

# ES SAY

**June 2017**

A quarterly publication of  
Sexaholics Anonymous featuring:

**Members' Stories**

from Miami, Toronto,  
Michigan & Ohio

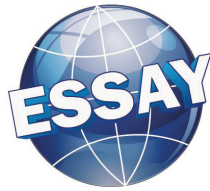
**Meditations**

'Gladness Vs. Gratitude'

'Take the Action'

'A New Way to Live'

W O M E N  
I N  
S A



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: Willing to Go To Any Length; Anonymity; Dealing With Mixed Meetings; Living The 12 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 Essay as the International Journal of Sexaholics Anonymous and support the use of Essay materials in SA meetings."

#### 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, last sentence, page 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)

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 on July 2016.)

Permission to Copy Essay: In order to serve the members of the SA fellowship, a print or digital user of an Essay issue is granted permission to make ten copies of that issue to be shared with members of SA. Such copies may not be further copied, shared, or altered. We encourage all who are capable of a paid subscription to do so, as your financial support is critical for this "Meeting in Print" to make our Solution known to all seeking freedom from the bondage of lust.

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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. Adapted with permission from AA Grapevine Inc.

Essay is the quarterly publication of Sexaholics Anonymous

[Essay@sa.org](http://Essay@sa.org)

## EDITORS' CORNER

June, 2017

Dear Essay readers:

In the fall of 2016 an SA member in Helsinki asked "why do we need to pay for the electronic copy of Essay?" The answer to his question begins with this issue of Essay: the electronic version of Essay is now available on the sa.org/essay web site! This also fulfills the oft repeated desire of Roy K., our founder, to have Essay be available for free to any sexaholic who desires to read it.

Essay continues to be your SA meeting in print or on-screen. We hope individuals and groups will subscribe to Essay or donate to SAICO to keep each quarterly issue coming.

The electronic pdf version can have more pages and expanded articles than the print version. We continue Letters, Humor, Maxey and Misery Covery, and, of course, your SA stories. Send us your writings and drawings! We use the SA web site (sa.org/essay/) for longer and recent articles. Please do check them out from time to time.

The September 2017 theme is Willing to Go To Any Length. Have any experience, strength and hope for us in that area? Let us hear from you!

The Editors (David, Kira, Kent)

Artists: (Christian M., Jimmy M., Amy C.)

**New to Sexaholics Anonymous?**  
**Contact our International Central Office**  
Visit the SA website at [www.sa.org](http://www.sa.org)  
North America toll-free 866-424-8777  
Outside of the USA call +1 615-370-6062  
E-mail us at [saico@sa.org](mailto:saico@sa.org)

**June, 2017**

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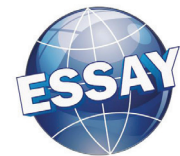
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*Our Meeting in Print*

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# Dear Essay

Dear *Essay*,

Hello! I want to report from the Together And Never Alone Again Convention May 5-7, 2017. I can hardly digest the miracles and blessings that filled our weekend. Only that I cannot be thankful enough to *Essay* and to the entire fellowship for holding us in your hearts as well as in your prayers last weekend. We felt your support, really.

My vision for this event has always been that it would be solution focused, to the standards of an international convention and that the presence of the higher power would be felt strongly. Judging from the feedback, we received this and more. Feedback included a feeling of safety, connection, intimacy and moments of joy, laughter and tears.

I could not feel more proud of the committee, who made people feel at home and welcome with their friendliness, love and helpfulness. Our job was simply to gather people; Higher Power met them and moved within them.

Some stats to finish with: 55 registrants of which 3 were walk-in. 13 kosher diets; 10 Old-timers; 3 from Western USA Coast, 1 from Israel, 1 from Canada, 1 from

Dublin, 1 from Germany, and the rest from Eastern USA

Blessings to you all, Louise

*Together &  
never alone  
Again!*

Dear *Essay*,

After 3 years of service as secretary of EMER (Europe and Middle East Region), I just rotated out. Padriac from Ireland has been elected as new secretary. It will be his pleasure now to provide you with news, convention flyers, minutes and other information from our Region.

Hope you will all stick around, and we will surely meet again on the road...

And try not to upset yourselves, have fun and be kind to yourselves and others :-)

Love and may God be with you. In Fellowship, Daan

[*Essay* response: What a wonderful service you performed for EMER and for SA. Thank you!]

Dear *Essay*

Dear *Essay*,

Hi all, I hope this email finds you well! I would like to give a brief report on my recent visit to the Polish fellowship.

I was very grateful to be asked to be the invited guest speaker at the recent convention in Gdansk Poland and to travel to various meetings around the country. There were 200 people in attendance 177 SA and the rest S-Anon. There was a CFC workshop with Eric via Skype and the budding Polish committee which was very effective.

I then traveled to a number of meetings around the country where I was guest speaker and had fellowship time with the members. Poland is a very vibrant fellowship thirsty for recovery and they had many questions to ask me. The desire for sobriety is very strong there and I was blessed to be able to share my experience.

As a woman I was treated with courtesy and my every need and potential difficulty was foreseen and taken care of. I stayed in members homes and where there were no females, in female friends of the male coordinators homes. A deeply enriching experience. This was my first time being sole invited speaker and I was a little nervous but the Higher Power carried me through.

In Fellowship, Denise O.

# Literature Corner



SA IS FOR WOMEN

"Sexaholics Anonymous has always welcomed all members, men and women alike, who seek a way out of our sexually destructive thinking and behavior. Since the Fellowship's inception... women have made an essential contribution to the growth and development of the SA Fellowship and program of recovery. Many of the early pillars of SA recovery were women members. Women continue to participate at every level of service in SA, from welcoming and sponsoring newcomers to participating in their local groups to serving at the intergroup, national, and international levels.

As the Fellowship grows in numbers and in sexual recovery, so too, is the number of women in SA and their depth of recovery growing. Those who seek recovery are finding in SA the help and a spiritual solution to overcome our once-hopeless addiction."

[ORDER FROM SAICO STORE](#)

# MEDITATIONS

“...sought through prayer and meditation...”

## Take the Action

*blessings that have come my way*

The sponsor can help us conquer the delusion that we should only do what we feel like doing. “Take the action,” the sponsor says, “and the feelings will follow. If you wait for the feelings first, it’ll never happen.” (SA73)

Often I recall situations when I ignored actions I could have taken because I just did not feel like it. Some of these were small matters, seemingly of no particular importance, such as picking up litter strewn on the street or going to visit a dying friend who had only days to live. I thought I would do it when I felt up to it, but I never got that chance.

My SA sponsor helped me to see how doing the next right thing, whether I feel like it or not, is essential to my recovery and enhances my life. Perhaps I do not feel like helping my spouse tonight or phoning an SA member or praying to my Higher Power. “Do it anyway,” I was advised. “The feeling will follow.” I have grown to love that adage.

Today, whenever I hear myself saying I do not feel like doing something, I catch myself, swing into action, and to do it anyway. Perhaps I do not want to go to a meeting. However, when I go I feel better, connected, and a part of the fellowship. No matter what the occasion, I am helped when I take the action.

