

# ES SAY

**December 2018**

A publication of Sexaholics  
Anonymous featuring:

**The Gift of Sobriety**

9th Step Service Work  
El Servicio y La Conexión Real

**Meditation**

A Daily Balance Sheet  
I Am Forever Grateful

**Articles**

Back to the Basics - Harvey A.  
Religion Vs. Spirituality



SERVICE  
WORK  
AS A GIFT



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 December, 2018: *Service Work as a Gift*; Future topics are: 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.*)

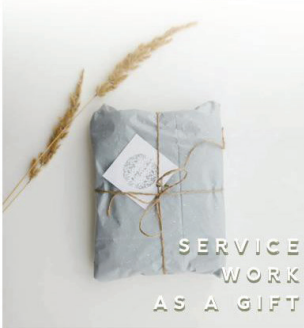
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# EDITORS' CORNER

December, 2018

Dear *Essay* readers:

This issue of *Essay* includes many stories on "Service Work As A Gift." Our next issue in February will focus on "Sobriety and Relationships;" Please send in any stories or short articles on your experience with Relationships in sobriety. Future topics are listed on the previous page. Let us hear from you at [essay@sa.org](mailto:essay@sa.org)



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)

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 December the free downloads of *Essay* were 1,704 (10,295 Hits) for the October 2018 issue and 572 (4,265 Hits) for the August issue. February, May, August and October 2018 *Essay en español* were downloaded hundreds of times. These are at [sa.org/essay](http://sa.org/essay)

We encourage groups and individuals to order mailed subscriptions for those who find *Essay* easier to hand to newcomers and to use for meeting discussions. The print edition of SA has fewer pages than the electronic version due to mailing requirements. Print or electronic, each version of *Essay* can serve as a Meeting in Print. Thank you for being readers of *Essay*!

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

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

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*Adjust anew every day!*



**San Francisco, USA: Saturday morning 9 a.m.**

(Send Essay a photograph of your meeting space!)

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# Dear *Essay*

Greetings *Essay*,

I am the Chairperson for the Correctional Facilities Committee in the St Louis area. I had a recent experience talking with the Department of Corrections of the State of Illinois. From this interaction, I put down some of my thoughts about the spiritual nature of addiction.

Kirt B., Missouri, USA  
(See Page 33 in this *Essay*)

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Dear SAICO,

I would like to thank SAICO for assisting with travel and finance to enable David T. to visit us in Australia, where he came to Melbourne, Sydney and Newcastle NSW and he spoke to innumerable members of SA and S-anon and Therapists and Counsellors, and traveled to meet other SA Members.

The Conferences he chaired were of great value to members and will no doubt leave a lasting effect ongoing here in Australia.

Please pass this on to all relevant members and Committees in SAICO please.

God bless. Best Regards, Steve P.

## ***ensayo en español***

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

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

## **Dave T. in Singapore**

(From Facebook)

This mission trip to the Asia Pacific Rim I am working with other recovering addicts, therapist, psychologist, spiritual leaders and other mental health professionals. It has been an amazing learning experience for me and a wonderful chance to share my experience, strength, and hope with others.

Because these are Anonymous programs I am not posting any pictures, times, dates, names whatever. I am only posting that I'm here and the wonderful love and care that has been shown to me by so many of the members.

I just want to share what has happened in my life because of the help of God and other people focused especially on my specific solutions to my problems. Those Solutions stopped working and became the problems.

This is storytelling at its finest. What my life was like, what brought me in the doors and what life is like now. All my experiences with religion, family stories and traveling to many other countries to see other spiritualities and cultures has been an amazing training ground.

Add strings, a few coins some folklore and lots of work to grow spiritually has allowed me to be here. However because of anonymity I'm just showing the social part of the trip.

Dave T., Oklahoma USA



Our Meeting in Print



## Dear Essay

Dear Essay,

Over a weekend in September the New Mexico "S" Fellowships held their annual retreat. The retreat welcomes all 12-step fellowships in New Mexico in support of the sex addict. Represented this weekend were the following: SA, SAA, SLAA, SCA, S-ANON, and RCA (closed meeting for sexual addiction only). In addition to break out meetings the retreat had several speaker meetings. Gary A. of Pasadena, CA was one of the speakers. People from around the state attend. Some come for the whole weekend and others for Saturday only. Total in attendance were approximately 100 people. The retreat has been regularly held in September for 18 years.

Mitch, New Mexico USA

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## Greetings from Poland...

