

# ES SAY

October 2018

A publication of Sexaholics  
Anonymous featuring:

## Humility

Step Seven

Pride vs. Humility

Accepting Myself

## Articles

Please Share Your Lust With Me

A "Magic Sentence"

Emotional Sobriety – A Prayer for Freedom

The Toughest Act in Town

SA Internet Marathon (SIM)



HUMILITY:  
BEING  
RIGHT SIZED



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 October 2018: *Humility: Being Right Sized*; Future issues topics are: December, 2018: *Service Work as a Gift*; February, 2019: *Sobriety and Relationships*; May, 2019: *Open-mindedness*. August, 2019: *Prison Issue*. Closing date for articles is approximately four weeks prior to publication dates in February, May, August, October, and December.

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

Adopted by the Trustees and 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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# ES SAY

October 2018

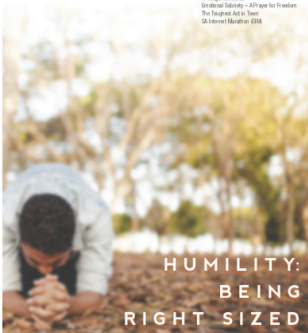
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International Publishing

**Meditation**

Deep Sleep  
Prayer: Monthly  
Aurora's Moon!

**Articles**

How Old You Last With Me  
A "Wag" Letter?  
Gratitude Saturday...A 20-page New Creation  
The Highest Act in Love  
26 November 2018



# EDITORS' CORNER

October, 2018

Dear *Essay* readers:

This issue of *Essay* includes many stories on "Humility: Being Right Sized" Your next issue in December will focus on "Service Work as a Gift;" Please send in any stories or short articles on your experience with Service Work! Future topics are listed on the previous page. Let us hear from you at [essay@sa.org](mailto:essay@sa.org)

Our desire to be a global Meeting in Print is well underway. Translations of *Essay* in Spanish and Farsi and Hebrew are happening. There are two new Regions and new intergroups are forming worldwide. As of October the free downloads of *Essay* were 2253 for the May 2018 issue and 5928 for the August issue. The February 2018 Spanish *Essay* was downloaded 318 times. Spanish May and August Essays are at [sa.org/essay](http://sa.org/essay)

The print edition of SA has fewer pages than the electronic version due to mailing 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. 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](http://Essay@sa.org)

Are you new to Sexaholics Anonymous?  
Find out more about us:

- \* Contact our International Central Office
- \* Visit the SA website at <https://www.sa.org>
- \* Call us toll-free at 866-424-8777 or
- \* E-mail us at [saico@sa.org](mailto:saico@sa.org)

Outside of the USA call +1 615-370-6062

# October, 2018

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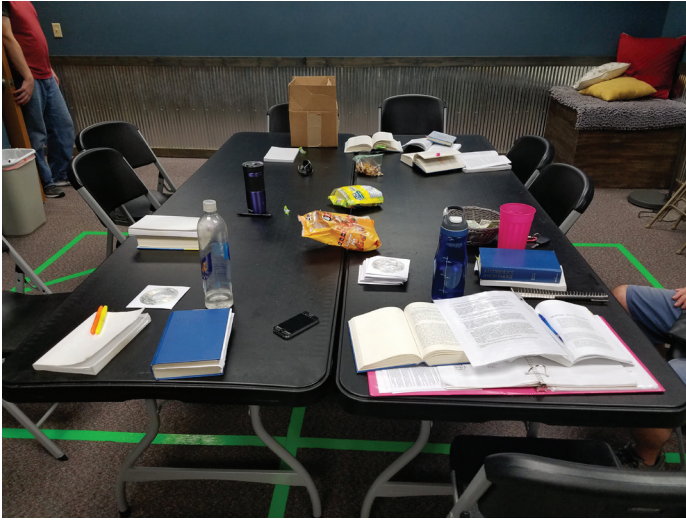
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# Dear *Essay*

## Are We Losing Sight of Our Primary Purpose?

Dear *Essay*,

Over the last several years I have noticed that speakers at International, regional, and even local meetings are not really sharing the pain of what got them to SA. They skip over the past with vague generalizations, so as to get to the recovery part and “focus on the solution.” I think this is misguided. As a newcomer, I need to hear the problem, so I know you understand what I am going through. Only when I know you know my problem, will I be ready to listen to your solution. And as an old-timer, I need to hear the pain of the problem too, because I can’t remember it. I need to remember it, or I will go back out there. So sharing one’s past is important to both the newcomer and the old-timer. It is frequently our greatest asset. I have never heard an AA speaker quickly generalize the past and move on.

It also seems at joint SA and S-Anon events there is some pressure to “not say anything that will offend the S-Anons.” I think we have to instead remember “Our primary purpose is to help the sexaholic who still suffers,” and not try to keep from offending anybody. I think the SA speaker should speak as if he is at an open SA meeting, speaking to sexaholics. S-Anons are free to listen if they would like. By sanitizing our stories, we also deprive the S-Anons of hearing about what it is like to be a sexaholic, and learning about this disease. Isn’t that why they are there listening to an SA talk? If they don’t want to hear it, they are free to leave the room during the SA speaker.

Anonymous, USA

## Growth and Madrid

Dear *Essay*,

It might be interesting and helpful to dedicate part of *Essay* to the Madrid convention and the influence of SA in Europe on the growth of SA worldwide. [You could detail] the establishment of EMER as the regional body of SA, and the challenges and lessons to get a multicultural and multilingual, not to mention multi-denominational, region off the ground. You might also do an article on Geek Camp, a 24 hour online event under EMER last year. This year it will be held on 29-30 November called the Sexaholics International Meeting SIM.

Building on an original fellowship based primarily in UK, Ireland, and Germany, there has over the past decade been an explosive growth of SA across Russia, Poland, Belgium, Spain, and the Netherlands. There are also budding sites of SA in Slovakia Croatia Lithuania France and Italy. There is now a growing presence of [Delegates] in the General Delegate Assembly, making for a more international outlook.

A related issue is the development of regions in Iran and Israel and the newly established Latin America Region created by Bolivia, Colombia, Mexico, and Peru Intergroups at the first Peruvian national convention held in Lima in August 2017. It will also be relevant for the work of the Australia and New Zealand regional body which for the past five or six years has been working towards the establishment of a Pan-Asia region.

Building awareness of SA in Europe and of planning for the Madrid convention would no doubt help to encourage people to make the trip for what we hope will be a great international convention.

Brendan, Ireland

Dear *Essay*

## *ensayo en español*

Querido *ensayo*,

Buen día: les adjunto el documento ESSAY agosto 2018 traducido al español. El Comité de Literatura y traducción, agradece que se incorpore en sus páginas web, para que estén disponibles para la fraternidad de habla hispana.

En fraternidad. FyS24h  
David Docepasos

Descargue el *ensayo* en español en [www.sa.org/essay](http://www.sa.org/essay)

Download the 2018 May and August issues of *Essay* in Spanish at [www.sa.org/essay](http://www.sa.org/essay)



Our Meeting in Print

Dear *Essay*,

I spent a long time stuck on my Second Step. I have a long-held tradition of over analyzing things and trying to figure out what someone really wants instead of just doing what is asked of me.

I talked to my sponsor about this and he told me "just write it like a job listing for God." I may have taken it a bit literally, but that's what I had to do to just follow simple direction. He thought others may find it useful and suggested that I send it to you.

Thanks, Patrick J

[Ed: See Page 24 this issue]

SO, YOU'RE  
GOING TO PRISON?



The purpose of this pamphlet is to help those who are about to enter a correctional facility to maintain their sobriety, their connection to the SA Fellowship, and their connection to their Higher Power. This provides practical information on incarceration, as shared by SA members who have been incarcerated themselves ("Practical Concerns"); an explanation of the recovery resources that may be available while incarcerated ("Recovery Behind Bars"); as well as stories from SA members about their experiences as they prepared for and entered prison or jail ("Member Stories"). These stories communicate both the concerns of the SA member who is preparing for incarceration and the hope for sobriety and recovery that is available to incarcerated members.

[Order from the SA Store!](#)

# PRACTICAL TOOLS

## Please Share Your Lust With Me

*Don't protect me - I need to hear it*

**I**n the White Book, it says that we identified with each other at the point of our weakness. I need to hear your struggles with lust in order to get in touch with my own lust. I need to hear your pain so I know I don't want to go back out there. I need to hear your hope so I know there is a way out. I need you to be "specific but not graphic," as one member puts it.

Over the last few years, it seems that many people no longer share about their lust in my local meetings. They don't want to trigger anybody and they don't want to be accused of not focusing on the solution. But when people are vague in their sharings, I don't get anything out of it. I hear people say, "I was looking at stuff

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It seems that many people no longer share about their lust in my local meetings

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on the internet, but I got out of it," or "I was having some thoughts about people that I shouldn't have been having. That's my share." I need to hear the details of the shame and the pain that lust caused you, and the need for surrender. Then I need to hear the actions you took to allow the grace of God to enter in and expel the obsession.

