

ES SAY

August 2018

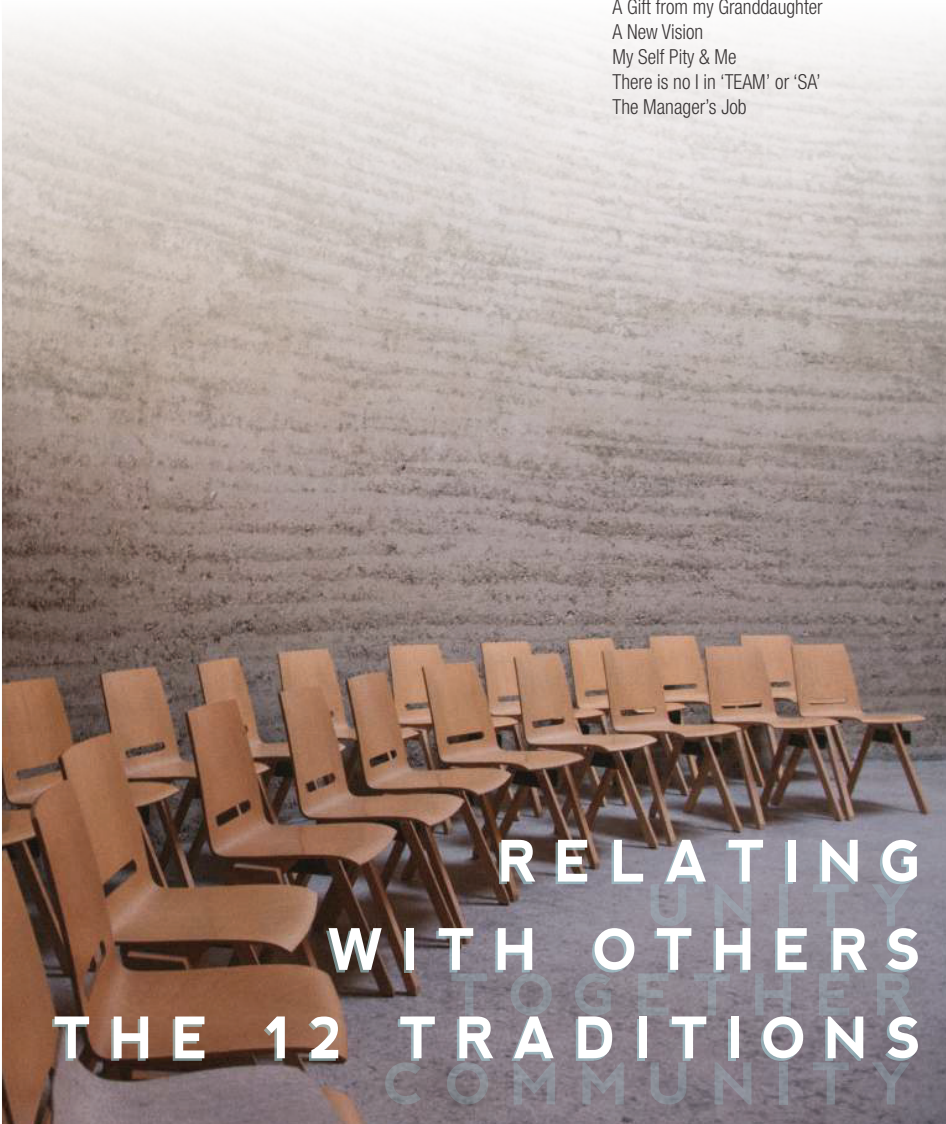
A publication of Sexaholics
Anonymous featuring:

Traditions

Tradition Two Works
Primary Purpose
Self-Supporting
Desire to Stop Lusting
Our Spiritual Foundation

Articles

A Gift from my Granddaughter
A New Vision
My Self Pity & Me
There is no I in 'TEAM' or 'SA'
The Manager's Job



RELATING
WITH OTHERS
THE 12 TRADITIONS

UNITY
TOGETHER
COMMUNITY



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 this issue August 2018 is: Relating With Others- the 12 Traditions. Future topics are: October 2018: *Humility: Being Right Sized*; December, 2018: *Service Work as a Gift*; February, 2019: *Sobriety and Relationships*; May, 2019: *Open-mindedness*. 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

August, 2018

Dear *Essay* readers:

This issue of *Essay* includes many stories on "Traditions: Relating with Others." Your next issue in October will focus on "Humility: Being Right Sized." Please send in any stories or short articles on your experience with Humility! Future topics are listed on the previous page. Let us hear from you at essay@sa.org

Our desire to be a global Meeting in Print is well underway. Occasional translations of *Essay* in Spanish and Farsi and Hebrew are happening. There are two new Regions and new intergroups are forming all over the world. As of mid-July the free downloads of *Essay* were 3,210 for the February 2018 issue and 1,534 for the May issue.

Let your sponsees and groups know *Essay* is available! 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. The print edition of SA has fewer pages than the electronic version due to mailing requirements. Print or electronic, each version of *Essay* can serve as a Meeting in Print. 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 a publication of Sexaholics Anonymous

Essay@sa.org

Are you new to Sexaholics Anonymous?

Find out more about us

- * Contact our International Central Office
- * Visit the SA website at www.sa.org
- * Call us toll-free at 866-424-8777 or
- Outside of the USA call +1 615-370-6062
- * E-mail us at saico@sa.org

August, 2018

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www.sa.org/donate/

Dear Essay

Dave T. forwarded this Third Step prayer – a comparison of English and Polish versions.

God, I offer myself to Thee **Boże, ofiaruje siebie Tobie** - both versions say that the presence of HP in my life is essential. The Polish **ofiaruje** is more like to sacrifice me without any choice.

to build with me and to do with me as Thou wilt. **abyś mnie uformował i uczynił ze mną to, co będzie zgodne z Twoją wola.** - my ego can only blind me for constructing my spiritual life. I need a better architect. Fortunately, Polish builders are well known for decent labour skills :)

Relieve me of the bondage of self, **Uwolnij mnie ode mnie samego** - this line makes more sense to me in English. The Polish version does not indicate, in my opinion, why relieving me of myself is beneficial. It does not address the bondage that I put myself into each time I follow my ego's choices.

that I may better do Thy will. **żebyśmy mogli lepiej spełniać Twoją wole.** - I identify more with Polish line as word **spełniać** means to fulfil.

Take away my difficulties **Oddal ode mnie trudności** - **oddal** means to distance, which I take like a method to get my difficulties in right perspective. *Take away* seems like passing responsibility for my difficulties on HP. I do not think that this would work at all.

that victory over them may bear witness to those **aby zwycięstwo nad nimi mogło być świadectwem dla tych** - there is no difference in this line to me. The importance I find here is to inspire other people around me to

do good things, I should live in a peaceful attitude to them and my HP.

I would help of Thy Power, Thy Love, and Thy Way of life. **czerpiąc z Twej Potęgi, Miłości, Twego Pojmowania Drogę życia.** **Czerpac** means *to derive* which is closely connected with the concept of HP that I believe in. I believe that my HP is a utter, complete source with all feeling and emotions that I should seek to derive in each situation in my life.

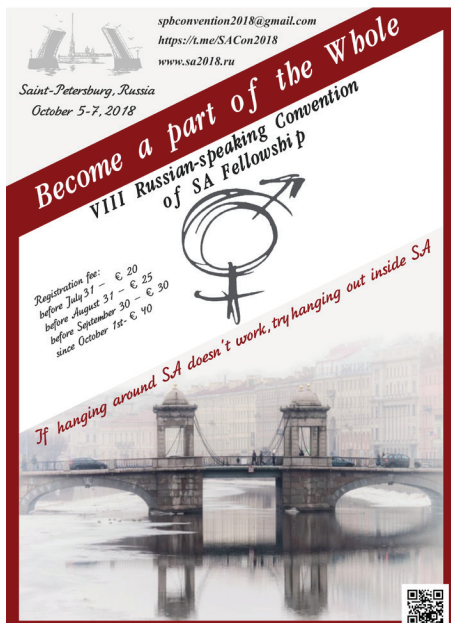
May I do Thy will always **Dopomóż mi, abym zawsze spełniał Twoją wole** - here is about the help that I need to fulfil the will of my HP in the Polish line which was stated one line before in English. It seems to be teamwork where I have important role to fulfil but only one role, not several dozen roles. It is like in basketball where I am like a point guard and my HP covers shooting guard, small and power forward and center positions. I simply enjoy to play with my HP in a team.

Piotr P., UK SA/S-ANON

The Loss of an Anchor

Dear Essay,

The Middle Georgia SA Group in Macon and Warner Robins mourns the passing of Bob C., who left a legacy of SA service. He died of congestive heart failure on 11 May 2018. Bob was a stalwart at the local meetings, always showing up early to put the literature out, and he did much of the behind-the-scenes work to keep the group's annual October marathon going. He was an anchor for our group. Bob's sobriety date was 4 June 2009.