*I am grateful for the blessings that have come my way as a result of stepping into action.*

*90 Days of Meditations P96*

## Gladness vs. Gratitude.

*Thoughts on gladness, gratitude, and humility.*

There’s a subtle difference between gladness and gratitude that I’ve been pondering for a while. I write a gratitude list at the end of each day, but a lot of times I’m just writing down things that were ‘good’ that happened in a day. Things like “I’m glad there were no cars in the apartment parking lot right next to me so I could more easily back out” or

“I’m glad the weather was nice today so I could take a walk at lunchtime” or “I’m glad that my good friend called me to talk.” This gladness has selfish overtones; I feel good about/pleased at something being convenient or pleasant and remembering it leads me to believe a little more that the world really is about me/revolves around me. I can even be glad about bad things. I can grudgingly admit that I’m glad for an opportunity to grow in humility, because I know in the end it’s good for me and will help me.

Things I’m glad about are things

## A New Way to Live

*Lord, make me a channel of thy peace... (AA 12 & 12, p99)*

Before SA, I got things backward. What I thought was good for me, such as lusting and fantasizing, turned out to be bad for me. What I thought was foolish—self-discipline or praying—turned out to be good for me. My way of seeing the world from my self-centeredness was backward.

That is why the Eleventh Step prayer is so powerful for me. As I pray, I ask God to grant me the strength to reverse my soul sickness and lead me on a path toward wholeness. Striving to lead a better life, taking the actions of love and forgiveness, offering comfort to others, and forgetting myself—these are my solutions today. This practice does more for me than any amount of my old self-justification. To ask God for the willingness and strength to live this way and to share this message opens the doorway to a bright new world of hope and experience.

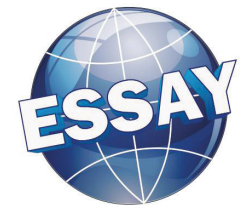
*Lord, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.*

*90 days of Meditations P99*

that are about me. So gladness for me is a relation between myself and my emotions; all about me, never going beyond myself. Gratitude is different; it’s a relation between me and my Higher Power. It’s humbling to remember that I am not the means and end of every action in my world. Every night I have to make the mental shift from thinking about myself and what I enjoyed in the day to remembering the larger picture of my life with my Higher Power. I put myself in this position by remembering that I am not owed or entitled to any of the good things that have come my way. I remember

my insanity and acting out and the ways I have harmed others. When I keep these in mind, the good things that happen become truly unexpected and undeserved and I am able to receive them humbly and be truly grateful.

Kirsten S, Bellevue, WA



*Our Meeting in Print*

# WOMEN AND SA STORIES



**Esti L** from Miami, Florida (sobriety date: 02/26/12)

**Beth N** from Michigan (sobriety date is 1/3/2007)

**Jean** from Ohio (sobriety date 11/26/2010)

**SA Toronto** woman from Toronto, Canada (sobriety date 3/3/12)

## What does it mean to be free of lust?

**Esti:** For me to be free of lust means many things: being present, living life on life's terms, not objectifying myself or those around me, seeing the humanity in people, being other-centered and unselfish, feeling compassion for others, accomplishing things, not wasting time, and being sensitive to other's needs.

**Beth:** To be free of lust means that I am no longer chained to unhealthy desires and actions. I am free from driving half an hour to see a man who I did not really care for nor did he care for me. I no longer have to resort to acting out with myself for comfort, support, or out of confusion.

**Jean:** Being free from lust means clarity in all aspects of my life, being in the present moment. Clarity of myself—seeing myself realistically. I am not better than nor less than. Seeing others as human beings. I am not self-centered, only thinking of myself. I am connected to my Higher Power. When I pray, I can let him guide me. I can admit I am powerless and need his help. I cannot be lust-free on my own. I need my higher power's help and other's help. I am restored to sanity and clarity.

**SA Toronto:** Free of lust for me is the ability to surrender lustful fantasies and imaginations and to refrain from acting out. Along with that is the freedom from compulsive, disturbing obsessions and the ability to form real relationships.

## Was there a time when you weren't living in this freedom? What was that like?

**Esti:** I didn't always live free from lust. It felt like a wall separating me from those around me, especially my loved ones. I had little capacity to connect on a deep level. I was afraid of letting people in, of being vulnerable and putting my needs out to others. I was incapable of giving and receiving love. I also found it difficult to maintain friendships. I felt little compassion for my husband and felt better than him. I was a true love cripple hiding in my shell. I wanted other men to lust after me and everyone's husbands seemed better than mine. I fantasized about what it would be like to be married to those that attracted me. I was sexually selfish and focused only on my pleasure.

**Beth:** When I was in the addiction I could not stop acting out with men or myself. I thought I was in control, but I always lied to myself that everything was fine and that I was OK. I lied to others to hide what I was doing and to protect my secrets. I felt guilty for this but I still did not think I had a problem. I used my mother and friends to babysit my kids so I could act out with a married man. I did not care if I lost my husband or kids over this affair. I lied to myself that the affair was going to save my marriage so I could stay in the affair that was not satisfying or fixing the empty hole in my soul.

**Jean:** When I do not surrender my lust I am living in the chaos of my mind. I am not connected to the present moment, to other people, or to God. I am isolated in my mind. I cannot concentrate. Lust becomes my identity, my god. I put unrealistic expectations on the man and expect him to be perfect and live up to my unrealistic expectations. Lust also creates self-hatred and shame. I feel like I am defined by this addiction.

**SA Toronto:** I was suffering constantly until I entered recovery, and surely I wasn't living any type of freedom. I was emotionally messed up. I was living with an awful lot of pain and misery and I used lust and masturbation to escape from it. After each act-out I was disgusted with myself. I felt two-faced and, most of all, I hated myself. I suffered conflicting feelings of being alternately connected to and disconnected from God. My life was reaching a rock bottom.

**How did you finally experience freedom?**

**Esti:** My freedom came from the moment I admitted to myself, God and others that I was a sexaholic and had been for many years. Surrendering my lust was not easy, as it was such an ingrained habit. I remember walking down the street and realizing how I had the habit of checking out every driver on the street, making eye contact, and seeing if anyone was lusting after me. I prayed and looked down at the street as I walked. It hit me how much lust operated in my life without me even noticing or being aware. I also had to stop flirting with men and justifying my flirting. Avoiding triggers and being sensitive to what I was exposed to were important.

**Beth:** I finally experienced freedom from lust when I admitted to my husband my affair of seven years. It was my husband who went online and found the 20 questions. I answered the program questions, and together we decided I needed the program and therapy. My therapist felt I needed to go to women's groups and she helped me find the groups. The women helped me learn and grow because I had childhood wounds from girls who were mean to me. Groups and available times changed for me and I was grateful that I had put myself on the WISA list because I still could interact with and sponsor women. I learned the more I gave the more I got back because there is true power in this program and the steps.

**Jean:** I experience freedom working the Twelve Steps with my sponsor, going to face to face and phone meetings, and reaching out to the other women in the program. At first I thought I was terminally unique but I realized the acting out pattern did not matter. We have more similarities than differences. Writing also helps me see the situation more clearly. I have done steps One through Three on the man I am lusting after. I pray for the man I am lusting after. I ask God to help relieve me of the lust and see him as a human being rather than as an object.

