

ES SAY

December 2017

A quarterly publication of
Sexaholics Anonymous featuring:

Member's Story

'My Life in Recovery'

Readings

Old Timers Part I

Geek Camp 2017 Report



SA
AND
TECHNOLOGY



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*.

The theme for February 2018 is: The Hand of SA Reaches Out. Future topics are: Anonymity; Dealing With Mixed Meetings; Living The 12 Traditions; and "As We Understood God." Closing date for articles is approximately four weeks prior to publication dates in February, May, August, October, and December.

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 Delegate Assembly in May, 2016

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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.*)

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EDITORS' CORNER

December, 2017

Dear Essay readers:

This issue of Essay includes many stories on SA and Technology. As of late November there were about 9,000 downloads and over 1130 views of the newly free electronic June Essay. The September Essay has 2600 downloads and 840 views to date. Our desire to be a global Meeting in Print is well underway.

In keeping with the expanded use of technology, the February, 2018 theme is "The Hand of SA Reaches Out" Have you any experience, strength and hope for us in carrying the message? Let us hear from you at essay@sa.org!

The print edition of SA has fewer pages than the electronic version due to mechanical requirements. We encourage groups and individuals to order mailed subscriptions for those who find Essay easier to hand to newcomers and to use for meeting discussions. Both versions of Essay have Higher Power's use for our recovery.

Thank you for being readers of Essay!

The Editors (David, Kira, Kent, Kirsten)
Artists: (Christian M., Jimmy M.)

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

Are you new to Sexaholics Anonymous?
Contact our International Central Office
Visit the SA website at 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

December, 2017

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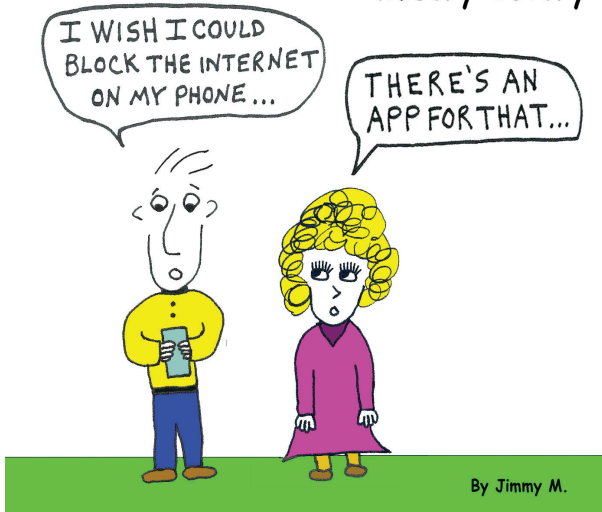
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Prisoner sponsors needed!

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DONATE TO SA
INTERNATIONAL
USE PAYPAL OR CREDIT
CARD IN 7 CURRENCIES

Donate

Dear *Essay*

Dear SAICO and CFC members,

Thank you for *Essay* and your contributions to a Fellowship that is getting me from day to day. Your publications make “meetings” possible for me [in prison]. I hope one day to share the joy I have with others who need it, but until then know that you and your work are a blessing.

Steven M., California, USA
Contribution enclosed

Dear *Essay*,

The program states in the 12th step “we tried to carry this message to Sexaholics” and the 5th tradition “Each group has but one primary purpose – to carry its message to the sexaholic who still suffers.”

Donations to SAICO help carry our message. The International Committee (IC) handles requests from groups, intergroups or regions for funding to help carry our message. The committee has a simple form for applying for grant money.

As a speaker at SA events around the world, I do not always know if funding has been sought. I find it unnerving to set aside time or to purchase a ticket only to find out that the monies are not yet there. Usually a speaker gets all travel

and lodging covered. Consistent with our Traditions, we get no honorarium for speaking.

In keeping with my desire to share recovery with SAs everywhere, I do all I can to be there. It is also important for each group to do their part. The IC needs time to consider requests. Expecting the IC to grant funds at the last minute or after the fact is not okay.

Please, if your group or region wants to organize one of these events or you know of such being planned, contact the IC through SAICO in the early planning stages! As we know, “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.” (As Bill Sees It, P 332)

Dave T., Oklahoma USA

Dear *Essay*,

Hi all. I really enjoy reading *Essay*, it makes me feel part of something big and global. I am enclosing a short piece (first time) for the next *Essay*. Many thanks.

Love, Naf D., Israel

[See “Acting Out Honesty” on P 26 in this *Essay*]

Hi everyone,

Hope you are doing fine. Here in Quebec, Canada, everything is fine and life goes on one day at a time in recovery.

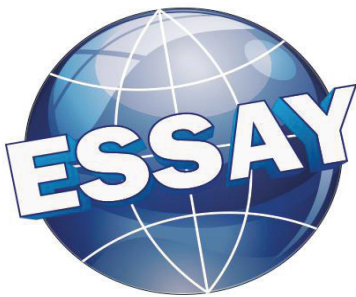
Thanks very much for the good work you are doing with *Essay* to keep us in recovery and give us the info on SA everywhere.

Just want to send you a surrender over Steps 1, 2 and 3 that a member of SA (a sponsee of my sponsor) somewhere out in Manitoba uses. He is calling me once every week or so to give me his First, Second and Third Steps as a kind of surrender prayer. Everytime I listen to him, I like the way he does it. And, it could be changed depending on the person giving these Steps. When I listen to him it brings me back to the basic of the program in these Steps.

It could be a good thing to have it in *Essay* to assist in our recovery.

Andre G

[See "Steps 1, 2, 3" on P 22 in this *Essay*]



Our Meeting in Print

Literature Corner



**Sexaholics
Anonymous**

**Do You have a
Problem with
Pornography
or Lust on the
Internet?**

An Invitation

Has your illicit Internet use put your job at risk?

Have you lost needed sleep due to obsessive Internet use?

Have you lied to others to cover your Internet activity?

Have you missed important events or meetings because you were on the Internet?

Maybe some of these questions apply to you. If so, we want you to know you are not alone. Some of us spent hours looking at pornographic images or pursuing illicit sexual contacts over the Internet. Chat rooms and porn sites, freely accessible on the World Wide Web, were consuming our lives. Our obsession with sex and lust had invaded our homes, marriages, workplaces, and anywhere a laptop, hand-held device, or cell phone could go. We were hooked.

[ORDER THIS PAMPHLET FROM
THE SAICO STORE](#)

MEDITATIONS

Optional Suffering

We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. (AA 83)

I hope I never forget the pain I felt as I disclosed my obsession with Internet pornography to my wife. She was devastated. She felt I had broken our marriage vows with my all-consuming obsession with other women. I felt guilty, shameful, and depressed.

My sponsor highlighted a valuable lesson from that experience in a quote from the White Book, "We have to suffer to get well." I cannot escape the painful consequences of my acting out: the physical, emotional, and spiritual pain of lust withdrawal and seeing the pain my addiction inflicted on others. That suffering compelled me to come to SA. It pushed me to become sober and led me to earnestly work the Steps. My sponsor concluded by also stating, "In recovery, pain is inevitable, but suffering is optional."

Pridefully enduring the pain on my own while clinging to despair and isolation only prolongs my suffering. SA teaches that the tools of the Program can guide me out of such suffering—if I use them. Connecting with my Higher Power by working the Steps, making amends, calling other members, and going to meetings brings me out of my suffering.

In recovery I find the reality of a "new" me. I will always remember the pain I caused others and myself; but I do not live there any longer. In recovery, I live each day by the promises and principles of SA, which give me a new freedom and happiness.

Higher Power, thank you for helping me endure the pain of recovery, and thank you for relieving my suffering.

P 67 90 Days of Meditations

What if?

Love shines through

What if, when I feel tired and weak, depleted and nervous, God is gently reminding me to rely on Him? What if I see the end of me as the start of God's grace and power? What if His strength

is all I need? What if my anxiety is a gift, because it reminds me that this life comes in moments, not days or years.