The flyer for the October Russian-speaking Convention conveys some of the excitement of this SA presence. Saint Petersburg, the city of drawbridges, will host a wonderful SA gathering.

Эта листовка показывает немного энергии этого сообщества СА. Санкт-Петербург, город разводной мостов, проведёт замечательную сборку СА.



Our Meeting in Print



Sexaholics
Anonymous

SA Check Meetings

How They Work

The Newest SA Brochure

Those of us who have been around SA for some time are familiar with a special type of meeting known as the “Check Meeting.” A check meeting is a small gathering of sober SA members around a member who is experiencing difficulty in the Program. It is an opportunity for the struggling member to listen, reflect, and hopefully to get back on track with the Program. Many of us have profited from being the focus of check meetings that were called to help us, and we have also profited from being part of check meetings that were focused on helping another member.

[Order from the SA Store!](#)

PRACTICAL TOOLS

A Gift from My Granddaughter

He finds true intimacy

My wife and I were babysitting two of our grandchildren for the weekend. On Saturday afternoon I was keeping my grandson company, lounging next to him on the couch with my legs up on a hassock as he watched his favorite television program.

It's his sister I want to talk about. My granddaughter is 22 months old, but I (the proud grandfather) believe she's mature beyond her age. Indeed, the family believes she's already speaking in sentences—she talks all the time—although no one can understand so far what she's saying.

She was not interested in her brother's television program, but I noticed she seemed to want to be near me, even to be in physical contact

For most of my life intimacy meant sex; Now I was struck with wonder and gratitude that I could register human intimacy.

with me. She climbed back and forth over my legs. She climbed up on the couch beside me and leaned against my shoulder. She touched my glasses gently and smiled into my face. Then she slid back down to the floor and stood there, gazing at my face; when I returned the look, she gave me a smile.

It seemed to me that my granddaughter was showing me nonverbally that I was important to her. Certainly she wanted my attention—as I was giving her brother attention and companionship—but above that I felt her affection and trust. Then it came to me: this is intimacy!

Without words, my granddaughter was giving me the gift of intimacy.

In that moment, I was aware of another gift. God had given me the gift of awareness. For most of my life intimacy meant sex; any other intimacy I shied away from or numbed out. Now I was struck with wonder and gratitude that I could register human intimacy.

I would like to be able to report that I responded to the gift by hugging my granddaughter and telling her how much I love her. In retrospect, that's the ideal response I would choose. But the truth is that I did not respond; I remained seated as before. You see, I still have some of the love cripple in me. I do not always respond spontaneously and appropriately in emotional situations. I trudge the road with a bit of a limp.

But I have no regrets. I'm grateful for progress made. I have the rest of my life to show my granddaughter how much I love her.

Art B., Macon, Georgia

No Scanning Mode

Learning a new freedom!

In 1993, my wife and I led a church singles ministry. During a pool party at a single's house while playing catch, my six-year-old son looked at me and said, "Daddy, why do you keep looking around? Why don't you just play catch with me?" I believe that was the first time anyone spoke to me about my looking at the women around me.

Twenty years later next to my wife at a Seattle theater, I once again was looking. I fixed my lust-filled gaze upon the lead actress. At the end as she exited the theater, she stared at me with hatred in her eyes. I deserved it because of the

gaze I had subjected her to.

How to stop this abuse of women and this unfaithfulness to my wife? Looking was an everyday occurrence. I talked about the incident with my sponsor and program friends. I prayed for the actress and asked her forgiveness. The shame left me -- and the guilt did not.

One Sunday, as we prayed, I asked my wife's forgiveness. I needed to make direct amends for the lusting at the play and to ask her to be a surrogate for the actress as an indirect amends. She forgave me and received my forgiveness on behalf of the actress.

How to surrender the lust that led to lusting? Despite years in the program, I was still taking that "first drink" and sometimes going to the trance-like state.

A younger SA member confided that he kept taking "sips of lust" and wondered if I knew how to stop? I basically had the same problem and no real solution to offer. While I did not act out and would put it into the light as soon as I was willing, some days my head was on a swivel. This drove me crazy.

Recently my wife and I were headed through airport security. I fought the usual urges to gaze at the women around me. We arrived at the airport and the security machine scanned me.

It dawned on me that I'd been passing females through my personal scanner most of my life. Scanning, sipping lust, stealing looks once, twice, three times until I lost count. After years in the program this was where my disease still lived, albeit tempered to some degree by my spiritual fitness on any given day.

In scanning mode, I survey the females in my field of vision and focus in to the degree I find them attractive, what they are wearing, how they walk, what position they are in, whether they are married or single, and their physical features. In scanning mode, I'm checking out everyone, wondering what it would be like to be with her, turning a smile into a sign of interest

in me.

The solution is to turn off "scanning mode" and stop putting every female I saw through my "personal scanner." The way to stop lusting was not to start.

I'd tried the "first look is on God, and the second is on me" approach. That rarely worked because after I'd taken the first I couldn't stop taking the second look. The "three second rule" never worked either. Who's counting "seconds" when one is drinking in a person! However, by turning off scanning mode, I would not need to take the "first drink." I'd need to turn off "scanning mode" frequently each day because it was my default mode.

While with my wife in a hotel I knew this was a testing ground for not taking the "first drink." One morning we went swimming. While my wife was sunbathing, I went up on a bridge over the canal to make program calls. She said, "Don't look this way" because of the women sunbathing next to her. I responded, "It's the same situation on the other side of the bridge." So, I spent my time on the bridge looking off into what I now call "unoccupied space."

On another occasion my wife said, "Did you see how that woman was dressed?!" I was happy to realize I hadn't, because I wasn't scanning. For perhaps the first time in my life, I was not in "scanning mode" and taking the "first drink of lust."

When we returned to Seattle from our vacation, I soon discovered "scanning mode" reappeared. I needed to find a "no scanning partner." I found a him. We send each other a simple text most days: "no scanning." We communicate when in a challenging situation, or when we've given into scanning and need to renew our commitment. It's amazing how my Higher Power uses our partnership to increase my willingness and strengthen my resolve to give up scanning one person at a time.

William R., Washington USA

There's no 'I' in 'team' or 'SA'

He prefers winning against lust

From the time I was a kid I never liked teams. I didn't want to lose because some teammate screwed up. If I messed up a bunch of people would hate me for making them lose. And if I'm the prime factor in helping a team win, the credit will be spread out among a bunch of others. By my logic it was better to solo have the credit and control of winning or losing.

For a while I played baseball. The coach told me, "There's no 'I' in 'team'." So, I found a game with an 'I' in it - "tennis" - and switched sports.

To me, sobriety is not a solo sport. I can't be one guy playing all the positions.

I went to a co-ed championship and was beaten by a girl (she was really good) in straight sets. Hey, at least I lost all by myself with no one else helping.

I took the same lone cowboy approach to addressing my addiction and it seemed to work. When I was 22 and had been acting out since I was 15, I made a vow to stop with God's help. For four months, I was completely free of lust. There was only one problem - my life stank without it. When I started acting out again, it was because I wanted to.

Six years later, my life in shambles, I became willing to join team SA. I found three others at my local group and assembled a team. We "group sponsored" each other and worked through the Steps. One by one, the other guys fell away. It was my old fear. I was going to fail because these

guys weren't willing to work with me. Eventually I accepted the truth that I was only willing to be part of a team if I was the coach. When I gave that role over to a sponsor, I started winning.

Some people try the "God is my coach, I don't need others" approach. God may be the coach, but where is the team? To me, **sobriety is not a solo sport**. I can't be one guy playing all the positions, especially against a team like the Lust City All-Stars. Today, when it comes to my addiction, I see my Higher Power as the manager, my sponsor and other advisors as the coaches, and other SAs as the team.

It is still hard for me being part of a team. There's no 'I' in 'team' or in SA. And it feels better to win than lose against lust, even if it means playing on a team.

Anonymous

I CAN FIX THAT!

Mystery
Covery

By Jimmy M.



EXCESSIVE EGO
IS NOT A
TRADITION



Recovering From Online Chat Sex Addiction

High Powered Days

I fell hard into the Internet. There I found a world where forbidden things were freely available. At first, I enjoyed this secret place where there was no right or wrong. So I stayed there longer and longer each day. Before long, my seemingly harmless online meetings turned into infidelities. I cheated frequently, after more than fifteen years of faithful marriage.

I soon found myself raising our two kids largely by myself. My new “wife” was the Internet. Online I crossed all sorts of lines. Things that at first revolted me eventually had to be tried. Still, I was fiercely proud of one thing: my online life never affected my kids. Or so I thought.