Hello. I am Sebastian. I come from one Polish SA group from northeast Poland. I have read Your *Essay* on the internet and I very like it. It's a useful magazine to recover and to see how [well] can I understand English texts. I have also read your humor for SA and I have read that you allowed the readers to send the humor stories to the *Essay*. We also have our sense of humor in our Polish groups, so I decided to send You something. Maybe you will like it. Sorry for my English. I know, that it isn't perfect.

Себастьян П [Sebastian P.], Poland

(See page 28 in this *Essay*)



It is in Step Twelve that we join hands with our Third Legacy: Service. Service offers us the opportunity to work with others, in a spirit of unselfishness and love, toward achieving our primary goal: to carry the message of our recovery to the sexaholic who still suffers (Tradition Five). To attract new members, we work through our groups and Intergroups, reaching out to other Twelve Step fellowships, to helping professionals, prison officials, places of worship. We tell our stories in meetings.

Performing service can be challenging. But once we start, the benefits we experience can be immediate and profound. Service gives our lives a new sense of purpose and meaning, which we might call a spiritual awakening. Through service, we develop the ability to surrender our own selfish will in the interest of the group. It is by performing service that we come to a deeper understanding of the message we carry.

Order from the [SA Store](#)

# PRACTICAL TOOLS

## Religion vs Spirituality

*Finding a richer life*

Since 1997 I have been a member of SA and a minister of a church. I have seen some members who have trouble with sobriety because they do not see the difference between religion and spirituality. Some want to rely on prayer to take away the addiction, and they don't do the steps. Some go to "church" recovery groups which can be helpful, but rigorous honesty is very difficult in a group of mixed addictions. Some are angry at God because He hasn't cured them. They declare that Jesus is their Savior and rely on that to cure them.

Spirituality in SA is not connected to any religion but calls for a personal relationship to one's God, a God who

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**I pray several times a day, attend three SA meetings a week, sponsor others, do service work.**

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cares and does not judge. Spirituality is different from religion. Religion means a church, rites, doctrines, and creeds, all of which can be helpful in recovery. Spirituality means a personal relationship with one's God, personal prayer, the making of amends, changing one's self to what one wants to be, honesty, meetings, and sharing.

God has helped me get and stay sober for the last 21 years, but God has also required me to work the program, the Steps, and to avoid situations and places that threaten my sobriety. God is willing to help me, but I must cooperate with God by doing the actions that I need to do to get and

maintain sobriety.

My growth in spirituality has been through SA and my church. As a minister I preside at services, preach, counsel, etc. But my spiritual growth with the help of SA has made my ministry and life richer. I pray several times a day, attend three SA meetings a week, sponsor others, do service work at the local, regional, and international level, and go to international conventions. All of this helps me say the Third Step prayer and mean each word:

"God, I offer myself to Thee to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties so that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!" (SA 95)

I am not sure if one can grow in personal spirituality without being a member of a church, but I do know that I cannot. I also know that church membership and participation are not enough for me to find my God and to grow in relationship with my God, or to get and maintain SA sobriety.

Jerry L., California USA

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## Re-Thinking Normal

*Surrounded by atypical men*

In a recent meeting a member expressed his envy of so-called "normies," men whose reactions to sexual stimuli seem to be less intense or more controlled than those that characterize sexaholics. I understood the sentiment and shared it, but also had other reactions to the notion of normality.



It occurred to me that another term for “normal” is “typical,” and that’s what I’ve come to value most about SA — its rejection of what seem to constitute typical male attitudes toward sexuality. (Or at least, in my experience, the attitudes toward sexuality most likely to be heard from men.)

And I realized how glad I am to be surrounded by men who aren’t typical. By men who conceptualize sexuality as a relational rather than a competitive endeavor, who view women as people to be understood and respected rather than challenges to be conquered or objects to be accumulated. Men who seek esteem and self-esteem through decency

**I realized how glad I am to be surrounded by men who aren’t typical. By men who conceptualize sexuality as a relational rather than a competitive endeavor,**

rather than indecency. Men who readily grapple, including openly in meetings, with emotional vulnerability and ethical responsibility, rather than affecting an attitude of not feeling and not caring. Men whose insistence on living life with decency extends with persistent intentionality to the realm of sexuality.

In my experience this expression of masculinity is far from typical, and I’m heartened and inspired to have become surrounded by so much abnormality.