**SA Toronto:** I remember the very first time I applied the tools of the program to help me stay sober. I was so new to everything and I didn't understand anything. All I knew was to turn to God and surrender my lust. It was a sunny day and I was standing against the window as I had a lust hit. I turned my gaze up and just repeated many times in a gentle tone of voice these words, "I am powerless over lust and I want to surrender that to my HP." I was shocked and surprised as I felt the lust

subsiding from me. This prayer has kept me sober till today, one day at a time. That was just the key. Sobriety is a foundation of a whole new way of life! Emotional stability followed and thereafter the ability to work on myself—my character assets and defects. With that, God has granted me the gifts of the program and I found happiness and peacefulness within me and I'm building a grounded and successful life for myself! (Family/kids/job/friends...)

I'M FINE... AS LONG AS  
YOU WORK YOUR PROGRAM!

**How did S.A. members help you in your journey to freedom?**

**Esti:** My healing and freedom from lust could not have happened without my sponsor and fellows in the program. The ability to connect with other SA women was an exhilarating experience. I felt like I came home. There were people who understood me and my deepest and most shameful struggles. Talking to them broke the shame of sexuality I had carried with me for many years. Sitting with men in meetings helped me to see them as human beings with feelings and struggles. I learned to connect emotionally with men without objectifying myself or them. This was a crucial part of my recovery.

**Beth:** The SA members helped by listening to me. Their presence at meetings gave me comfort that I was not a lonely freak, that I was one among many. It was natural to see that we all needed each other and shared our histories. The SA members helped me see that their stories held clues and learning experiences for me to adapt for my life and my journey. The people I know who are not in program are missing out on so much support, knowledge and connection. It is so rewarding to go to SA and be with people with the wisdom, hope and desire to keep on becoming better people!

**Jean:** In mixed meetings I realize the men are not so different from the women. We have the same addiction. I can talk to the men and not lust after them but see them as brothers. I also post my struggles to online SA groups and get support from others when I am struggling. I call and email other women. We cannot do this alone. I call my sponsor on a daily basis. When I meet a female newcomer I call her and reach out. I call women in the program on a daily basis.

**SA Toronto:** I had been through the doors of so many therapists, doctors and hospitals before I entered the rooms. But when I came to a 12-Step group I found something that I had not seen before: A group of people **sharing honestly and openly** their real and vulnerable feelings! When I spoke to members they were all relating to what I said with compassion and humor. It's a "we" program, we have a common problem and we have a common solution. I'm no more alone!

### **What would you like to say to the women who will be at Together, and Never Alone Again this year?**

**Esti:** I look forward to spending a weekend with my sisters in recovery and truly connecting and enjoying each other's company as human beings. The more real and honest we are, the deeper the healing and freedom from lust. I love you all and thank you for being on this journey with me toward peace and serenity.

**Beth:** Put this recovery first after your Higher Power! Trust God and your sponsor for any perplexing decision. Be patient with yourself, treat yourself as you would a toddler. This is a new arena! You need your own self love and self support to grow and blossom into the butterfly

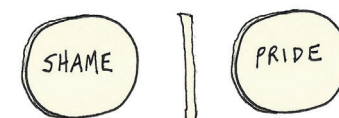
your Higher Power intended you to be! Never quit! You are worth it, so work it! I may not know you personally, but since you are here and in this program I truly love your bravery and your ability to break out from the utter grips of hell on earth! "Keep on keeping on!"

**Jean:** Please do not give up if you relapse. You are not alone; other women have been where you are. You are not defined by this addiction. You are a woman of worth. We all deserve happiness and freedom. Let's take each other's hand and not isolate. We are sisters who need each other.

**SA Toronto:** Welcome! I'm looking forward to meeting you and getting to know you! I hope that the convention serves you well! Recovery can sometimes be really painful. Give yourself a chance, you deserve it! Though it is hard, it pays off. The inner peace, freedom and joy that lie within this program are attainable to all of us! You deserve it, too!

### **A thought from another woman about the conference as a whole:**

The SA sobriety definition holds the modern mold of woman up to the fire to evoke a discussion on femininity and reshape an authentic design. The 12 Steps of SA are a catalyst for positive change, leading women to discover beauty apart from vanity, influence apart from manipulation, style apart from materialism, sweetness apart from passivity, and womanhood without degradation. The SA solution leads women to practice the arts of virtue, wit, modesty, and wisdom—all the while creating beauty and embodying love. We say that women are interesting, original, good enough and exceptional—women are here for a purpose. We say that we are Together and sharing honestly and openly their real and vulnerable feelings! When I spoke to members, they were all relating to what I said with compassion and humor. It's a "we" program, we have a common problem, and we have a common solution. I'm no more alone!



TWO SIDES OF THE SAME COIN.



# SA STORIES

## Iran and SA Today

*Three experiences of the 14th Anniversary*

*By the grace of God, the fourteenth anniversary of SA in Iran was celebrated in Yazd on 27 April 2017*

**F**ive hundred men and women gathered together in a beautiful venue and opened the event with the Serenity Prayer. Our chairman welcomed everyone and explained the plan for the day. Mohsen K from Ahwaz then gave a talk on the history of SA in Iran. This was followed by traditional music played by an accomplished band of sober sexaholics.

Two speakers from the USA, William and Shirley, then shared their experience, strength and hope via the internet. William talked about sexual addiction and recovery from lust. Shirley shared about the SA tools of recovery. The band played again and was followed by a video about recovery. Then an old-timer from Shiraz, Jafar, presented chips to newcomers, who then blew out the fourteen candles on the anniversary cake. It was a very happy occasion, with a great spiritual atmosphere, thanks particularly to all those who gave service. We finished with the Third Step prayer.

Aida Gh., Tehran, Iran

*Dear SA fellowship,*

I'd been looking forward to my Skype call to the 14th annual convention of the Iranian SA fellowship. My Iranian sponsee had called earlier to make sure all the technical details were in order. I could hear Iranian music in the background and the sound of many conversations at once. When the call began, I said, "Hi, my name is William and I'm a sexaholic." Everyone replied, "Hi, William!" It felt

**Then we recited the Third Step together. It was amazing to listen to hundreds of members reciting this prayer in Farsi!**

so good, I laughed and so did they! Then we recited the Third Step together. It was amazing to listen to hundreds of members reciting this prayer in Farsi!

I'd been asked to share how the 12 Steps had changed my life. So I started with "Step Zero: We participated in the fellowship of the program." This is the "unwritten step

underlying all twelve...No one seems able to stay sober and progress in recovery without it.." (SAp 63) I hadn't gone very far with my share about Step Zero before we started having technical difficulties. The speaker system in the auditorium wasn't cooperating. My translator couldn't hear what I was saying. I didn't get to the other 12 Steps, but there is no question in my mind that we had all just experienced Step Zero and practiced the Serenity Prayer! Thank God for our brothers and sisters in Iran!  
In fellowship, William R.

*To my brothers and sisters in recovery,*

**I** had been awake since early morning, and it was way past bedtime for an old woman like me.

**Together, the people at the 13th annual convention in Iran, and I, experienced "the real connection."**

On the other side of the world, a group of people had just heard William speak about his experience of Step Zero. I propped up my cell phone and began speaking

to the people I saw on the tiny screen. As I talked briefly about my own experiences with each step, I sensed a spiritual awakening which is the result of these Steps. Together, the people at the 13th annual convention in Iran, and I, experienced "the real connection."