My kids surely felt its effects. I remember one Saturday morning when I quickly logged onto the Internet “just to see who is on.” When my kids woke up, they begged me to cook breakfast. “Just butter yourselves some toast,” I yelled, stalling to prolong an online chat. “We’re still hungry!” they yelled shortly. “Cook yourself some eggs!” I shouted back, irritated. “But it’s lunchtime, now!”

I glanced up and realized four hours had elapsed. “Heat up some pizza; I’ll be right there,” I pleaded, “I’m really busy right now!” Soon they whined, “You said you’d take us to the pool, but now the pool’s closed.” I snapped angrily, “The pool doesn’t close until 6:00!” A glance at the clock told me what I didn’t want to admit. I had lost another entire day. I prayed they would believe my claims of “important work” on the computer. But their bare closets and empty pockets told them my work wasn’t earning any cash. “I’ll make it up to you,” became a familiar and hollow vow.

One day, my daughter caught sight of some online chat I had forgotten to erase. I doubt she wanted to believe that those words came from the father she trusted—but they had. She left my life due to her vigilant mother. My sickness destroyed my daughter’s belief that she had a good father. Some people don’t hit bottom until after jail, an asylum, or a divorce court. For me, it came when my secret underworld collided with the fragile reality of

When I finally worked the program—and worked it every day—the program worked.

someone I loved with all my heart. Like many people in recovery, I have since become grateful for the disaster that brought me here. The worst day of my life turned out to be a life saver.

Ironically, I now work on the Internet nearly every day in my profession. Thanks to my Higher Power, the Internet is not the trigger it used to be. After I found sobriety, one day at a time, I realized that the web was never my real problem. My problem was a physical craving and a mental insanity within myself. The Internet was only a trigger. My real enemy was my addiction. I worked the Steps, came to meetings, and took directions from my sponsor. When I finally worked the program—and worked it every day—the program worked.

Today I talked on the phone to my daughter for an hour and she told me all about her move to a bigger city. She attended my recent wedding and I came to her graduation. I don’t know if she’ll ask me to escort her down the aisle at her wedding someday, but I think she might. After some Ninth Step amends, that low point we both went through has been replaced by one High Powered day after another.

From: sexaholicsanonymous.eu/

TRADITIONS

Tradition Five:

Each group has but one primary purpose— to carry its message to the sexaholic who still suffers.

In the Traditions, we have one ultimate authority, one membership requirement, and now one primary purpose. All of these support the unity of SA.

Tradition Five gives us our singleness of purpose—recovery from our obsession with lust through working the SA program with others. While we come from many backgrounds, cultures, and spiritual traditions, this unity of purpose is a cornerstone of our society. Service at all levels of our fellowship is guided by this purpose. How will our action impact the newcomer? How can we be more available and more encouraging? How can we spread our message of hope? Carrying the message of our recovery unifies and strengthens our group and benefits the suffering sexaholic and the larger community.

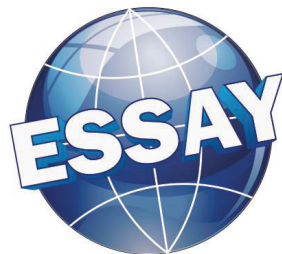
We have in common a singular gift—a solution that offers freedom from the bondage of lust. Our handicap has become a blessing. What purpose could be higher for our group than to share the SA solution?

As my home group grew in sobriety, we began to carry the SA message to clients at a treatment center. It felt right to share the solution we had been given, and we recognized that we needed to pass our recovery on in order to keep it. But at some level we still thought we were doing them a favor. While it is likely that they benefited from the information we

shared as well as from our experience, strength, and hope, we also benefited in unexpected ways.

Our experiences at the treatment center began to change our group. We traveled together. We shared together in a community of strangers. On the way home we shared and laughed together about our common experiences. The quality of recovery in our group improved. Creating unity had not been our original intention, but that has been the result of living our primary purpose.

I was relieved, as a newcomer, to hear that the old timers still had struggles. They didn't dwell on their struggles, but they did mention them and what they saw as the solutions to them. Sometimes we all struggle, and in that light sharing the problem is appropriate in meetings as long as it is balanced with the solution. If I had never heard that my sponsor struggled I might have gained a false perspective of recovery. The Twelve Steps have not eliminated the problems in my life, they have merely shown me ways to handle them without needing to resort to lust.



Our Meeting in Print

Traditions in Practice

Tradition 7: Every SA group ought to be fully self-supporting, declining outside contributions.

Tradition 9: SA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

From where does your group get SA literature? Who provides informational packets to individuals trying to start a new group? Who helps the desperate sexaholic connect with a group, or another member? From whom can you obtain information about meetings and contacts when traveling? Who provides online registration for our International Conventions?

If you answered SA International Central Office (SAICO) to all of these questions, you are correct. Without SAICO our fellowship would be severely hindered in our primary purpose of carrying our message to the sexaholic who still suffers. How does your group observe Tradition 7 with regard to SAICO?

Since 2014, donations and contributions to SAICO have lagged

expenses. During this time our membership grew and the world economy strengthened. SAICO balances the budget by decreasing expenses and increasing literature and convention income. This is not, however, being self-supporting through our voluntary contributions!

Tradition 4 says that autonomy means your home group is free to decide for itself what to do. Many groups forward funds in excess of a prudent reserve to their intergroup to be forwarded to their region and SAICO. Other groups collect a quarterly donation specifically for SAICO. The European and Mid-Eastern Region (EMER) has an annual “Gratitude Week” when each group collects a donation for Central Office. Encourage your group to form a group conscience regarding support for our International Fellowship.

Many of us know the fellowship and 12 Step program of Sexaholics Anonymous saved our lives. What can you contribute to ensure that the next desperate sex drunk finds the same opportunities and resources for recovery that we found?

Anonymous

WOMEN SA MEMBERS!!

There’s a great new service project being worked on, and we need YOUR help!

Have you seen SA’s two outreach videos? If not, please check them out on SA.org’s home page. The Public Information Committee is now producing another video—this one is specifically focused on carrying our 12 Step message of recovery to women.

We’re looking for sober women members (6+ months of sobriety only, please) to send in a video submission (digital only) of their story of experience, strength and hope to participate in this great project. *All video images will be anonymous.*

This is a wonderful opportunity to do some effective 12-Step work, and we hope that—together, we will bring hundreds of new members into our fellowship to help them obtain lasting and productive sobriety.

If you’re interested in being part of this terrific opportunity to carry the SA message, or if you have any questions, please send us an email to: sapublicinfo@gmail.com

We will then send back to you instructions to get you started on this terrific new digital venture—helping carry SA’s message of recovery to the addict who still suffers.

Deadline for submissions is fast approaching: 8/31/18.

—The SA Public Information Committee

Tradition Three and Desire

The only requirement for membership is a desire to stop lusting and become sexually sober.

Welcoming newcomers to SA, we listen for the desire to stop hidden beneath their early reactions to the program. Those who doubt, when first hearing our sobriety definition, do not threaten the unity of our group or our connection with the God of our understanding. At the same time, this Tradition makes clear what we members of SA desire for ourselves, and what kind of experience, strength, and hope we have to offer the newcomer.

Before mentioning sobriety, Tradition Three names the “desire to stop lusting.” It turns out this desire is not only a requirement for membership, but also a requirement for sexual sobriety. Some of us had to learn about this the hard way, spending years counting up days of so-called “technical sobriety” without truly giving up lust. Eventually we crashed, sometimes repeatedly. Sure, we resisted masturbation and illicit sex for a time, but we didn’t give up lust. Sometimes, not fully conscious of our desire, we fed on lust with our eyes, dwelt on old memories, or built fantasies in our minds. Maybe our desire was to be lusted after. Were we truly sober?

Step One clearly identifies lust as our problem, and our experience tells us that only with progressive victory over lust are we sober. To stop lusting and become sexually sober requires working the Steps. One becomes an SA member merely by expressing a desire to stop lusting and become sexually sober.

As one SA member recalls: “I’m sober today!” I enjoyed saying that

at meetings and to other members over the phone. I felt like every day that I didn’t act out was a real accomplishment, like money in the bank. I was on my way to a better life. I began to look forward to the time when I could be an old-timer and tell others how the program worked.

However I wasn’t free from lust, far from it. My eyes were usually roving, looking for someone to fasten onto. Sometimes I played back old episodes or old relationships in my head; sometimes I revised and “improved” the memories. I wasn’t acting out, but I was pursuing lust.

When I lost my sobriety, I didn’t know what hit me. One minute I was sober and the next minute my relapse ran over me like a freight train. It took me some time to get clear about it. My sponsor and I agreed that I should start out fresh with a new sponsor. My new sponsor took me through some very thoughtful and prayerful First Step work. I began to see that, while I had quit acting out for a time, I had never surrendered lust. I had tried to control and enjoy it.

I no longer entertain lust like I used to. When it comes knocking on my door, I acknowledge my powerlessness to myself and ask God to give me the willingness to surrender. I am not completely free from lust, but I have a desire to continue to surrender it as it comes, and to keep bringing it to the light. My sobriety feels deeper and richer. I see now that my sobriety is a miracle, a gift from God. I believe I’m growing in recovery.