Anonymous, Oregon USA

## Back to the Basics

*(December 2011 Essay)*

**I**t seems like only yesterday that my old friend and sponsor, Jesse L., shared with me a wonderful story. He said that there once was a world-renowned football team that had successful seasons year after year. One year, however, things were not going well for the team. They were certainly not playing their best. Their famous, well-respected coach felt it was time to intervene. During the halftime of one of their worst games, he announced that he wanted to talk to the team in the locker room. When the players were all assembled he said, “Guys, you know we are not doing well this season. There is a very simple solution to get us back on track. We need to get back to the basics.” He then reached down, picked up a football, and in a loud and sonorous voice he said, “This is a football!”

Over my years in SA, I have observed the struggles of some members in remaining sexually sober. I have often thought that many of our problems are related to not grasping the basics of this very simple program. As it was with that football team, I think many of us need to be told today, “This is a football!” I would like to share with you the basics I use for my program on a daily basis. These are the footballs that I must use to stay sexually sober. These basic tools have worked for me for more than 27 years.

**1. I believe I have a disease.** This disease is called sexaholism. As the White Book says, “Looking at our sexaholism in terms of addiction seems to be a useful way to begin looking at ourselves” (SA 29). I am not bad getting good. I am sick getting well. Willpower will not stop this

disease. Only a Power greater than myself can relieve my malady.

“More About Alcoholism” hammers this home: “Once more: The alcoholic at certain times has no effective mental defense against the first drink. Except in a few rare cases, neither he nor any other human being can provide such a defense. His defense must come from a Higher Power” (AA 43).

**2. I acknowledge that I am powerless over lust.** As we read in the White Book, “The sexaholic... has lost control, no longer has the power of choice, and is not free to stop” (SA 3). I cannot pretend to be able to control and enjoy lust. It has no place in my life today.

**3. I work my SA program just one day at a time.** This concept is

**God loves me so much that He watched all the crazy things I did in my disease and brought me to the program anyway.**

beautifully portrayed in the story “Alcoholics Anonymous Number Three.” The man in this story said to Dr. Bob (as Dr. Bob and Bill W. were visiting him in the hospital), “We’ve got some bad news for you. It was bad news for us, and it will probably be bad news for you. Whether you quit six days, months, or years, if you go out and take a drink or two, you’ll end up in this hospital tied down, just like you have been in these past six months. You are an alcoholic... .”

The next question they asked was, “You can quit for twenty-four hours can’t you?” I said “Yes, anybody can do that, for 24 hours.” They said, “That’s what we’re talking about, just 24 hours at a time.” . . . Every time I’d start thinking about drinking, I would

think of the long, dry years ahead without having a drink; but this idea of 24 hours, that it was up to me from then on, was a lot of help. (AA187-188)

**4. I clearly understand what sexual sobriety is and is not.** I cannot pretend to be sober while practicing any kind of self-stimulation, with or without orgasm. See my article “What Is Sex with Self” (*Best of Essay: Practical Recovery Tools*13).

**5. My disease lives in my brain.** I cannot trust my thinking to get me out of my disease. My best thinking got me into the mess I was in. I therefore need to rely and work closely with my sponsor and with other members of the fellowship to help me avoid sinking into “stinking thinking.”

**6. I make a daily surrender to a caring God who loves me.** God loves me so much that He watched all the crazy things I did in my disease and brought me to the program anyway. That’s the God I believe in today.

**7. I am very explicit in sharing my lust temptations with program members.** As the White Book says, “Lust hates the light and flees from it; it loves the dark secret recesses of my being. And once I let it lodge there, it’s like a fungus and starts flourishing—the athlete’s foot of the soul. But as soon as I bring it to the light, exposing it to another recovering sexaholic, the power it has over me is broken. Light kills lust. I did this with specific experiences, not in generalities.” (SA 160).

When I surrender a lust temptation to my sponsor or other program members, I do not hide behind generalities like “I was lusting today.” I say exactly what I was thinking. I do not filter my behavior to make

it sound more acceptable. I say it as I thought it. If my sponsor or others cannot deal with it, then I need to find someone else in the program who can hear what I was thinking. I try to preface my sharing with the phrase “I am going to be explicit now.”

Of course, I also need to be willing to listen to others’ lust temptations. I usually say a prayer so that I don’t take in their lust. When people share with me explicit material, I pray “God let me hear this with your ears.”

**8. There is no room for sexual fantasy in my life.** My sponsor would say, “The first thought is on God, the next thought is on you.” What do I do with that first thought? Do I let it progress into a motion picture, or do I use the tools that I have learned in “Overcoming Lust and Temptation” (SA 157-168). I choose to use these tools to prevent the first frame of a lust-thought from turning into a motion picture.