Love is a present-tense experience of other-based, positive action. Love is a covenant - a commitment to stand by someone else. God is wholly

committed to me. It is this all-in commitment for others and Him that is divine. No other quality is more important.

What if I am enough today? What if God is enough today? What if He has always been more than enough and I have simply missed that reality?

Lord, may love and

Does SA really work?

Finally surrender to God

Does SA really work? The clear answer from my own life is yes. I know it works, because it has worked for me.

But does it work for everyone? The more nuanced answer is no. Our own literature makes it clear that SA is not for everyone. There are quite a number of "ifs" in SA literature that there are plenty of reasons why it won't work for some people. "If" they won't work the program as it was designed, "if" they won't surrender to God, then I certainly don't expect SA to work for them.

I was prideful and I refused to turn my will and life over to the care of God.

It didn't work for me for a lot of years. But that was because I refused to work the SA program as it was designed to be worked. I was prideful and I refused to turn my will and life over to the care of God. And without God, I had no hope in fighting and battling against the power of lust. But when I finally surrendered to God and worked the program as my sponsor told me to do it, I found freedom from the obsessions and compulsions. It worked!

And as the classic line we repeat at every meeting reminds me, "It works if you work it!"

(A post from a member of Sexaholics Anonymous, Taichung, Taiwan)

surrender mark my day today. May Your abundance and grace fill my heart. May Your love displace my fear and may Your word dispel my anxiety. Help me do my part to grow my faith and grant me serenity and faith to entrust everything else to you.

shine through me like a fog light so those who are lost, sick and dying may find Your love through me.

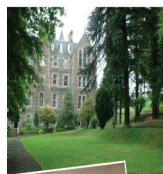
Amen.

God, let Your love

SA/SANON SCOTTISH CONVENTION 2018
"Just For Today - the first day of the rest of our lives"

KINNOULL - APRIL 6TH TO 8TH

JOIN US FOR A WEEKEND OF FELLOWSHIP AND SHARING AT THE BEAUTIFUL KINNOULL RETREAT CENTER
14 RESIDENTIAL FLAVORS DU STABLE BRANDS - ALL IN ONE SITE. THREE COMFORTABLE BEDROOMS, LOUNGE, GARDENS AND NEARBY WALKS. WEEKLY FULL BOARD (DAILY BREAKFAST, DINNER, AND SUPPER) FROM 10:00 AM TO 10:00 PM.
SPACE FOR A FURTHER 14 NON-RESIDENT PARTICIPANTS. WITH FULL MEAL PACKAGES. SEE HOW WE CAN HELP YOU!
LOCAL ACCOMMODATIONS AVAILABLE. CONTACT US FOR MORE INFORMATION.



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Mob: 07920 27778
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SA and TECHNOLOGY

SA Geek Camp 2017 Post-Camp Report

Extending the hand of recovery worldwide

Geek Camp's Purpose

"To carry the message to the still suffering lust addict by the appropriate use of information technology."

Introduction

Geek Camp brought over 650 members of SA from around the world for an online video and audio convention. It was held over twenty-four hours on 23rd & 24th of August 2017 beginning at 09.00 UTC. This pioneering event enabled SA members to share their experience strength and hope, without borders, in a series of panel talks, shares and workshops. Most members connected to the Camp as individuals, but others came together in physical groups to participate. In cities such as Durban (South Africa), Limerick (Ireland) and Bournemouth (UK), members created "nodes" where they met in small groups to tune into the event together.

Brief History

SA members began planning for Geek Camp in February 2017. EMER adopted the project later the same month. Initially we planned for an IT-centric event but soon modified it to appeal to a more general audience. Channel A was based on the SA Service structure and this proved to be a breakthrough. Twenty-four one hour Panels of 2-5 speakers ran consecutively on Channel A. All SA Regions except one were represented, plus other parts of the service structure.

Channel B included general and technical topics. The Channel featured workshops, fellowship and entertainment all in the same Jitsi room. It soon became apparent that the practical capacity of the room was about 25 people, which was obviously inadequate considering the numbers wishing to participate. However most of the workshops completed as planned and the audiences enjoyed by their experience.

A technical support Channel, added as a last minute thought, proved to be an important factor in the success of the Camp. It was the place to go for anyone experiencing frustration, technical or otherwise. It provided both on-the-spot troubleshooting, technology coaching and emotional support for speakers and viewers alike. Over 100 participants responded favourably to the post Camp survey. See the Geek Camp Full Report at www.sa.org/essay/

Acknowledgements

More than 90 members assisted with preparations for the Camp. They publicized the event, shared in task-specific WhatsApp groups or acted as extras at online rehearsals. Four members need special recognition: Daniel T (Rehearsals and technical support); Laurens A (Speaker recruitment); Marsha D (Publicity and website); Tzvi S (Technical coordination of the whole Camp)

Statistics

651 Registered for the Camp: 584 (English Database) + 67 (Persian Database). There were 952 Unique page views of the Camp stream page 533 Unique users of the Camp stream page (24 hrs of Channel A and 14.5 hrs of Channel B) from 11 Regions. 83 Panel Speakers on 24 Panels. 21 Workshop Leaders for 14 Workshops. 9 Channel Coordinators; 3 Tech Support personnel; 1 Camp Coordinator. The cost for Geek Camp was 0! Participants were noted from: Singapore, Taiwan, Switzerland, Australia, U.K., Ireland, Germany, Russia, South Africa, Mexico, Poland, Netherlands, Spain, Slovakia, Greece, Israel, France, Canada, Columbia, Venezuela, Iran, and United States.

Some of the Key Lessons Learned (see [Full Report](#) for more)

The Camp succeeded in its mission and was extremely popular and an exceptional value for money. The technology worked well, though mid-camp enhancements were necessary. A powerful sense of worldwide fellowship can be achieved online. There is significant demand for more events of this kind. Many volunteered to help prepare the Camp but only a handful stayed the course. Good access to the SA service structure was key for speaker recruitment. General interest topics are more popular than technology topics. Initial reservations about anonymity were addressed and this proved helpful. It provided loners the ability to listen live to speakers with long-term sobriety.

We hope that Geek Camp can be renamed and placed in the service structure of SA. This could become a regular event. International conventions could utilize this technology to expand the streaming capabilities to make them more accessible to more addicts. Finally, this technology could be used for the General Delegate Assemblies, the Board of Trustee meetings, and for the SA International Committee to encourage interest and participation for world-wide service work.

Respectfully submitted, Nicholas S, September, 2017

Watch The New SA Videos!

Reaching out on the web

What is Sexaholics Anonymous?



A letter to *Essay* from David T.: As a member of the Public Information (PI) committee I have been asked to inform you of the two videos that are imbedded in the www.SA.org website. One is a 30 second public service spot and the other is a 3 minute introduction to SA and could be used in introducing SA to the helping community.

I took my phone with me to my local tv station and played the the 30 second spot. They were impressed with the quality and will play it.

I just received an official invitation to Australia in September 2018. It would be for 5 weeks to include a week in Australia, and four weeks in New Zealand. Singapore, Phillipines, Taiwan, Korea, and or Japan. Isn't it amazing how HP can use someone with my history to help people?

San Antonio Live Audio Streaming

A new way of attending the convention

Can't attend the San Antonio International SA Convention in person?

Now available- registration for live streaming of Saturday sessions 13 January 2018 from *12 Steppin' Deep in the Heart of Texas*. More information will come soon about start time, topics, and titles.

To register, use this link:

<https://web.telspan.com/register/saico/izfsabv>

Provide the information requested: First Name, First letter of Last Name, email, and country. You will receive a separate link for the day of the sessions.

CAUTION: Please share the registration link provided above. The link later sent to you for the sessions is for you only. If you share that link, someone else using it to sign on will knock you offline.

Please register early. We need to know how many "virtual chairs" to set up in the Lobby. Questions, other info? Send email to saico@sa.org

Geek Camp Rave

A world wide connection

In the wake of a full solar eclipse, that fascinated many people across the continental United States on August 21, 2017, another phenomenon occurred which eclipsed all else. It began at 09:00 UTC on August 23, 2017, and continued for 24 hours. It was the first SA Geek Camp, during which SA members from all over the world connected together via the Internet to carry the SA message.