“Am I sober today?” The more important question for me is, “Do I desire to stop lusting today?”

Tradition Two Works

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.

I once thought that the Twelve Traditions of SA were boring—dry bits of organizational rules that did not have much to do with me. My sponsor showed me otherwise, explaining how I could apply them to my personal life.

For instance, Tradition Two teaches me how to practice humility. In my former self-centeredness, I used to state an opinion on everything because I thought that would cause others to admire me. The Tradition teaches me to take the focus off me, be patient, open minded, and listen

to others in the group.

When I do, I always learn and grow, finding new ideas and unexpected solutions. Unlike the business world, Tradition Two states that in SA there is no boss, except “a loving God.” The leaders in SA are our trusted servants who abide by God’s expression in decisions made by the entire group, called a “group conscience.” As we share together, we finish our business with no rancor among members. It is a rewarding moment when I link my humility to a responsible group decision.

As I enter an SA discussion, I will be humble and open to what God has in store for us.

*The Real Connection
Meditations P60*

Tradition Twelve:

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

As I began the spiritual adventure of service, my sponsor taught me to think of the Traditions as a “bill of sacrifices” rather than a “bill of rights.” As a person with a sizable ego and a history of craving recognition, I had to learn to still, or at least calm, the voice that cries “me, me, me” and replace it with “us.” I believe that exercise fosters unity and gives life to both to the fellowship and me.

My sponsor also said that the Traditions recognize the difference between unity and uniformity. We are created with different personalities and abilities; it is when our personalities are rightly aligned with God’s will by submitting them to principle that they bear the fruits of a spiritual life. We can then value and enjoy our differences without letting them harm the fellowship.

Today I can see how the selfishness and self-centeredness also got in the way of seeking and doing God’s will, or being of real service to others. When I let myself be a part of the SA fellowship instead of demanding my way, I experience a new freedom from the bondage of self.

MEDITATIONS

Living in the Answer

When I stopped living in the problem and began living in the answer, the problem went away. (AA 417)

I came to SA because I was terrified of my lust. Lust had already destroyed my career, ruined my family, caused me public shame and embarrassment, and cost me a lot of money. Even though I tried not to lust, I was still hooked and could not stop. As I worked the Steps and made contact with my Higher Power my lust decreased. However, I found another problem. I soon noticed that I was excessively focusing on me—my sobriety, my inventory, my wrongs, my surrender.

Eventually it dawned on me that the purpose in maintaining my spiritual condition was to have something to give away. My recovery must include others. When I am helpful to others, render service, and give freely from the heart without resentment, fear, or expectation, I am practicing the SA principles in all my affairs. Then I truly begin living in the answer. I gain serenity, joy, and freedom from the bondage of self. I like that!

God, let me remember that you are the answer, and that as I share with others, I follow your will.

The Real Connection Meditations P7

➡ SA HELP WANTED! ⬅

Want to do some SA 12th Step work in unique and rewarding ways?
Want to carry the message about our wonderful SA 12 Step Program of recovery?
This is a great opportunity to submit ideas within our Public Information Committee.
We're looking for sober members with ideas and suggestions. These members would also be asked to volunteer their talents and abilities to design and implement their clever ideas as a service for the Fellowship.
If interested, please contact us at sapublicinfo@gmail.com. We'll send you an application for the PI Committee (for contact info, sobriety date, etc.). Along with that application we'd be interested to hear about:
-Your digital media skill sets: expertise in particular applications;
-Professional/non-professional experience;
-What type(s) of projects you'd like to work on for the Fellowship;
-Any ideas/suggestions you'd have for letting the public know that our fellowship exists and that our program works.
We're looking for members adept in various disciplines and multimedia software applications (Adobe, Corel, Pro Tools, etc.) such as:

- | | | |
|------------------|---|------------------------|
| ➡ Page Layout | ➡ Audio | ➡ Web Site Development |
| ➡ Video | -Editing | ➡ Digital Art |
| -Taping | -Production | -Designers |
| -Editing | -Voice-over | -Illustrators |
| -Animation | ➡ Social Media Experts | -Photographers |
| -Special Effects | ➡ Presentation & Storytelling (live and digital) | |
| ➡ Copy Writing | | |

Sobriety Comes First. It Is All I Have

Everything begins with sobriety. Without sobriety there is no program of recovery (SA 77).

I recognize that the principles of the Twelve Step program are found in other spiritual and secular traditions. Practicing honesty with others and ourselves; developing a relationship with a Higher Power; confessing wrong doings; repairing harms done to others; passing on the gifts we have received in order to keep them: these principles are all shared by other spiritual traditions.

However, because I am a sex addict there is another necessary condition for spiritual growth. I must maintain sexual sobriety. I have little experience, strength, and hope to offer another sexaholic if I am not sober. When I commit myself to SA sobriety, I keep the door open to my new life. Each day of recovery allows me to explore a life without lies and boundary violations. Each sober day allows me to experience love, tolerance, and a depth of inner peace that I never believed possible. Everything begins with sobriety and with every sober day my life gets better!

God, let my desire for sobriety today be supreme.

The Real Connection Meditations P71



SA STORIES

My Self Pity And Me

He had a choice all along.

My name is Martin and I am a sexaholic from Berlin, Germany, sober since August 2014 thanks to my Higher Power and the Fellowship. I want to share about my first year in sobriety.

My main form of acting out was pornography. I used to surf the

used to torture myself wondering how did people get along with each other. I felt I didn't have the tools they all had, and that I was hopelessly isolated. I was the victim given the wrong cards in life.

As years went by, my condition worsened. At some point, I tried to stop and even got some length of sobriety. Then the relapses brought me to lower depths in my acting out. Finally, I searched

If I had had some responsibility in all those years of suffering, that is, if I had done something at some level to stay in the addiction, then maybe I could actually do something to get out of it.

web for hours until late at night. I stayed home alone for weeks viewing whatever was on TV or playing video games or using the computer. At the latest stages, I used to go to internet cafes until the closing hour, and then walk around the neighborhood searching for another dark corner to resume my downloads.

Since my teen years, I had always been a very shy guy, which eventually developed into social phobia. I was barely able to articulate meaningful sentences in groups of more than three persons nor to women. I crumbled inside, full of shame, blocked and hopeless. The pornography temporarily took all those feelings away.

Self pity played a major role in my life. I felt like a disabled person among superheroes. I

on Google and went to my first SA meeting.

After a couple of months, I got a sponsor and began working the Steps. At six months, my crust of insanity began to crack. One day an image came into my mind: I was sitting on a throne on a white stage in a theater while high on drugs and watching the dealer abusing a child. The child was me. Rather than looking after him, I was consenting to the abuse in exchange for my drug.

An idea started to build: maybe I had not been such a victim. Maybe I was also responsible! This thought, although vague, brought a new and powerful idea: if I had had some responsibility in all those years of suffering, that is, if I had done something at some level to stay in the addiction, then maybe I could actually do

something to get out of it.

Around then, I went through a medical test in order to study some recent symptoms. The test was painful and, although it could have some nuisances for some time, it should leave no harm.

Some months later, I had scheduled a stay in a foreign country. The trip was planned before entering SA and, although justifiable by my job, had included plenty of lust intentions. Aware of this situation, I engraved a few ideas in my mind. The first idea,

instigator? It sounded strange to me, as I had always seen myself as the victim. The thought caught my attention.

The words in the reading became a growing obsession. It seemed as if my mind was trying to solve a puzzle. Concepts like resentment, dishonesty and spiritual drug were spinning faster and faster in my head. One morning, not fully awoken, my eyes staring at the ceiling of my tiny room with all those ideas whirling around. My mind suddenly stopped. The puzzle was solved.

I could instead choose to love myself unconditionally. The choice was mine, as it had always been. In my anniversary day, that was my present: the old self pity crossroads under a new light.

as suggested by my sponsor, was to find SA fellows there and go to local AA meetings as soon as possible. The second was that if I allowed myself to relapse, I may not come back to recovery.

I found an English speaking group in the city. The meetings took place in front of a skyscraper in an open space scattered with tables and chairs. It was clean, sunny and safe. The SA (and AA) meetings were like an oasis in the midst of my fears and my fight with lust. I needed them. They were the only moments where I had some peace of mind and could break my loneliness.

Approaching my first SA anniversary, we were reading the chapter "The Spiritual Basis of Addiction." A fellow shared that his anger ultimately led him to his addiction. That share rang a bell in my head: had I myself provoked my acting out? Was I somehow the

All my life I had been watching a theatrical work. For five minutes, I was granted the opportunity to observe backstage and meet the actual person responsible of my disgrace: me, me and only me. It was me who had chosen lust over life. I had been willing to throw my life away for the next rush without caring about the suffering of those who loved me. I could blame no one. Everything I used to tell myself, that nobody understood me, that it didn't hurt anyone, that I still had time to do the right thing, were merely excuses to smooth the way for my acting out.