**9. I make a gratitude list every day.** I especially like to do this in the morning, to prevent my enemy “self-pity” from sneaking back into my life. Self-pity means I am back to self; I am “I-” centered rather than God-centered. When I feel sorry for myself, I am forgetting all the wonderful gifts God has given me. “Selfishness—self centeredness! That, we think is the root of our troubles.” (AA 62)

**10. I avoid situations that can be lust-triggers for me.** I review movies before I watch them so as to screen out ones that would cause me discomfort, and I try to avoid certain TV programs.

**11. I am careful to not let lust into my marital relations.** I wrote more about this in my article “What About Sex in Marriage?” (*Essay, June 2011*).

**12. I try to live the Steps, one day at a time.** The Steps cannot be part of my life. They are my life. Working Steps Ten, Eleven, and Twelve as my maintenance Steps is of the utmost importance for me. I must promptly admit when I am wrong. I must be faithful in seeking conscious contact with God, and I must carry the message of my recovery.

**13. I participate in a great deal of service work.** It is only by giving it

**Self-pity means I am back to self;  
When I feel sorry for myself, I am  
forgetting all the wonderful gifts  
God has given me.**

away that I can keep what I have. This is stated eloquently in “The Family Afterward”:

“Like a gaunt prospector, belt drawn in over the last ounce of food, our pick struck gold. Joy at our release from a lifetime of frustration knew no bounds. Father feels he has struck something better than gold. For a time he may try to hug the new treasure to himself. He may not see at once that he has barely scratched a limitless lode which will pay dividends only if he mines it for the rest of his life and insists on giving away the entire product.” (AA 128-129)

Do I do any of the above perfectly? No. I do them conscientiously and to the best of my ability—and these basic principles have worked for me for more than 27 years. I know they can work for others also. These are my basics. These are my footballs! Let’s all continue to recover as the champions we are.

Harvey A., Nashville, TN

## Dear Masturbation

*Letter from an SA spouse*

**Y**ou have been there for my husband through our entire marriage, but you have been a disaster! You have been a stress and anxiety release for him, while causing more for me. You have been there when my husband watched TV, viewed pictures, watched porn, took showers, even next to me in bed. You were there with his fantasies about others, about me.

Most of the time my husband turned to you instead of me. His hand and thoughts turned me away sexually to be with you, leaving me feeling jealous and in competition of you.

You have made me feel incompetent, jealous, sad, angry, ashamed, not good enough, ugly and heartbroken. You have made it so that at times my husband can't get an erection, keep it or orgasm while with me. Other times you have made him last only a few seconds.

I did not ask for you! I did not want you! But you would not go away! I gave up fighting you, because I couldn't win. My husband slipped farther and farther away from me and more to you. I even found myself turning to you at times, but it left me more sad and confused.

I longed for a sexual relationship with my husband. You took that away. I would cry at times when I'd wake and not find my husband in bed. I knew he had turned to you instead of me. I was left so alone.

No more! You are not welcome in my marriage! I need to be the only sexual desire for my husband! All his sexual relations need to be with me! You need to leave and never come back!

Sincerely, A wife fighting for a healthy sexual relationship

## Service: The Measure I Give

*God, I offer myself to Thee—to build with me, and to do with me as Thou wilt (AA 63).*

**M**y religion and my parents always encouraged me to be of service to others.

In my disease, I gave up on my religion and mentally closed off the part of me that obeyed parents. However, service to others did not stop. Even in my disease, I found opportunities to be of service to others and to be recognized as a leader. I did not recognize that my motives had changed: I was only trying to help myself. I sought opportunities that would feed my ego and distract me from shame. I looked for ways to be in control of people, events, and outcomes. I did this to hide my shortcomings or ensure my needs were met.

When I entered SA, I wanted to avoid any kind of service because I believed I would get nothing out of it. My sponsor suggested I offer to be my group's treasurer. It was easy, did not take much time, and I felt good about doing it. It made me feel "part of." Self-esteem increased; shame decreased.

I gradually did more service, including being a sponsor. The rewards outweighed any work I put into the effort. My attitude changed for the better; the quality of my sobriety improved. When I serve others, I feel that I am the one who benefits most.