Somehow, through sleep deprived words, and painstaking translation, our Higher Power entered. Each of us received more than we had to give. I encourage all, who read this, to reach out to the next suffering sexaholic... near or far. You too can have a front row seat to miracles.

With much gratitude, Shirley S.

## In Memoriam: Kent M

**J**ust over a year ago on May 9, 2016, a Norwalk, California home group member Kent M. died. We remember Kent in light of our experience of his witness to recovery.

Though the memorial sharing was somber, there was grateful remembrance and inspired shares of our experience of Kent that brought smiles, laughter and joy in our hearts. He seemed to be "fired up" at most meetings. He was so glad to learn of an anniversary of sobriety or in welcoming a newcomer. He announced news of upcoming SA fellowship events, reminding

all of the importance of coming to meetings and working the Steps of the program. One person shared that Kent would drive a carpool to the annual retreats and conferences. His last carpool would be a visit to the SA International Convention in San Diego.

Kent spoke from the heart. "There was a wisdom he would bring forth in the midst of all he said, even at times with a monotonous tone of voice, a wisdom borne of suffering, of living the experience, and in working the program. One member

**He recognized the value of learning to take the direction in the actions that worked for others.**

said, "he struggled like we all do".

Kent was humble enough to listen to other SA fellow members when called on his stuff. He recognized the value of learning to take the direction in the actions that worked for others. He often referred to his sponsor, meeting with him regularly, and speaking to him on a daily basis. One newcomer to the memorial meeting wished he could have met such an SA member.

Frank S, Norwalk Friday night Fellowship

## The Program Works if You Work It

*an SA story from Iran*

I was sexually abused since I was a young boy by other boys in my large extended family. This abuse began when I was six years old. I did not understand what my cousin he was doing. I was totally powerless and trapped. And I could not tell my parents about this, because he told me not to tell anyone about our secret. Other cousins became aware of the abuse and they started abusing me sexually. I never felt safe among them. They were everywhere, and always after me.

My childhood was sad and dark. I was stuck in a harsh situation with no solution. Masturbation became a remedy for my pains and problems. It was a great pleasure for me. I could not stop. Masturbation soon turned into my eternal soul-mate and the solution to all of my problems.

My family moved to new neighborhoods several times. Each time I fell into the same pattern that I had learned before. I was abused by classmates, neighbors, and older men. I saw myself as an inferior and disgusting person who deserved the worst things. I always thought that the happenings were my fault. My parents were too busy making

ends meet to focus on my pains.

By age 15, I felt deep depressed and extremely empty. My behaviors were the antithesis of my religious beliefs. I turned into an underachiever at school. I constantly struggled with myself, God, and my family. I thought of suicide, and I cried for long hours; others started to believe that I was going crazy.

Physically I was growing up and maturing, but inside I was stunted. My disease was growing powerful. I thought marriage would be the solution. Miraculously, I fell in love with a girl. I married her as the solution for my chaotic life and the great escape from my disease. But the problems only got worse. I turned to pornographic videos, nicotine, sexual materials, and fantasy. And masturbation returned. My problems intensified. I became more aggressive and started fighting with my wife, violently. I had hit another new bottom. I was not the only one whose life was in danger; my wife's life was threatened as well. So I turned to SA. I wanted peace in my life and in my mind.

In SA, my compulsive disruptive sexual behaviors and masturbation ceased in a short time. But I realized that my problem had a deeper root than masturbation and my other sexual acts. I thought I was different

from other fellows in SA. My disease did not allow me to break the walls that I had built. I did not trust anyone.

I finally found a sponsor and started working the Steps. Sponsors left, the Fellowship shifted, and I began to wonder if it really worked. I would have left the program

**As I worked the Steps, changes happened within me. I began experiencing closer relations with my fellows, including my family. I was able to look others in the eyes and smile, I no longer gnashed my teeth at night. I felt these changes with my heart, and my wife noticed, too.**

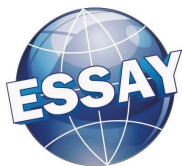
if I could have found a better way to stop lusting. After four years of halting progress, I felt an urgency to work the Steps. I found another sponsor and as I worked the Steps, changes happened within me. I began experiencing closer relations with my fellows, including my family. I was able to look others in the eyes and smile, I no longer gnashed my teeth at night. I felt these changes with my heart, and my wife noticed, too. This motivated me to focus even more on the SA program and the Steps.

Today, surrounded by gratitude,

I am gifted memorable moments with my wife and family, and with financial security. “We will be amazed before we are halfway through. We are going to know a new freedom and a new happiness.” (AA,p83) By the grace of God, I have peace of mind and peace of heart. I am able to pray for those who abused me in the past, without hating them anymore. Now, I sometimes help my cousin, my first abuser, who was paralyzed last year in a car accident.

Sexaholism is a destructive, progressive, and deadly disease that needs to be taken seriously. To the degree that I have suffered from it and all the destructions caused by it, those things are not important to me anymore. The essence is this: if we truly stick to this simple program and surrender our lives as if our lives depends on it—by working the Steps and working the Steps and working the Steps, and being willing to go to any length to gain a spiritual awakening—then God will surely rescue us and grant us serenity.

[Rwead this full story in English or Persian at [www.sa.org/program-works/](http://www.sa.org/program-works/) ]



Our Meeting in Print

## Step 6 – Members Share

**A**fter completing Step Five with my sponsor I had great hope and high energy for my program. Up to that point surrender had always meant doing something. For example, I surrendered my isolation by

**Step Six is a truth that I now try to practice every day as God gives me the strength.**

showing up at meetings, speaking up, making phone calls, and getting a sponsor. I always found God asking me to take positive steps on faith to surrender my right to give in to my disease. But now God was asking me simply to “get ready” to surrender my defects. Suddenly, all my goal-oriented activity came to a screeching halt and I was left standing there becoming entirely ready.

I discovered that my overly competitive, compulsive drives were slowly dying and being replaced by the hunger for God that they had been covering up my whole life. I was beginning to learn to wait on God. The first Five Steps had taught me how to use the Program to surrender my

# STEPS

sickness—vital skills that I still call upon daily and sometimes hourly—but now I was beginning to learn to surrender even my program to God. I had made the decision to turn my will and my life over in Step Three, but now I was learning what that meant on the inside. The black hole that Step Six had been for me was gradually being transformed by God into one more building block in my life foundation. I was learning to rely on the principle of becoming entirely ready as I move through all the Steps. For me, Step Six is a truth that I now try to practice every day as God gives me the strength.

*(Step Into Action p93-94)*

## Step Four Changes Me

*Working the Twelve Steps in SA*

**W**hen I was working Step Four with my sponsor, he suggested that I pick one person, institution, or principle at a time and write up an inventory to share with him specifically about that one person. It was a lot of hard but very good work that resulted in a significant change in how I see myself in relation to others and God.

One big change for me was that I learned how to practice real honesty with myself and others. Previously, I had a very narrow definition of honesty. As long as I didn’t tell an outright lie to someone else, I thought I was being honest. But by working

Step Four — using a far more honest definition of dishonesty (given to me by my sponsor) — I was able to see for the first time how many lies I told others as well as to myself. I found that I justified and rationalized pretty much all the time. I would lie to myself so that I could excuse my faults and harms to others and especially my resentments.