It was not those thoughts which were inevitably leading me to the addiction. It was that I was willing to believe them in order to frame myself as the victim. In that mental frame, full of self pity, self hatred, envy, resentment towards everyone and myself and my despair was unbearable, then acting out was

justified, and lust was the only option.

I could also see the need for resentment to get the rush. It was like a fuel for my lust potion. The more resentment, the stronger the high. Each time all that pain of being a witness of my self destruction was too much to bear. In order to cover up my own treason, my fall became everyone else's fault. Enemies had to be created, idols raised, and scenarios set to do me in. The sole architect of this falsehood was me. What a revelation!

So, in the end, I was letting in self pity. I, the poor little guy whose social skills rendered him unable, was the perpetrator. I was not the victim! I was the executioner!

In that state of mind, days slowly went by until my first anniversary. That same morning of my revelation I decided to check on my medical procedure. I was shocked to find out that what should have been a residual scar had become something with a major visual impact that would partially impair me for the rest of my life.

Waves of self pity flooded me. How could it be possible? It was just a minor medical test! And then I remembered what self pity had really meant to me. How I had used it to doom myself into my pit of the addiction. I saw self pity under a different light: as an option. On one hand, I could let self pity in, get soaked by it, and go back to my favorite lie. On the other, a new path was now apparent. I could instead choose to love myself unconditionally. The choice was mine, as it had always been. In my anniversary day, that

was my present: the old self pity crossroads under a new light.

Not long after, I returned home. The memories of those days still put a smile on my face. Six months ago I finished the Steps. Today I am building the habit of the Tenth and Eleventh Steps. Self pity as an obsession has gone away, and, with it, the mild depression that I thought was part of me. Life starts to flow at last.

Martin, Germany

The Addict

Healing came with work and time.

Deep down I knew what was happening inside, but now it is time to swallow my pride. And do the work that needs to be done. I have to admit it's not much fun.

Sometimes I swirl down into despair. I try to reach out but nothing is there.

But lust is a problem I've had all my life, I wouldn't have known if not for my wife.

I wanted all the attention on me, the pain I have caused is now plain to see.

But self-control is a thing I possess, even though the rest is a mess.

The pain is still there for the love I have lost. I will earn it back no matter the cost.

Then I start reading this white book of mine. They say healing comes with work and some time.

So I go to my meetings and open right up, surrender myself to hope and not luck.

Mose T., Utah

A New Vision

Letting go of a selfish lens

Two weeks ago I had cataract surgery in my right eye. It was easy and painless, and I recommend it. The additional benefit was that it changed my way of looking at things. All I have to do right now to see the change is to close my right eye and look at the world...dark, blurry and yellow-tinged. This is my old way of seeing things. Then I close my old eye and look at the world through my corrected lens... light, clear and sharp. I see reality differently.

I made a commitment to be sober and work for the life offered me in the fellowship of SA.

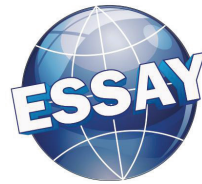
I used to walk into the kitchen and say to my wife, "Dear, how can you see in this poor light? Turn on the light!" I thought the world was like how I was seeing it.

I used to indulge lust wantonly, and my life was out of control. I was seeing things through a selfish lens. "What will give me pleasure? I want to have this. I need to have this

regardless of its cost to my health!" I was unhappy, even suicidal. Life was dark. My self-will was not producing good fruit. My life was a mess.

Sick and tired of this dark world, I searched for a better way and found SA. I started attending meetings. I found a sponsor. I made a commitment to be sober and work for the life offered me in the fellowship of SA. My life improved. In fact, it keeps on getting better. I go to more meetings each week now after 13 years in the program, than I did each week in my first years in the program. Sobriety has made me happy. I see the world more clearly, and it is bright and hopeful. I am grateful for the meetings, my sponsor and my Higher Power. I have a new vision of life!

Submitted by K.B., Missouri, USA



Our Meeting in Print

Group Discussion Topics

What part of your disease and recovery are you responsible for?

When traveling, what are some good strategies for staying sober?

How do you relate to being both a victim and instigator in your addiction?

What tools do you use to get out of self-pity?

What lies have you told yourself to justify your addiction? What truths have you replaced those with?

STEPS

Step 9: Putting the Picture Back on the Desk

Acceptance comes from within

When I was sixteen years old I was caught having sex with my girlfriend. We had skipped school and headed to my house. A few hours later my parents came through the door. I was busted. I remember the embarrassment, anger, and disappointment I saw on my parents' faces. At sixteen I was a full blown sexaholic, I just didn't know it yet. I was using porn and masturbation to numb out and had been for many years. What I

At sixteen I was a full blown sexaholic, I just didn't know it yet.

remember occurred over the next few days. My mom made me confess in front of my church congregation. That was very humiliating. I also had to tell my grandparents I had skipped school and had sex with my girlfriend. I never will forget my Granddad's response. "Whatever you do son, finish your schooling and go to college." WHAT???? I still don't really get that one. He was more concerned that I skipped school and never mentioned sex part.

As traumatic as that was, the worst was yet to come. I was at my Mom's office after school one day. I noticed my picture was missing from my Mom's desk. When I asked where the picture was her response floored me. "I am so ashamed of you I didn't want people to know you are my son. So I took your picture off my desk." I never will forget that feeling. The feeling of not being accepted or loved.

That feeling of not belonging was reinforced. That single act of rejection pushed my acting out way beyond anything I ever could imagine.

That memory was my first resentment when I did my Fourth Step. Later, I prayed to have that resentment removed. Then I wrote out my Ninth Step to my mother. I have not yet actually done an in person Ninth Step. However, after I prayed I chose to forgive my mother and move past her taking the picture off the desk.

In October I was in Orlando with my wife. As we were enjoying the haunted houses, I decided to send my Mom a text. We corresponded throughout the whole trip. I sent her a picture of me and my wife and I got a response that I never would have

The promises are not just writing on a page in Alcoholics Anonymous. They are coming to life one day at a time.

imagined. My Mom texted back, "You are so handsome." That was a very pivotal comment to me. For the first time in 28 years I felt acceptance and love from my Mom. Because I had chosen to forgive her, I allowed her to put the picture back on the desk. All this would not be possible without sobriety and working the steps.

Specifically, I have seen the most relief and progress in my recovery by doing that Ninth Step. The promises are not just writing on a page in Alcoholics Anonymous. They are coming to life one day at a time. My whole attitude and outlook of life is changing. I know that I am accepted. I don't look at other people for that acceptance. It comes from within. The God of my understanding accepts me and I know it today!

Preston D.

Essay

The Manager's Job

Checking the right to-do list!

I often make sense of the principles of the program through images. When I think of unmanageability—the second part of the First Step—the image that comes to mind is a big warehouse store run by one guy who is intent on doing everything by himself. And, obviously, there is too much to do. He sprints up to the front to check people out, meanwhile customers are lining up at the photo center, impatient to pick up their pictures. When he gets to the photo center he learns that one of the toilets is overflowing. Shelves need to be restocked, and someone needs to take out the garbage, but the customers waiting to check out are getting belligerent. Eventually, people start looting. Someone sets a fire in aisle twelve. The store is a total disaster. It is just too big for one guy. For the one employee, it is entirely unmanageable.

My life is like the warehouse: there are too many moving pieces for me to make things run smoothly. My life is constantly devolving into one obsession/compulsion or another: once I get my eating under control, I start to have trouble with TV. When I get TV squared away, I start to have trouble with resentment or fear or caffeine. Character defects pop up like a game of Whack-a-Mole. Fear. Resentment. Obsession. Like a circus juggler spinning too many plates. The store is just too big for me to keep up with.

If I really believe that I can't manage it all, then I have taken an important step towards the first step: I've admitted

that my life is unmanageable. What I need is to come to believe that there is a manager out there who can—and will—set my store in order (Step Two), and I need to decide to turn over the keys to Him (Step Three).

To do this, I show up for work and check in with The Manager to get His instructions for the day (Step Eleven). Almost always, it is a list of things that I need to do for others

But when I go through and do The Manager's list first, somehow, everything works out.

(Step Twelve). Sometimes this to-do list seems paradoxical. The Manager wants me to go talk to the customers on aisle seven, but I'm worried that if I don't do X, Y, and Z the store won't function. But when I go through and do The Manager's list first, somehow, everything works out.

Often, I start to forget that I'm not in charge any more, and I stop checking in with The Manager about my work for the day and things start to shake loose again. That's why my program is a series of reminders about my new God-centered lifestyle—reminders that I need to let go and let God. I get reminded every morning when I do my dailies, attend meetings, and make or take a call. My life has been running much better since the program taught me to stop trying to manage the unmanageable.