*Thank you, God, for giving me the energy and desire to serve others as they have served me.*

*The Real Connection 305*

## SIM 2018 Gratitudes

### Laurens Sa WA DC

Many thanks to Cathal and the whole team for putting on an unforgettable marathon that for so many demonstrates for the first time the breadth and depth of our blessed fellowship and helps people no longer feel apart from but instead daily 😊 in the middle of the lifeboat called SA. Enormous love and dedication went into this and these came through to all who plugged in. This IS the fourth dimension. And it's only a foretaste of what is yet to come. Again, deepest thanks!

-Laurens

5:13 AM

### Fabian O Sa Equador

Good Morning. Thank you very much for such a beautiful service to use technology in this way. what almost destroys me today helps me to heal if I am truly willing. Although my English is still very basic, I have felt blessed to hear words like: miracle, hope, good will, joy, God, Strength, Twelve Steps. In my limited English I have been able to identify them and I feel that I am not alone.

4:05 AM

## SA United Kingdom Intergroup

**S**A United Kingdom Intergroup (SAUK) met October 21 in Wyboston. Reports were received from over 26 meetings from 14 towns and cities.

Represented were: Aberdeen Tuesday; Belfast Meetings Monday Wednesday and Saturday; Birmingham Tuesday; Cardiff Friday; Dundee Wednesday & Thursday; Exeter Monday and Friday; Edinburgh Monday and Sunday; Gateshead Thursday; Glasgow Thursday; London Saturday, Monday, Sunday, Thursday, Tuesday; Manchester Tuesday; Norwich Wednesday; Preston Thursday; Stockport (Gatley) Thursday

Reports also were received from officers and chairs with a focus on Public Information, Newcomers, and Women as well as income, expenses, and a range of other Intergroup issues. Support and events with EMER was also discussed. Delegates could attend in person or on the phone or on the internet.

## Service as a Gift

*"Ask Him in your morning meditation what you can do each day for the man who is still sick."*

My thoughts:

-Service, like surrender, is most effective when given without expectation of anything in return

-Service requires sacrificing something (money, time, energy)

-Anyone can do service work regardless of length of sobriety

Robinson N., Georgia USA.



# Service Work As A Gift

## 9th Step Service Work

*The Promises come true*

I came to SA looking to stop ruining my life. I never knew that the key to this was service work. I have been in SA since 2001 (with a long break for research and development). I have never been willing to do what my sponsors asked. I would do half of what a sponsor asked me to do. However, Page 59 of the AA Big Book states "Half measures availed us nothing. We stood at the turning point." What I had been doing was not working. Half measures equaled full relapse for me.

I stayed sober in SA from 2001-2005. In those 4 years, I worked 4 steps and did very little service work. In March of this year I asked someone to be my sponsor. I had no idea what I was asking for. However, for the first time I was ready to do anything to stay sober. Now I am doing way more service work. When I finished step 3 I was told to start raising my hand in meetings for those that need a sponsor. I said I only have 30 days of sobriety. He said that is 30 days more than someone else. He requested that I meet with him every week. I was convinced this was too often, but I did it anyway. I finished steps 5,6,7, and 8. Currently I am in the middle of step 9. I am doing 10 and 11 daily.

When I was about 60 days sober, I suggested to my sponsor that someone should figure out how to deliver SA recordings in an easier fashion. He said that sounds like something good for you to figure out. So I started a Podcast, so I could listen to recordings. My sponsor suggested I

share this with others and now there are over 200 recordings and over 16,000 downloads. It encourages me to know others are being helped by the work I am doing.

I am now sponsoring six people. I meet with them weekly. Three of them are in other countries. I make sure that I arrive early and chair meetings every chance I can. I heard we needed an intergroup rep for our meeting. I talked to my sponsor and guess who is now volunteering? THIS GUY. That is service work.

I see the 9th step promises come true almost daily. The feelings of uselessness and self-pity are disappearing. To help share the message, my sponsor wants me writing about it and sharing it. More service work. The more I do, the more I find "it works if you work it!"

Preston D., Tennessee USA

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## Service And Recovery

*We realize we know only a little. God will constantly disclose more to you and to us. Ask him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order (SA 210).*

Service in Sexaholics Anonymous is a great benefit to my recovery. It gets me out of my selfishness and helps me to focus on the needs of others and the good of the group. I find joy in assisting other members, in offering a word of encouragement, or performing an act of kindness. Being able to serve my SA group, for example, as treasurer or facilitator,



gives me more reasons to stay sober.

Service also makes me face my character defects, such as wanting to be right, a pretense at knowing all the answers, and a desire to control others. To practice the solution, I accept the group conscience as the right path, regardless of my ideas. I listen to what others say, rather than thinking I know what is best. I remind myself "we know only a little." The only person I can change is me, and I do this with the help of God, and by working the program.