Here is the kind of share that is helpful to me,

"I hate how being in church is prime time for my addict. He

hates it when I try to connect with my Higher Power. I was sitting in church and noticed the guy in front of me was young and attractive. I kept looking at his rear end and wanted to wonder what he looked like naked. I have poor custody of my eyes and they kept going back to him, even though I didn't want to look. I can't pay attention to the Mass with all this distraction. I tried to surrender the thoughts, but they do not go away. I knew the next step was some kind of action. I got up and moved so he was no longer in my line of vision to the altar. God's grace entered in and I was able to pay attention to the rest of the service." Please don't protect me from your lust. I need to hear it.

Anonymous, USA

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## Fundamentals of My Surrender

*Finding what only God can do*

**O**ften my willfulness asserts itself, and I have been learning the following ingredients of surrender.

**Desire.** This is number one. If I don't have a sincere and honest desire to maintain sobriety, I won't.

**Willingness.** I am willing to do whatever is necessary to achieve sobriety. I swallow my pride and listen to my sponsor's direction. I may kick and scream but I need to be willing to follow through.

**Awareness.** Thank God for my accountability friends, my sponsor, and my therapists. They have helped



me become aware of what is going on inside of me. Now I have the opportunity to acknowledge what I see. I work on it, making new choices, and turn decisions over to God. Without awareness, I would not be able to accept who I really am, and sobriety and recovery would escape me.

**Conscious (Constant) Contact with God.** To surrender to God, I need to be aware that He is unfailingly in control, walking with me, and loving me despite my faults. God's love and affirmation are crucial to my moving forward in recovery and this contact is where I embrace and assimilate Him into me.

**Yielding of My Will to His.** Most of my life, I asked God to "take away" my lust, but I was never willing to give it up to Him. I had not fully accepted my powerlessness and resisted turning my will over to God. I would turn it over, then take some back. My sponsor dubbed it "defiance," and I add to that "rebellion."

I finally learned the difference between surrender and willpower. Will power is managing and surrender is not managing. Will power depends on my power, not God's. Surrender is what only God can do in me if I let Him. True surrender is totally letting go, a mindset to do God's will always, not mine.

**All or Nothing.** Surrender is all or nothing. The nature of my addiction is such that I cannot surrender most, or almost all, and expect to succeed. My surrender must be total, complete, and unconditional. No reservations. I can hold nothing back.

**An Attitude, State of Mind, Mindset.** Surrender is moment-by-moment for every thought, feeling and action throughout the day. I call it "micro-surrender." A micro-surrendered mindset prepares me for triggers that appear. It keeps me focused on the emotional, mental, and spiritual forces acting upon me.

**Action.** Surrender involves action, seeking God's way instead of my own when presented with choices. I cannot have it both ways! I relapse when I acknowledge surrender in my head, but do not take the action I know I need to for sobriety.

Scott T., Pennsylvania,  
US [edited for length]

## Grateful To Be Useful

There is the old story of the monk who lived on top of a high mountain. Every day he would walk down with two clay pots across his shoulders. Once at the bottom he would fill both pots and walk back up to his small hut on top of the mountain. On arriving, one of the pots would always be empty.

As often happens in this kind of story, the broken pot complained, "Master, why do you not throw me down the mountain and break me into shards? I am already so broken and useless and you fill me with water everyday and everyday I am empty by the time you carry me back up the mountain."

The Master replied, "If you can speak, then you shall also see. Look down the trail, all the way down to the river; one side is barren and rocky and the other is beautiful with wildflowers. Your faults are the reason for those flowers."

Grateful to be useful, and humbled by its Master's wisdom, the pot remained silent, now content in its purpose.

Glen S., California USA

## A “Magic Sentence”

*Arousal can be optional*

**I**n my SA experience, I have encountered many times when lust and arousal seem ready to overwhelm me. In recent conversations I’ve also heard these common sexaholic scenarios:

I was exhausted on Saturday night from the events of the day. I went to bed before my wife. I woke up when she crawled in with me and I couldn’t go back to sleep. Finally, desperate, I got up to look at porn downstairs and masturbate. Then I came back to bed to sleep. I would once again reset my sobriety.

My wife and I were planning to be sexual this weekend. I took my prescribed medication and we had a wonderful intimate time together. The next night, however, after cuddling with her for a few minutes, I found myself aroused again. She just wanted to fall asleep and did. I finally got up to masturbate so I could sleep, too. I did not know what else to do.

I had been sober for just over a week and everything was going well. It was late in the evening and I needed to be up early for classes the next day. Suddenly, I got out of bed and went to a website on my phone to look at porn and masturbate. It seems there was nothing I could do to stop.

From my adolescence on I found myself struggling with arousal and thoughts of acting out when

I showered in the morning. This became a habit and a ritual to start my day. In sobriety those same struggles eventually led me to a “Magic

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Our SA solution is to surrender to a Higher Power, to God. The Magic Sentence does this over and over again for me.

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Sentence.” I discovered when I said this sentence out loud or to myself, it really helped remove the arousal. The Magic Sentence is: “I surrender to you, God, my right to have an erection (or to be aroused) and to be sexually responsive at all.”

When I use the sentence and repeat it as often as possible, for me the Magic Sentence does three things. First, it breaks the “spell.” My lust is fed by a belief that I have a right to arouse myself. Second, when I use the Magic Sentence, it acts as a deflation valve. The arousal simply goes away, usually after only a few repetitions. Third, and most usefully, I bring God into the center of the fantasy. Our SA solution is to surrender to a Higher Power, to God. The Magic Sentence does this over and over again for me. That is, if I use it!

Anonymous, USA

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## Insatiable Curiosity

*Not “knowing” conquers lust*

**I**n my home group, we encourage newcomers to read an Essay article entitled “I Don’t Have to Know” for 40 consecutive days. The author describes a compulsive need to know everything around him. He has Batman-like hyper-vigilance that is a habit of insobriety. Realizing that he is not Batman and not God, he relies on

the simple mantra of, "I don't have to know" to practice a healthy habit to not feed the impulsive desire to look. This helps him surrender his need to control and drink in everyone and everything in his environment.

For me, I struggled a great deal in the early months of sobriety when I was just coming off my drug. Although I could accept that I didn't need to know, I WANTED to know. I'm powerless over lust. I was addicted to the "pull" of curiosity. "I wonder if she would find me attractive?" "I wonder if the sex scene in that movie will bother me?" "I wonder if he mentions his wife's name on his Facebook account?" "I wonder what was that movement in my peripheral vision?" "I wonder what the correct lyrics to that song are?" "I wonder...." "I wonder...." "I wonder...."

The problem is that I spent most of my life responding immediately to the pull of my habitual desire to voyeuristically squeeze everything out of the world around me. I never questioned that voice inside me. I just reacted instantly to its every question. For example, the voice throws a question like, "I wonder what men's cologne is the most attractive to women?" Within seconds, I would be on the Internet trying to find the answer. How does that knowledge help me, God, or others? Do I need to know? No! But that doesn't matter when I want to know. At that moment, I feel as though I will die if I don't find out the answer.

Typically, my brain will try again and again to convince me that I need this new information. On the other hand, part of my brain says, "Dumb me, why do I want to make myself uncomfortable? What if I see something that steals my serenity?" Henceforth, the battle begins. My fear and frustration grow as I listen

attentively to the escalating voices of my ego, both wanting control. One wants to rebel against societal norms to enjoy lust; the other wants to wrest satisfaction out of life and manage my behavior. Help! How can I be free of the prison of conflicted self?! The Bad news: I'm insane! The Good news: There is One who can restore me to sanity. May I find Him now.

In these moments of willingness to seek God I can ignore the voices in

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I don't need to know, but I do want to know. God, I surrender my need to know. May I find in You what I'm seeking.

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my head and look to my heart instead. There, in the present moment, I can find God. He offers me peace and comfort. I can surrender my desire for information to Him. I can affirm that not only do I not need to know, but I also don't want to know. All that information that I am pulled to intake has nothing to offer me that my God cannot grant me. During those times, my mantra becomes, "I don't want to know even if I die!" I surrender my insatiable curiosity to God.

I can choose God rather than lust. With His help, my desperate mantra can turn into a calm prayer. "God, I surrender to You my need and want to know. May I find in You the comfort, relief, solace, acceptance, companionship, assurance, happiness, freedom, joy, love, & forgiveness that I seek in the world around me." I feel God's gentle hand soothing my restless heart as I release the desire to know. Like a small child, I relax in His arms and allow God to hold me and love me. In God's Embrace, my needs are met.

Amjed, Texas USA

# Humility: Being Right Sized

## Step Seven

*Humbly asked Him to  
remove our shortcomings*

**S**tep Seven requires humility. Humility is honest, accurate self-perception. Humility is seeing ourselves right-sized, rightly proportioned to our Higher Power and our fellows. Humility is seeing ourselves as we really are, as our Higher Power would see us. *Twelve Steps and Twelve Traditions* defines humility as “a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be. Therefore, our first practical move toward humility must consist of recognizing our deficiencies. No defect can be corrected unless we clearly see what it is (12&12 58). Thinking highly or lowly of ourselves is a form of pride or fear, and humility is the opposite of both.