As I searched for the email with the link in my spamblocker summaries, and wrestled with my computer settings; I was reminded of the fact that “nothing, absolutely nothing happens in God’s world by mistake.” After several hours, I finally found the link in my suspect email folder. As a result, I fully came to appreciate the benefit of having failed, prayed, persisted, and stumbled upon God doing for me what I could not do for myself.

I felt instant connection with the people on my computer screen as they shared their experience, strength, and hope, as well as their powerlessness. We were home. I learned from each speaker, not just through their words but through their actions, as they helped one another to deal with unfamiliar technologies. Those who came to listen stayed to help, using the chat feature to type comments such as “maybe if you mute your mike...” and “you could turn off your camera to save bandwidth...”

I saw firsthand how “leading with our weakness is paradoxically the way of strength.” This global phenomenon ended on August 24, 2017 at 09:00 UTC, but the message continues, multiplying among us as it goes. Thank God for SA, and thank God for Geek Camp.

Anonymous

Europe Middle East Region (EMER) Connection Channels

Some examples of how EMER SA members can stay in touch:

- EMER web site: <http://sexaholicsanonymous.eu/>
- Speaker Meetings and Married Speaker Meetings
- Face to Face Meetings in each nation. Email Meetings
- SA Telephone & VOIP Meetings around the clock
- Published meeting formats & readings.
- Flying Piggies WhatsApp Group

What's App & SA

Up and coming technologies

My name is Peter and I am a sexaholic, addicted to lust. I am so grateful for technology, I thank God regularly for allowing me to be lust free when using it. In my disease I used the computer and telephone to enhance my acting out. It allowed me to live in a fantasy world.

Once I “woke up” and joined SA, technology took on a different use. Instead of spending hours lost in porn, I became lost in self-help and the 12 Steps. When I say hours, I mean hours. I am so grateful my job allowed me to only be present for a couple hours, then the rest of the time I would spend reading recovery material. I was using the computer and the internet to further my recovery, instead of living in active addiction. I attended a “Back to Basics” workshop and became more aware of Step 11, and working Step 11 through Two Way Prayer. Part of the process of the Two Way Prayer is sharing it with others. I used the computer and smartphone to share whatever message God was sending me each day.

There are so many different apps and methods of sharing by using technology. How does one pick? I went through many different apps,

mostly chat to share daily recovery with others. Not only are there different apps, there are different hardware platforms as well. Most of us use our smartphones for connecting with others. I would say it has become the *defacto* standard of communication today.

A group chat with Text/SMS only works on specific hardware; All members in an Apple sms message group can see all responses by the group members. Same goes for an Androud sms message group. Text/SMS falls apart when you try to mix Apple and Android, the responses become individual

I currently belong to over ten Whatsapp groups... from all over the world. It has helped me to stay connected in ways I never thought possible.

rather than group and you end up with many many separate messages.

Cross platform apps; Skype, Google Hangouts, LINE, WhatsApp. These apps use data, either cellular or wifi. They all work similarly yet each are different. LINE and WhatsApp only use your contact list, therefore no unsolicited requests to look at porn. A person can receive a request from someone else in a

group they belong to that is not in their contact list. Most of the apps allow you to create groups of people to share with, similar to Text Messaging, except the app works on all smartphone platforms. Some of the apps, such as WhatsApp and LINE also encrypt communication so the conversations are private.

I currently belong to over ten Whatsapp groups with some of the groups larger than two hundred people from all over the world. It has helped me to stay connected in ways I never thought possible. I have even sponsored over WhatsApp when the distance was so great that face-to-face is impossible. I believe technology and specifically chat groups have opened up an entirely new frontier for those us of that are hard pressed to attend face-to-face meeting.

An up and coming technology is video conferencing. Again, using a smartphone or pc we can securely and safely connect with other members of SA. I have been involved in an international video conference, Geek Camp, using Jitsi.

Peter F.

SA Conventions Live Streaming

Sign up for virtual SA talks!

For the past several years the International Conferences have had portions of the event streamed on the internet. Recently this has been done at the conferences in Denver, Jerusalem and Newark. Five sessions were streamed in Denver, three in Jerusalem, and eight in Newark last July. On Saturday alone in the on-line attendance in four streamed sessions was 38, 41, 51, and 43. Elsewhere in this Essay there is a report on the very successful Geek Camp this past August which had over 600 registrants and up to 400 on at a time.

The SAICO staff technical person is Laura and others involved have been Tom K., Rich P., Ben L., and Manse B. Setting up the equipment and facilitating the streaming takes the full attention of Laura and two other operators.

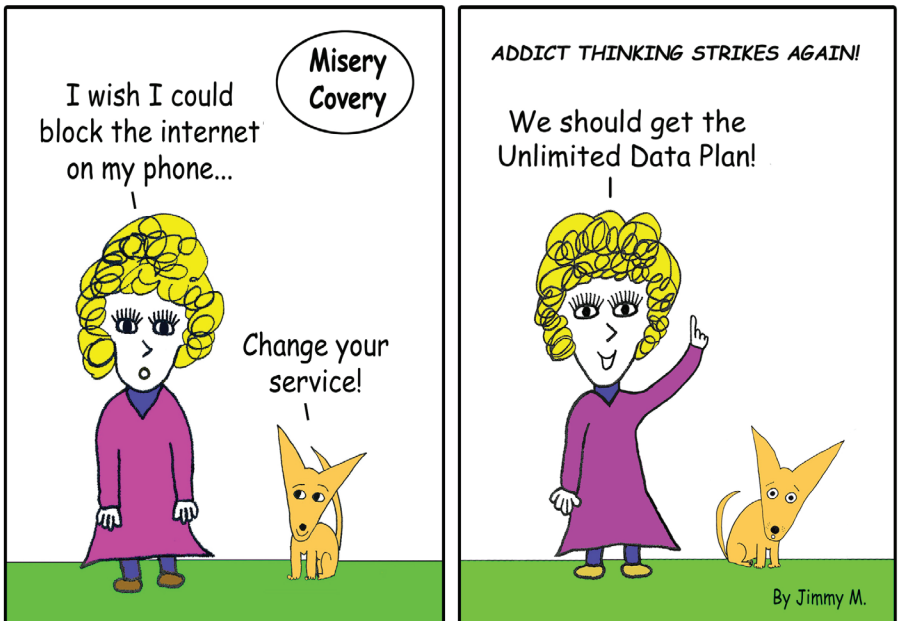
In addition to the computer, a Blue broadcast quality microphone was purchased because it offered both a wide range and strong rejection of background noise. SAICO's laptop is used for the broadcasting and another member of the team uses their computer to check the quality. We use ethernet cables and USB cables rather than

wireless connections. We could really use another techie to help with the survey and information on the screen.

“It’s a learning process” as users become more friendly with the software. We are not perfect! Overall the streaming from Jerusalem was a relative “disaster.” A major thing learned was the importance of pre-registration for the streaming.

The convention audio stream was heard by a group of five in Holland. A comment from a sponsee not able to attend was: It’s just like I was there! I heard you speak!”

Some things we’ve learned about live streaming. People come on and drop off frequently. Reasons they drop off include difficulty with wireless connections, only part-time availability, and work or home obligations. Experience suggests that readers of the electronic Essay and website users act in a similar way. They start and stop reading, read just a few portions, and place the importance of reading a pdf or file below other obligations.



SA STORIES

Willing to Learn

He heard his son's voice

As a sexaholic, I have been blessed with five and half years of continuous sobriety and recovery from lust. Much of my recovery is due to a high amount of service work in order to give back what has been so freely given to me. This includes attending International conventions when I can. I recently returned from the Jersey Strong SA/S-Anon/S-Ateen convention. The Saturday lunch S-Anon speaker was an S-Ateen instead. I was surprised by this change up. Tears welled up from behind my eyes and a lump developed in my throat.