I once tried to cover up my lack of a spiritual connection with lust. Service helps me put the solution to my lust problem into practice. Opportunities to serve come along as I stay in recovery, follow God's will, and practice the SA principles in all my affairs.

*God, help me to remember the power of service.*

*The Real Connection 26*

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### El Servicio Y La Conexión Real

*La vida no consiste solo  
en obtener y obtener.*

**H**e sido una persona que a pesar de haber estudiado una carrera humanística siempre viví una vida en la que el centro de todo era yo. Yo no le servía a nadie. Más bien, y salvo pocas excepciones, me servía de todos y de todo.

Tratando de hacer dinero me serví de muchas personas y de cosas. Trabajaba por el dinero, y aunque este no es malo en sí, me olvidaba que el trabajo es un servicio y ese es su sentido. También cuando interactúe con otras personas confundí el amor con lujuria. Me serví de muchas personas para obtener

placer de ellas, olvidando que tienen sentimientos, tienen una historia, son tan valiosas como cualquier ser creado por Dios y además sufren. Una vida así, en la que no se ofrece nada si no es a cambio de otra cosa, no tiene sentido. Es un negocio. Una vida en la que calculo lo que voy a obtener a cambio de lo que doy es una vida miserable, donde mi egocentrismo lo ocupa todo, tratando de llevarse siempre su botín personal, su gratificación egoísta.

Creía que de esa manera iba a estar seguro en la vida. Sólo obtener y obtener. Incluso me inventé una idea de Dios que consistía en creer en él y a cambio de ello él estaba obligado a abastecerme en todos mis caprichos y necesidades. Y alcance muchas metas, siempre dentro de la concepción de lo que la vida era para mí: un negocio. Pero tengo que reconocer que nunca logré dejar de sentirme vacío. Siendo sexolico, ese vacío traté de llenarlo con lujuria y sexo anónimo. Eso trajo dificultades para conformar una relación de pareja estable y sana, y también trajo problemas en mi profesión. En poco tiempo perdí el control y muchas imprudencias salieron a la luz. Así que todo terminó como es comprensible que terminara. Mi egoísmo era el peor acto de amor que yo podría hacer hacia mí mismo. Realmente, no era un acto de amor. Era mi manera de destruirme. Es algo paradójico, pero es así.

Hoy estoy agradecido con el programa y con la posibilidad de servir. La vida no consiste solo en obtener y obtener. Consiste en servir. El verdadero servicio no espera recibir nada a cambio. Sin embargo, de manera indirecta, recibo mucho de ello, más de lo que con frecuencia suelo ser consciente. Recibo sobriedad, recuperación, gozo, paz,

etc... Aparentemente estoy sirviendo a otras personas, pero realmente me estoy sirviendo a mí mismo, dejando de ser egoísta.

Puedo salir del aislamiento sirviendo en una reunión, colocando las sillas, recibiendo a un compañero nuevo, apadrinando, etc. Puedo establecer relaciones reales con personas que están como yo en recuperación, y que necesitan ayuda como yo. Y eso llena el vacío infinito de mi espíritu más que ninguna otra cosa porque descubro que este ser egoísta puede dar amor desinteresado. Puedo abandonar ese viejo cascarón de miedo donde me refugiaba con mi lujuria, haciéndome daño. Y en ese acto de amor estoy conociendo el rostro de Dios.

Por estas 24 horas aprendo de nuevo a servir. A veces no tengo el mejor ánimo para hacerlo. Pero me sucede que si lo intento, funciona por la gracia de Dios. Establezco la conexión real.

Rafael de Colombia. Sobrio desde el 1 de junio de 2016 y solo por hoy. Estoy en el paso 12 con mi padrino.

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### Service And The Real Connection

*[From Google Translate with revisions]*

I have been a person who, despite having studied humanistic subjects, always lived a life in which the center of everything was me. I did not serve anyone. Rather, with few exceptions, I served myself all and everything.

Trying to make money, I used many people and things. I worked for money, and although this is not bad in itself, I forgot that work is a service and that is its meaning. Also when I interacted with other people I confused love with lust. I

used many people to get pleasure from them, forgetting that they have feelings, they have a history, they are as valuable as any being created by God and they also suffer. Such a life, in which nothing is offered if it is not in exchange for something else, does not make sense. It is a business. A life in which I calculate what I am going to obtain in exchange for what I give is a miserable life, where my egocentricity occupies everything, always trying to take away their personal rewards, their personal gratification.