Humility means:

- We recognize our own powerlessness over the situation.
- We have surrendered and let go of our attachment to the result.
- We know that we need to ask because we are not the ones with the answers.
- We are willing to be taught and to do our part.
- We are entirely ready.
- We desire to seek and do God’s will.

Before recovery, we knew little of humility. We concerned ourselves with our own lusts and desires. If only we could gain wealth, romance, or success, then we could be modest about it. Many of us saw achieving, possessing, and acquiring as the means to happiness and as the

purpose of our lives. In an endless cycle of dissatisfaction, we sought to serve ourselves. Real spiritual growth and character development were not priorities, indeed were not even possible in that state. We lived life as a tribute to our desires and our dependencies. Our pride, sometimes disguised as shame and self-condemnation, obscured who we really were. Pride was one of the activators of our “dis-ease.” As long as we lacked a relationship with a Power greater than ourselves, we were masquerading as that power, and we could not know humility. As long as we were running the show, our self-will brought misery. Through working the Steps, we began to see that we were absolutely dependent on a Power greater than ourselves for our recovery and our lives. As we continued to surrender more of ourselves to the will of our Creator, we found happiness, joy, and freedom. As we grew in humility we grew in sobriety and usefulness to others.

*Step Into Action 105-106*



### Solitary Self-Appraisal insufficient

*Rooting out my darkest secret*

**W**henever I try to hold something back from my sponsor or renewal partner, I find I'm creeping back into my life with renewed vigor. In the AA chapter "Into Action" this quote is found: *...we usually find a solitary self-appraisal insufficient.* "...they had not learned enough of humility, fearlessness and honesty... (AA, Chapter 6). We find that most relapse comes from an insufficient Fifth Step (or Tenth Step.) I have to tell ALL, or my diseased attitudes will kill me. Once back into my life, lust will fester and grow in the darkness, like a mold.

When I place a higher priority on 'looking good', which is my pride and arrogance at work, than on surrender, I will suffer the consequences. In my religious tradition there's a saying that says that God is stern with the arrogant and merciful with the humble. When I am stuck in my arrogance, I find that God usually has to get my attention with the proverbial two by four piece of lumber. However, when I humble myself, and tell my sponsor or another sexaholic about my latest diseased attitudes, then I always find that God is exceedingly merciful. I am only as sick as my darkest secret, and as I eliminate secrets, I find healing.

Today, I will ruthlessly root out my darkest secret and share it with another in a spirit of humility. God grant me the courage to be humble, fearless, and honest.

<https://sexaholicsanonymous.eu/#427>

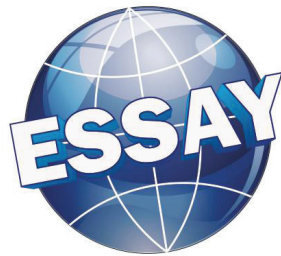
### Pride Versus Humility

*When the satisfaction of our instincts for sex, security, and society becomes the sole object of our lives, then pride steps in to justify our excesses (12 & 12 49).*

**I** count myself squarely among those who were bludgeoned into learning humility. By the grace of God, I also count myself among those in SA who experience a bit of heaven through practicing humility. Asking for help was never part of my prideful agenda. But when I did, I received help in abundance. Taking a searching and fearless look at my life was never part of my agenda, but when I did, I was able to cease my destructive behavior and better accept myself as I am. To keep coming back to meetings and participate in the fellowship of recovery was not part of my agenda, but I do, and as a result, I enjoy a life of purpose and meaning through helping others.

*God, please help me to avoid the pitfall of thinking that I no longer need help.*

*TRC Meditations 310*



**Our Meeting in Print**

### Speaking Of Humility

*What? After weeks of research and rehearsal for his big talk about Step Seven they chose a different speaker?*

Last November, I volunteered to speak at a topic meeting. This would be my first speaker meeting at this group, and it would be on the Friday after Thanksgiving. I decided to speak on the topic of humility since the words “humble” and “humility” show up so often in the Big Book.

I devoted weeks to research and I learned some interesting things. The word “humility” comes from Latin, meaning “of the earth, not the heavens.” Additionally, it has been argued that the Twelve Steps have their basis in humility. Further, many religions hold that humility is essential for beginning a spiritual path. Some sources even argue that humility is the one condition to receiving divine grace.

I rehearsed and re-edited my lines. They were poetic, powerful even. This presentation would be seen as one of the best of the year, I thought. It might even be good enough for a regional roundup.

So on Black Friday, I went to the meeting early to check in with the group leader. However, I discovered that he was out of town. Before I could find the substitute group leader, the meeting was called to order. The meeting advanced through the usual agenda. I was feeling a little nervous, but I focused on rehearsing the lines in my head.

Finally we were ready to get to the topic. I was coiled to spring into action as soon as my name was called. But to my shock, the substitute group leader introduced a different

member, a guy named Bobby, to do the topic presentation. I was not sure whether to interrupt the meeting or let it proceed. I chose to remain silent and just grit my teeth through the meeting. The presentation by Bobby was on gratitude, since it was the Thanksgiving holiday weekend. It



was excellent, but I only heard parts of it.

As I sat there, I began to realize what had happened. In the hand-off to the substitute group leader, no one had given him the list of scheduled speakers. Consequently, he called someone else to present. This was an honest mistake of little consequence. Nonetheless, I was so overcome with anger and self-pity that I hurried out after the meeting in stony silence and vowed never to return.

The next day I was called out of town for a week. This gave me time to reflect on my resentment. The conclusion: my ego had taken over. I had turned what was supposed to be an act of service into an act of self-promotion. I had created a fantasy with grandiose outcomes. I was more interested in making an impression than making a connection with the group.

On that Black Friday, I could explain humility, but I was not actually living it. I was putting my personality over

spiritual principles. This realization was, dare I say it, humbling.

It's ironic that I learned more about humility from this scheduling error than the group would have received from my presentation. I'm actually grateful this scheduling error happened. It uncovered several of my character shortcomings. It pushed me to work on my spiritual fitness, improve how I monitor my shortcomings, and remember to ask for God's help in removing them.

Another thing I learned? I promise not to do a speaker meeting on this topic again until I am sure about my motivation.

-- John P., Minneapolis, Minnesota USA

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### Accepting Myself

*Character defects can be strengths*

**M**y SA bus journey has been a long ride but well worth it so far. I still don't know our destination even after 13 years. I have gone through the Steps with my sponsors several times in the course of my journey, and I have learned that the principles of Steps Four and Five still apply to me!

This statement from Step Four still applies to me: "Getting our secrets out into the open is one of the first concrete demonstrations that we want to change and starts an ongoing process that will continue to bear good fruit" (SA 110). In order to "stay on this bus", I need to keep my life in the light by being open and sharing it with the driver (my Higher Power)

and my fellow passengers. Every week I schedule regular check-ins with other members. I tell on my addict. I surrender the temptations. I call for advice, share the secrets, and raise my prayers. The principle of living my life in the light is ongoing. Living this way has helped me to like myself more than before.

Step Four helped me understand myself better, my character defects and my strengths. As I shared this Step with my sponsor, I could see through his eyes that I was balanced. I had strengths and accomplishments along with my failures and defects. Admittedly, those defects and failures brought me much misery and gave me a great desire to want to change.

The next stops on my bus trip are Steps Six and Seven. I can't remove my character defects by myself no matter how hard I try. Indeed, I did try for years before I boarded the SA bus. Very often, the flip side of my character defect is a character strength gone awry. For instance, the flip side of my perfectionism is a desire to be conscientious in what I do, and that is not a bad thing. If I crushed and eliminated the defect, I would mangle and change the strength. It is better to let my Higher Power deal with it.

The magic of this bus ride is that once Steps are completed, the journey is not over. I must continue to live the principles of the Steps in my daily life. Over time, just as I turn over temptations more powerful than me, I have identified my strengths and defects more accurately. I turn them over to my Higher Power. The upshot of all of this awareness and surrender is that I accept myself. This is who I am. I do have progressive victory over lust, I am getting better, and I like myself.

Anonymous

### La Conversión Y La Humildad

Mi lucha contra la adicción estaba devorándome las entrañas, y no podía encontrar otra salida que crucificar a mi hermano. Como hacían los monjes en la Edad Media cuando se flagelaban las espaldas por haber pecado, yo me flagelaba psicológicamente muy duro y hacía eso con los demás.

Descubrí que mi relación con el otro siempre es un reflejo de mi relación conmigo mismo. Por eso es que los demás me reflejan, me muestran lo que no quiero ver. Estaba resentido con ellos porque creía que me mostraban una “imagen falsa” de mí. No la imagen de alguien más evolucionado, más espiritual, sino de alguien como cualquiera, la imagen real.

Yo hablaba de humildad, le daba gracias a Dios, pero en mi corazón no había humildad. Ponía la rodilla en el suelo, pero mi corazón estaba lleno de soberbia. Hasta que la máscara se me cayó. De eso es difícil hablar, porque las palabras son muy poco precisas para expresar ese tipo de experiencias. El hecho fue que vi con toda claridad en mi mente el engaño en el cual estaba atrapado.