Jared P., Utah USA

Step 2

He found sanity and joy

I grew up in India with a devout Hindu mother, an atheist physician father, Muslim friends, and attending a Catholic boarding school. Although I was exposed to multiple faith traditions growing up, I never considered myself religious and rarely thought deeply about God. I would occasionally selfishly pray before exams. I had the impression that God was everywhere, constantly watching me. If I did something wrong or sinful, I would be punished. God was someone who commanded fear and obedience.

Three years ago, when I joined the SA program, I started on Step work and soon found myself asking myself “What do I mean by God?” I could not image a person or a Supreme Being up in the heavens as they show in the scriptures. I spent four months contemplating the meaning of God or Higher Power. I looked deep and hard into Hinduism and came to accept that “God exists in all living beings” and therefore God = collective conscience of all beings. This was easier to understand in the context of accepting the SA fellowship

as my Higher Power. I came to live by it, “allowing” decisions, actions to be made after appropriate feedback from my sponsor, fellow program members, family etc. I had to let go of “control” and “let God”.

In recovery, this also meant living a life filled with compassion, kindness and humility. If I live my life with these principles, I feel calm and serene, connected to my inner self

All I have to do is look inwards
and I will find my true inner self:
that’s where God exists in all of us.

and therefore to God. Whenever I am disturbed, it is my ego trying to gain control. Self pity, resentment, entitlement — these are the ugly manifestations of my ego. All I have to do is look inwards and I will find my true inner self: that’s where God exists in all of us. The more I come to believe that a power greater than myself exists, the more I am able to surrender. As a result, my life becomes saner, peaceful, fearless and filled with joy.

Raj, Washington, USA

The Fourth Step

Missing pieces were accounted for.

When I first got involved with SA over 30 years ago, I had an awful experience working on my Fourth Step. I was focused solely on my defects of character and acting out behaviors. Numerous times I reacted in shame and I acted out sexually each time. I couldn't connect with any hope that I could get well. Even when I was at my worst I did not notice the hand of God working in my life. I was worse off after completing my Fourth Step than I was before I started it!

Recently I re-did my Fourth Step using a different model. My Dad was an accountant, and I assisted him on more than one audit. Part of the process included doing a physical inventory, culminating with three values for every different product. First, we would go to a warehouse and count the number of different items that were actually present, making a distinction between those items that were in good shape and those that were damaged. Then, we would check the company's record of how many items should have been on site. If the paper count was higher than the physical amount, we could calculate how many were missing.

When I worked on my latest Fourth Step, I used the framework of good, damaged, and missing. I looked at different chapters in the history of my life. I started by reflecting on what was good about my life during that time period. This helped me to see God's grace and activity in my life, even though I was a mess in other areas. God was loving to me even when I was practicing a double life and being a jerk to many people. God had my best interests at heart. I was in the presence

of a God who honored me and wanted a personal relationship with me.

With the foundation of God's redeeming effort in my life, I could then begin to process both the damage that was in my soul and the damage that I had inflicted on others. I had done some pretty awful things to a wide variety of people, even after I turned the corner to long-term sobriety. This was acutely painful, but I was not triggered this time. I would feel drained emotionally and physically, but my soul was not downcast or disturbed. I was not crushed in spirit. Rather, I was at a place where I could better see and act on the repair work that I still needed to do to those I had injured. I was able to rejoice as I looked on the character defects that the Spirit helped me to work on. Thank God, I am not where I was!

Lastly, I looked at what was missing. This is not always easy. If you didn't experience something, you may not be aware that you were missing it. My Mom died when I was quite young. That God wouldn't answer an eight-year old's prayer for God to heal his mother wounded me. I had a hole in my soul for a mother's love—a piece of me was missing. I came to realize that God brought a number of older women into my life, especially when I was single, who loved me as if I were a son. I was able to mourn what I had been missing and then rejoice in God's provision.

I could have been a poster child for "Half measures availed us nothing!" I was a slow learner in sexual recovery. I hope my experience will help others work a good Fourth Step—and sooner than I did.

Walter H.

Steps

Elvis and Step Nine

He found real healing

As I worked the Steps, I had difficulty staying focused because I had looked ahead and knew Step Nine was in my future, and I was scared. My sponsor kept telling me, "Don't worry. When you get to Step Nine, you will be ready."

My sponsor asked about past events. One I remembered occurred about 30 years prior. In Memphis a friend and I got drunk and thought we'd do some mischief at Elvis' home Graceland. We wanted to steal a rock from the entrance. As we were trying to pry one free we were confronted by security. We took off running and managed to get away. I have laughed about that story for years.

While I was chuckling my sponsor said, "Put that on the list." We got into an argument and while I tried to prove "no harm, no foul" he kept telling me to put it on the list. I could tell he was serious so I did -- grudgingly.

As I stared at the letter a thought came to my mind: I hurt people. And that is what Step Nine is all about - making things right

I learned how to write the rest of my amends with the phrase in mind "How did I hurt this person?."

Since I didn't really think I should write this amends I chose to write this one first with lots of puns and humor. I read it to some old timers in the program and they just howled.

I thought my sponsor would too. When I finished reading it to him he said, "Well, I'm glad you got that out of your system. Why don't you write it again?" I just stared at him in disbelief and then said, "You've got something specific in mind, don't you?" He nodded and then said, "And think about adding some restitution." I was embarrassed and even a little angry.

I wrote the amends again to the Graceland security department. When I was almost finished I stared at the letter. To Elvis Presley fans Graceland is a shrine. I tried to deface something deeply loved by millions. As I stared at the letter a thought came to my mind: I hurt people. And that is what Step Nine is all about -- making things right. I did more research and found a music society associated with Graceland and donated to it. Writing that check and deducting the balance from my account was even more revealing. When I read my amends to my sponsor this time he did laugh and said, "This is great!"

Step Nine is serious business. I'm grateful I had an intuitive sponsor who could see past my fear. And that was what it was. I learned how to write the rest of my amends with the phrase in mind "How did I hurt this person?" I've been told Step Nine is where freedom begins and I believe it. What a load was lifted off my shoulders. I was able to restore family relationships, forgive my parents, become a better employee and be a better husband. The promises all come true.

Don't be afraid of Step Nine. That's where real healing begins.

Marty, Washington, USA

DELEGATES AND TRUSTEES AS OF JULY, 2018

| Name | Term Ends | Title | Region | Committees |
|-------------|------------------|--------------|------------------|-----------------------------------|
| Brian W | 11/18 | Del | Northwest | Archives, Literature, RAC |
| Peter F | 04/19 | Del | Northwest | Information tech (IT), RAC |
| Kathy R | 06/19 | Del | Northwest | Conventions, Nominations |
| Kent A | 04/20 | Alt Del | Northwest | Essay, Intl Internet Event |
| Kyle B | 04/20 | Alt Del | Northwest | Nominations, SACFC |
| Jon H | 07/20 | Del | North Midwest | Literature |
| Marv R | 07/18 | Alt Del | North Midwest | PI, chair |
| Suzanne S | 1/20 | Del | Northeast | PI |
| Shmuel E | 8/20 | Del | Northeast | PI, IT |
| Terry O | | Alt Del | Northeast | IT |
| Ben L | 10/20 | Del | Mid-Atlantic | IT, International Convs, PI |
| Hugh S | 10/20 | Del | Mid-Atlantic | COMC, Finance |
| Brad S | 10/18 | Del | Mid-Atlantic | Conventions |
| Sam O | | Alt Del | Mid-Atlantic | |
| Buddy S | | Alt Del | Mid-Atlantic | RAC, Archives |
| Rich P | 07/20 | Del | Southeast | Convs, RAC, PI; GDA VP |
| Paul Z | 05/20 | Alt Del | Southeast | SACFC, Hosp & Inst |
| Dave T | 10/20 | Del | South Midwest | Nominations PI, |
| Ron T | 10/20 | Del | South Midwest | Finance, COMC |
| Gene T | | Alt Del | South Midwest | IIE, CFC |
| George F | 10/21 | Del | Southwest | COMC, RAC |
| Duane D | 5/21 | Alt Del | Southwest | Hosp & Inst , Int'l, Translations |
| Dave H | 8/21 | Alt Del | Southwest | Finance, RAC |
| Cathal M | 5/19 | Del | EMER | IT, International, IIE |
| Jackie H | 5/19 | Del | EMER | International |
| Marco V | 5/19 | Del | EMER | Finance, Translations |
| Pawel | 5/19 | Del | EMER | International |
| Ed M | 5/20 | Alt Del | EMER | |
| Keith N | 6/21 | Alt Del | EMER | Conventions, International |
| Yvonne D | 6/21 | Alt Del | EMER | Madrid 2019 SA Conv chair |
| Bernd S | 6/18 | Del | German speaking | Hosp & Inst |
| Avi G | 6/21 | Del | Israel | IIE |
| Yoel | 6/21 | Alt Del | Israel | |
| Hasan S | 2/19 | Del | Persian speaking | International |
| Mohsen K | 2/19 | Del | Persian speaking | |
| Aida | 2/19 | Del | Persian speaking | Farsi Translations |
| Alireza | 5/21 | Del | Persian speaking | |
| Tom K | 7/19 | Chair | GDA Assembly | COMC, Conventions |
| Gary L | 7/19 | Chair | Trustees | Legal, Nominations, |
| Jim B | 7/19 | Trustee | Trustee | Archives, Hosp & Inst , Nom |
| Steve S | 7/22 | Trustee | Trustee | International, IT |
| Michael J | 7/19 | Trustee | Trustee | PI, Format, Essay |
| Denise O | 7/21 | Trustee | Trustee | Translations, chair; Intl |
| ConnieT | 7/18 | Trustee | Trustee | Conventions, International |

WORLD WIDE NEWS

SA Internet Marathon 2018, formerly known as Geek Camp, is coming November 29!