Eventually, I learned through that process that any resentment I held onto was a major trigger for my

**I learned how to practice real honesty with myself and others.**

lust and acting out behaviors that followed. Resentment is toxic for me. I must surrender resentment if I wish to stay free from the bondage it brings. I would not have learned that truth and made the necessary changes in my life had I not worked the Steps under the direction of my sponsor—because without that work, I would not have experienced a spiritual awakening into right relationship with God and others. Working Step Four made major changes in my life.

EMER Newsletter March 2017

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# PRACTICAL TOOLS

## Half Measures Avail Us Nothing

*a Healthy Choice*

Earlier today I was talking with my wife about some older friends who attend a religious service every day of the week. As we discussed their devotion, she said that the way in which I work my SA program is pretty much like that, too. I agreed with her.

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**For me as a sexaholic, I must accept powerlessness and unmanageability as absolutes in my life rather than as nuisances.**

---

That short sentence at the beginning of Chapter 5 in Alcoholics Anonymous is profound in its brevity. "Half measures availed us nothing." We read it and hear it often as we open our meetings. Mostly we just treat it as part of the verbiage. My experience, however, is that it is merely a description of what works for us addicts. As many a newcomer discovers the hard

way, there is no SA-Lite if one is truly an addict. Fortunately, in my view, many men and women who come to our program are in the grips of a really destructive habit rather than being addicted to lust. This is a good thing, as I would not wish my addiction on anybody.

These people come to SA meetings, get a sense that sex is optional and that they can stop lusting, and then they go on their way. I am happy for them. I also am glad to see them leave, for their success can distract the real sexaholic. For me as a sexaholic, I must accept powerlessness and unmanageability as absolutes in my life rather than as nuisances. For me as a sexaholic I must be willing to ask God's protection and care with complete abandon, for nothing else has worked for me. For me as a sexaholic, half measures both avail me nothing and are, in fact, potentially deadly if I think they will help me stay sober.

For me as a sexaholic, the only healthy choice I make each day is to keep my relationship with God *as I understand God* in the center of my life. It is that healthy choice that gets my body to a meeting five days a week, that tells me

to answer the phone and return calls, and that requires my daily contract for sobriety and reading our literature. When I choose not to make a healthy choice some days, I am rudely reminded that my addiction is as present and as threatening as ever. Since I do not want to return to the life of an active sexaholic, I find I must literally re-center my life that day. Half measures avail us nothing works its wonders again!



The personal reward for my healthy choice means coming to the end of another day with serenity and with no secrets. My healthy choice also means I have not betrayed my wife's trust nor regressed into the self-centeredness that dominated my life for decades. In a very literal sense, my healthy choice means another day when I could be happy, joyous and free from the

bondage of self. Given that is where accepting no half measures leads me, I am grateful. And then tomorrow I get to make that healthy choice and be grateful again. It's a wonderful new life, indeed.

Anonymous



## Wine, Chocolate and Sex?

*...how my recovery is being blessed*

One night not too long ago my wife said to me "Why don't you bring home some wine and chocolate after work, and we could have sex." She said that to me having just asked if I was interested in having sex at that moment, but I said I was tired. In this situation I think the two of us not having had sex for over a year had something to do with my response. We have done abstinence periods before, but this time was more related to her health issues. My response was a little more laid back than she had hoped for. I was tired, but since when did that stop me from springing into action? We kind of just drifted off to sleep from there.

I thought about this the next day after not having wine, chocolate,

or sex. I realized I had not asked her to carve the invitation for sex

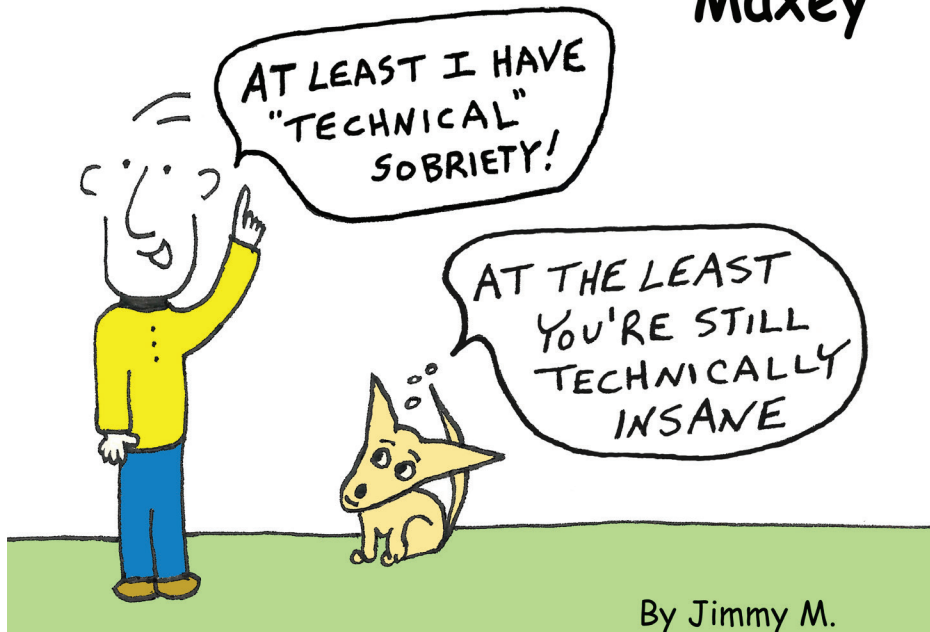
**I also realized I've been so comfortable in my recovery that part of me did not want to have sex.**

in stone. I also realized I've been so comfortable in my recovery that part of me did not want to have sex. I have been so comfortable not counting the days or having to be so careful with lust in the marriage bed. I love my wife more than ever but we haven't

been getting too worked up about sex one way or the other these days. When it comes to wine, I don't drink anymore. My wife on the other hand likes to have a glass now and then. Chocolate she loves. I am sort of now and then with that. Now the idea of sex now and then—or maybe not at all—that has always seemed impossible. But with God's help and this Fellowship, I can be okay whichever way it goes.

Craig B., Fargo ND

**Maxey**



By Jimmy M.

## Lust Is Not Getting Better?

The sexaholic on the telephone was palpably discouraged. “My lust does not seem to be getting better,” he said. “I still want to type sexual search terms into my computer. I find myself fantasizing about contacting women I’ve seen. Why doesn’t my lusting get better?”

My response to him grew from my considering Type 1 diabetes as a similar disease to sexaholism. Diabetes is, like our addiction, a chronic, progressive, and possibly fatal disease. Diabetes, once diagnosed, describes a permanent change in a person. For the rest of their lives they will not produce the insulin they need to properly utilize glucose. Diabetes often begins to show symptoms long before it’s diagnosed. Nobody wants to develop diabetes. Due to a wide range of reasons from genetics to lifestyle choices, they do. Neither does anybody want to live as a diabetic, especially of the “brittle” or Type I sort. It seems like a lot of work just to stay well. It is a lot of work.