Fue doloroso, tengo que reconocerlo, pero fue sanador. Dejé de ocuparme en lo que los demás vivían y me enfoqué en lo que yo experimentaba. Descubrí la envidia, la intolerancia, el deseo de reconocimiento. Y eso fue suficiente para que en adelante algo en mí

cambiara.

Quizás nadie se percató de este cambio, pero eso no importa. Yo sé que existe un Dios que vela por nosotros, y sé que nos prometieron una paz que no es de este mundo. Sé que es posible experimentarla, una paz que todo lo sana.

Rafael G., Columbia

### The Conversion And Humility

*[A Google Translation]*

My fight against addiction was devouring my insides, and I could not find another way out to crucify my other self. As the monks did in the Middle Ages when they flagellated their backs for having sinned, I flogged myself psychologically very hard and did that with others.

I discovered that my relationship with the other is always a reflection of my relationship with myself. That is why others reflect me to me, showing me what I do not want to see. I resented them because I thought they showed me a “false image” of me. Not the image of someone more evolved, more spiritual, but of someone like anybody else, the real image.

I spoke of humility. I thanked God, but in my heart there was no humility. I put my knee on the floor, but my heart was full of pride. Until, the mask fell off. That is difficult to talk about, because the words are very inaccurate to express that kind of experience. The fact was that I saw clearly in my mind the deception in which I was trapped.



## Humility

It was painful, I have to admit it, but it was a healer. I stopped preoccupying myself in how others lived and focused on what I experienced. I discovered envy, intolerance, and the desire for recognition. And that was enough for me to change something from then on. Maybe nobody noticed this change, but that does not matter. I know there is a God who watches over us, and I know that they promised us a peace that is not of this world. I know that it is possible to experience it, a peace that heals everything.

Rafael G., Columbia

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## Humility and Honesty

My natural tendency is to vacillate between pride and shame. Maybe I hit moments of humility somewhere in between. It occurs to me is that both pride and shame are dishonest states of being, while humility is completely honest. That's why I can slip into a false humility quite easily, because it is dishonest and still being prideful. It's still about me, and not about God and others.

When I see myself honestly as who and what I really am, particularly in relationship to God and others, I can then practice humility in how I think about and

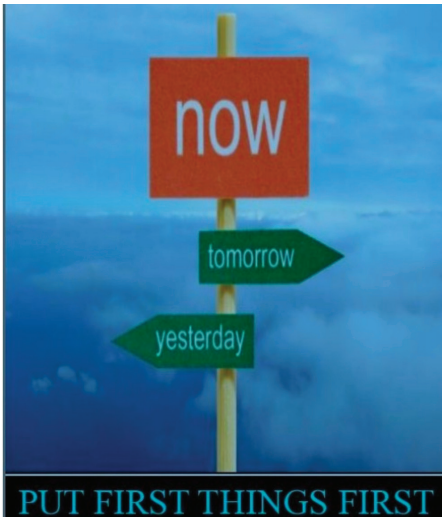
*I realize that I am of great worth to Him because of how He chooses to love me.*

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act toward others. Without that honesty, I can't imagine having true humility.

When I see myself honestly in relation to God, I realize that I am of great worth to Him because of how He chooses to love me and extend His grace to me. It's about Him and not about me. I need not be ashamed when I honestly look at myself, even with my wrongs and real guilt, because I believe that I am loved, forgiven, and accepted. This belief in God's inherent goodness not only keeps me from living in shame, but it allows me to even begin to have humility, because it is all about Him and others, and not about me.

Ron, Taiwan



# MEDITATIONS

## What Humility Is Not

*We should be [...] humble without being servile or scraping. As God's people we stand on our feet; we don't crawl before anyone (AA 83).*

**T**he Program says much about humility; it is an indispensable part of the recovery process. Everyone talks about it, most of us desire it, but do I understand what it is?

Just as important for me is the question, "What is not humility?" Bill W. of AA makes this clear in the quotation above. We are deserving of self-respect and the respect of others.

Humility is not humiliation, which is imposed from without. It is not self-deprecation, as in "I can't do anything right." Humility is not self-degradation—"I'm not worthy of acceptance, love, and recovery." And it is certainly not despair, which can lead to isolation, misery, and the death of one's soul, spirit, and life. In fact, as AA's Twelve and Twelve states, despair is "pride in reverse" (45).

My temptation is to use "humility" as an egotistical excuse for not becoming all I was meant to be. If I can convince myself that I am not worthy, capable, or lovable, then I am freed to continue on the easier, softer way that leads to destruction and ruin.

Humility is not to be used in place of "can't." As long as I believe I cannot find wholeness, happiness, and serenity, I will never be humble enough to say, "Yes, with God's help I can. And I will!"

*God, help me have the humility that allows you to work Your miracles in my life.*

*TRC Meditations 100*

## Strengths and Weaknesses

I will survive if I am strong  
I will perish if I am weak  
I will beat my addiction  
I will not admit defeat

My addiction is cunning  
It deceives its true intent  
It preys on my weakness  
I have morality and good motives  
Yet I rage at my detractors

My addiction is baffling  
It seeks to make confusion  
It preys on my weakness  
I am self-reliant and confident  
And quick to blame others for defeat

My addiction is patient  
It waits in the shadows as I worry  
It preys on my weakness  
I am prideful and a perfectionist  
And fear the judgment from others

My addiction is powerful  
It strengthens on resistance  
It preys on my weakness  
I am determined to solve all problems  
And resort to lies and manipulation  
if all else fails

My strength has become my weakness  
My strength has served me well and  
I am grateful  
I avoided the annihilation I feared  
But it proved not to be enough

I seek another way

## Humility—A Lifestyle

*To get completely away from our aversion to the idea of being humble, to gain a vision of humility as the avenue to true freedom of the human spirit, to be willing to work for humility as something to be desired for itself, takes most of us a long, longtime (12 & 12 73).*

**I** once believed that being humble meant being humiliated, feeling less than, and losing one's self-respect. I could not take that. I already felt bad enough about myself because of my secret life of sexual obsession. I could not tolerate the shame of anyone seeing I might be wrong or imperfect. I had an overwhelming fear of being found out for the person I really am.

When I found SA and began to work the Program, I saw humility in a different light. I learned being humble means being honest and seeing things as they really are, recognizing my strengths as well as my limitations, and relying on my Higher Power to guide me through each day. I believe humility is an attitude and a lifestyle where one does not try to play center stage all the time but supports others by recognizing their needs and helping them.

The gift of humility frees me to believe I am worthy. It provides me a self-respect that is grounded in my Higher Power's love for me. Humility is the avenue to true freedom and happiness.

*Today I will live in a spirit of humility and enjoy the benefits of love and service it brings.*  
TRC Meditations 43

I see others have gone this way before  
Relying on others to trudge this road  
Admitting their weaknesses  
and finding strength  
My weakness can become my strength

My recovery is cunning  
It slowly reveals its ways  
I pray on my weakness  
Please let me not rage at my detractors  
Let me listen for the lesson God  
is giving me

My recovery is baffling  
It is hard, but easy  
I pray on my weakness  
Please let me not blame for my failure  
I seek the understanding of others

My recovery is patient

It reveals itself when I am ready to learn  
I pray on my weakness  
Please let me not fear judgment  
of others  
I rejoice in my blessings and  
the graces from God

My recovery is powerful  
It is strengthened by my surrender  
I pray on my weakness  
Please give me resilience to be  
patient and calm  
So that I may find truths greater than  
I can find on my own

I will admit defeat  
I cannot beat my addiction  
I will perish if I proclaim power  
I will survive if I admit weakness

-Shawn N., Pennsylvania USA

# SA STORIES

## Emotional Sobriety

*A Prayer for Freedom*

Throughout my life I used food, alcohol, drugs, relationships, sex, work, and achievements to fill up a gaping hole inside which never seemed satisfied. I had an insatiable need for recognition from people. I viewed everything through a prism of me, self-obsession to the nth degree.

This microscope on my faults and merits came into recovery with me,

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Bill W. ... came to understand that he was plagued by 'almost absolute dependencies' on people and circumstances to give him his sense of prestige and self-worth.

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along with an almost absolute reliance on other people to give me my sense of self-worth. In my search for validation I jump from one source of recognition to another depending on which is most likely to give me the strongest feeling of personal well-being at that moment. As a result, I find I focus obsessively on either work, family or program to the detriment of the other two and have never been able to get a sound balance among the three.

Nowhere has my dependency and the harm it has caused been more apparent than in my relationship with the mother of my youngest child. Soon after his birth the relationship deteriorated badly, and ten years ago in my mind it was effectively over. My sponsor, however, encouraged me to remain committed to the relationship, even if we never got back together. I thought this was crazy, but decided I'd give it a go one day at a time. Thank God I did, as it forced me to examine the question of emotional sobriety. I

have come to believe this is vital to true victory over lust and to happy sobriety.

