of love for me. Help me take the risk of sharing it with others.*

*The Real Connection 39*

This iconic painting depicts AA founders Bill W. and Dr. Bob carrying the message to AA number three in the hospital.



*“We were learning how to give and the measure we gave was the measure we got back.”*

*Sexaholics Anonymous 205*

### The Essay is a Great Twelfth Step Tool!

Give a gift subscription to a sexaholic who needs it. Great for:

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Get your group, intergroup, region, or SA friends to join in.

Carry the Message, it’s easy!

Found In Translation

# Translating into VARIOUS LANGUAGES

## Translating 'The Real Connection' INTO FRENCH

A few months back the opportunity came up to help to translate and diffuse our daily reading from 'The Real Connection' via whatsapp into French. My mother tongue is English and I live in Nice in the south of France. I am seven and a half months sober, although I've known SA for between 25 and 30 years. (Yes no error here, I really, really am that stubborn.)

I jumped at the chance to help with mixed motives: doing good service, helping my own recovery, being seen as mister Big Stuff, boosting my ego, etc. All went perfectly well until it was time to do the first translation. I then realized I had undertaken a task well above my capacities. My French is nowhere near good enough to translate a spiritual reading.

Again my ego had dumped me in it. What to do? I think I sent out one or two but realized quickly that I needed help. Is a phrase well constructed in French? Does the French translation carry the actual meaning of the original text? Do the English expressions carry the same

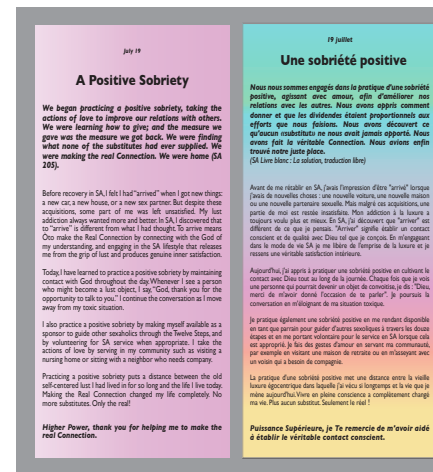
meaning in French? I had no idea.

God sent me other recovering members to help with the translation, native French speakers. We work on a double page. Original on the left, French translation on the right. The first draft comes from an online translation service. We meet on Zoom. We pray together. We ask God to keep the meaning of the original text.

Then I or another English speaker read the text in English. We then begin to read the text in French. We discuss the title. Sometimes we have very little to translate. Language can be very unforgiving, one wrong word can change the entire meaning of a

**Language can be very unforgiving, one wrong word can change the entire meaning of a sentence.**

sentence. The team is never less than two people. Always a native English speaker and a native French speaker.



My ego is now deflated and I am more comfortable with God, myself, and others.

## Language Barriers IN MEETINGS ABROAD

I was 17 years old when I moved to the US. I was already a sexaholic back then, I just didn't know it. I was one of the lucky kids who had parents that granted me the opportunity to study abroad. After only 3 years of zero limits, I ended up hitting rock bottom.

My English was not the best. It was easier for me to stay inside my head and consume myself with my addiction and desires. I knew the right words to type online to get what I thought I needed.


I was desperate to find a solution or a miracle to change my life. Desperate and depressed I walked into the confession room of a tiny church. I was recommended to go to SA.

The night of my first meeting I listened to the other SA members share the reason why they were there. That night I felt like I was sitting in a room full of mirrors that were speaking directly to my soul. When I came to SA, I was

We have completed between 2 and 3 months of translation. Another 9 months to go to complete a year's readings. God is helping us.

For the technical among us: The page size is created especially for the smartphone and the page definition hides the English when opened in the smartphone reader. White as a page background colour is never used because on an electronic screen it is harsh on the eyes.

The background colour changes each month. Trying to make the layout easy to read and pleasant to look at is a part of our service too.


STEPHEN P., France 

finally HOME.

At the beginning, I could not find the right words in English to express myself to other members, but they always helped me and made me feel at home. I will always be grateful to them.

A couple of months after I traveled back to South America, I was able to share with others the way I felt in my native language for the first time. I bought a White Book in Spanish and I am so grateful that someone took the time to translate this book for us.

As part of my step work and recovery, I started translating the daily meditations from the book The Real Connection into Spanish. Later I started helping some other members with translation of the Essay newsletter. We need to find the words to make sure we all enjoy the beauty of recovery. We need to find people and committees to help translate these documents, to ensure the message keeps spreading around the world. We need to find the sexaholics that can't find us.

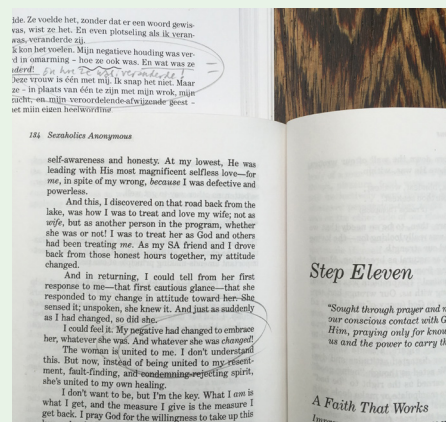
JUAN C., Chile 



## From Black Pages To A Wonderful White Guide

Flanders (the Northern part of Belgium) and the Netherlands share the same language: Dutch. The difference is like the difference between UK and US English. Same language, but a different pronunciation and some words are different, but well understood by the others.

When the Belgian SA fellowship started 12 years ago, the Dutch fellowship got reanimated as they had already had an SA group 13 years before. That group had made a first translation of the White Book into Dutch, which both fellowships started using. It was not a printed version but a photocopied one. The overall translation was not bad, but at times really missed the mark.



On the table of the translators: English White book on top of Dutch one

A Dutch fellow started to retranslate the White Book in 2010. Other Dutch fellows joined in and suggested a Flemish fellow should be part of the translation service. They thus formed and met every couple of months at the house of one of the members for

a full weekend and went sentence by sentence over the text.

It was big fun, fellowshipping, with a lot of laughter, a walk on the nearby Dutch beach, nice meals - but also at times heated discussions between members who, at the time, had been sober for just some months. Several discussions started from the differences between Dutch and Flemish. The Serenity Prayer sounded many times.

