

P O Box 300
Simi Valley, CA 93062

22 November 1982

Dear SA Friends,

I'd like to take this opportunity, the publication of our first brochure, to say hello to all our friends in SA —those with whom we have been communicating as well as those with whom we've been out of touch. And greetings from the fellowship at large. This letter is being sent to all on our mailing list here at the General Service Office in Simi Valley, California.

BROCHURE

Enclosed is a complimentary copy of the brochure. Since we ordered a limited first printing, the actual cost comes to 15¢ each. You can order them at this price by making check or money order payable to SA GSO and sending it to the address listed above. State quantity.

Note the space on the back of the brochure for a rubber stamp if your group has a P O Box, or name and phone number.

GROUP NEWS

To bring you up to date, we now have groups (that we know of) in the following cities:

Dallas, TX	Pittsfield, MA
Houston, TX	San Francisco, CA
Los Angeles, CA	Santa Barbara, CA
New York City, NY (three)	Seattle, WA
Phoenix, AZ	St Louis, MO
	West Union, WV

By the way, if your group is large enough and has not yet elected its Secretary, Treasurer and literature person, you should consider doing so. Rotating leadership is best, elected in business meetings not part of the meeting itself. (See Suggestions for New SA Groups in New Group Starter Package.) Having an elected Secretary means someone is responsible for starting the meeting on time, appointing a sober member to lead the meeting and seeing that the Traditions are followed. Having a Treasurer means the group is responsible to the Seventh Tradition. Saves a lot of confusion.

NEW PHONE NUMBER

If you're a member without a group and haven't an SA phone friend yet, you're missing out. Write or call for groups or individuals in your area. The new phone number at SA GSO is:

213/704-9854

Try calling evenings if no one answers during working hours.

THE PATTERN SO FAR

If there is any pattern emerging, it is that people come into SA with a moment of clarity and resolve, grateful to finally know what's wrong and to find others with the same problem and secrets. This initial motivation carries them for awhile, and many even stay sober for a time. However, many fall away. They drop out of contact or stop going to meetings. Often, these turn into "periodics" —they start trying to stop—stop, go; stop, go. But they cannot seem to stay sober. Some of these eventually return to SA and begin again. Many do not. So if you find yourself in a similar pattern, don't be too discouraged; it's happened to most of us. "KEEP COMING BACK!"

This should tell us some things:

1. Many are still trying to stop on their own—like we always used to. They simply haven't surrendered yet.
2. We are truly powerless over our obsession. No amount of high resolve or will power can make the inner changes which are necessary for lasting sobriety and serenity. We don't seem to have the dubious luxury of other options. "Without God, I can't; without me, God won't."
3. We can't do it alone. We need a fellowship of survivors with whom we can be honest about ourselves. The honesty and "energy" are in the meetings and contacts with other members.
4. Working the principles of the 12 Steps works! Not a one of us seems to want to do so naturally. We do it because surrender to the Steps and one another brings about freedom and joy. And these are the very things we were hoping would come floating down magically out of heaven without our having to do anything. "Faith without action is dead."

The ones who seems to be making it are those who avail themselves of any means they can, whether SA meetings, AA or other 12 Step meetings, phone calls and letters —whatever it takes. They break through that old inertia of being spiritual loners and start being "part of" instead of "apart from." In this sense, there seem to be no real "loners" in sobriety.

PRINCIPLES BEFORE PERSONALITIES

Many of us have also discovered that once we start going to meetings, certain things become apparent. Personalities want to predominate instead of the principles of the Steps and Traditions. We make all kinds of mistakes trying to relate (or not relate) to other members. All our defects come to the fore. Our immediate impulse in such instances is to back away, point to the wrongs in the other person, or hide our resentment in our heart under a screen of rationalization and quietly burn. Some use it as an excuse to "go back out there" and do some more "research" on sexaholism.

What we eventually come to realize is that there's something drastically wrong with every single one of us—besides the lust/sex thing! Typically, it's that compulsive need to see the wrongs in others to cover our own. It's these very wrongs that got us here! Such lies inside us are what we used to have to cover over with our "drug." Without the drug, they become painfully apparent.