The term emotional sobriety was coined by Bill W. founder of AA, in a letter he wrote in 1956 to another oldtimer (published in the AA Grapevine in 1958 under the title Emotional sobriety: the next frontier.) Then twenty years sober, Bill W. found himself again sinking into depression. In seeking to find a solution, he came to understand that he was plagued by 'almost absolute dependencies' on people and circumstances to give him

his sense of prestige and self-worth. He realized he should have been getting these from his relationship with his Higher Power.

In his letter, Bill says that many AA oldsters who have worked the 12-step program successfully, are bemused when peace and joy still eludes them. This he says derives from unhealthy dependencies and underlying unhealthy demands, demands to control others to obtain the "... prestige, security, and the like" we crave. Bill knew the solution was in the 11th Step prayer used as a guide for meditation in *Twelve Steps And Twelve Traditions*. At the heart of the prayer it says, "My Creator ... grant that I might seek rather to comfort than to be comforted, to understand than to be understood, and to love than to be loved, ...." Bill couldn't seem to get it. Finally, he realized he could never fully receive God's love until he was able to give unconditional love to others which he saw as necessary to be

able to free himself from his crippling dependencies and unhealthy demands for external validation. No small order.

I was desperate to find a solution to seeking external validation. Bill's letter came to my attention ten years ago. However, I couldn't comprehend what he meant by 'absolute dependencies' and unhealthy demands. Then I heard an AA recording on emotional sobriety. The speaker told how at 26 years of sobriety he was in his worst period and just wanted to die. In this state, he came across Bill's letter and started

relented in refusing to play the role I had assigned her. The result was a painfully slow and immensely valuable process of growth.

First, I found I had to surrender my expectations (also known as premeditated resentments) that a renewed relationship could be secured by only working the Steps. Later I realized I would need to surrender even the hope that the relationship would work out. That hope I could see was a form of demand I myself place on my happiness. I basically play

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I have, never been more at peace and free from fear. In fact, most days I am very content and joyful. I have more visitors than I ever had in any urban metropolis,

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to apply it to his own life. In doing so he discerned that his lack of emotional sobriety meant he was pushing away the people he most wanted to keep close. As I listened to him I identified my own, almost absolute, dependency on others for my sense of self-worth.

Praying for freedom from my primary dependency and my demand that any woman in my life give me unconditional recognition was what I needed to do. When I did pray I felt a weight lifting. Then I understood that the 11th step prayer was indeed a prayer for freedom from the crushing need for external validation. Going forward, I began to wean myself off my insatiable dependency. Living alone and being single had never been part of my recovery plan. I thought a year or two of good Step work would free me of my defects, and our relationship would be healed and hunky dory. That plan was devised more than a dozen years ago and I'm still single. Thank God, the woman I was trying to convince that I was a good bet never

God again by saying I can't be happy, joyous and free unless I get to have the relationship. My sense of need for a relationship was another form of precondition on my happiness I had to relinquish.

I would also have to give up even the desire for a relationship if I was to be able to fully accept the fact that God may not have it in his plan for me to have one or to have it with the woman I would choose. Scary. When I did so it freed up a whole load of anxiety. There is still that part of me which is prone to fantasizing about the perfect relationship. The amount of emotional sobriety I have attained helps me put things in perspective. Bill defined emotional sobriety as "... real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God." I have come to understand that emotional sobriety is the byproduct of acceptance of others as they are, of the world as it is, and of myself as I am. This has been described as the path

## SA Stories

to God consciousness, which is the source of true self-validation.

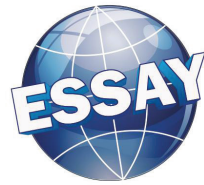
Today I am underemployed, doing up an old house in a small country town, with only a bike for transport. Although fourteen kilometres from the nearest 12 Step meeting and an hour and a half by bus to the nearest SA meeting, I have never been more at peace and free from fear. In fact, most days I am very content and joyful. I have more visitors than I ever had in any urban metropolis. I get to do loads of individual service work and have the pleasure of studying the AA. Big Book.

Today I feel totally protected by my Higher Power who loves me just as I am and asks no more than I be the best me I can be today. I like to say I am a condemned man, condemned to be happy, joyous and free, so long as I stay close to my Higher Power trying to do his work well. For me this means working the Steps, attending meetings, doing service and trying, however poorly, to apply these principles in all my affairs. That

is my insurance policy. The funds, relationship and pension, if it is to come, I'll leave to God. He's been doing quite well up to now and there's no point rushing my Higher Power because like me he does everything at the last moment.

For those who would like to receive more information on emotional sobriety please feel free to contact me at [brendanessay@gmail.com](mailto:brendanessay@gmail.com)

Brendan T., Ireland



*Our Meeting in Print*

## Group Discussion Topics

The author of "Emotional Sobriety" identifies with the depressions experienced by Bill W. and his discovery of emotional sobriety.

- Have you experienced emotional struggles in SA and in sobriety?
- How have you been able to get help for emotional struggles?
- How have you seen others get help -- or not get help?
- Sometimes the changes in our

lives, even in sobriety, can be hard to accept. How have you coped with changes?

- Have you been able to work Step 11 in ways that work for you?
- Does "Keeping Away From The Edge" (page 21) fit your experience of recovery?
- What are your Safety Lines and ways of staying back from edges?
- In meetings will you share?

## Keeping Away From The Edge

*Staying safe is peace-full*

I used to rock climb. I mean the big mountains, like the Grand Teton in Wyoming, 13,775 feet tall. These experiences taught me some valuable lessons. When I climbed the big mountains, I never climbed alone; I was always roped together with a friend as we climbed over dangerous areas. Can I apply this lesson to my lust addiction? You bet.

**Never climb alone.** When I found myself addicted to pornography, I tried for four years by myself to stop. I made all kinds of resolutions, promises, and self-imposed bound-

I have noticed that there is a strong correlation between my emotional sobriety and the ease with which I surrender lust temptations.

aries, to no avail. The amount of time I spent on the addiction grew, and the content became more and more bizarre. On my own, I was in trouble. As a birthday present I downloaded a filter on my computer. Two weeks later, I attended my first SA meeting and came away with a sponsor.

**Use A Safety Line.** No longer do I try to fight addiction on my own. I check in regularly with members in the SA fellowship. I go to three meetings a week and do service work. I am not climbing the mountain of recovery alone, and my Higher Power is with me 24/7. Prayer is my first response, "My God (Higher Power), I can't handle this. I trust You. Help me." I use short prayers of petition, and longer prayers and meditation to develop the relationship. I am not alone. I have a safety line to keep me

from falling.

**Keeping Away from the Edge.** Today I no longer rock climb, but I am alert when I approach the edge of a height. Similarly, I am alert to my emotional state as I work my SA program. If I am carrying resentments, or if I am angry or fearful without cause, then I am not emotionally sober. I have noticed that there is a strong correlation between my emotional sobriety and the ease with which I surrender lust temptations. These days, when I am upset emotionally, I will try to work a Step One, Two, Three with the precipitating cause. If I can't seem to get peace and surrender the emotion, I call my sponsor or friend in the program. I call this, "Keeping away from the edge."

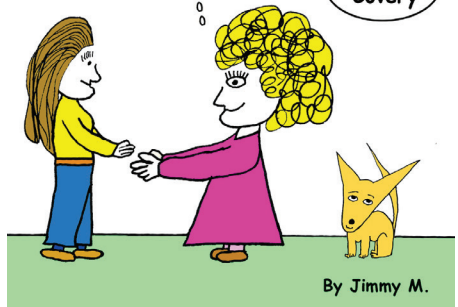
Addressing the emotion, accepting it and then surrendering it to my Higher Power brings me back to peace of mind. I can handle temptations so much better when I am confident, unafraid, hopeful and at peace with the world.

SA is a practical program; it matches well with life's lessons.

Anonymous, Missouri USA

I hope I can dazzle her with my recovery!

Misery  
Covery



By Jimmy M.

# STEPS

## We Came to Believe

*Step 2 and Spiritual Minimums*

**H**ave you ever known something--then you didn't? Have you ever believed it--then you didn't? Have you had faith and lost it? I have. I was a student, teacher, preacher and leader. I knew the Bible inside and out. I had faith that my God was real. I believed it with all my heart. However, I had a secret. That secret was my addiction. This addiction ate at my core. It was so easy to hide, until I couldn't. My faith was strong, until it wasn't. Once my secret life came to light, my religious life couldn't support me any longer. My religious background and beliefs failed me.

I have been in and out of recovery since 2001. I have gone through many phases of religiosity and spirituality through this time. The one thing I could never do was reconcile the two. I never fully took Step 2. This time in sobriety I have completely surrendered to Step 2. I had to drop all my religious beliefs and go a different

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Lust and diseased thinking leaves no room for an intimate connection with God.

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route. Too many of my friends in this program drop out and never find sobriety because they can't get past their old beliefs. I didn't want to be one of them.