After some months the Dutch fellows decided to go on without the Flemish member/input. At this point, the reader needs to know that the Dutch population counts 17,500,000 people while the Flemish speakers count up to only 6,500,000 people. So it wasn't illogical that the Dutch intergroup decided to translate the White Book according to their version of Dutch, and just ask the Flemish fellowship, upon completion, if they wanted to have some books printed too.

## Several discussions started from the difference between Dutch and Flemish. The Serenity Prayer sounded many times.

It took several years more for the Dutch fellows to get to their final version of the translation of the book, including the time needed to get it approved by the International Translations Committee, and finally to offer the very first beautifully printed Dutch White Book to members in both Flanders and The Netherlands.

The Dutch intergroup has decided upon a thorough correction since a number of mistakes have been spotted over the two years that groups have been working with the new translation. There will still be mistakes in the new edition too. Progress, not perfection.

The service has kept the participants sober anyway and they may have gotten a better understanding of the content of this wonderful white guide to a happy, joyous, and free life for the sex junkie whose book showed black pages only . . .

BEN V., *the Netherlands*  
LUC D., *Belgium*



## The Basics Are Always There in Our Two LANGUAGE MEETINGS

Four of us get together every Tuesday morning for an SA meeting. We are from four different ethnic backgrounds, working near the US-Mexico border.

Everyone in this neck of the woods seems to speak the two languages, Spanish and English, fluently, so we run our meetings in Spanish sometimes, English other times.

Sometimes the person speaking tries to search for just the right word

to express themselves, but their vocabulary isn't as extensive as a native speaker. So, we might take turns trying to supply the right word, but being careful to avoid crosstalk during the share.

There are many traps for the unwary words that sound similar in both languages but mean completely different things. For instance, one of us might want to emphasize that he is "committed" to the program for 24 hours, but will say he is "comprometido" to the program. It sounds to us English speakers that he is open to "compromise" on his sobriety renewal, but in reality he is committing himself to it. Clarifications can be checked out at the end of the meeting, and often laughed about.

The setting varies according to who may be hosting. One host will lay out cookies of sweet traditional rolls from our local Mexican bakery, but we're all in the same boat in terms of age, and try to avoid eating much of these.

The basics are also always there, in beautiful and moving ways, no matter what language we speak. Honesty is infectious, humbling, and sets the tone of the meeting. Transparency and leading with our weakness is equally valued among all of us. Our personal histories and backgrounds vary. Some of us are from dysfunctional families, either cold and unfeeling, or overly manipulative and smothering, reflecting some of the archetypes of different cultural backgrounds.

Occasionally, we'll go out to eat as well. It's been great to expand our horizons and make the effort to pursue recovery together, across boundaries of culture and language.

BOB, Texas, US






nationalities. My rudimentary English is increasing as I hear key words and phrases repeated: lust, sobriety, recovery, craving, triggers, Higher Power, surrender, . . .

I am in more than 50 online SA groups today and every day am exposed to more and more recovery messages and testimonies. This enables me to reach out beyond myself, beyond the Spanish language, letting others know I exist: language can be an opportunity instead of a barrier.

**I think languages, just like temptations, are gifts from God to remind us that we need Him and that He will support us in our challenges.**

Today, in recovery, I'm gathering lots of recovery contact details so I can establish healthy connections. Sometimes, I leave a message and it goes unanswered. Other times, it leads to conversations of an hour or more, in which we share truths about ourselves that nobody else knows.

I think languages, just like temptations, are gifts from God to remind us that we need him and that He will support us in our challenges. I think He wants to see if I am going to strive beyond language difficulties to communicate my experience, strength, and hope with a stranger, or if I just turn my back and retreat into the source of my problem: my ego.

JUAN CARLOS, *Spain* 

## From The Language of Lust To HEALTHY CONNECTIONS

I have been a sexaholic since early childhood. Since that time I have used sexual stimulation to mask the emptiness in my life. From the very outset it became an addiction - compulsive and progressive. My brain is wired now to expect sexual stimulation.

Lust became my sole language, my sole medium of engaging with myself, with others, with the whole world. When I was in London, I acted out in a mega disco. In France, I was able to locate a gym-sauna, even though I knew very little French. In Canada, in the very hotel I was sharing with my wife, I watched her go back to our room one day, then had anonymous sex with a stranger. On a cruise ship in Greece, I waited until the gym was closed in order to act out with the instructor. In another country, I spent a whole morning cruising the beach, looking for someone to have sex with.

I didn't need a lot of words, just a look, a touch, a gesture ... and the communication started at that very moment. Now in recovery, I find I am eager to connect with people of all

## Translation Efforts In The INDIAN FELLOWSHIP

Those of us who've been in the SA India fellowship since 2014 tried to start working on a White Book translation many times over the past few years. It was paused due to the lack of participation. Initially we were frustrated; some even left SA. Over time, we learned that things happen best when we give it over to God. We prayed for desperate newcomers. We prayed for a bigger fellowship. We prayed for the courage to speak about SA and spread awareness. As a result of prayers, we now have a newcomer each week and many have language differences.


Over time, regional and other language groups started forming. Also, a bunch of members decided it would be a good idea to have a Hindi

White Book. What had not happened over many years was suddenly charging ahead at full speed. Within a month, a few members created the first draft of the Hindi SA White Book! It seemed like a miracle!

Now we have weekly meetings to go through each sentence and some old-timers from other fellowships who are involved in translation, helping us to further refine it.

Some of the challenges we face are lack of sobriety, members skipping meetings, differing opinions, and the challenge of finding the right word when there is no easy way to describe what the White Book is saying.

We often thought of collecting money to have a professional translate the book. But the meetings are enjoyable. Perhaps the journey is more important than the destination.

YUYUTSU M., *India* 

## Program Slogans Helped Me Through MY TRANSLATION STRUGGLES

I got involved with the service of translating the literature into Italian over the past few years. This has mostly involved translations of the White Book, Step Into Action, and some program pamphlets. I've been one link in that chain: another fellow did the translation, while I revised the translated material, as required by the process we follow in SA in order to translate and then approve the work. So, this involved me going through the English copy, and then the translated version, paying attention mostly to the fidelity of the translation to the original.