I was blessed to never have sexually abused our son. However, I caused a great deal of damage otherwise — verbal abuse of him and my wife, throwing my wife into emotional distress, emotional abandonment causing his spiritual withdrawal while he lived at home, and ultimately his physical withdrawal when he moved as far away from us as he could move. One distinct, painful memory is that of all the years he lived with us, he never brought home any friend to study, spend the night, play games on his Nintendo — the “normal” things a child would do in a “normal” home.

When the S-Ateen approached the podium, tears began streaming down my cheeks. In my mind I

could see my son about to reveal his pain. What a blessing, painful though it would be. He talked about the conditions in his home, about the behavior of his mother and father before they entered recovery. I cried. He talked about his inability to understand what was going on, his feelings of being

I could see my son about to reveal his pain. What a blessing, painful though it would be

at fault, his fears. I cried some more. He talked about his road to recovery as a family member of an active sexaholic. I cried again. Throughout his share, my heart warmed and I felt the grace of God upon him, upon me, upon my son and my wife. This one talk opened me up to my son's journey and reduced the burden of guilt for my actions.

I will continue to listen to my Higher Power for direction. When I obey, the results amaze me. My life's journey unfolds before me, and I am surprised that this journey also includes business results I try to plan for, personal relationship fulfillment that I could not have dreamed of, and a deeper connection and respect for God as I understand God. Thanks to S-Anon for putting forward an S-Ateen speaker in New Jersey. My life has taken another unexpected turn, for which I can never be truly grateful. Anonymous

Old Timers Speak — Part I

Five voices over 30 years

At the Jersey Strong conference in Newark in July 2017 there was an Old-Timers panel meeting. The speakers with 30-plus years sobriety included Dianne (1987), Margot (1986), Harvey (1984), Mitch (1986), and Tom (1987).

Each shared reflections on their long-term sobriety and things they had learned along the way. Below are their suggestions and wisdom, approximately grouped by each speaker:

Don't Act Out! We need something better than an orgasm and lust.

Triggers are unexpected and common – just deal with them. Lusting kept happening – even as a sober SA leader.

Do something! Wrinkle all your clothes and iron them. Doing anything will change you.

Have a Higher Power. The solution that works for me is Joy. Just sing the “Zippity Do Dah” song.

Why do I keep coming back after 30 years? This is mysterious stuff. Desiring to get out of trouble was the motive that got me in. I reached a critical mass of problem and solution.

Sobriety is work! Stay focused. Recovery is peaceful and has integrity. Honesty. Helping others. Use prayer, meditation, self-examination, exercise and discipline every day. We sober SAs are on your side.

Meeting Gems List

Wisdom that keeps giving

These are little gems of wisdom I have jotted down through the years. I keep them in my “Meeting In A Pocket” booklet from SAICO.

If you find yourself in a bad spot,
GET UP & MOVE (use your feet).

Knowledge of God is not faith in God.

My Higher Power tells me “You’ll get through this thing if we work through it together.”

The first look is on God, the rest are on me. It is by writing things down (the Steps) that I hear God’s voice.

Man is most happy when in service to his fellow man. Two answers that are always appropriate: “thank you” and “interesting”.

A grateful addict does not use. I can have the attitude or the gratitude.

I can either prey on a woman, or pray for her.

First thoughts are wrong. I have a thinking (rather than drinking) problem.

I can’t un-see something (lust hit). Apparently I can un-hear something

Have nerve and courage. Keep your sense of purpose and walk through the fears. Also have faith, trust, relying on God and sponsor
Live in the solution. I do not go to places I do not belong. Stay away from slippery people, places – I do not open the door to lust and then have to close it.

This is a program of action – sponsor, newcomers, meetings. Prayer is very important. Meditation twenty minutes, morning & night.

Attraction to a new person in or out of SA is normal – worth going through the discomfort.

I have learned to love myself and my Higher Power today. I have learned to be comfortable in my own skin. Service work is important--give back to SA and see God in others

How does one get Joy? Are we Bad people getting Good or Sick people getting Well? Shame is crap and prevents Joy. Shame is giving a middle finger to the 1st Step. I am Joyous knowing all the aspects of my illness!

If I am tempted to lust, I need to be aware of the problem and work the program every day. I need all the help I can get!

Old Timers Speak -- Part II will be in the February Essay

(recovery guidance).

Expectations are premeditated resentments. I can say “You may be right” and refuse to fight.

God never gives me more than I can handle, and I may have to ask for help.

I used to think God didn’t have time for me; now I wonder if I just didn’t make time for God.

I don’t have to do anything by myself anymore.

I paid others (strip club dancers) to tell me I was OK.

The internet has ‘weaponized’ porn.

SHAME means Should Have

Already Mastered Everything.

I can f--- everything and run, or face everything and recover. I surrender my right to live a normal life.

One look is too many, a thousand is not enough.

Meditation – Breathe out [me -- I say my own name], breathe in God.

I’m not willing to give up the good things I’ve found in this program.

Continuous meetings will diminish the power the drug has over you.

I pray (the person I resent) has all the peace, prosperity, health, and happiness that I desire.

Chad H, Oregon, USA

My Life in Recovery

The amazing grace of sobriety

(An edited version. See the complete story at sa.org/essay)

On July 3, 2004, I left a family party early to go to my first meeting. They assumed I was going to a church meeting, and I did nothing to correct them. I headed over to the open meeting place, a drug rehab center in a seedy part of town. It was a little unnerving, but I steeled myself and went inside, a little late of course. I arrived to a room full of a dozen men. No women, which I had been warned would probably be the case. The men were introducing themselves and listing all the ways they acted on their addiction. As they did so my eyes got huge, thinking that these guys were totally depraved. What was I doing here?? Could I escape???

While I was silently squirming in my seat deciding what to do I heard someone start to talk about living a double life. I suddenly listened, as this is just what I had done. As a child I had been shy, and my family was religious, going to Mass every week. In high school, I just wanted attention and affection. I

Even though I was very involved in church and prayed, I still didn't know how to say no.

thought I hit the jackpot when a senior took an interest in me. Sex came with the package and I had no idea how to say no, or even that I could or should consider doing so. It became my year of sex, drugs, and rock 'n roll. At the end of that year I was at the end of my rope. I surrendered for the first time, saying, "OK, God, I give up. I'll try it your way." After that I figured that I was set. No more problems with sex in dating.

But it wasn't so easy. Even though I was very involved in church and prayed, I still didn't know how to say no. I still craved attention and affection. So I continued, living on the straight and narrow for a time and then go off on a binge like a wild woman. Much of that time I was active in ministry and pursuing theological studies. I was hungry for God and eager to serve, but I still had a hole that I didn't know how to fill.

I was a sitting duck when I connected with my best friend from high school and she convinced me to set up online dating profiles. I got immediately hooked on all the attention and it wasn't long before I had my first sexual encounter since coming back home. I was absolutely shocked that I had so easily violated my values.

This continued for two years. By the end I literally thought I was going to crack up from the pressure of living two divergent lives and keeping my secret life hidden. So when someone in the meeting started talking about the insanity of the double life he led, I sat up and took notice. That was so me!

I could relate to something in every share that day. It was such a relief to hear what I kept in the dark being brought to the light. By the end of the meeting I was hooked – this time on the claims that recovery was possible, that sex was truly optional. I asked to talk with a member right after the meeting. There was some debate among the men as to who was able to meet with a woman. There were a couple of men who were able to talk to me. They encouraged me to go to the Saturday meeting where the other women mostly went.

I went the next Saturday and saw just one other woman at first, so I clung to her. I asked her right after the meeting to be my sponsor. She hesitated, as she had just returned to the program after a relapse. But, she must have seen the desperation in my eyes, as she agreed to sponsor me. I was so grateful. I called her often when I was squirrely, confused, or miserable. I cried a lot those first few months, going through the intense withdrawal of addictive, codependent relationships as well as the fleeting high of comforting myself. I knew I was making progress when I started to call her BEFORE I did something that endangered my sobriety, rather than after.