I now am a student of those that have gone before me. I heard old timer, Jesse L, say that "spirituality is not a part of the program, spirituality IS the program." I remember reading the following statement: "The point

is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection." (AA 85)

What is spirituality? The word spiritual is derived from the Latin word spiritus which means breath. The ancients believed that breathing connected us to God. In essence, to breathe is to be spiritual. My sponsor tells me to "breathe out fear and breathe in God." This is breathing connecting me to God.

In 1995 at an SA conference old timer Lee T shared "4 Spiritual Minimums." This is a simple way to reconcile my program and my spirituality. Here they are summarized:

1- Sobriety: Sobriety is the foundation. Without sobriety, we cannot have recovery. We also cannot have a spiritual connection to a power greater than ourselves. Lust and diseased thinking leaves no room for an intimate connection with God.

2 - Meetings: Spiritual movements revolve around meeting with those that share a common interest. Attending meetings is an act of surrender connecting us with others struggling with the same problem. It also connects us with others who have gone before us. Meetings connect us with those we may help.

3 - Sponsorship: We must have a sponsor. Part of surrender is to call the sponsor EVERY day. A second part of surrender is asking for help and doing what is suggested. Your sponsor can guide you through this spiritual program. We also need to become a sponsor. If you have a sponsor and have sponsees that are



calling you then you will be anchored in a safe spot.

4 – Time: There is no substitute for longevity. We live one day at a time. However, we learn from those that have put together the most days in a row! The longer we have sobriety, and the more meetings we attend, the more attractive we are to those we may sponsor.

Spirituality is developed from the rituals I incorporate into my lives. These include Praying Daily, Meditating Daily, Talking to my Sponsor daily, Tenth Step at night Daily and Praying over the Tenth Step Daily. Contact me and I can share the 1995 Lee T. recording with you. [Preston.Davis@outlook.com](mailto:Preston.Davis@outlook.com)

Preston D., USA

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## Honesty About Addiction

*There are lots of other Eriks*

**I**n the cell block I have a friend Seth. He talks to me, is friendly and warm. He has been open and honest about his heroin addiction.

I think about another friend I had on the outside, Erik, the son of my best friend, also a “dry” addict. Although Erik was honest with me about his addiction, I hid mine from him and everyone. My lust addiction caused me to disconnect from people, to isolate myself, withdraw from healthy connections, and seek unhealthy ones. Those tendencies still exist in me, even at nine months sober.

Seth has given me hope, though. He showed me yesterday some of the symptoms of his heroin addiction. He has blackened veins in his arms that have shrunken and collapsed. He showed me places in his arms that were returning

October, 2018

to normal blood flow, not blackened. It gives me hope that the symptoms of my addiction over time may fade, hope that my ability to connect with people will improve, and that my tendency to withdraw and disconnect will lessen. Seth’s openness and honesty encourages me to continue fighting my own demons that threaten my sobriety.

I wish, like Seth, I had been open and honest with Erik. Three days ago Erik died. Fresh out of rehab, he probably relapsed. Maybe his body couldn’t handle the stress of a relapse.

Could I have prevented his death three days ago? I don’t know. I DO know that had I been honest with Erik over the years, one addict to another, perhaps he could have found the courage and strength to fight his demons, and hope. Once again, what MIGHT have been haunts me.

In another week or so, I will be released. Seth shared that in a week he will be in court to hear the initial offer of a sentence. I don’t know if our paths will cross again. I DO know that I am grateful to Seth for his example of honesty and his courage and will to fight his demons. I wish him well always.

It is too late for me to help Erik. But there are lots of other Eriks who need strength and courage, who need someone to be honest with them about addiction, someone to encourage them not to give up the fight.

Thank you Seth for showing me the way, for teaching me to try and help others the way you helped me, for giving me hope.

Tom W, Maine, USA

*Ed: Written at the end of his incarceration, summer of 2017.*

## The God Of My Understanding

*A Step 2 job description for my Higher Power*

### JOB SUMMARY

I am seeking a timeless and relevant God to assume ownership of all my affairs and provide guidance for all future decisions. This God will negotiate all interactions between me, my true self, and the rest of creation. My new Higher Power will direct my steps to either avoid or correctly navigate difficult and painful situations, self induced or otherwise, at His discretion. Being infinitely capable, this God will provide all necessary resources and power for me to accomplish His will on a daily basis. The ideal candidate will lead by example exhibiting perfect love and compassion in all situations.

### RESPONSIBILITIES AND DUTIES

Provide explicit direction, when sought, for my next correct step in any given situation

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The ideal candidate will lead by example exhibiting perfect love and compassion in all situations.

---

Pursue loving relationship with me even when I neglect to seek Him

Love me unconditionally and demonstrably

Hold me accountable for my actions and their consequences without shame or condemnation

Walk me through the meticulous dismantling of all emotional, behavioral, and spiritual boundaries I have constructed that impede my connection to Himself, His beloved child within me, and those around me

Comfort me in times of struggle and despair

Delight in me

### QUALIFICATIONS AND SKILLS

A thorough knowledge of my internal workings infinitely beyond my capacity for understanding

A thorough knowledge of all other aspects of creation infinitely beyond my capacity for understanding

Ability to see all conceivable outcomes of my choices and determine the absolute best possible course of action for me

Infinite patience with me and my habitual patterns of weakness, doubt, and self-delusion

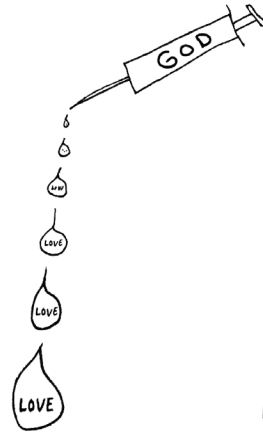
Infinite love for me as an individual  
Inherent desire to lovingly and patiently guide me to the best possible outcome he has determined for me

Absolute authority over all of creation

Patrick J

[Ed: See Letter, Page 6]

## ANTI LUST VACCINE



By Jimmy M.

### “The Toughest Act in Town”

*Finding freedom from our past*

Steps 1-3 brought me into the SA program (vs. just participating in meetings). Steps 4-9 under the guidance of a sponsor took me though the process of reconciling with my past and connecting rightly with God and others. Steps 10-12 keep me in right relationship with God and others and show me a path ahead to keep growing spiritually.

The Sexaholics Anonymous book introduces Steps 4-10 by titling them “The Toughest Act in Town.” (97) Nobody is saying these Steps are not hard work! I agree wholeheartedly that they are necessary for real growth

I know I can admit my wrongs to myself, God and others.

to happen (vs. just working Steps 1-3 and just staying sober). “Sadly, many men and women with years of physical sobriety in Twelve Step programs never make the breakthrough into the heart of the program and true recovery. The biggest obstacle seems to be Steps Four through Ten—the core substance of the program (SA 97).”

Steps 4-9 provided me with some painful experiences, completely necessary pain if I was ever going to grow up and face reality. The thorough inventory work on my past (Step 4), confession of my wrongs to myself, God and my sponsor (Step 5), and facing my many character defects honestly enough to really want to be rid of them (Step 6), could not be

called “happy days.” But finishing that process by taking it through to the direct amends to others in Step 9 meant that I really could “clear away the wreckage” of my past.

I no longer have to hide from myself and others. I know I can admit my wrongs to myself, God and others. I know that God loves me and will continue to do for me what I can’t do for myself. I know that I have done (am doing) what I can to make things right with others. That “dreadful load of guilt” has dropped from my shoulders. I can “lift my head, look the world in the eye, and stand free.” None of that could have happened without working Steps 4-9.

Posted by Sexaholics Anonymous,  
Taichung August, 2018

#### SA/S-Anon Newcastle Conference

November 16-18 2018

Australia - New Zealand

“Legacy of Service”



International Guest Speaker – Dave T from  
Oklahoma City USA

Contact [newcastlesagroup@gmail.com](mailto:newcastlesagroup@gmail.com) for more  
detail

To Register [Click Here](#)

## Progressive Victory: Alcoholic And Sexaholic

*How we walk together*

*Alcoholics Anonymous* (the “Big Book”) and *Twelve Steps and Twelve Traditions* have proven to be indispensable guides in my recovery journey. When I place these two recovery manuals alongside *Sexaholics Anonymous*, our White Book, I find helpful connections.

My experience as a sex addict is described on every page, whether it be the hopelessness of decades as an active addict, or the joyous freedom in recovery. These books enable me to see clearly the nature of my problem.

In the SA Step One I admit that I’m powerless over lust. Compulsive masturbation and uncontrollable use of porn brought me into the program. I soon discovered that lust was the core. I then substitute “lust” for “alcohol” as I read the AA books.

Here are some other parallel things I discover:

“I am restless, irritable, and discontent unless I can again experience the sense of ease and comfort that comes at once from taking a few lust hits.” (AA xxviii)

“Lust, the rapacious creditor, bleeds me of all self-sufficiency and all will to resist its demands.” (12&12 21)

“I’m allergic to lust. The action of lust in my system results in an allergic reaction of sorts. I cannot start lusting without developing the phenomenon of craving. I can never safely lust in any form at all.” (AA xxvii, xxix)

Any lust in my system makes it virtually impossible for me to stop (AA 22, 23)

The White Book shows that lust is the sexaholic’s drug. My twisted behavior that brought me to SA is not even mentioned in our 12 Steps. My behavior is merely lust’s incarnation. And yet, I want to treat lust as Something Other.