In the process, I've learned (as I seem to again and again, in this

program) that what I struggled with in the process was myself, rather than externals such as the material, time pressures, or other things.

In particular, I found that some program slogans helped me through my own struggles with boredom, feeling overwhelmed, grandiosity, pride, and the assortment of other defects that accompanied me in the translation revision journey.

**I've learned that what I struggled with in the process was myself.**

First off, I was daunted by the task of revising a lengthy book like the White Book. How could I even start? How

long would it take to read it, slowly, twice (when revising a translation you have to read it in English, and in the original, at the same time, so you read it twice). Well, "Easy Does It": doing 10 minutes, sometimes more, some days of the week. It took about six months to revise the White Book translation, for example.

"First Things First" also helped. For me, this meant making a priority of the meaning of the translation, rather than the speed at which it all got done.

First things first also meant communicating with others who were translating, so we were all on the same page (no pun intended!), and so we all agreed how to collaborate together on the same shared documents, and what steps we would go through.

A side-effect of participating in this service was . . . service. It helped me to feel connected. It gave me something to do which was about giving, and which I could do especially when feeling down or isolated. It put me closer to the centre of the life raft, when at times my local group just seemed to be a place of struggles, diminishing numbers, and sickness. It made me feel connected to something bigger than myself, and it helped me to think that I was doing something, however small, that could help future sexaholics who joined the program outside of the English-speaking world. And hey, guess what: it got me to read the literature!

FEDERICO, UK 

## Translating Our Way INTO SOBRIETY

Fourteen years ago I took a college course "Introduction To Translation 101." A guide to the basic foundation of translating text from Arabic into English (and vice versa). Our professor told us that translation is a craft, which even if you master it, will never achieve the exact meaning that the original author was trying to say.

Now, in the Egyptian SA translation committee, my professor's words remind me what a tremendous weight on our shoulders it is. Much to my relief we are working as a team, which helps us discuss, argue, and disagree until we reach a solution and come up with the best translation possible.

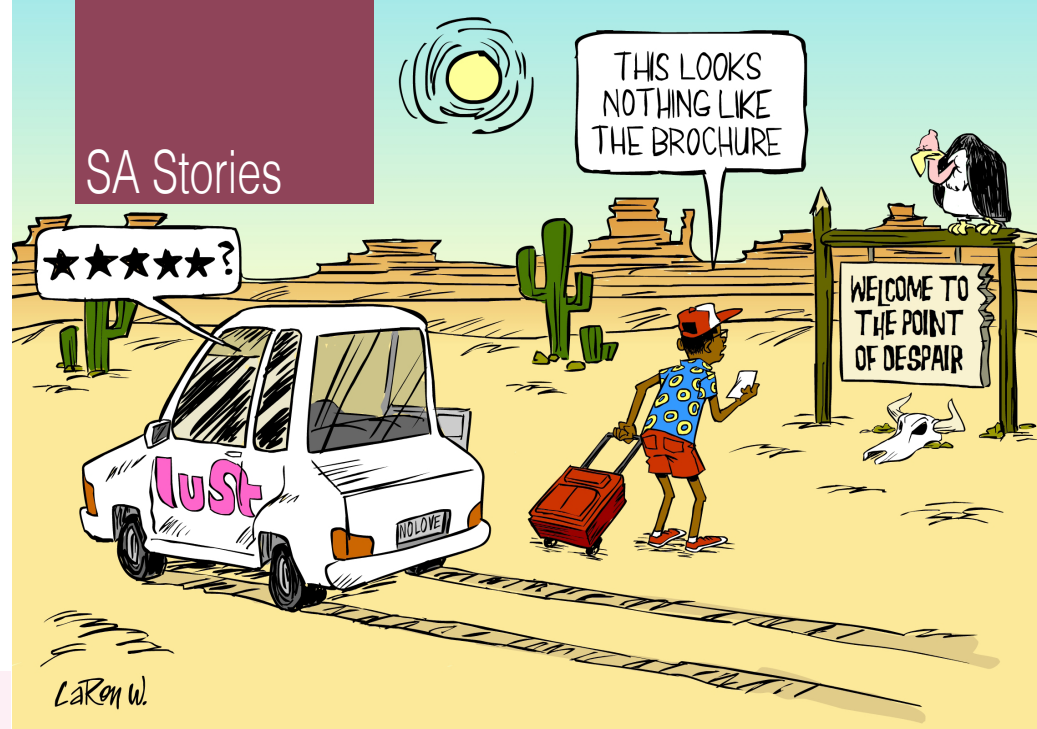
Currently we are finalizing the translation of the Arabic White Book. The choice of words will be

a cornerstone in the recovery of thousands, if not tens of thousands, of SA newcomers.

Translating metaphors and idioms are the most difficult things we encounter during our weekly meeting. Sometimes it takes us the whole hour to discuss a couple of them.

I feel very grateful to be in this committee, for it raises my awareness of the meaning and power of our literature.

AHMED R., Egypt 



## NOT SO SPECIAL AFTER ALL

*I wanted so to break through and relate to other children ... I was off somewhere hiding inside myself ... SA 10*

I'm struck by how many stories in the recovery literature begin much the same way:

- I always felt different ...*
- I didn't seem to fit in ...*
- I never felt I belonged ...*

My story is similar. At 9 years of age, I remember feeling like there was a veil between me and the world, and I couldn't cross over to the other side. I often felt alone and scared.

Most of our stories evoke a sense of disconnection, often starting early in childhood. Sexaholics know what it

means to feel apart from, separate.

When I first came into the program, it was scary for me to read stories of people in recovery and say to myself, "That's exactly how I've always felt!"

As I've begun to walk the road of recovery, the stories of other members aren't scary anymore. When I read these stories, I know I am home. Some of us have faced ruined relationships and careers, while others appear outwardly successful. But when I read these stories I identify on the inside and know that I am not alone after all.

The stories of my fellow SAs show me that I don't have to be scared anymore. I don't have to play the self-pitying game of imagining I am a uniquely troubled soul that no one can understand. There were many others like me all along. I'm not so special after all. And that feels really good!