We began to go through the Steps. I realized they laid out the spiritual disciplines I always wanted, but which seemed to elude me. I listened and

It was such a relief to hear what I kept in the dark being
brought to the light.

shared at meetings, learning to focus on the solution. My sponsor encouraged me to take on service work and I did, first in my home group, which was that 8 a.m. Saturday meeting. I came to experience what my sponsor already knew: that I didn't lose men at all. Instead I gained a band of brothers. I learned to treat men as fellow human beings, rather than as sex objects to be manipulated.

SA has made all the difference in helping me make a real, intimate connection with the God of my understanding who has kept me sober for 13 incredible years of amazing grace. I am not two people anymore, but one whole person who is learning to embrace progress, not perfection. Sponsoring women, connecting with women on and offline, and doing service at several different levels of SA's service structure are ways of giving back in gratitude. I also serve to help ensure that the hand of SA will be there for the next poor lost soul who is desperate, but may not realize she is lost, just as I didn't. And for that, I am responsible.

Anonymous, New York, USA, Newark "Jersey Strong" July, 2017

STEPS

Steps 1 2 3

Learn to be of maximum service

Once every week an SA member calls to read to me the First, Second and Third Steps as a kind of surrender prayer. When I listen to him it bring me back to the basics of the program in these Steps. It could be changed depending on the person giving these steps. Here is what he reads to me when he calls:

STEP ONE -- We admitted that we were powerless over lust — that our lives had become unmanageable.

I remind myself today that I am a sexaholic. This means that I can't afford to lust anymore. I am allergic to lust. My life will not get better, until I stop lusting and acting out. I can't take in even the smallest amount of lust safely, because once I start, I can't stop. There is no such thing, as lusting or acting out and "getting away with it." Lust is extremely toxic for me. It kills my self-esteem, robs me of direction and any sense of purpose in life. It takes away my hope. It tricks me and lies to me. It makes promises it cannot possibly keep. It goes in directions that scare me. It makes me like a dog on a leash. I am a sexaholic and I am powerless over lust. My life is unmanageable.

STEP TWO -- Came to believe that a Power greater than ourselves could restore us to sanity.

I believe that by God's grace I am capable of change. If God can keep other sexaholics sober, He can keep me sober too. I know this is true, because I am not a special case. The lust, selfishness, self-centredness, and willfulness I experience, are the same kind that everyone else has to deal with too. I am not unique and I am not evil. I have an illness, but I also have a loving Higher Power who cares for me and is removing lust from my life. He is restoring me to sanity and will continue to do so

I turn my will and life over to God. I give Him the good and the bad.

if I turn my will and my life to Him in Step Three.

STEP THREE -- Made a decision to turn our will and our lives over to the care of God *as we understood Him.*

I turn my will and life over to God. I give Him the good and the bad. I might feel weak and faint of heart, and I sometimes don't even know if I even want to do what is right, but I am willing. I give Him the willingness I have and ask Him to increase it. I love God and His will for my life. He has a purpose for my life which is unique. I therefore do need not compare myself to anyone else or to compete with them. I turn my will over to

God by surrendering all lust hits as toxic, going to meetings, working the Steps with my sponsor, making phone calls, through prayer and meditation, reading the literature of the program, and accepting every trial or difficulty with Joy, recognizing it as an opportunity to learn and grow. I pause when agitated or doubtful and ask for the right thought or action. I ask God each day how I can be of maximum service to His children.

Andre G., Quebec, Canada,



Our Meeting in Print

The Missing Piece of Step Four

(see the complete article at www.sa.org/essay)

It has taken time and practice but Step Four has really changed the whole way I operate in the world with others. I owe this new design for living to having learned and developed a way of working step four straight out of Alcoholics Anonymous. I call it "the missing piece of Step Four," and for me it has reduced how long and to what degree I am affected by a resentment.

Traditionally Step Four is worked with four columns, the approach based on Alcoholics Anonymous (chapter 5). We inventory who or what we are resentful at, the

cause, how it affects us, and then what our part is. However, in between the third and fourth column, Alcoholics Anonymous describes an intermediary stage, in which we take time to explore how much the resentment affects us. On pages 66-67 it says: "This was our course: We realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too."

So here is how I break this stage of Step Four down as a workable part of the inventory: We are asked to consider that perhaps those who wronged us, like ourselves, were spiritually sick. The way I define someone who is sick in this context is someone who, at the moment they caused the wrong, were unable to behave otherwise. At that moment they were not in control. The analogy I like to use is to imagine that you are walking down the street when abruptly someone walks into you and knocks you down. You look up and see that the man who walked into you is blind. Probably within a few seconds you would realize that this man did not intend to hurt you. At that moment, circumstances meant that he was unable to prevent himself from walking in to you. Although you may feel some discomfort and frustration over what happened, chances are that you will not harbor a resentment against him over the long term.

So too, when we look at ourselves

and the circumstances under which we have wronged others we can ask ourselves, "Have I ever behaved in a similar way to the person I resent as the result of my own defects of character? Have I ever been inconsiderate or so self-involved that I wronged someone else?" Certainly I never wanted to harm anyone! If so then why did I behave that way? The answer: because the activeness of my own defects of character at the time blinded me to the harm I was causing. I was so self-involved that I could not really acknowledge, empathize or properly relate to the other person. My defect of character was in control. I, like a blind man, was not capable of acting otherwise in that moment.

Now we ask ourselves: Knowing that I never intended to cause harm do I believe that I could be forgiven for what I did? We usually don't lose too much sleep over past harms. We empathize quite nicely with ourselves and see clearly our good natures and intentions. So yes, I would be willing to forgive myself.

Now here comes the twist. Knowing that I would be willing to forgive myself for such behavior, am I open to the idea of forgiving the person who has wronged me in a similar fashion knowing that they too were acting out of their own defects of character and did not really mean to cause me harm? If we are honest it should at least be a possibility although we may not want to commit to forgiving them right off the bat.

Now that we have realized that the

person in question was perhaps spiritually sick and never truly wanted to wrong us. He was (like ourselves sometimes) temporarily blinded by his own defects of character. We are told to ask G-d to help us. We pray: "This person is sick. How can I be helpful to them? God save me from being angry. Thy will be done." Through this process Alcoholics Anonymous tells us that G-d will show us how to take a kindly and tolerant view of each and every one.

Now we can we take a look at our own mistakes and defects of character commonly known as the fourth column. I believe that being able to see my own experiences with my blinding and callusing shortcomings, causing me to behave in similar ways as the very people I resent, I can begin to acquire the spiritual traits that allow me to release resentments relatively easily. Today I realize that no one is really out to get me anymore.

I truly believe that in addition to seeing the nature of our wrongs in the fourth column Step Four wants to teach us to use the tools to be free of resentment as quickly as possible. These are tools we can practice and apply for a lifetime of spiritual growth. That's why, when concluding Step Four, Alcoholics Anonymous says: "We have begun to learn tolerance, patience, and good will toward all men, even our enemies, for we look upon them as sick people." (p 70).

Daniel K., Israel

PRACTICAL TOOLS

Unicorn Syndrome

Face-to-face with insanity

A daily renewal is one of the best practices in my recovery from sexaholism. One morning my renewal partner said, “Matthew, you have UNICORN SYNDROME. You don’t realize how unique you are, how rare it is to have done the work you’ve done at your age and to have found recovery, or how unrealistic it is to expect your wife to be in the same place as you are.”

Immediately, I knew God had spoken to me and provided me with His wisdom, my diagnosis for the day. This diagnosis seems to apply every day: I have unicorn syndrome. Either I expect everyone to be as spiritual as I am--they should be further along on their journey and they need to work on their character defects--or I think I am terminally unique.

My expectations are nearly always unrealistic. My serenity is inversely proportionate to my expectations. When I have expectations I am planning out new resentments, which means I am asking for more Tenth Steps and ego-deflation. This is my choice, but I am powerless to

choose otherwise without God’s help.