In the Big Book I read about the drug that is “cunning, baffling, and powerful” and about the “mental twist” that leads to the first drink and then a spree. Alcohol cunningly whispers to the alcoholic “just a little won’t hurt.” What is whispering in my ear? It might be “your wife is gone, think of an entire night of porn!” More often the voice says, “just a little look won’t hurt.” “Just a glance to verify she’s dressed modestly won’t hurt.” “Just a witty comment to make the waitress smile at me warmly won’t hurt.”

That’s where my negative progression starts. I’m indeed powerless over lust and lust is a toxin to which I’m allergic. This allergic reaction to lust is eventually, and inevitably an all day, all night bender and probably a search for a new home and/or job.

If lust in any form is the first drink for the sexaholic, why do we read about a “progressive victory over lust?0”? Does the White Book mean to suggest that I can successfully recover by coming off lust “sometimes quickly, sometimes slowly?” An alcoholic having “only an ounce of whiskey in his milk” is working the bottle, not working the Steps. Can I, a sexaholic, successfully walk the Steps with

## Steps

“a little something” where my alcoholic friend cannot?

I carry my bar and bottle around with me in my head. To progress in my victory over lust I must become aware of just how effortless the first drink can be. I become aware of how easily my eyes drop for a look or how effortlessly a fantasy can spin up in my head.

But as I discover each lust-bottle, I have a decision to make. It’s a decision to refuse lust in that form. It can’t be “this time maybe I will,

**If lust in any form is the first drink for the sexaholic, why do we read about a “progressive victory over lust?”**

maybe I won’t,” because every time it’s “maybe I will.” Every time my choice is “I will, just a little,” I’m delaying my recovery and I’m swapping a serene life for a momentary, destructive comfort. Progressive victory is progressing in my understanding of the variety of disguises that Lust assumes.

A couple of years ago I read an old *Essay* article by Roy K entitled “A New Look at Lust Recovery.” He relates his own progressive victory over lust. He shares how over time he discovered new manifestations of lust in his life. Each discovery was met with his scorched earth resolve.

For example, he describes how he discovered lust in his marriage bed. He needed lust in the form of fantasy to maintain arousal with his wife. Lust! Overcoming this newly discovered lust was a long slow process and benefitted from a year

of abstinence.

He writes: “Once I discovered these other forms and strategies of lust progressively, once I was able to see, then I came to deeper surrender. This legitimate use of the word “progressive” is the very process of discovery we’ve been talking about in these various stages. I’ve got to keep progressing; there’s no fulfillment of the promise otherwise. The misuse of our expression “progressive victory over lust” is when we confuse it with our encounter in the moment of temptation, seeing the image in the corner of our eye, for example. In that instant, there is no such thing as progressive victory. We either drink or don’t drink. Think about it. Man, can we ever let our progressive victory wording cover a multitude of sins! (*Essay*, Dec. 1999, 6)

That makes total sense. If I’m an addict, if I have an allergy to a particular toxin, any exposure to that toxin is destructive. I must avoid the toxin if I’m to live. Delay is dangerous, and rebellion may be fatal.

What surer way do I have of delaying my recovery than to continue countenancing lust in my head in any form? What is this “progression” if not a half-measure leading nowhere fast?

I cannot safely lust. I use the tools of the SA program to surrender lust to God at EVERY encounter. The lust-free life is the only life worth living. The only enjoyable, sustainable life.

Richard H., Missouri USA

# 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 **Around the World in 24 Hours** as we share our experience strength and hope in recovery from lust addiction. For more info email [cathalessay@gmail.com](mailto:cathalessay@gmail.com) or go to the link in the adjacent column.

We look forward to seeing you online on November 29.

Cathal M, Chair, 2018

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## New Mexico "S" Gathering

*18 Years of Cooperation*

Over a weekend in early September the New Mexico "S" Fellowships held their 18th annual retreat. The retreat welcomes all 12-Step fellowships in New Mexico in support of the sex addict. Represented this weekend were: SA, SAA, SLAA, SCA, S-ANON, and RCA. There were break out meetings and several speaker meetings including Gary A of Pasadena, CA. People from around New Mexico attend either full or part-time. Total in attendance were approximately 100 people.

Mitch, New Mexico USA

## SIM 2018

*A Worldwide Twelfth Step*

<https://sim.sexaholicsanonymous.eu/>

Begins on 29th November 2018 at 12:00 PM UTC

Ends on 30th November 2018 at 12:00 PM UTC

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

2018 Theme:

**Around the World in 24 Hours**

Content and Timings

Channel A – A continuous series of one hour panels, where sober SA members share their experience, strength and hope about carrying the SA message.

Channel B – Features workshops, fellowship and entertainment. SA members who register for the Marathon will be given a confidential hyperlink allowing entry to the Channel B room. SA members from around the world may share fellowship together and entertain each other. Much fun and laughter is expected!

## Helmut M. and Thirty Years of Translations

During the July SA International Conference in St. Louis the Essay had the pleasure of meeting Helmut M. from Germany. Since 1989 Helmut has provided the translations of SA literature into German. During visits to Germany Roy K stayed with Helmut in his home. He later stayed with Roy and Iris in Simi Valley, California. Helmut joined SA in August 1985 and his SA sobriety date is 13 December 1987. He began his use of 12 Step programs in 1979 in EA and found AA in August 1984. He remembers having four hours of clear thinking when drunk on alcohol and 16 hours of suffering after. He began to experience the miracles of recovery after stopping drinking. It was like he had a new job when starting anew in sobriety.

The first German SA group Anonyme Sexaholiker (AS) formed in 1984 in Karlsruhe. That group translated the "Brown Book" of SA in 1984-86. On August 11th, 1985 Detef and Ursula, a married SA-S-Anon couple from Karlsruhe, conducted an information meeting in Bochum and Helmut identified the first time he heard the story of Detef. He regularly attends meetings on Monday with SA in Bochum and on Friday with AA in Recklinghausen. Helmut has attended the Bochum meeting for thirty-three years. Helmut met Roy K. at the end of 1985 – when Roy K. gave a seminar

in the Bad Herrenalb Clinic of Dr. Walter Lechler. Dr. Lechler co-wrote a book about recovering from sexual addiction with Jackie Lair, wife of Jess L., titled *Von Mir Aus Nennt Es Wahnsinn. (I Call It Insanity)*

On a work trip in 1987 Helmut traveled to Seattle and after that spent a week with Roy K. in Simi Valley, California. There he received a copy of Jess L.'s book on *How To Have A Perfect Marriage*. The same year Roy K. visited the German SA-fellowship during the fall convention and stayed for a couple of days with his family in Recklinghausen. In the years thereafter he visited Roy K. several times in Simi Valley, the last time in February 2009.

Helmut is currently Chair of the Literature Committee of the German SA fellowship. He began translating the SA "Twenty Questions" brochure and Sexaholics Anonymous, the *White Book* in 1989. The German language *White Book* is now in its 8th printing. Together with a team of SA fellows he translated *Step Into Action* 2015 into German and in 2017 *Practical Recovery Tools*. He says our new meditation book *The Real Connection* will be the next German language book.

Helmut believes strongly that we are all volunteers in SA and need to trust each other that we are doing our best. His over thirty years of service to AS\* and SA is deeply appreciated.

\*Anonymen Sexaholiker

### Herzlich Willkommen auf der Website der Anonymen Sexaholiker Deutschland!

Was sind die Anonymen Sexaholiker (AS)?

Die ANONYMEN SEXAHOLIKER (AS) sind eine Gemeinschaft von Männern und Frauen, die miteinander ihre Erfahrung, Kraft und Hoffnung teilen, um ihr gemeinsames Problem zu lösen und anderen zur Genesung zu verhelfen. Die einzige Voraussetzung für die Zugehörigkeit ist der Wunsch, die Lüsterheit aufzugeben und sexuell nüchtern zu werden.

Die Gemeinschaft der AS kennt keine Mitgliedsbeiträge oder Gebühren. Wir erhalten uns durch unsere eigenen Spenden. AS ist mit keiner Sekte, Konfession, Partei, Organisation oder Institution verbunden. Sie will sich weder an öffentlichen Debatten beteiligen noch zu irgendwelchen Streitfragen Stellung nehmen.

## NEW SA GROUPS 3RD QUARTER 2018

### Europe and Asia

Amsterdam (new meeting)  
South Manchester, United Kingdom

### North, Central, South America

Brentwood, California  
Chattanooga, Tennessee (new meeting)

Dunbarton, New Hampshire  
Gulf Shores, Alabama  
Idaho Falls, Idaho (new meeting)  
Lynchburg, Virginia (new meeting)  
Pocatello, Idaho (new meeting)  
St. Joseph, Missouri  
Stafford, Virginia

### SAICO 2018 3rd Quarter Finance Report

Donations	52,072
Other revenues	42,062
Expenses	107,142
Rev - Exp	-13,008
Prudent Reserve	132,126
SAICO operating reserve for six months is \$144,950.	