JESSE C., USA 

## Every Moment is a “GIVEN MOMENT”

**M**y name is Keith. I am a grateful sexaholic. My SA sobriety date is 15 July 2012. Thank you for this opportunity to share my indebtedness and gratitude for SA to my SA family worldwide.

I started 12 Step meetings in another program, but my acting out progressed as my obsession and addiction to lust increased. 14 years later, still miserable, still under the spell, the tyranny of lust, I went to SA. But I was reluctant. I did not yet have the gift of despair. I was quietly resigned to a life of addiction and to feeling sorry for myself. And now look where I've ended up, with you lot!

You know, at the start, I would not shake hands before or after a meeting, and I let members know that too! Maybe I thought I would catch some-

## Now look where I've ended up, with you lot!

thing from you! I did. Thank God.

Over time, I just brought the body as I'd heard to do, and then the mind followed. I came to believe that it is possible to live free from the obsession of lust. I completely gave myself over to this simple program and let the withdrawal process take its course, surrendering lust, temptations, thoughts, memories, etc. And another miracle happened: the First Step took me - I knew something had happened.

As I stayed sexually sober, the healing began. I began to change by try-

ing to practice the steps and principles, a day at a time in my life. I was encouraged into service. As my sobriety continued, I discovered something new and wonderful: Serenity. I was becoming a new person, lifting my head up, looking the world in the eye, and standing tall, free.

Today I get access to this flowing Power, by working on myself, the Steps, and reaching out to help others. I discovered that recovery is like a lake that needs an inflow and an outflow. The inflow is attending meetings, phone calls, literature and working the steps. The outflow is trying to help, reaching out to others, and service in our fellowship. Too much outflow the lake runs dry, too little and the lake goes stagnant and lifeless. With not enough inflow, the lake becomes shallow.



*Recovery is like a lake that needs an inflow and an outflow.*

Today I am grateful for this Fellowship of the Spirit; meetings, many chats over cups of tea, welcomed into members' homes, conventions, phone calls ... The After Convention Gatherings are without a doubt the happiest and most connected times of my life.

Just For Today, I am at ease with my disease. Gratitude to me means every moment is a “given moment,” an opportunity to give back.

KEITH N., Ireland



## Drifting Off The SA PATH

**O**ver the years I've called my sponsor many times to surrender a woman's body part or some annoying euphoric recall. He would respond, “That's what we do. We are sexaholics and we are vulnerable to lust. It's what we do next that matters. The key is surrendering our right to lust to God.” My sobriety and recovery requires accepting that I as a sexaholic will have these experiences. Acceptance opens my way to serenity.

In recent years I've realized that drifting off the SA path is part of being a sexaholic. I find that I can and

will drift off our path. A common form of drifting is stopping going to meetings. Stopping contacting my sponsor or other sexaholics is another common form. No longer “bringing the inside out” as emphasized in our White Book is also drifting.

Finally, or perhaps most importantly, some version of “I can handle it” takes hold of my brain. These are the four most dangerous words that can come into my mind. They are often artfully disguised. We have examples in our White Book: “It's her key; I can't throw that away.” “I'll get rid of the magazines later.” “It's too overpowering! No one will know the difference.” (SA 67) The root thought of “I can handle it” is almost always “But you don't understand - I'm different from you.”

There is nothing wrong with drifting; it's part of being a sexaholic. There is a lot wrong with choosing to not get back on the SA path. There is also plenty of wrong in keeping drifting a secret, as we will go back to those thoughts or actions. And, once I'm back on the path, I wonder to myself, “Why did I wait so long?”

DAVID M., Oregon, USA



## DISCUSSION TOPIC

### Are you at ease with your disease today?

**T**he writer of **EVERY MOMENT IS A “GIVEN MOMENT”** tells how his life in 12 Step recovery hit a slump at 14 years and how going to SA completely changed his life.

He discovered that his recovery is like a lake that needs a continuous inflow and outflow.

How is your recovery lake today? Is it stagnant and lifeless; is it rather shallow; or is it a beautiful and healthy lake with lots of vibrant life and movement?

Are you taking care of the inflow by attending enough meetings, making phone calls, reading program literature, and

working the Steps? Are you taking care of the outflow by trying to help, reaching out to others, and service in SA? Are you at ease with your disease today?

You may use this topic in a discussion meeting, or send us a story of your own recovery journey to [Essay@sa.org](mailto:Essay@sa.org).



## Came To Believe In A POWER GREATER THAN OURSELVES

(1) Can I see that lack of power is my problem? As long as substances, lust, sexually acting out, and people are my higher power, I am a slave to them. I call it King Lust, but even clearer for me was King Marijuana which was my most dependent relationship of them all. He controlled my moves and was running the show completely wherever I was. I never had the power on my own to stop using these things. I have seen clearly from personal experience and the AA Big Book that self-knowledge did not get me sober. I lost the power of choice. The Steps give that back to me, through connecting me to THE POWER - and I get back the proper use of will!

(2) What is 'power' in this context? Well it's not only the power to stop with a small "p" - it's so much more. It's my own personal connection to a Higher Power that I can rely on absolutely. That's more attractive than any drug or person or escape mechanism. For me "power" is God and I get that connection with God

through the fellowship, the Steps, and being of service, including to newcomers.

(3) Can I see that others have received this power? Absolutely. From Bill W., through to Jess L., Harvey A., and the many recovering addicts in my life today who shine with a connection to their Higher Power and a message of hope that they share freely. The process that unlocked the power for them will unlock it for me.

Physical sobriety is only the start and the keystone to the arch through which I pass into mental, emotional, and spiritual sobriety (though I am yet to define that last one, other than maybe conscious contact with God in a really powerful way). I am willing to go to any lengths to experience more and more of God's presence - replacing any agnosticism as it crops up in my life.

DANIEL T., Israel



## Writing A Daily 4th Step FOR 15-20 MINUTES

I do try to use the tools of the program in my recovery. But, on a given day, when it comes to actually sitting down and getting started, I can barely bring myself to do it. Overwhelmed by guilt and by the fear that my sponsor will fire me, I used to manage a slow start into Step work maybe once or twice a week. At this pace, it took me six months to complete the first column of my fourth step. When I finished the column, I sat back and thought to myself, it's going to take me a few years to finish this Step at the rate I am going.