Having known young diabetics, I remember how much they wish they did not have the disease. If they try to act like they do not have diabetes, or they don’t properly treat it, there can be serious consequences, including comas and even death. However, equally importantly, if they monitor their glucose levels and inject insulin when necessary, they can live normal and enjoyable lives.

What about the sexaholic who called? I told him I’ve never known a diabetic whose disease gets better over the years. I’ve have known many whose diabetes gets worse. And, in my experience, that’s the way it is with our sexaholism. It will not get better over the years, even if we work a “good program,” it might get worse just as an allergy can get worse over the years.

However, if we monitor our thoughts and actions every day, and use the Twelve Steps, and surrender to a Higher Power, we can live normal and enjoyable lives. For both of these chronic diseases, acceptance is the answer that opens the door to a program that allows one to be “happily and usefully whole.”

The phone caller seemed somewhat stunned by my response to “my lust does not seem to be getting better.” In phone calls since he also has referred to what I said and has mentioned passing on the comparison to others. While he may not find his lust getting better, I really believe he will keep getting better as he works our SA program. I do know that’s been true for me.

David M., Portland OR

A man bought a new Mercedes Benz to celebrate his wife leaving him and was out on the interstate for a nice evening drive. The top was down, the breeze was blowing through what was left of his hair, and he decided to open up the car. As the needle jumped up to 80 mph, he suddenly saw flashing red and blue lights behind him.

“There’s no way they can catch a Mercedes,” he thought to himself and opened her up further. The needle hit 90, 100.....Then the reality of the situation hit him. “What am I doing?” he thought. “This is not God’s will for me” and he pulled over. He began reciting the Serenity Prayer in his head as the cop came up to him, took his license without a word and examined it as well as the car “It’s been a long hard day, this is the end of my shift and it’s Friday the 13th,” the cop said. “I don’t feel like more paperwork, I don’t need the frustration or the overtime, so if you can give me a really good excuse for your driving that I haven’t heard before, you can go.

The guy thinks about it for a second and says, “Last week my wife ran off with a cop. I was afraid you were trying to give her back!” “Have a nice weekend,” said the officer.

**Misery Covery**



By Jimmy M.

Heard from a chronic slipper at a meeting: “I always prided myself on how humble I was.”[Ed R.]

Sexaholic Prayer  
 “Lord, In the past several hours I have not hurt anyone. I have not acted out. I have peacefully coexisted with life. For that I am grateful. But I’m about to get out of bed now and I’m really going to need your help.”

# SA in the World

## Australia Convention Request

Our group is planning a “Woodstock of SA” event to happen in Australia. The plan is to have international guest speakers present to talk on each Step of the 12 Steps .

The International Committee suggested that maybe we ask for an article in *Essay* saying our convention committee is looking for members with longer time sobriety who are able to fund their own travel to Australia and who would like to help out being a speaker .

My name is Jason C, sexaholic, I’m 4 years SA sober, member of Newcastle Steps and Traditions meeting. Our group will be sponsoring the event to help the SA Fellowship of Australia benefit from strong recovery. Our Fellowship here could use the support.

Love in service Jason <[astroboy.jc@gmail.com](mailto:astroboy.jc@gmail.com)>

## Region Building

Representatives of SA in Singapore and South Korea joined a meeting of the Australia and New Zealand Service Board (ANZSB) for a teleconference last Saturday, April 1st. ANZSB has asked SA’s Regional Realignment Committee (RAC) about the requirements for becoming a new SA Region.

## International News

Dimitri P recently rotated out as Chair of the SA International Committee (thank you Dimitri!). Mike F has temporarily stepped in as Chair. If you have ideas about how the International Committee might evolve or would like to get involved in international service work for the Fellowship, please contact Interim Chair Mike F at [saico@sa.org](mailto:saico@sa.org).

## Worldwide Meeting Map

There were 1,830 SA meetings worldwide when counted in 2014. Nowadays, it must be nearer 2000. I pray that one day soon every one of these little gems will appear on the SA International Committee’s World Meeting Map. In the meantime, 333 more flags have been added to the Map, marking the approximate locations of each of our SA Buddy List Members, many of whom have no regular SA meeting nearby. Look under Meetings at: <https://sexaholicsanonymous.eu/>



March 2017

## Sexaholics Anonymous

Europe & Middle East Region

Quarterly newsletter of the EME Region of SA. To contribute, subscribe or unsubscribe, please contact [emeregion@gmail.com](mailto:emeregion@gmail.com)

### Calendar [\(view Google calendar\)](#)

31 - 2 April	Zavelstein, Germany	German Convention "Let go - let God"	<a href="#">flyer</a>
7 - 9 April	Edinburgh, UK	Scottish Convention "Living in Recovery"	<a href="#">flyer</a>
21 - 23 April	Gdańsk, Poland	Polish Convention "Happy, Joyous and Free"	<a href="#">flyer</a>
29 - 1 May	Barcelona, Spain	12 Step Workshop with Nicholas	<a href="#">flyer</a>
5 - 7 May	Washington, USA	Women's Convention "Together & Never alone again"	<a href="#">website</a>
14 - 16 July	Newark, USA	International Convention	<a href="#">website</a>
23 - 24 August	Worldwide	Geek Camp 2017	<a href="#">contact</a>
1 - 3 September	Salisbury, UK	UK Summer Convention "Growing in Fellowship Together"	<a href="#">booking</a>
20 - 22 October	Madrid, Spain	Speaker Workshop with Gary W.	
27 - 29 October	Flanders, Belgium	Speaker Workshop with Gary W.	
1 - 2 November	Moscow, Russia	Speaker Workshop with Gary W.	
3 - 5 November	Moscow, Russia	Annual Russian Convention	
4 - 5 November	Kiev, Ukraine	Speaker Workshop with Gary W.	
10 - 12 November	Poland	Speaker Workshop with Gary W.	
17 - 19 November	Bremen, Germany	German Convention "Durch den Schmerz in die Freude"	

### Working the Twelve Steps in SA

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One of the biggest changes for me was to learn how to practice real honesty with myself and others. Previously, I had a very narrow definition of honesty. As long as I didn't tell an outright lie to someone else, I thought I was being honest. But by working Step Four — using a far more honest definition of dishonesty (given to me by my sponsor) — I was able to see for the first time how

many lies I told others as well as myself. I found that I justified and rationalized pretty much all the time. I would lie to myself so that I could excuse my faults and harms to others and especially my resentments.

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[Read more member stories.](#)

1/2

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# SAVE the DATE



**SA / S-ANON**  
**2018**  
**EMER REGIONAL**  
**CONVENTION**  
**Discovering the**  
**Principles**  
**Personal Recovery**  
**and Relationships**

**DATES**  
22<sup>nd</sup> – 24<sup>th</sup> June 2018

**LOCATION**  
Dublin, Ireland  
St Patrick's College, Maynooth

**PRICE**  
€ 165 per person  
Full board accommodation

**ENQUIRIES**  
[emer2018@](mailto:emer2018@sairland.com)  
[sairland.com](http://sairland.com)

**Book Early!**

**Autumn SA/S-ANON Convention**  
**Sarum College – Salisbury, England**  
**"Growing In Fellowship Together..."**  
Friday 1st, Saturday 2nd -- Sunday 3rd, September 2017



To book please visit : [www.TinyURL.com/SAUKsep2017](http://www.TinyURL.com/SAUKsep2017)  
All Convention queries and questions to Federico SA at [fed@essay@gmail.com](mailto:fed@essay@gmail.com)  
or 07791889157 or Emma S-Anon at [emma1sanon@gmail.com](mailto:emma1sanon@gmail.com) Booking enquiries to Shmulik at [shmulik@gmail.com](mailto:shmulik@gmail.com)

## Monthly Skype Meetings For Couples in Recovery

Hi dear SA friends,

My wife Yvonne and I are in "S-Anon Couples in Recovery". The necessary requirement for membership is that one spouse is in S-Anon and the other in SA.