Above is a summary of SA Fellowship revenues and expenses for the third quarter 2018. A detailed donations report is enclosed with mailed issues of Essay, or is available from [saico@sa.org](mailto:saico@sa.org). We thank SA members who generously contribute so that we may continue to carry the SA message to the sexaholic who still suffers.

### Now available from the SAICO Online Store!

Formerly obtained from SA Literature, you now may order through SAICO store:

Beginnings—Origins and Growth of SA  
Discovering the Principles  
Does a male have to Have Sex?  
First Step Inventory  
The SA Brochure—Problem, Solution,  
20 Questions

[DONATE  
TO SA INTERNATIONAL  
USE PAYPAL OR CREDIT  
CARD IN 7 CURRENCIES  
https://www.sa.org/donate/](https://www.sa.org/donate/)

## Humor For SA

A sexaholic is energetically doing chores around the house and yard. The partner knows from experience that this behavior is probably “chore-play.”

A garden hose not connected to a faucet, that’s me without the steps and the fellowship to connect me to my Higher Power.

Heard at a meeting: “I always prided myself on how humble I was.” At one of our meetings, I heard that from a chronic slipper!

Fred: Seems like common sense would prevent many divorces.

Bessie: It would prevent just as many marriages.

Helen: He told me I was the prettiest and most interesting girl he had ever met.

Aunt Irma: And you will trust yourself for life with a man who starts to deceive you at the beginning of your engagement?



# EVENTS CALENDAR

## Upcoming International Conventions

January 11 - 13, 2019 El Escorial, near Madrid, Spain SA International Convention: *Living the Slogans*. Info at [livingtheslogans.org](http://livingtheslogans.org)

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

## Local Regional Events 2018

October 19 - 21, Wyboston, Bedfordshire, UK EMER Speaker Workshop. Info at <https://sexaholicsanonymous.eu/events>

October 19 - 21, Wichita, Kansas, USA SA/S-Anon Regional Retreat: Bringing the Inside Out. Info at [www.kansascitysa.org/events/](http://www.kansascitysa.org/events/)

October 20, Jacksonville, Florida, USA 8th Annual Jacksonville Marathon: A Common Solution. Email: [JaxMarathonDaySA@gmail.com](mailto:JaxMarathonDaySA@gmail.com)

October 26 - 27, Toronto, Ontario, Canada SA Ontario Marathon: Carrying the Message. Info at <https://marathon2018.eventbee.com>

October 26 - 28, Luxembourg SA Spiritual Awakening Workshop / Atelier Reveil Spirituel: Higher Power Surprise - Slogans Save Lives. Email: [emerworkshop2018luxembourg@gmail.com](mailto:emerworkshop2018luxembourg@gmail.com)

November 2 - 4, Biezenmortel, Netherlands SA/S-Anon EMER Workshop: Slogans Save Lives. Email: [emerworkshop@gmail.com](mailto:emerworkshop@gmail.com)

November 2 - 4, Ben Lomond, California, USA Northern California Unity SA Men's Retreat: First Things First. Info at <https://www.ncumr.org/>

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

November 9 - 11, Katowice, Poland Speaker Workshop. Info at <https://sexaholicsanonymous.eu/events>

November 10 - 11, La Paz, Bolivia SA Bolivia 2nd Convention. Email: [info@sabolivia.org](mailto:info@sabolivia.org)

November 17 - 19, Newcastle, Australia SA/S-Anon Newcastle Conference: Legacy of Service. Email: [newcastlesagroup@gmail.com](mailto:newcastlesagroup@gmail.com)

November 29 - 30, SA Internet Marathon EMER 24-hour SA meetings and speakers. Register to participate or host a meeting site for this free event at [sim.sexaholicsanonymous.eu](http://sim.sexaholicsanonymous.eu)

December 9, Huntington, New York, USA Long Island NY Annual Conference One day event. Info: [www.salongisland.org](http://www.salongisland.org)

January 26th, Kansas City, Kansas USA KC Wildfire 3d Annual one day event. Info: <https://kansascitysa.org/>

March 29 - 31, 2019 Sumas, Washington, USA SA/S-Anon Regional Retreat: The Road To Recovery. Info: [www.sanorthwest.org](http://www.sanorthwest.org)

# SA CONVENTIONS

## 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 Y  
ourself, But Thinking Of Yourself Less”

There are many more for you to discover at the January European SA International  
Convention & S-Anon, S-Ateen National Convention! SA Members from around the world  
will share how the Slogans support their recovery and are used in their daily lives. Book  
at [livingtheslogans.org](http://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/>

**Starts 29th November  
12:00pm UTC  
Ends 30th November  
12:00pm UTC**

**SIM 2018**

*Geek Camp is now the  
SA Internet Marathon*



**Around the World in 24 Hours**

A part physical, part virtual Marathon where, for a whole day, SA members from around the world connect to hear speakers share experience, strength, hope and fellowship with others.

**Register for FREE at  
[www.sim.sexaholicsanonymous.eu/](http://www.sim.sexaholicsanonymous.eu/)**

### **SA Internet Marathon (or SIM 2018, formerly Geek Camp) on 29 November 2018.**

**T**he question of whether technology can foster wholly spiritual recovery is being further explored within the International region of Sexaholics Anonymous. As a user of technology to communicate thoughts around the planet, I was nonetheless skeptical when I heard about last year's Geek Camp.

I couldn't put my finger on it. Then it dawned on me. I was afraid of this new technology. As a former SA delegate, Central Office Management Committee (COMC) chair, and sometime speaker, I've attended conferences around the world. I've even been to two recovery meetings on two continents in a single day.

During the 2017 Geek Camp Steps Six and Seven breakout, I met fellow trusted servant Kirt B., who happens to be the current St. Louis (US) Correctional Facilities Committee Chair. I had no idea Kirt was on our SA Correctional Facilities Committee before seeing him via Geek Camp. As a result, I now work closer with Kirt on correctional work in his region.

Turns out, my skepticism of virtual recovery was unfounded. I will lead a breakout for the 29 November SA Internet Marathon (formerly Geek Camp). While I'm still wary of technology, I have come to value the virtual meeting and video platform as tools that can overcome distance and provide a new dimension to the spiritual experience of traditional meetings.

Eric S., Current SA Correctional Facilities Committee Chair

## SUBMISSIONS TO ESSAY

**Y**our 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.

The *Essay* welcomes meeting room photos, artwork and humor. Graphic art and funny stories enhance each issue. For graphics, please remember *Essay* is printed in black ink. 300 dpi is preferred.

We invite articles of different lengths, from 200-400 word anecdotes or memories, to 400-600 word Practical Tools or Meditations, to 1000–1500 word Member stories. We prefer electronically submitted manuscripts sent to [Essay@sa.org](mailto:Essay@sa.org). Articles may be sent by postal mail to SAICO, PO Box 3565, Brentwood, TN 37024 USA. 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.

### Subscribe to *Essay*!

The electronic worldwide *Essay* (pdf file) is now free. Download your current or back copy from [www.sa.org/essay](http://www.sa.org/essay). Mailed individual 5 issue print subscriptions are \$20 USD/year to addresses in the United States. Mailed five issue print subscriptions to Canada or outside North America are \$26 USD/year. Group rate (10+ copies sent to one address) for mailed copies is \$17.50 USD/year to USA addresses. Multiple year subscriptions are welcome. Visit [www.sa.org](http://www.sa.org) to subscribe or for information.

### Have You Been To Prison?

The SA Correctional Facilities Committee is seeking the experience, strength, & hope from any & all SA members who have served, or are currently serving, time in prison, who have benefited from the SA program through CFC services, whether by working with a sponsor, reading our literature, attending meetings, etc. Stories will be recorded anonymously for an outreach video project. Please send responses to - [calsacfc@gmail.com](mailto:calsacfc@gmail.com)

# SA CFC

SA CORRECTIONAL FACILITIES COMMITTEE

## Graphics and Writers:

## Sponsorship:

The SA Correctional Facilities Committee is seeking applications from preferably sober members with expert journalism and/or cinematography experience. In layman's terms: anyone who is really good at conducting interviews or recording video footage. Please send responses to the same address - [calsafc@gmail.com](mailto:calsafc@gmail.com)

SACFC Communication Team Lead  
Brian Z.

Are you, or another qualified SA member you know, open to talking to a prisoner as their sponsor and working the 12 Steps with them using the SA Sponsor Prisoners program?

Today we have several prisoners seeking an SA sponsor. This can be a very rewarding service to perform.

Please pass this message of service along to other SA members you know who may be interested in sponsorship.

Please contact me for more information and get signed up as a sponsor.

In service to the prisoner who still suffers,

Manse B., SbM Coordinator  
[tpoint1987@gmail.com](mailto:tpoint1987@gmail.com)  
678-429-4566



## 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 is 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 SA 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 SA as a whole.
5. Each group has but one primary purpose—to carry its message to the sexaholic who still suffers.
6. An SA 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 SA 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. SA, 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 SA 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.