I phoned an SA brother one day and told him about it. He told me that he too could hardly bring himself to sit down and get started into written Step work. We each admitted that we are very good at procrastinating. We spend hours at it! But always, the Step work ends up unwritten.

We agreed to call one another every day at a specific time. Then, timing ourselves for 15-20 minutes, we lashed into our written Step work. The disease can defeat one of us, but it can't defeat both of us working together, at the same time. And we got into it, calling one another each

day, putting the phone close by and getting our Step work done.

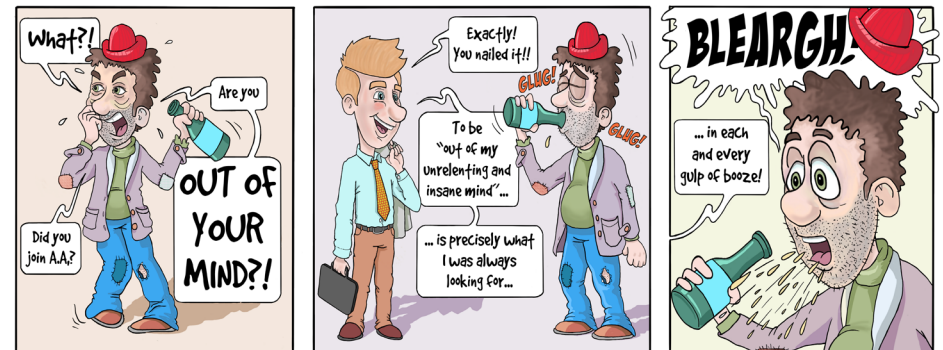
Almost every fellowship has small Step study groups, which is a great tool. But, even though I could use them, I cannot get to them because my days are so busy. I only ever have the day in hand, and there's only so much I can fit into it. But the fruits of this partnership amazed me. My efficiency at written Step work increased by a factor of seven. Whereas before, I would journal maybe one or two fears

**Alone, I can do nothing, but together with my brother, I can do a lot.**

a week, now I manage to journal ten to fourteen without any loss in quality; quite the opposite in fact.

My Step work is helping me greatly, making my life easier, more fulfilling, a day at a time. Accountability to my action partner and to my SA group, all united in our common cause, has been amazing. Every day now, I am getting written Step work done. It proves what I have heard so often that, alone, I can do nothing, but together with my brother, I can do a lot.

VLADIMIR G., Russia



## A First Step: RECOGNITION


**S**urrender. I was too strong for that. Too many people were counting on my strength. Too many people would be horrified and hurt if they knew what I had done. So many lies in those few thoughts.

Until there could be no more denial. My world of cards came crashing down. The reality of step one. I had to admit I was weak, powerless. I needed someone to know me. I needed honesty, and exposure, truth, and light. I needed a bigger God. It wasn't just God, *but His people*, I needed.


I had confessed my struggle with pornography before to men I viewed as more spiritual than me. Men I believed could help me turn on the lights. There was always an excuse. Well-intended pep talk of men, like "thorns in the flesh", "Just keep asking for forgiveness", "God's mercy is sufficient." But the pressure kept building and building. The acting out kept increasing.

Then I confessed *my utter failure and addiction* to pornography. I opened the doors to my dark closet and let light in. After discussing the wisdom of disclosure with my sponsor, I answered some of my wife's questions in a general way. She nor my pastor nor my sponsor ran away. I had been so naive for so long.

There was comfort in coming clean, in telling my story. It hurt. I cried over it more than I probably ever cried over anything. It felt that way at least. But I found that God surrounded me with people who actually loved me. Broken, hurting, needy - me.

KEITH M., *Ohio, USA* 

I wrote this poem way back in '92. I go back to it often, and thought I might share it with my SA community.



# The Room

**In a dark, hidden room,  
Somewhere in my mind,  
I search with sex and lust,  
Comfort I can't find.**

**This room it has no windows  
To look out upon the Truth,  
And I wallow in the darkness of...  
...my shame and self abuse.**


**Afraid to face reality,  
Because I've not learned how,  
I run and hide inside this room,  
Gone from the Here and Now.**

**Each time I run into this room,  
It seems bigger than before,  
And when I try to exit,  
The heavier the door.**

**The comfort and answers I look for,  
They never really come,  
Only pain, loneliness and fear is there,  
When my acting out is done.**

**But insanity is my mentor,  
Convincing me each time,  
I'll receive what I am looking for  
If I lock myself inside.**

**And yet I have some hope today,  
As I listen to God and others,  
To forge a path out of that room,  
With my SA Sisters and Brothers.**

STEVE C., *California, USA* 



## Toward A Happy Life In The Home

National SA/S-Anon Workshop, March 2020  
Metepec, Mexico

**F**or two days last March, 54 brothers and sisters in recovery from all of the face-to-face meetings in Mexico, came together to share how we live our lives in sobriety.

- Consolidating sobriety and avoiding relapse
- Defects of character in sobriety and relationships with our children
- Life in sobriety for the single sexaholic and the S-Anon member

Our HP was present, gifting us a unique experience that transformed our lives.

ARTURO, *Mexico* 



**Taller Nacional de SA y S-Anon México 2020**  
"HACIA UNA VIDA FELIZ EN EL HOGAR"  
Grupo Presencial "Un Hábito Nuevo"  
Metepec, México

**Regalo del Poder Superior**  
Durante dos días, a principios de marzo pasado, 54 hermanas y hermanos en la recuperación de todos los Grupos Presenciales de México de las fraternidades de SA y S-Anon, nos reunimos para compartir nuestras experiencias y cómo llevamos nuestra vida en sobriedad. Con una amplia capacidad de convocatoria, el Poder Superior se manifestó, regalándonos una experiencia única que transformó nuestras vidas.

**Paneles**  
A través de 6 paneles, tuvimos la enriquecedora oportunidad de compartir sobre:

- ✓ Perder el temor a la Sobriedad
- ✓ Llevar la Recuperación al Hogar
- ✓ Sobriedad emocional en la relación de pareja
- ✓ Consolidar la Sobriedad y evitar recaídas
- ✓ Defectos de carácter en la Sobriedad y la relación con nuestros hijos
- ✓ La vida en Sobriedad del Sexólico y S-Anon soltero

"Cuando vengo al grupo no tengo más remedio que mirar de frente a la enfermedad, sea en mis primeros contactos con otros miembros, sea en las sucesivas reuniones a las que acudo..."