Sobriety and serenity result from righting these wrongs. Therefore, personality clashes are not only to be expected but seem to be par for the course, and dealing with them is part of our recovery.

These painful experiences, I believe, are essential for revealing what we really are inside and become catalysts for healing. Thus, forgiving one another and loving one another become the rallying cry of our Fellowship. And it comes about through our sins—exposing, confessing, making amends for, and overcoming them with God's power and the forgiving help from our friends.

We really need each other! "Our common welfare comes first," our First Tradition reads; "personal recovery depends on SA unity."

LITERATURE

This brings us to our book, Sexaholics Anonymous, which is still in process, though it gets put on the shelf for long periods out of necessity. (We're all volunteers in SA, you know; and have one or two other things to do once in awhile [smile].) The book is well along, and preliminary hanks of it are available at our cost. Here's a list of most of the literature available by mail order (number of pages may vary):

Literature	Description	# Pages	Cost	# Shts
Brochure	(Copy enclosed)	4	.15	3
"Getting Started"	Book mat'l in process. Step-by-step description of how typical recovery process seems to work.	11	.55	6
"How It Works—The Practical Reality"	Book mat'l in process. How to work the Steps; one chapter per Step.	45	2.25	23
"Sexaholism--The Addictive Process and Personality"	In-depth description of the psychological and spiritual aspects of our addiction. Possible book material.	19	.95	10
"What Works For Me"	One man's techniques for kicking lust and staying sober.	6	.30	3
"Free At Last"	(Roy's story)	9	.45	5
"What Is Lust?"	Revised version of the original, with diagram. Also incorporates "Lust Kills."	2	.10	1
New Group Starter Package	Meeting format, Suggestions to new groups, statement of principles	14	.70	14

Please add postage to total; 20¢ for first 5 sheets + 17¢ for every addit. 6 shts.

SA IS IRS OFFICIAL NOW

In response to questions from members, we announce that SA is officially an exempt, non-profit organization in the same category (code 573) as Alcoholics Anonymous. This holds true for all of 1982 and part of 1981. We are using the following notice to SA members in compliance with our Seventh Tradition:

IN SA, WE AS INDIVIDUALS ASSUME RESPONSIBILITY FOR OUR OWN RECOVERY AND SUPPORT OUR OWN RECOVERY. Member and group contributions are the only source we have for printing, postage, and telephone expenses. Contributions are tax deductible per IRS letter 1045(DO) (6-77), dated March 2, 1982, Los Angeles.

S-ANON

Spouses of sexaholics have formed S-Anon, patterned after Al-Anon, and are currently holding meetings in Arizona and California. Contact SA GSO if you want more information. Although SA is not organizationally affiliated with S-Anon, we certainly are in spirit. The spouses are finding out they have to recover too, and they're just as powerless in their own way as we are. And they're discovering that the same 12 Steps are the way to their own spiritual freedom.

HAVE YOU MOVED?

If you've moved and still want to be on the mailing list, be sure to send in your change of address. We can only hope this letter gets to you.

HOW ARE YOU DOING?

We'd like to know how you're doing and whether we can help. Drop us a line or give us a call. Remember, you're not alone in what you've been going through. And there is a way to be free and clear of your obsession!

GRATITUDE

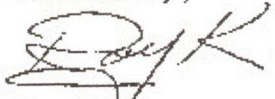
Traditionally in AA, November is a time for gratitude, and I'd like to share mine with you. Today I'm grateful for:

- My sexual sobriety (including alcohol and drugs). For life and sanity.
- The sexual sobriety of others in SA—an unspeakable gift.
- A merciful God who takes me just as I am and leads me into the best of myself and others.
- The program and fellowship of Alcoholics Anonymous
- The joy of living free and clean and open to others and a chance to share it with others.

FOR ONE ANOTHER

As we sit across the table from one another, or talk or write to one another, let us forgive and pray for that one other member who is so disturbing to us. In this way we can become the channel of God's love and life to both.

Faithfully,



Roy K.

encl.: Brochure