We are being sponsored in this program by another couple and are working with them the "Twelve Traditions As A Guide To Healthy Relations" (which we will send to you)

We are very glad with the

support this program is giving us to our marriage.

If you would meet this requirement and be interested in monthly phone meetings with other recovering couples, focused on these Twelve Traditions, let us know and we'll let you know when these phone meetings will start. Feel free to send this information to other SA/s-Anon couples you know that might be interested.

Kind regards, Luc & Yvonne  
SA Luc <[luc4essay@gmail.com](mailto:luc4essay@gmail.com)>  
June 12, 2017

## EMER Monthly Speaker Meetings

EMER Monthly Married Speaker

2nd Monday of each month at 19.30 London time / 20.30 Central-European time

The June speaker on the EMER Monthly Married Speaker Meetings was Tammo D from The Netherlands. He shared his experience, strength and hope in his marriage as a recovering sexaholic.

In grateful service, Luc D

EMER Monthly SA Speaker Meeting

4th Monday of each month at 19.00 London time / 20.00 Central-European time

NEW EMER ACCESS PORTS:

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Click this link to find the new Dial-in number for your country:

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Access Code: 398528#

B. USE INTERNET:

Online Meeting Link: <https://join.freeconferencecall.com/emerphone>

Online Meeting ID: emerphone

## A Retreat With SA in Toronto, Canada

I helped lead some sessions at a retreat with the Toronto, Canada group in May. It was a great time in a retreat center about 100 miles North of Toronto. Saw some old friends and made lots of new ones.

I stayed an extra day in Toronto so I could make my travel home all in one day. Driving back to the city there were 4 of us in the car. The driver was from Mexico and has a great position in business there. I was staying in

the home of a man from Croatia who was a merchant marine all around the world. The third man was a student from Bangladesh and I was from the USA.

It was such a pleasant experience to be with other World Citizens who had an understanding of how big the world is, how big the problem of Lust is and how big the solution can be. As I speak and meet others I realize that "my insides match the insides of others". I also see that recovery is available to all of us. **David T.**

<[davethestringman@gmail.com](mailto:davethestringman@gmail.com)>

## Bogata, Columbia 5th SA National Convention

Hello dear SA: We have the pleasure and honor to share our 5th SA National Convention "Walking Together Toward To Happy Recovery" in Bogotá, Columbia on June 30th, July 1, 2, 3 / 2017. Please announce this on Essay. Oscar. in fellowship <[sabogotacolombia@yahoo.es](mailto:sabogotacolombia@yahoo.es)>

Dear Electronic *Essay* Reader/ Subscriber,

Big News! Your *Essay* editorial staff and the Board of Trustees are setting the e-version free! This was one of the Founder Roy K.'s dreams — to use a free *Essay* to share sexaholic recovery stories and tell the Fellowship about events in SA life.

Beginning 15 June anyone can receive an electronic copy of *Essay*. Go to the *Essay* section on the international web site: "Download the current *Essay*."

Three very important notes:

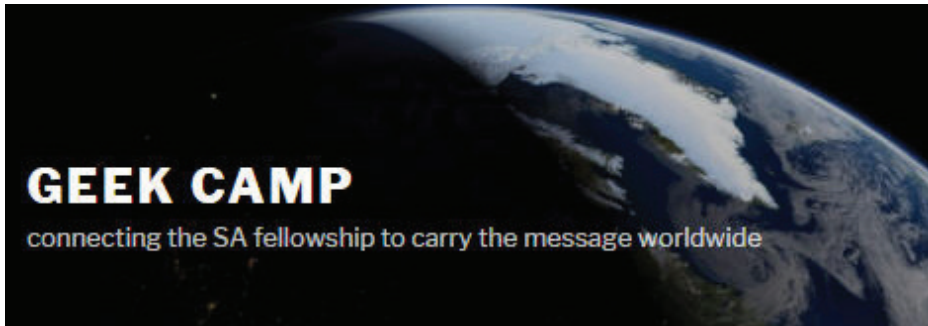
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Enjoy your *Essay*! Send us your stories, questions, writings or artwork at [essay@sa.org](mailto:essay@sa.org)  
The Editors and Board of Trustees June, 2017





# GEEK CAMP

connecting the SA fellowship to carry the message worldwide

## SA Geek Camp 2017 -- SA's First Global 12th Step

*Begins 09:00 UTC\* on 23rd August 2017*

*Ends 09:00 UTC\* on 24th August 2017*

**SA Geek Camp Our Vision:** A part physical, part virtual camp where, for 24 hours, SA members from all over the world connect and collaborate via the internet to carry the message to the still suffering sexaholic.

**The Purpose** is to carry the message to the still suffering lust addict by the appropriate use of information technology (IT).

### Proposed Content and Activities for Geek Camp

Channel A has a continuous series of one hour panel discussions with SA members who are experienced in their given topic related to carrying the SA message using information technology. These discussions will be streamed live over the internet, where they can be accessed only by SA members or guests who have received the necessary internet link.

Channel B features a continuous series one hour workshops where participants are guided by experienced facilitators to undertake activities which actually carry the message to still suffering sexaholics.

Channel C is an interactive social media channel where SA members from around the world can fellowship together, share expertise, observe each other actually carrying the SA message using IT and encourage each other in doing so.

**Participate in Geek Camp** There are many opportunities to participate both in the preparations and in the Camp itself. Let us know how you'd like to be involved in Geek Camp. You are invited to enter a competition for the best designed Flier, Cartoon, Web Page or Internet Meme for SA Geek Camp 2017.