Through six discussion panels, we had the enriching opportunity to share about:

- Losing our fear of sobriety
- Taking recovery into our homes
- Emotional sobriety in the marriage

[www.sa.org/essay](http://www.sa.org/essay)

## SIM 2020 SAVE THE DATE



SAVE THE DATE  
SIM 2020 | NOV. 19-20, 2020

*God is Surely for  
The Sexaholic*

Free Registration  
SIMHP.COM

At a time when face to face events must be cancelled, **SIM 2020** will be the SA Event of the year to meet fellows from all over the world, listen to inspiring shares of long term sober members, and get answers to your recovery questions.

## 2020 Second Quarter SAICO Budget Results

For the first quarter 2020 the income minus expenses was negative: -\$12,476. The second quarter, thanks to the increased donations, showed quite a difference: \$67,936!

### Second Quarter 2020

◆ Revenue	\$216,374
◆ Expenses	\$148,219
◆ Revenues - Expenses	\$68,156
◆ Prudent Reserve	\$132,676

## We Found The Way

First quarter results were promising. Fellowship contributions were back to budget levels. Literature sales were returning to normal. Then the Corona Virus struck in mid-March. There was no warning, no ramp up, no play book. Our meeting room lights were shut off, not dimmed, but just dark.

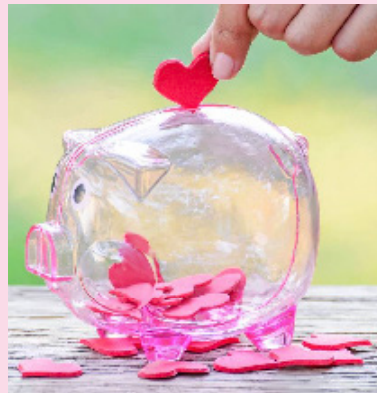
The Fellowship found the way. We turned to our phones and computers and were joined together in our virtual meetings. The SAICO office found the way to extend their work space to work at home, despite three members needing to self-isolate. The office stayed open, the mail, phone calls, emails were being answered, literature orders, and contributions were being posted.

Literature orders and contributions had dried up. How bad would it get? How long will it last? The situation was dire. You could hear it at the virtual meetings, "It's now time for our 7th Tradition, we have no dues or fees, we are self-supporting through our own contributions." But how do we contribute over the phone or on Zoom? The Toronto convention

and other events were cancelled. It appeared we were burning through \$4,000 per week keeping the office running. At that rate, we could survive 27 weeks, from April 1, on the prudent reserve.

Then the revenue arrived thanks to the generous donations of individual members, groups and regions. The Fellowship has found a way. We are so very grateful. After all, our lives depend on recovery.

SAICO Finance Committee



We want to express our sincere thank you to the fellowship as a whole for keeping SAICO alive with donations during this very difficult time.

THE SAICO STAFF

## Delegates & Trustees As Of July 2020

Traditionally, SA has two International Conventions per year. The GDA meets four times per year: three times virtually and one time face-to-face before the July International Convention. This year the GDA met over Zoom. New Trustees are voted upon and the old ones are reaffirmed. Below is the list of the current Delegates and Trustees who serve our Fellowship on the worldwide level.

NAME	TERM ENDS	TITLE	REGION
Rich P.	7/23	Chair	Southeast
Jon H.	7/20	Vice-Chair	
Kathy R.	6/23	Del	Northwest
Kent A.	11/21	Del	Northwest
Dennis T.	7/22	Del	Northwest
Jim R.	10/21	Del	North Midwest
Robert L.	10/21	Del	North Midwest
Bill G.	7/22	Alt Del	North Midwest
Tom M.	3/22	Del	Northeast
Jeff S.	9/22	Del	Mid-Atlantic
Ben L.	10/20	Del	Mid-Atlantic
Hugh S.	10/20	Del	Mid-Atlantic
Brad S.	10/22	Del	Mid-Atlantic
Carl N.		Alt Del	Mid-Atlantic
Buddy S.		Alt Del	Mid-Atlantic
Paul Z.	10/22	Del	Southeast
Jim B.	3/23	Del	Southeast
Dave T.	10/20	Del	South Midwest
Ron T.	10/20	Del	South Midwest
Gene T.	10/21	Del	South Midwest
Al R.	5/22	Alt Del	South Midwest
Jim C.	10/21	Del	Southwest
George F.	10/21	Del	Southwest
Duane D.	5/22	Del	Southwest
Dave H.	8/21	Alt Del	Southwest
Richard D.	5/22	Del	EMER
Grzegorz	5/22	Del	EMER
Pawel	5/22	Del	EMER
Keith N.	9/21	Del	EMER
Martin D.	12/22	Alt Del	EMER
Francis C.	5/22	Alt Del	EMER
Bernd S.	6/21	Del	German-speaking
Stefan	2/23	Alt Del	German-speaking
Arye B.	5/23	Del	Israel
Yoel A.	6/21	Alt Del	Israel
Masoud B.	5/22	Del	Persian-speaking
Oscar M.	7/21	Del	Latin-America (RLA)

NAME	TERM ENDS	TITLE	REGION
Tom K.	7/23	Chair	USA
Denise O.	7/21	Vice-Chair	Ireland
Steve S.	7/22	Trustee	USA
Connie T.	7/22	Trustee	USA
Brendan T.	7/23	Trustee	Ireland
Eric H.	7/23	Trustee	USA
Jason C.	7/23	Trustee	Australia
Thad M.	7/23	Trustee	USA
Jackie H.	7/24	Trustee	The Netherlands

To read more about the Service Structure of SA: <https://www.sa.org/content.php?name=servman>



### 1. SA Group

Elects and sends its GSR to



### 2. Intergroup

Elects and sends its IGR to



### 3. Regional Assembly

Elects and sends its Delegates and/or Alternate Delegates to



### 4. General Delegate Assembly

Decides SA Policy and elects and instructs the Trustees



### 5. Board of Trustees

a. Oversees SA International Central Office

b. Supervises the International Journal Essay

c. Appoints



### 6. Committees

Carry out the work

# Events Calendar

**PLEASE NOTE** - These events are subject to cancellation or change due to the Coronavirus conditions in the local areas. Please check with the hosting group for specifics.