I believed that in that way I would be safe in life. Only grab and grab. I even invented an idea of God that consisted of believing in Him and, in exchange for my belief, He was obliged to supply me in all my whims and needs. And I reached many goals, always with the conception of what life was for me: a business. But, I have to admit that I never managed to stop feeling empty. Being a sexaholic, that emptiness I tried to fill with lust and anonymous sex. That brought me difficulties to form a stable and healthy relationship, and also brought problems in my profession. In a short time I lost control and many imprudent things came to light. So everything ended, as it is understandable that it would end. My selfishness was the worst act of love that I could do towards myself. Actually, it was not an act of love. It was my way to destroy me. It is somewhat paradoxical, but it is so.

Today I am grateful with the SA program and with the possibility of serving. Life is not just about grabbing and obtaining. It consists in serving. Real service does not expect to receive anything in return. However, indirectly, I receive a lot from service, more than I often am aware of. I receive sobriety, recovery,

## Service Work As A Gift

joy, peace, etc ... Apparently I am serving other people, but I am really serving myself by ceasing to be selfish.

I can leave my isolation by serving in a meeting, placing the chairs, receiving a newcomer, sponsoring, etc. I can establish real relationships with people who are like me in recovery, and who need help like me. That service fills the infinite void of my spirit more than anything else, because I discover that this selfish being can give disinterested love. I can leave that old shell of fear where I took refuge with my lust, hurting myself. And, in that act of love, I am knowing the face of God.

For these 24 hours today I learn again to serve. Sometimes I do not have the best motives to do it. But it happens to me that if I try to serve, it works by the grace of God. I establish the real connection.

Rafael from Colombia. Sober from June 1, 2016 and just for today. In Step 12 with my sponsor.

## SA Service Opportunities

Dear SAICO,

I have the honor to tell you that Barcelona, Spain, has now an English-speaking SA meeting! We meet with a couple of permanent residents (like myself) and a couple of expats on a weekly basis. Could we please receive the starter's package for new meetings?

Luc Daenen, Spain

## SA Men's and Women's Buddy Lists?

SAICO manages these separate lists as a way to help members find a sponsor or sponsee and connect loners to the wider fellowship.

[Click Here](#) for the Men's List.

For women, e-mail SAICO directly at [saico@sa.org](mailto:saico@sa.org).

How much do I get paid?

Mystery Covery

If you're paid, it's not a gift...



## Rage and Anger Issues in Sobriety

We are a group of recovering SA members from different countries who admitted we needed extra help for our ongoing anger and rage issues. We started a whatsapp group in order to share our experience, strength and hope on this character defect and on how we might overcome it. If you have this problem, you are welcome to try out our solution-focused whatsapp forum. Please contact Luc D: [luc4essay@gmail.com](mailto:luc4essay@gmail.com)

# MEDITATIONS

## The Daily Balance Sheet

*When evening comes, perhaps just before going to sleep, many of us draw up a balance sheet for the day (12 & 12 93).*

At night when I do my Tenth Step, I list not only the things I did poorly that day, but also what I did well—beginning with staying sober from lust and sexually acting out. Balancing my inventory in this way reminds me that I am neither all good nor all bad; that, as someone has said, I am a perfectly imperfect human being. On days when I feel overwhelmed by my character defects, it is encouraging to acknowledge this: that, in spite of all the fear or resentment, I have also tried to be of service, by calling or meeting with a sponsee, by helping my wife with dinner, or simply by asking someone at work how their day is going. I may also have exercised, reached out to a family member whom I have not spoken with in a while, or shared my experience, strength, and hope at a meeting. The big boost comes from writing my gratitude list and seeing all the gifts that came from my Higher Power. Noticing these positives alongside the negatives in my inventory helps me maintain the balance and serenity I have learned to treasure in recovery.

*God, please help me to make an honest, balanced account of my day.*

*The Real Connection Meditations 323*

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### I Am Forever Grateful

I am forever grateful to God for sound mind, body, and spirit.

I am forever grateful for family and love that comes with it.

I am forever grateful for SA fellowship and those that came before me.

I am forever grateful for modern medicine, that without, I would not be.

I am forever grateful for God's flowing power that I feel on this day.

I am forever grateful for God giving me freedom from stewing about yesterday.

I am forever grateful because, without God, I live in fear of tomorrow.

I am forever grateful for a new attitude that released me from sorrow.