Most people haven’t spent their whole lives critiquing everything they do. I have. (I call my self-critic “The Annihilator.” Another good friend in recovery helped me name him.) Most people aren’t addicts in the unmanageable, extreme fashion I prefer. Most people aren’t like me, and yet, everyone is trying to find God just like me and we share more similarities than differences. We all need space to grow and grace to be where we are at, messy as it is.

I need to allow myself and others space today to be where they are in the process. This is the essence of the Seventh and Twelfth Steps. We are allowed to be human, to fail and to struggle. Truthfully, my own standards drive me crazy. It is a gift from God to be face-to-face with my own insanity daily and to have the opportunity to surrender it. Thank God He is always ready and willing to help me let go of being a unicorn and run with the horses.

Matthew R., Oregon, USA

Acting Out Honesty

Facing fear inside and out

Chapter 5 of the Big Book tells us that honesty is a prerequisite of recovery. What does honesty mean for me? If I lie to you, even if I know the truth inside, I'm not being honest. Why? Because my outside doesn't match my inside truth.

In my addiction my inside never matched my outside. Inside I did not want to act out, but I did anyway. In recovery I could not get sober till my insides and outsides matched. For years I was unhappy about college (inside) but carried on in that college anyway (outside). Once I "acted out" my inner truth by quitting college, I got sober.

The same is true for many things I want or don't want. If I don't carry out these things I

am endangering my sobriety. My Higher Power loves me and therefore wants me to be happy. As an incentive He makes my sobriety dependent on that. I get happy by not suppressing my inside wishes.

Many times fear will stop me carrying out what I really would like to do. Today, thanks to the Steps I have tools to deal with the fear. Other days I'm not sure what I really want inside. Here, prayer to my Higher Power for clarity and a call to my sponsor or another member help me immeasurably. Being 'me' on the inside and on the outside is the key to honesty and my recovery today.

Wishing you all much happiness and the courage to 'act out' your honesty.

Love, Naf D. Israel

Group Discussion Topics

In Old Timers part one, what does "critical mass of problem and solution" mean to you?

In Honesty, the author states that "My Higher Power loves me and therefore wants me to be happy. As an incentive He makes my sobriety dependent on that." Does your Higher Power provide incentive to you?

Entitlement and New Lenses

talks about insurance that paid for the author's new glasses. What "insurance" did you invest in for your recovery?

In Beyond Iron Bars, the author encourages us to adopt an inmate sponsee. What benefits could you gain by becoming an inmate sponsor? What holds you back? Are you willing to utilize the resources available to help you?

Entitlement and New Lenses

"I can handle it" does not work

Recently I received new lenses for my glasses. The current ones were scratched and insurance would replace them. After the optometrist installed the lenses, I walked back to my car in the parking garage. I found myself astounded by the new clarity of my vision! I thought I should give a quick call back to the optometrist to learn what had changed my eyesight so

Over a period of time I may allow "scratches" to develop in my sobriety and recovery...

dramatically?

Then I realized what was happening. Over the year as I incurred scratches, I had steadily accommodated to their presence. I knew I sensed a blur as I wore my glasses, even though I cleaned the lenses often. Now with the new, undamaged lenses I was seeing clearly again. It startled me! As I reflected on this, I also realized that is what can happen in my SA recovery.

Over a period of time I may allow "scratches" to develop in my sobriety and recovery: doing less program reading, missing a

meeting, or showing up late and leaving early, lingering on looks at body parts, rationalizing a fantasy about sex with my wife, calling my sponsor less often, letting "I can handle it" cover over a resentment or a lust hit. And so on.

These behaviors seem innocent enough and at the moment do not threaten my sobriety. However, each one can be a cumulative "scratch" on my recovery. I get used to what is actually impaired spiritual vision. I can miss clues that something may be dangerous for me. Those feelings of "restless, irritable and discontent" could reappear. I might even give up on seeking clear recovery sight and staying emotionally comfortable.

It's been a few weeks since I got the new lenses. I am making an effort to gently clean them and to be conscious of not putting in a mess of scratches. I still love my newly clear eyesight. And, I'm very interested in reviewing any recovery scratches that might send me into blind alleys or hazardous situations. As my sponsor said to me years ago, no matter how long I am sober and no matter how perfectly I work my program, I will still be a sexaholic. That's okay by me, in fact. I need to remember that every day.

Anonymous



Letting God In

A solution to boredom!

When I first came to SA I was three years divorced from a twelve year marriage and had two kids. I always say that I was an sexaholic before I married my ex-wife, a sexaholic while married, and still an sexaholic after divorce. I knew that something was wrong with my behavior - I just couldn't stop, even though I did not want to continue. During my divorce period I dated a lot of women, looking for the right fix, the right woman. Of course, I did not find that woman....

When I met my current wife, everything was great. We had a wonderful time, and even the sex was great. After three months I again found myself watching porn and all the rest. This time I did something about this insane behavior. I wrote a long text message on my cell phone to my then girlfriend, telling her that I had a problem with uncontrolled sex addiction. I remember my finger hovering over the send button. Finally, by the grace of God, I pressed that button. My girlfriend accepted me if I would treat my addiction. I joined SA and have not acted out since then.

After three clean months in the program, I had a problem. Life was boring! Life without the excitement of lust?! My sick mind told me to go back to the warm hands of lust. Then I began to listen to messages of old timers

(especially AA oldtimers). They all have a common way of living the program: letting God into their life and living by God's will. That simple!

However, I come from an atheist home. God was a forbidden word in my family. I could not believe there is an entity called 'God.' I especially could not live by the will of a Higher Power. This was crucial. I knew that if I would not accept the idea of living by the will of a Higher Power, I could not keep my recovery and sobriety.

I made my decision to do all the actions suggested in the program, and to trust that faith in a Higher Power would come one day at a time. I can tell you now, nineteen months later, that this was THE major decision that I made in recovery! When things happen not according to my will--in family life or in business--I accept them as things that are according to the will of God. I am sometimes angry at first. Then I take the actions (mostly sharing and praying), and I feel much better. I accept that nothing happens by mistake in the world of God!

This is a growing victory, one day at a time. I can tell that I am a much happier and a feel like a whole person. This is not only a program of recovery, this is a way of living a calm, happy life in this world. All because I believe in a Higher Power and trying (working hard) to live by His will. AMEN.

Nadav G., Israel

Spiritual Condition

Finding a loving higher power

I need to maintain a fit spiritual condition

At times I fail to recall the effort it takes for me to surrender my sexual lust on a daily basis. I pretend to think that because I have such a wonderful spiritual condition--attending Sexaholics Anonymous meetings, meeting with other SA members, etc--that I don't need other practical solutions. But that whole line of thinking originates in my ego. My ego still wants to be in control. I still suffer from the delusion that I am like other people, that I can lust like a gentleman. I forget the very practical efforts I made (and still make) to surrender my sexual lust. I forget the statement found in our SA "White Book" that there is no such thing as surrender in the abstract. Surrender is always accompanied by action.

When I first came to SA, I made several practical surrenders in order to withdraw and recover from lust. I changed my cell phone number and carried a flip phone with no Internet access for over four years. I did not carry cash at all for at least a year. I called a sponsor daily. I bookended, going online with phone calls to other members. I abstained from sex with my spouse for a time in order to recover from lust. I got tested for STDs. I had my sponsor

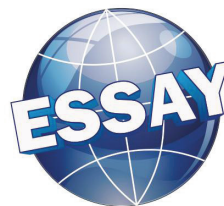
go online and delete all the secret email accounts I had created. With help from Sexaholics Anonymous members, I cleaned out my stash of lust-related paraphernalia.

I Surrender My Sex Addiction to My Loving Higher Power on a Daily Basis

But none of that would have worked had it not been accompanied by a spiritual awakening, as the result of working the Twelve Steps of Sexaholics Anonymous. Above all else, I must remember every day that my recovery solution is based on the maintenance of my spiritual condition.

My new attitude towards life is not based on any thought or effort on my part. My new attitude is a gift from a loving and caring Higher Power that loved me all along. I just failed to acknowledge it when I was in my sex addiction.