## International Conventions and Events

<b>NOV 19-20 2020</b>	<b>Online</b> <i>God Is Surely For The Sexaholic</i>	SA International 24 hour Marathon SIM <a href="http://simhp.com">simhp.com</a>
<b>JAN 22-24 2021</b>	<b>Atlanta, GA, USA</b> <i>Keys To Freedom</i>	SA/S-Anon International Convention <a href="http://keystofreedom.org">keystofreedom.org</a>

## Regional and Local Events

<b>AUG 28-29 2020</b>	<b>Ashland, NE, USA</b>	2020 Nebraska Retreat <a href="http://sanebraska.org/events/">sanebraska.org/events/</a>
<b>SEPT 13 2020</b>	<b>Huntington, NY, USA</b>	SA/S-Anon Long Island Conference <a href="http://salongisland.org/?page_id=10">salongisland.org/?page_id=10</a>
<b>OCT 2-4 2020</b>	<b>Ontario, CA, USA</b> <i>Living In Gratitude</i>	SA/S-Anon Unity Conference <a href="http://sasocal.org/info-meeting/">sasocal.org/info-meeting/</a>
<b>NOV 6-8 2020</b>	<b>Oakhurst, CA, USA</b> <i>I'm Not Different</i>	SA Unity Men's Retreat <a href="http://sabayarea.org/events/">sabayarea.org/events/</a>
<b>NOV 7 2020</b>	<b>Montgomery County, MD, USA</b>	Gratitude Day <a href="http://casaig.wixsite.com/home/event-info/gratitude-day">casaig.wixsite.com/home/event-info/gratitude-day</a>
<b>NOV 13-15 2020</b>	<b>Newcastle, Australia</b> <i>One Sexaholic Helping Another Sexaholic</i>	Newcastle SA Conference <a href="http://saoz.net/events/">saoz.net/events/</a>
<b>NOV 27-29 2020</b>	<b>Valladolid, Spain</b>	SA/S-Anon National Convention <a href="http://sexolicosanonimos.org">sexolicosanonimos.org</a>
<b>MAR 26-28 2021</b>	<b>Sumas, WA, USA</b> <i>Free At Last</i>	SA/S-Anon Spring Regional Retreat <a href="http://savancouver.org/events/">savancouver.org/events/</a>
<b>APRIL 25 2021</b>	<b>Online Asia Pacific Area</b>	Online Unity Event 2021 <a href="http://sa.org/events">sa.org/events</a>

Keys to Freedom: SA & S-Anon 2021SA & S-Anon & S-Ateen 2021 International Convention is an

Próximo Evento

MAI INFORMACIÓN PROGRAMÁTICA

**Free At Last**

SA/S-Anon Northwest Regional Retreat  
March 26-28, 2021 [cedarspringsrc.org](http://cedarspringsrc.org)

Newcastle SA Conference  
Date 13, 14, 15 November, 2020

**Theme:**  
One sexaholic helping another sexaholic.

"He suddenly realized that in order to save himself he must carry his message to another sexaholic."

Guest speakers:  
Mark - Gold Coast  
Bill - Gold Coast

Contact: Newcastle SA for more information - [newcastlesagroup@gmail.com](mailto:newcastlesagroup@gmail.com)

**SAVE THE DATE**

ASIA PACIFIC AREA  
ONLINE UNITY  
EVENT 2021

**25 APRIL 2021**

"We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness." AA 84

[www.sa.org](http://www.sa.org)

SA/S-ANON  
2020 REGIONAL UNITY CONFERENCE  
OCTOBER 2-4, 2020

Living in Gratitude

700 North Haven Avenue  
Ontario, CA 91764  
Hotel Phone: (909) 980-0400

Send in your event to be listed in *Essay* and on our web page. Please submit the following information: dates, theme, location, and contact(s). An event flyer is very helpful. Send to [saico@sa.org](mailto:saico@sa.org).



## NEW SA GROUPS AUGUST 2020

### Europe and Asia

- ◆ Groningen, The Netherlands
- ◆ Norwich, United Kingdom

### North, Central, & South America

- ◆ Champaign-Urbana, Illinois USA
- ◆ Lexington, South Carolina, USA



Find your local face-to-face meetings, email, and phone/VOIP meetings on our international website: [sa.org/meetings/](http://sa.org/meetings/)

## COMING IN OCTOBER



### PREJUDICES & CHALLENGES IN SA RECOVERY

In the October issue, read about how members cope with prejudices and challenges in recovery, like:

- ◆ **LETTING GO OF** the self-defeating ideas in our head.
- ◆ **MEETING WITH** people we normally wouldn't mix with.
- ◆ **TRUSTING GOD** against all odds.
- ◆ **THINKING WE ARE** too young, too old, artistic, damaged, not as messed up.
- ◆ **BEING IN A PRISON** affected by Covid-19.

## DONATE

to SA international

[www.sa.org/donate?src=essay](http://www.sa.org/donate?src=essay)

Use PayPal or credit card in 7 currencies

## SUBMIT YOUR STORY

Your writings and art are invited. All articles are edited to meet *Essay* word length and content limits, and become the property of *Essay* for copyright purposes.

The *Essay* also welcomes meeting room photos, artwork, and humor. For graphics, 300 dpi is preferred.

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.

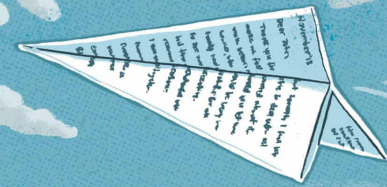
Send your articles to [essay@sa.org](mailto:essay@sa.org). Please include an author name, sobriety date, address, telephone number, and/or e-mail address so that authenticity can be verified. This information will remain confidential.

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SA CFC



## We have an urgent need for Sponsors by Mail

The SA Correctional Facilities Committee has seen a dramatic increase in the number of prisoners needing to be sponsored by mail. This is due to diligent CFC outreach. Currently we have a backlog of some 150 sponsees. We have an **urgent** need for sponsors. Contact us at: [SACFC1@gmail.com](mailto:SACFC1@gmail.com)

Today, "simple service" for me is simply giving back to others. There was a time when service meant serving me; pandering to my own selfish agenda, making a name for myself, etc. It's taken me a lot of step work and many inventories to be able to cut ego out of my motives for doing anything.