Last year's Geek Camp, which brought together 600 SA members sharing online around the world for one day, was a big success.

There has been great interest in the event and the feedback from last year was very positive. The SA Internet Marathon for 2018 will be held on November 29 beginning noon UTC.

The theme will be based on **SA as a Global Fellowship** as we share our experience strength and hope in recovery from lust addiction. For more info email cathalessay@gmail.com.

We look forward to seeing you online on November 29.

Cathal M, Chair, 2018

Qu'est ce que Les Sexoliques Anonymes?

Un programme de rétablissement pour ceux et celles qui désirent arrêter leurs pensées et comportements sexuels autodestructeurs.

Le groupe S.A. est une fraternité regroupant des hommes et des femmes qui partagent leur expérience, leur force et leur espoir dans le but de résoudre leur problème commun et d'en aider d'autres à se rétablir. Notre but premier réside dans le fait que nous demeurions sobres sur le plan sexuel et que nous en aidions d'autres à le devenir.

Contactez-nous :

info@sexoliquesanonymes.eu

15th Anniversary of SA in Iran

By the grace of God and His grace, we celebrated the 15th birthday of SA fellowship in Iran on May 10th. Nearly 700 SA members, men and women, from all over Iran gathered for this anniversary celebration.

We had two speakers from Iran who shared their experience about recovery. We also had guest from Ireland and Austria sharing through VoIP and interpreters. We gave out chips to 100 members ranging from 24 hours to 16 years of sobriety. A group of members performed a spiritual play about recovering from sexual addiction.

One of the highlights was a balloon ceremony. We gave a balloon to each member at a table and asked them to write on it any defect that they suffer from. These writings were just for their Higher Power. After the program, we released the balloons in the sky while we read the Third Step prayer. We surrendered our imperfections along with the balloons as we asked of our Higher Power to remove these defects from us.

We also had prayer request paper where a member could and each member prayed for another member through this way.

We thank God who gave us the opportunity to grow, recover, and celebrate humanity on the path with SA. We pray for all sexaholics around the world.

Aida Gh, Tehran, Iran May 2018



SA / S-ANON
Convención Regional
EMER 2018

SA / S-ANON
2018
EMER REGIONAL
CONVENTION

DATES
22nd – 24th June 2018

22 a 24 junio 2018

LOCATION
Dublin, Ireland
St Patrick's College, Maynooth

Dublin, Irlanda

PRICE

Dublin Regional Assembly

was held from Friday -- Sunday, June 22-24. There were 170+ registered including 25 S-Anon members. Participants came from 16 nations and spoke 12 different languages. This included people from the USA, Germany, and Austria. Irish hospitality at the St. Patrick's University campus was fantastic. The space and environment were wonderful and it was easy to access the airport and city.

Some highlights: 2 SA meetings per time slot; an open SA-S-Anon meeting. Have one room for Open Meetings and another room for Closed Meetings. Used a WhatsApp message

for coordination-- minimize tension and lack of information. Used floater participants for special needs and time conflicts and had co-chair model as the assembly leaders. The fantastic talent show had Polish SA rappers. There were bagpipes at the closing – playing “Coming Home.” One attendee said “Lots of learnings and memories – the best time of my life!” After we concluded the Assembly, 30 people kept going for 3-5 days at a nearby retreat site. No 2019 EMER assembly. Instead we will meet in Madrid next January.

Denise O. and Keith N. shared these notes.

Celebrating Five Years!

European & Middle East Region (EMER) came into existence in December 2011. It began with just 5 Intergroups supporting about SA 100 meetings. Since then, 5 more Intergroups have joined, and the total number of meetings is now about 280.

That means that EMER has nearly tripled in its first five years! There are 5 Delegates representing EMER now. The success of the EMER global Geek camp last August resulted in it becoming a scheduled event. For all this we can surely be grateful!

The annual EMER Regional Assembly took place on Friday

before the Dublin conference. Two SA Trustees attended the assembly. A very helpful “Love and Service” open meeting with trustees/ delegates was part of the program. In 2019 the EMER regional assembly will be in Madrid as part of the SA International Conference.





Cake from the 15th Anniversary of SA in Iran

Selfishness And Being A Victim

A new path to freedom.

Here's an important principle for me to remember: "Selfishness - self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt." (AA 62)

Before working the Steps of this program, I was pretty good at living in the self-delusion that I wasn't really being selfish, because I could convince myself (and often others as well) that I was the one who was wronged. I could point out that I had the right to stand up for myself and protect myself. I was in the right and didn't deserve the treatment that I got.

Doing Step 4 inventory work and sharing that with my sponsor helped change that delusion. By the time I reached the final column on the inventory sheet, everything else had been stripped away. I was only left with admitting my wrongs in each and every situation. In the end, it didn't matter what anyone else had done. It was clear that "selfishness - self-centeredness" was at the root of my troubles, even when I had convinced myself that I had been wronged and had a right to hold onto my resentment.

The SA program is all about working the 12 Steps. My experience is that working those Steps really was the start of a new way of life in which I'm set free from lust and selfishness as I surrender those to God. The Steps have led to a "freedom I could otherwise never know."

Sexaholics Anonymous, Taichung.
(A personal post from one of our members.)

EMER's Members

Today, ten SA Intergroups participate as voting members of Europe & Middle East Region. Click the links below to view their websites or blogs.

[Flanders Intergroup](#)

[Finland Intergroup](#)

[Francophone Intergroup](#) - supports the French-speaking meetings
in Belgium, France and Luxembourg

[Ireland Intergroup](#)

[Netherlands Intergroup](#)

[Poland Intergroup](#)

[Russian Intergroup](#)

[Slovakian Intergroup](#)

[Spain Intergroup](#)

[Shares in Spanish](#)

[A safe to watch video in Spanish](#)

[United Kingdom Intergroup](#)

Note: [Israel Intergroup](#) recently left EMER in order to set up a Region of its own.

EMER is not responsible for these sites nor for the material published on them.

German Speaking Web Sites

SA in [Germany](#) [ANONYMEN SEXAHOLIKER (AS)]

SA in [Austria](#) [ANONYMEN SEXAHOLIKER (AS)]

Other Web Sites Around The World

SA in [Australia](#)

SA in [New Zealand](#)

SA in [Singapore](#)

Go to [sa.org](#) for a full list of SA groups and contacts around the globe.
Linking to another website does not constitute an endorsement by SA.

NEW SA GROUPS 2ND QUARTER 2018

Europe and Asia

North, Central, & South America Región Latinoamericana

Santiago de Querétaro, Mexico
Denver, Colorado (Spanish)
Danville, Kentucky
Lansing, Illinois

London, Ontario, Canada (Women)
Opelika, Alabama
Paducah, Kentucky (new group)
Rochester, New York (2 additional meetings)
Thornton, Colorado (2)
Wallingford, Connecticut

SAICO 2018 2nd Quarter

Finance Report

| | |
|-----------------|-----------|
| Donations | \$33,809 |
| Other Revenues | \$19027 |
| Expenses | \$82,232 |
| Rev – Exp | \$-29,396 |
| Prudent Reserve | \$132,126 |

SAICO operating reserve for six months is \$144,950.

As I look at the first six months of 2018 revenue results, I see total revenue has a positive variance \$6,670 (4.5%). The 17.7% shortfall in contributions has been offset by positive variances in convention contributions (165%) and net literature income (38%).

Carlton B. Chair,
Finance Committee

Gratitude from EMER

We invite you to also share your gratitude in your meetings, in SA WhatsApp groups,... Express your gratitude by donating here to [SAICO](#) (SA International Central Office). Have a group conscience about sending a donation or this week's 7th tradition.

Offer to be of service at local level, intergroup level, regional or international level. For servicing at Regional level, just contact [Laurens \(laurens111@aol.com\)](mailto:laurens111@aol.com) and include in the subject line your name, country, and "Service - EMER".