From the EMER web site: <http://sexaholicsanonymous.eu/>



Our Meeting in Print



NEW SA GROUPS 3RD QUARTER 2017

Europe and Asia

Cairo, Egypt (new Meeting)
Dublin, Ireland (new Meeting)
Cumbria, United Kingdom
Kempele, Finland

North, Central, & South America

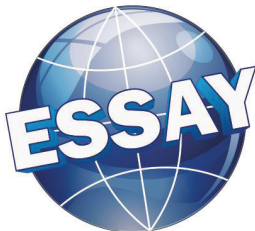
Fort Lauderdale, Florida
(new Meeting)
Honolulu, Hawaii
Kearney, Nebraska

Morgantown, West Virginia
Naples, Florida
Provo, Utah (new Meeting)
Sacramento, California (new Meeting)
Sarasota-Bradenton (new Meeting)
CUSCO, Peru (new Meeting)
São Paulo, Brazil
Sucre, Bolivia

SAICO Finance Report:

Donations	\$178,632
Other Revenues	\$ 77,356
Expenses	\$255,525
Rev – Exp	\$463
Prudent Reserve	\$276,773
SAICO operating reserve for six months is	\$144,950.

Over all third quarter YTD revenues are (6.64%) over budget. Based on the current third quarter variance revenue report, we remain optimistic that 2017 revenue results will finish above budget targets as convention contributions and literature sales are offsetting the fellowship contribution shortfall. Going forward into the 2019 budget cycle, there is a continued concern over Fellowship group contribution shortfalls.



Our Meeting in Print



SA / S-ANON

**2018
EMER REGIONAL
CONVENTION**

**Discovering the
Principles
Personal Recovery
and Relationships**

DATES

22nd – 24th June 2018

LOCATION

Dublin, Ireland
St Patrick's College, Maynooth

PRICE

€ 165 per person
Full board accommodation

ENQUIRIES

emer2018@
sairreland.com

Book Early!

The 2018 convention of the European and Middle Eastern Region (EMER) will be held in Ireland, hosted in a truly historic venue near Dublin from Friday, 22nd June 2018, to Sunday, 24th June. The 2018 EMER SA Regional Assembly takes place before the convention.

[REGISTER HERE](#)

EVENTS CALENDAR

Upcoming International Conventions

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

July 13 - 15, 2018 Saint Louis, Missouri, USA SA/S-Anon International Convention: *Gateway to a New Freedom*. Web: www.gatewaytoanewfreedom2018.com

June 22 - 24, 2018, Dublin, Ireland SA/S-Anon EMER Regional Convention *Discovering the Principles Personal Recovery and Relationships*
Email: emer2018@saireland.com Web information [HERE](#)

Local/Regional Events 2018

February 9 - 11, Weston, Oregon, Leia "Snow" Retreat, Tri City Serenity Group [Download the registration flyer here](#)

10 February, 2018 Sydney Australia "Recovery through sponsorship"
International guest speakers Web: www.saoz.net/events
Email: onedayconferencesydney@gmail.com

April 6 - 8, Perth, Scotland, United Kingdom SA/S-Anon Spring Scottish Convention: *Just For Today - The First Day of the Rest of our Lives*.
Email: essay.aberdeen@hotmail.co.uk

April 14, Greensboro, NC, USA Triad SA/S-Anon Marathon: *Hope and Renewal*. Email: triadsa@triadsa.org

April 20 - 22, Sumas, WA, USA SA/S-Anon Spring Retreat: *On Awakening - Northwest Regional Retreat*. Info at: <http://www.pugetsoundsa.org/northwest-regional-sa-s-anon-2018-spring-retreat-in-sumas-wa/>

May 4 - 6, Mansfield, Ontario, Canada SA Ontario Spring Retreat.
Email: events@saontario.org

May 4-6, Sydney, Australia Regional Conference, *Essentials of Recovery*, Information & on-line registration - www.saoz.net/events
Email: nswessayintergroup@gmail.com

Humor For SA

“Endgame Strategies Of Choice” For Sexaholics Anonymous Members

Endgame: the final stage of a game such as chess or bridge, when few pieces or cards remain.

Are you on a telephone call that’s starting to go on too long or veer into unwanted subjects? The endgame strategy of choice is to begin talking about a Step – any Step, 1 through 12, will do. The conversation will usually end within a minute.

Do you find yourself in a romantic relationship that you realize is not healthy and you need to end it? The endgame strategy of choice is to begin having sex with him or her. Naturally, this resets your sobriety date. It will usually end the relationship within a week or two.

Are you beginning to think you may have switched from your sexual addiction to a recovery addiction and need to get rid of all addictive behavior? The endgame strategy of choice is to decrease the number of meetings you attend and say “I pass” at the ones you do attend. Your recovery addiction fears will usually vanish within a month.

Are you afraid your sponsor is being too demanding and you need to tell him or her go? The endgame strategy of choice is to tell him he is responsible for your recent slip and you’re tired of following his suggestions. Most often you’ll be ready for a new sponsor by the time you hang up on the call.

Technology Strikes Again!

The result of dictating a text message on the smart phone:

What was sent: Our asses are in transit. I construction and is in December. They just didn’t mail until Friday.

The text was meant to be: “Our Essays are in transit. Our subscription ends in December. They just didn’t mail until Friday.”

Kent A.

HONEY!



By Jimmy M.

Addicts Voice Recognition

SA CONVENTIONS

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



**12 Steppin'
Deep in the Heart of Texas**

There exists among us a fellowship, a friendliness and an understanding which is indescribably wonderful.

AA Big Book p 17
www.texas12step2018.org
or email us at info@texas12step2018.org

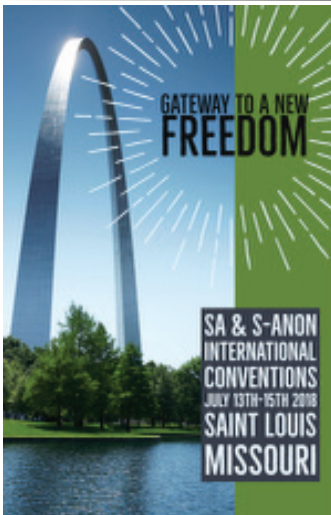
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wonderful. - AA 17*

www.texas12step2018.org

info@texas12step2018.org



**July 13-15, 2018 St. Louis,
Missouri USA**

St. Louis is known as the “Gateway to the West” as many settlers and adventurers passed through on their way to the West. We of SA and S-Anon have found our fellowships to be Gateways to a New Freedom. Please join us as we share the various experiences, strengths, and hopes of our journey to that freedom.

[http://www.
gatewaytoanewfreedom2018.com/
gatewaytoanewfreedom@gmail.com](http://www.gatewaytoanewfreedom2018.com/)

SOME RECENT AND FUTURE REGIONAL EVENTS

Ireland: SA Convention 2018 9th, 10th & 11th March 2018 Esker, Athenry, Galway, Ireland
“Took the actions of love to improve our relations with others”

Poland: a workshop with Gary W. from USA. The workshop will be held from 10th till 12th November in Gdańsk, Poland.

Scotland: April 6 - 8 2018 Friday to Sunday SA S-Anon convention Perth Scotland. “Just For Today - The First Day Of The Rest Of Our Lives”

Italy: SA WORKSHOP “Through The 12 Steps” led by Luc D. in Sezano - Verona from 3-5 November 2017

U.K.: Newcastle Conference November 17-19 2018 “LEGACY OF SERVICE”
Guest Speaker – Dave T from Oklahoma City USA

New in Murcia, Spain is the group Sexaholics Anonymous, which provides telephone support to those who have this problem

By Yolanda Abellán 24/02/2017

The 12 steps of Sexaholics Anonymous (in a basic form)

Admitting addiction.

Realize what we had done.

Decide to go with who we believe best.

Make a thorough reflection on ourselves.

Admit to others our addiction.

Be willing to end it.

Humbly ask God to help us break our addiction.

Be willing to repair the damage.

Directly repair the damage.

Continue to keep improving.