I live in a small town in North Central Idaho and for the past eighteen years I used to have only one meeting a week, and I had to travel 280 miles, round trip, to get to it; local AA meetings plugged the gaps in between. A year ago, I had the opportunity to take a meeting into a minimum security correctional facility in Cottonwood, Idaho. It was a fantastic learning experience.

Later, I got the sense that my Higher Power was drawing me thirty miles down river towards this other facility in the town of Orofino. A couple of guys were already running a different "S" meeting there for three years.

I was privileged to spend a couple of hours talking with these guys - it was their first face-to-face meeting with someone in recovery from outside of the prison and their joy and excitement was obvious. As we talked and shared our stories, we landed the idea of starting an SA meeting in the facility and to have it run in addition to the existing "S" meeting. It took patience to get it going, waiting for the prison chaplain and a teacher in the facility to do their advocating for us and get back to me.

Well, we were successful. SA is up and running in Orofino, one meeting a week. I do hope that this meeting and the growth of SA will serve as a platform in our State system for healing, freedom, and meaning for men seeking the message of SA and the hope that it brings.

And today, as a result of service, I have three meetings a week instead of only one.

In simple service,

LEE H., Idaho, USA



Do you have an inmate assigned as sponsee? White books are sent to SA prisoners at no charge. Email Linda at [saico@sa.org](mailto:saico@sa.org). Add the prisoner's name, address, and ID as you would for a letter.

## THE TWELVE STEPS OF SA

- 1** We admitted that we powerless over lust—that our lives had become unmanageable. *(English)*
- 2** Nous en sommes venus à croire qu'une puissance supérieure à nous-mêmes pouvait nous rendre la raison. *(French)*
- 3** Decidimos poner nuestra voluntad y nuestras vidas al cuidado de Dios tal como nosotros lo concebimos. *(Spanish)*
- 4** یک ترانامه اخلاقی بی باکانه و جستجوگرانه از خود تهیه کردیم *(Farsi)*
- 5** Wir gaben Gott, uns selbst und einem anderen Menschen gegenüber unverhüllt unsere Fehler zu. *(German)*
- 6** Были полностью готовы к тому, чтобы Бог избавил нас от всех этих дефектов характера. *(Russian)*
- 7** Hebben Hem nederig gevraagd onze tekortkomingen weg te nemen. *(Dutch)*
- 8** Vi lavede en liste over alle de mennesker, vi havde gjort fortræd, og blev villige til at gøre det godt igen overfor den alle. *(Danish)*
- 9** מירקמל טרפ, ותינ רבדהש סוקמ לכב ולא מישנא יפ לכ ירשימב וגרפיכ. *(Hebrew)*
- 10** Abbiamo continuato a fare il nostro inventario personale e, quando ci siamo trovati in torto, lo abbiamo subito ammesso. *(Italian)*
- 11** Dążyliśmy poprzez modlitwę i medytację do coraz doskonalszej więzi z Bogiem, jakkolwiek Go pojmujemy, prosząc jedynie o poznanie Jego woli wobec nas oraz o siłę do jej spełnienia. *(Polish)*
- 12** 在实行这些步骤并获得精神上的觉醒后，设法将这一信息传达给其他有性瘾的人，并在一切日常事务中贯彻这些原则。 *(Chinese)*

The Twelve Steps and Traditions are adapted with permission of Alcoholics Anonymous World Services, INC. Permission to adapt and reprint 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. 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 OF SA

- 1** Este neceser ca prosperitatea noastră comună să se afle pe primul loc; restabilirea personală depinde de unitatea comunității SA. *(Roumanian)*
- 2** التقليد الثاني: لتحقيق هدف مجموعتنا لا توجد سوى سلطة مطلقة واحدة - إله عطف كما قد يعبر عن نفسه. في ضمير مجموعتنا. ما قادتنا إلا خدم مؤمنون وهم لا يحكمون *(Arabic)*
- 3** Det enda villkoret för medlemskap är en önskan att sluta lust och bli sexuellt nykter. *(Swedish)*
- 4** Kila Kikundi kinajitegemea isipokuwa kwa maswala yanayoathiri vikundi vingine vya Sexaholics Anonymous. *(Swahili)*
- 5** प्रत्येक समूह का एक परथम उद्देश्य है - कि अपने संदेश को उस सेक्सहॉलिक को पहुंचना जो अभी भी पीड़ित है। *(Hindi)*
- 6** Skupina SA by sa nikdy nemala hlásiť k nijakému podobnému zariadeniu, ani ho finančne podporovať alebo mu prepožičiavať meno SA, pretože problémy prestíže, peňazí alebo majetku nás vzdáľujú od nášho prvoradého cieľa. *(Slovakian)*
- 7** กลุ่ม เอส. เอ. ทุกคนจะต้องพึ่งพาตนเองได้โดยสมบูรณ์ไม่รับบริจาคจากภายนอก. *(Thai)*
- 8** Os sexholicos anónimos devem manter-se não profissionais mas os nossos centros de serviço contratar trabalhadores especializados. *(Portuguese)*
- 9** SA olarak, hiçbir zaman örgütlenmemeliyiz; ancak hizmet verdiğimiz kişilere doğrudan sorumlu hizmet kurulları veya komiteleri oluşturabilir. *(Turkish)*
- 10** セックスホーリクス・アノニマス(SA)は、外部の問題に意見を持たない。したがって、SAの名前は決して公の論争では引き合いに出されない。 *(Japanese)*
- 11** Η πολιτική των δημοσίων σχέσεων μας βασίζεται μάλλον στην έλξη παρά στην προώθηση. Χρειάζεται πάντα να διατηρούμε προσωπική ανωνυμία σε επίπεδο τύπου, ραδιοφώνου και ταινιών. *(Greek)*
- 12** Nimettömyys on perinteittemme henkinen perusta, aina muistuttaen meitä asettamaan periaatteet henkilökohtaisten seikkojen edelle. *(Finnish)*



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