DONATE
TO SA INTERNATIONAL
USE PAYPAL OR CREDIT CARD
IN 7 CURRENCIES
www.sa.org/donate/

Humor For SA

There is no "I" in Team --- and there is a "we" and "I" in weird.

Before I say anything, I THINK: Is what I'm about to say Thoughtful; Helpful; Inspired; Necessary; Kind?

Alternate Step One: "We admitted that we were powerless over our wives; that their lives had become unmanageable."

WAIT Why Am I Talking?

EVENTS CALENDAR

Upcoming International Conventions

January 11 - 13, 2019 El Escorial, near Madrid, Spain SA International Convention: *Living the Slogans*. Info at www.livingtheslogans.org

July 12 - 14, 2019 Seattle, Washington, USA SA/S-Anon International Convention: *Surrender, Serenity, Miracles*. Info at: www.serenityinSeattle2019.com

Local Regional Events 2018

August 10 - 12, Golden, Colorado, USA SA/S-Anon Colorado 2018: Power Tools for Recovery. Info: www.coloradosa.org

August 11, Cardiff, United Kingdom Cardiff SA Recovery Day: Emotional Sobriety, Grief, Loss, & Abandonment. Email: recoveringnatalie@gmail.com

August 24 - 25, Ashland, Nebraska, USA Nebraska SA/S-Anon Intergroup Retreat: Hope, Healing, & How it Works. Email: sanebraska@yahoo.com

August 25, Newry, Northern Ireland, UK Northern Ireland Recovery Day: Day of Gratitude. Email: hughsavage15@gmail.com

September 22, Morton, Illinois, USA SA Central Illinois Marathon: We Pocket our Pride & Go to It. Info: www.solutionsandanswers.com

October 5 - 7, Düsseldorf, Germany SA German-Speaking Autumn Convention. Info: as.d@posteo.de

October 5 - 7, Saint Petersburg, Russia SA Russian-Speaking Convention: Become a Part of the Whole. Info: www.sa2018.ru

October 5 - 7, Ontario, California, USA SoCal SA/S-Anon/S-Ateen Unity Conference: We are not Alone. Info: www.sasocal.org

October 5 - 7, Slovakia SA Slovak Convention. Details to follow.

October 12 - 14, Canby, Oregon, USA Northwest Regional SA/S-Anon Fall Retreat: Restored to Sanity. Info: www.saportlandmetro.org

October 19 - 21, Wyboston, Bedfordshire, UK EMER Speaker Workshop. Details to follow.

October 26 - 28, Luxembourg SA Spiritual Awakening Workshop / Atelier Reveil Spirituel: Higher Power Surprise . Email: emerworkshop2018luxembourg@gmail.com

November 2 - 4, Biezenmortel, Netherlands SA/S-Anon EMER Workshop: *Slogans Save Lives*. Email: emerworkshop@gmail.com

November 3, Washington, District of Columbia, USA Capitol Area SA/S-Anon/S-Ateen *Gratitude Day*. Info: www.casaig.wixsite.com/home/upcoming-events

SA CONVENTIONS



The Saint Louis SA International Convention lived up to its theme of Gateway to a New Freedom. Events began with the annual July meetings of the Trustees and the Delegate Assembly. Thirty-two delegates and alternates from around the world and eight Trustees were present. Ten or more observers were also present from time to time. New Trustees were affirmed and a wide range of Reports and some agenda items were discussed and voted on. The Twelve Concepts provide the structure for our SA business and committees.

Friday afternoon the conference itself began with a multitude of smaller program meetings and the major mealtime speakers. By the Sunday noon ending there were 367 SA registrants, 163 S-Anon, 23 in both fellowships and seven S-Ateens for a total of 562. We learned that at the at the November 1983 International Conference 19 people attended! After the Friday night Birthday meeting we heard that over 1200+ years of sobriety were recognized, including Helmut M from Germany with over thirty years sobriety.

Some memorable lines from the speakers and workshop leaders include;

Therapist to client: : Since I last saw you, did you get a face lift? Client: Yes, I had a 12 Step face lift!

Your behaviors are not the essence of who you are. If they were, you would not have been dying inside when you did them.

For years I was working my own private program in SA – and eventually I flunked out! Then, I came back.

When God is gone, anything else is possible. I descended into darkness.

I love surrender now. I hated it and did not want surrender before.

My passions make great servants, but poor masters. I'm learning how to be Living Life Emotionally Sober.

Don't get too good before you get too well.

Love is acknowledging another person is real.

MADRID 2019

“Living The Slogans”

11-13 January 2019

in El Escorial · Madrid · Spain
SA International & S-Anon,
S-Ateen National Convention

11-13 enero de 2019 en El
Escorial · Madrid · España
Convención Internacional de SA
y Nacional de S-Anon y S-Ateen



¡HOLA!

We know you know these Slogans: “One Day At a Time” “First Things First” “Easy Does It” “Keep It Simple” And, have you also heard of these: “Take The Cotton Out Of Your Ears and Put Them In Your Mouth” “Humility Is Not Thinking Less Of Yourself, But Thinking Of Yourself Less” “Anger Is But One Letter Away From Danger” “The Only Thing You Have To Change Is Everything”

There are many more for you to discover at the first continental European SA International Convention & S-Anon, S-Ateen National Convention! Members from the US, Israel, Russia, UK, Iran, Poland, Ireland, Columbia, Belgium, Mexico, and other countries will share how the Slogans support their recovery and are used in their daily lives. Book at livingtheslogans.org Cost: 170 € Includes Convention Fee + 2 nights in a double room + all meals from Friday lunch till Sunday lunch!

We really hope to meet you at this colorful and playful International Convention.

In grateful service, Luc D and the Madrid IC organizing committee

SEATTLE 2019



Surrender, Serenity and Miracles
SA S-Anon S-ateen International Conventions
Seattle, Washington USA July 12-14 2019

Surrender, Serenity and Miracles is an opportunity for SA, S-Anon, and S-Ateen members to celebrate recovery, deepen their connections, and integrate program tools into their lives. Fellowship members will attend from around the world. Register now for three of the brightest days of your life in sunny Seattle and soak up some “vitamins” F and R: Fellowship and Recovery! Register at <http://serenityinseattle2019.com/>

SUBMISSIONS TO *ESSAY*

Your writings and art are invited, although no payment can be made. All articles and letters submitted are assumed intended for publication and will be edited. Articles are edited to maintain their essence and meet *Essay* word length and content limits. Materials submitted become the property of *Essay* for copyright purposes. Please do not reference unadjudicated illegal activities.

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We invite articles of different lengths, from 200-400 word anecdotes or memories, to 400-600 word Practical Tools or Meditations, to 1000–1500 word Member stories. We prefer electronically submitted manuscripts sent to Essay@sa.org Articles may be sent by postal mail to SAICO, PO Box 3565, Brentwood, TN 37024 USA. Handwritten items should be written clearly on only one side of each sheet.

Articles are invited in the original language with an English translation. Whenever possible we use the original language and 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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Have You Been To Prison?

The SA Correctional Facilities Committee is looking to share your story with others. Contact SACFC - email: sacfc1@gmail.com

SA CFC

SA CORRECTIONAL FACILITIES COMMITTEE

Tucson Ray Remembrance

Passing of a trusted servant

Dear SA Fellowship: I received word from Ray Stith's wife that the trusted servant and friend to all of us, known as Tucson Ray passed away from cancer and declining health on June 21, 2018. When it came to prison work, Ray was the genuine, formative force. He started SA prison meetings, wrote the sponsor by mail approach that is currently in use, and created our protocol for how to approach prison officials. We are forever indebted to him for blazing the trail in service.

When I approached Ray about the SACFC Tucson Ray Audio Project, knowing his health was not good, I asked him if it might be too much. He laughed. Not only did he gladly agree to do the project, he 1) Recorded a 12 minute introduction CD that I presented to the Board of Trustees, who in turn, green lighted the project. 2) Typed an outline of the outreach questions, in order by topic

Ray gave us (9) hours of spoken

sharing. This is the testimony to the man's life, his work on behalf of thousands of prisoners in recovery. I know Ray would be embarrassed to refer to his work and our calling as his legacy. But, there is no other way to say it, Ray. Deal with it!

Ray overcame a lot. No amount of darkness, bad luck, nor the fickle institutional policies of prison regimes, nor the apathy, nor the onerous and dangerous conditions that sponsees and prisoners face everyday, nor aging, nor cancer could dampen his spirit of service. Kay Shotwell from SAICO says "Tucson Ray served sexaholics in prisons for over twenty years. I think he deserves a kind mention in a future issue."

He and his wife lived a quiet life in Tucson, AZ. May his memory be a blessing. He was a lovely man. We will surely miss him.

In lieu of the usual request for service, I suggest if you have particular fond memory of Ray, please post it to this group. Send email to sacfc@googlegroups.com

In gratitude, 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.