Search through spirituality willpower to follow.

Help others with the same problem and prevent relapse.

Can sex be an addiction? In fact, it is. To protect people who are hooked to this in Murcia, an association was born with purpose to help and which has set up a phone line, where one can call if they think they need help.

John (he prefers not to say his last name and not be identified) is, for now, the only member of Sexaholics Anonymous association, which just landed in Murcia and was born, as its name suggests, to provide help to people who have a unhealthy relationship with sex, to the point that it has become an addiction, as with alcohol, drugs or gambling.

For now, those interested in learning more about them can find information on the web www.sexolicosanonimos.org or write to email sexolicosanonimosmurcia@gmail.com.

Precisely in order to learn to know one another, those responsible for the association yesterday organized a conference entitled "Pornography And Sex Addicts." As for his conduct, it is based on the Twelve Steps used in Alcoholics Anonymous, though, as John says accurately, without religious bias, because for every belief you may have the person seeking help is respected.

It emphasizes that the addict must discuss the problem with someone you trust, rather than withdraw into himself and hide. "The main thing here is to have an exclusive help of someone", adds John. In this regard, it is having a 'sponsor', which is how you call people who help a person or talk on the telephone in a personal manner. "I have been here for two years in Murcia and many people come me for help and to teach them how to start" John explains, in a talk from his experience.

In his opinion, "sex destroys you if do not control it. This is a mental illness." "Pornography is the worst 'sex drug' complaint.

There are no data that tell how many people are addicted to sex, but "if you can say that 30 or 40% of the population suffers" says the group coordinator in Murcia, from where "calls come from many people asking for help to overcome this addiction"he says. Also it is true that there are people who cross the red line and do not seek help because they think they do not need help.

Una luz para adictos al sexo Nace en Murcia la asociación 'Sexólicos Anónimos', que ofrece asistencia telefónica a quienes tengan este problema

Yolanda Abellán 24.02.2017 |

Los 12 pasos de Sexólicos Anónimos

Admitir la adicción.

Darse cuenta de qué habíamos hecho.

Decidir ir con quién creemos mejor.

Reflexión minuciosa sobre nosotros.

Admitir ante los demás la adicción.

Estar dispuestos a acabar con ella.

Humildemente, pedir que nos ayuden a acabar con la adicción.

Estar dispuestos a reparar el daño.

Reparar directamente el daño causado.

Continuar 'arreglándonos'.

Buscar a través de la espiritualidad la fuerza de voluntad para seguir.

Ayudar a otras personas con el mismo problema y evitar recaer.

¿Puede ser el sexo una adicción? De hecho, lo es. Para amparar a las personas que estén enganchadas a esto en Murcia, ha nacido una asociación, con vocación de ayudar, que ha habilitado una línea telefónica, en plan Teléfono de la Esperanza, a donde puede llamar quien crea que lo necesite. Son los 'Sexólicos Anónimos'

Juan (prefiere no decir su apellido, para no ser identificado) es, de momento, el único miembro de la asociación Sexólicos Anónimos, que acaba de aterrizar en Murcia y nace, como su nombre indica, para brindar ayuda a las personas que tengan una relación insana con el sexo, hasta el punto que se haya convertido en una adicción, como el alcohol, la droga o los juegos de azar. Por el momento, quienes estén interesados en saber más sobre ellos pueden informarse en la web www.sexolicosanonimos.org o escribir al correo sexolicosanonimosmurcia@gmail.com.

Precisamente con el fin de darse a conocer, los responsables de la asociación organizaron ayer una conferencia, titulada Adictos al sexo y pornografía.

En cuanto a su proceder, se basa en los doce pasos que se emplean en Alcohólicos Anónimos, aunque, según precisa Juan, sin el sesgo religioso, pues se respeta toda creencia que pueda tener la persona que pide ayuda.

Se hace hincapié en la importancia de que el adicto hable de su problema con alguien de confianza, en lugar de encerrarse en sí mismo y ocultarlo. «Lo principal aquí es que tengas una ayuda exclusiva de alguien», apostilla Juan. En este sentido, se trata de tener un 'padrino', que es como se llama a las personas que ayudan a una persona en exclusiva de manera presencial o telefónica. «Llevo dos años en Murcia y me viene mucha gente pidiendo ayuda y les enseño como tienen que empezar», explica Juan, en una charla con la opinión.

A su juicio, «el sexo te destruye si no lo controlas, es una enfermedad mental». «La pornografía es la peor droga», denuncia.

No hay datos concretos que precisen cuánta gente es adicta al sexo, pero «sí se puede decir que un 30 ó 40% de la población lo padece», asegura el

coordinador del grupo en Murcia, lugar desde donde «llama mucha gente pidiendo ayuda para superar esta adicción», afirma. También es cierto que hay personas que cruzan la línea roja y no piden ayuda porque piensan que no la necesitan. Suelen ser las personas que tienen una familia los que sí acuden a este tipo de asociaciones para que les ayuden.

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Dear *Essay*: The **SA Literature Committee** has been asked to assemble a global Old-Timers compilation of articles and speeches. Please contribute your favorite text, either print or on a tape or CD, and send it to SAICO by postal mail or internet at saico@sa.org.

A Meeting in Letters: Beyond Iron Bars

Prisoner sponsors needed!

I've just shared a Fifth Step letter from my sponsee, and the room is very quiet. The one whose letter I just shared is 'spiritually' in the room. The realm of recovery is beyond concrete and iron bars.

Most of us will never meet this particular prisoner. Yet, most of us sense that a few wrong turns ago, I might have been on the inside myself.

Neither prisons nor society endorse SA sobriety. Admitting in frank language our brokenness is challenging and rewarding. When a prisoner puts pen to paper and writes his or her sexual history, it shows desire and desperation to find a Higher Power in SA recovery.

Our Friday meeting is one of a growing number where prisoner correspondence is read to the group. We share in a group conscience our experience, strength and hope to the sponsee by mail. A new prisoner receives a template with readings from the White Book, our definition of sobriety, and a reminder of the 12th Tradition as it regards anonymity in prison. I respond to a prisoner's Step work within a week. Sometimes, they respond quickly. Sometimes, no reply.

For an inmate sponsee, writing the Steps is a tall order. A Step Guide put together by Tucson Ray is available from SAICO and the SA Correctional Facilities Committee. It is the best tool for working with those incarcerated.

We suggest that an inmate's sponsor first work all the Steps with his/her sponsor. After a 4th Step inventory, sharing a 5th Step opens the sponsor to the rigorous honesty with ourselves,

God, and others, that is key to helping the prisoner sponsee.

Most of us will not face the fear of those who commit violence in prison. Without minimizing the profound suffering of the victims of sex offenders, I also think of the safety of those who committed a sexual offense and who courageously face their addiction in SA. They have a name and history. They are sexaholics in the body of a male or a female becoming sober. If God could take a loving stance toward me, I can love people who are imprisoned for hurting others.

Eric S., SACFC Chair
+1 415-317-4299
sacfc1@gmail.com

A former prisoner sponsee once called me after a three day bus ride from from West Virginia. He had permission to attend a Sunday night meeting. I said, "I don't usually attend Sunday night." He uttered "Oh." It was a small sound, and I suddenly felt small. I drove him to his first outside meeting. We got to know each other on the way. A criminal record doesn't mean someone doesn't have dignity.

By writing and sponsoring, I found those whose desire for recovery can salvage a life from ruinous addiction—even in prison. Lust is a vast problem inside and outside correctional facilities worldwide.

The SA Correctional Facilities Committee (SACFC) has trusted servants who build bridges with prisons and jails. Sponsorship through writing with SACFC offers the opportunity to give back "to ensure immunity" from lust.

My contact information is in the box above. Eric S. SACFC Chair

The Twelve Steps

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

The Twelve Steps and Traditions are adapted with permission of Alcoholics Anonymous World Services, Inc. (“AAWS”). Permission to adapt and reprint the 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 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, films and TV.
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 cannot change

COURAGE

to change
the things
I can and

WISDOM

to know the difference.