[Contact the Geek Camp Organizing Team here](#)

# EVENTS CALENDAR

## Upcoming International Conventions

**July 14 - 16, 2017 Newark, NJ US** *Jersey Strong -- Experience, Strength & Hope* Web: [www.JerseyStrong2017.com](http://www.JerseyStrong2017.com)

**January 12 - 14, 2018 San Antonio, Texas USA** *12 Steppin' Deep in the Heart of Texas* Web: <https://texas12step2018.org>

## Local/ Regional Events

### June 2017

**2 - 3, Nashville, Tennessee** SA/S-Anon Marathon Weekend  
*S.O.S Souls of Serenity* Email: [info@sanashville](mailto:info@sanashville)

**9 - 11, Battle Lake, Alberta, Canada, Edmonton Area SA & S-Anon Spring Retreat**, *Humility, Hope, Honesty, & Healing.*  
Email [sasonedmontonretreat2017@gmail.com](mailto:sasonedmontonretreat2017@gmail.com)

**17, Akron, Ohio** SA & S-Anon Spring Marathon  
*Learning to See Ourselves as Others Truly See Us*  
Email: [neosaig@gmail.com](mailto:neosaig@gmail.com)

**30 - July 3, Bogotá, Colombia** SA Colombia 5th National Convention  
*Walking Together Toward Happy Recovery*  
Email: [sabogotacolombia@yahoo.es](mailto:sabogotacolombia@yahoo.es)

### July 2017

**7 - 9, Guadalajara, Jalisco, Mexico** SA/S-Anon Mexico National Convention Web: <http://sexolicosanonimos.com>

### August, 2017

**18 - 20, Dublin, Ireland** SA Convention *One Day at a Time*  
Email: [saireland@eircom.net](mailto:saireland@eircom.net)

**23 - 24, SA Geek Camp 2017** *Carrying The SA Message Worldwide Using Information Technology* <http://geekcamp.sexaholicsanonymous.eu/>

### September 2017

**1 - 3, Salisbury, United Kingdom** SA/S-Anon UK Summer Convention  
*Growing in Fellowship Together*  
Web: <http://Tinyurl.com/SAUKsep2017>

**10, Bay Shore, New York** Long Island NY SA/S-Anon Conference Web: [www.salongisland.org](http://www.salongisland.org)

**October 2017**

**13 - 15, Ontario, California USA** SA/S-Anon Unity  
Conference *A Design for Living* Web: [sasocal.org](http://sasocal.org)

**14, Macon, Georgia USA** South Georgia Intergroup  
*Marathon* Email: [mid\\_ga\\_sa@yahoo.com](mailto:mid_ga_sa@yahoo.com)

**20 - 22, Post Falls, Idaho USA** SA/S-Anon Fall Retreat  
*A Fascinating Adventure* Web: <http://www.sanorthwest.org>

**German Speaking Region News**

Information about workshops to take place in the German-speaking region this autumn. In fellowship, Padraic, EMER

From middle of September until the beginning of October, Steve S., an old-timer from the US (Memphis) is going to travel to the German speaking region. If you are interested in the 12- Step Workshops with Steve, here are the dates:

September, 15.-17. Munich - "New beginning - The Principles of the Steps as a new way of living"

September, 23.-24.2017 Vienna (Austria) - "The Power of working the Steps"

September 30. - October 01. 2017 Bonn (near Cologne) - "New beginning - The Principles of the steps as a new way of living"

More information will follow: SA Munich; SA Austria; SA Bonn

**DONATE!**  
**TO SA INTERNATIONAL**  
**USE PYPAL OR CREDIT**  
**CARD IN 7 CURRENCIES**  
[www.sa.org/donate/](http://www.sa.org/donate/)

**SA CONVENTIONS**



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

*Jersey Strong--  
Experience, Strength, & Hope*

Info at [www.jerseystrong2017.com](http://www.jerseystrong2017.com)

A wonderful spiritual atmosphere of recovery and fellowship!

Friday, July 14, 2017  
12:00 - 7:00 PM - Registration  
2:00 - 5:00 PM - Meetings  
6:00 - 8:00 PM - Dinner & Speakers  
8:30 - 9:30 PM - Birthday Celebration  
10:00 - 11:15 PM - Night Owl

Saturday July 15, 2017  
7:00 - 11:45 AM - Meetings  
12:00 - 2:15 PM - Lunch & Speakers  
2:30 - 5:45 PM - Meetings  
6:15 - 8:30 PM - Dinner & Speakers  
8:45 - 10:00 PM - Talent Show  
8:45 - 11:00 PM - Night Owl

Sunday, July 16, 2017  
7:00 - 11:30 AM - Meetings



**January 12-14, 2018,  
San Antonio, Texas, USA,**  
SA / S-Anon / S-Ateen  
International Conventions  
Please join us in San Antonio,  
Texas January 12-14, 2018

**San Antonio 12 Steppin'  
Deep in the Heart of Texas**  
*There exists among us a fel-  
lowship, a friendliness and an  
understanding which is inde-  
scribably wonderful.* - AA p 17

[www.texas12step2018.org](http://www.texas12step2018.org)

[info@texas12step2018.org](mailto:info@texas12step2018.org)

## NEW SA GROUPS

### Europe and Asia

Beit Shemesh, Israel (Add. Eng. mtg.)  
Jeddah, Kingdom of Saudi Arabia  
La Paz, Bolivia (add. mtg.)  
Norwich, Norfolk, United Kingdom  
Oslo, Norway

### North and Central/South America

Cochabamba, Bolivia  
Boise, Idaho (2 add. mtg.)  
Cleveland, Ohio (add. mtg.)

## 2nd QUARTER 2017

Florence, Kentucky (add. mtg.)  
Fresno, California (add. mtg.)  
Hillsdale, Michigan  
Huntsville, Alabama (add. mtg.)  
Lansing, Kansas  
Lookout Mountain, Georgia  
Northampton, Pennsylvania  
Rochelle, Illinois  
Sudbury, Ontario, Canada (Men's mtg.)  
Twin Falls, Idaho, Women's meeting

### Finance Report for 2016:

Here are the SAICO revised,  
CPA adjusted numbers.

Donations	216,348
Other Rev	80,106
Expenses	289,990
Rev - Exp	6,464
Pru. Reserve	131,823

Read the [1st Quarter 2017 Donations Report here](#)

### Were We Tightwads In 2016?

Well here are the facts: SAICO received \$14.53 per SA member in 2016. The central office of another S fellowship received \$27.20 from each of its members in the same period.... 'nuff said?

*From Nicholas EMER newsletter*

### Liability Insurance?

In the USA some groups are being asked for Liability Insurance coverage by meeting sites. E-mail the SAPortland-Metro intergroup for information on such coverage.

## New from the SAICO Online store!

Members of the SA Fellowship have asked for e-literature. The SAICO Online store is able to provide e-literature for two books on the Fellowship Approved Literature List

### Member Stories 2007

### Practical Recovery Tools 1994 – 2003

Notes on E-publications: these products are built to be used on an e-reader, such as Kindle or iBooks. They are not set up to be used in other formats, such as PDF, or on a personal computer without an e-reader. Consult the manufacturer of your device for additional instructions.

There is a set time limit established for download. If you have any trouble with your download, please send email to [saico@sa.org](mailto:saico@sa.org). or call USA +1-866-424-8777.

## SUBMISSIONS 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](mailto: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 should have an English translation along with the original language or be in English. 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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## The Twelve Steps

1. We admitted we were powerless over lust—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to sexaholics, and to practice these principles in all our affairs.

The Twelve Steps and Traditions are adapted with permission of Alcoholics Anonymous World Services, Inc. ("AAWS"). 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

1. Our common welfare should come first; personal recovery depends upon S.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for S.A. membership is a desire to stop lusting and become sexually sober.
4. Each group should be autonomous except in matters affecting other groups or S.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the sexaholic who still suffers.
6. An S.A. group ought never endorse, finance, or lend the S.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every S.A. group ought to be fully self-supporting, declining outside contributions.
8. Sexaholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. S.A., 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 S.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

GOD

grant me  
the

SERENITY

to accept the things  
I can't change

COURAGE

to change the things  
I can &

WISDOM

to know the difference.