I am forever grateful for my imperfections and acceptance of bumps that come my way.

I am forever grateful, God, for my gifts and limitations that I can live with, just for today.

God You brought me

From insanity to peace

From anger to tolerance

From isolation to connection

From unmanageability to acceptance.

## Meditations

### Any One

*[...] you had better work with another [sexaholic...]* (AA 102).

I heard an SA speaker say, “Do for one person what you wish you could do for everyone.” As a recovering sexaholic, that statement challenged my ego. Because I have several years of SA sobriety, I began to imagine I have the authority and power to fix sexaholics everywhere. I sponsor members, serve our Intergroup and Regional Assembly, lead sessions at marathons and conventions, correspond with SAs in prison. I even shared my story internationally through an interpreter.

The speaker went on to say that we get so caught up and spread so thinly trying to help everyone that we have little to offer anyone, including ourselves. The more he said the more sense he made.

I started asking myself questions: Who in my family, church, office, or SA group, can I do something meaningful for? What about the newcomer in last night’s meeting? How about the person who struggled so hard to earn a one-year chip, or the one still struggling to get a one-month chip? Can I offer some words of encouragement to the man who recently lost years of sobriety?

All of them? Probably not. Just one of them? Probably. I am responsible when any “one” anywhere reaches out for help.

*God, show me the ‘one’ I can help today.*

*The Real Connection Meditations 259*

Without gratitude for your flowing power, I lived a chaotic life filled with fear and resentment.

With gratitude and connection, I live in the present with tolerance, peace, and contentment.

That I get to live MY life, not others and enjoy the talents and gifts given to me.

I am forever grateful God, and I will pass the message, that others, too may see.

Mike S., New York, USA



By Jimmy M.

# SA STORIES

## Seven Practices That Work for Me

*Adjust anew every day!*

**E**ach morning I look at the sign over my bed that says “Good Morning. This is God. I will be handling all your problems today; I will not need your help. So, relax and enjoy the day”. It reminds me that I am his child whom he loves, regardless of what I have done or not done. Throughout my day, I go to him for reassurance when I’m feeling worried or deprived, asking for trust

take the time to feel them and to wait for their inevitable change, giving up any expected time frame. “This, too, shall pass.”

I prefer to be Happy rather than Right, especially if I Know I am “right.” It’s not worth it to try to prove myself right in any disagreement when the other person is set in their feelings. At that point, it helps me to remember that I’m the same way when I get so emotionally involved I stop listening. I can return to the matter later, if I still feel it is that important.

I remember not to take criticism

**When I feel overwhelmed with too much going on at once, I remember to slow down or even stop moving. I take a bathroom break to just breathe, or take a nap. No matter where I am, no one has ever said “No, you may not use my bathroom.”**

in my future, and a nudge when I’m puzzled as to what to do next. I pray not for things and people to change, but for me to change my reactions to them. And I thank him in advance of seeing the results.

I notice things that I feel grateful about and thank God for them—waking up, my cats nearby to pet, the warmth of my bed, the weather. I remember that whatever I choose to focus on or speak about, I shall get more of. So I avoid over-reading negative news in the media, etc and look for Good News columns instead.

I act ‘as if’ whatever desirable outcome I choose to focus on is already happening. It is as if I am an actor in a play, walking taller with strong steps and a smile, imaging health and confidence, and watching the good feelings that then arise. I “fake it ‘til I feel it.” I don’t try to push away feelings of sadness, shame, fear, or anger (which would increase them). I

or anger personally. I act as if such feelings arise from the other person’s fears, sadness, or anger unrelated to me. If the critique is accurate, I then make any necessary amends, without expectation that they will be received well. If a driver cuts me off or otherwise drives dangerously, I image he may be rushing because he has just learned his child or spouse is ill. I thank God he didn’t hit me and pray that he avoids anyone else. By this time temptation to road rage in me has essentially disappeared.

When I feel overwhelmed with too much going on at once, I remember to slow down or even stop moving. I take a bathroom break to just breathe, or take a nap. No matter where I am, no one has ever said “No, you may not use my bathroom.” When I feel impatient at a red light or at a slow checkout counter, that is God’s little “pop quiz” for me to practice patience.



I forgive myself those times when I am not able to do these things above, knowing that making mistakes is OK, inevitable, and even desirable. I have learned more from my mistakes than from doing things right. It's like being a torpedo. Though aimed at the target, it's almost always slightly off course. Still it doesn't judge itself as a bad torpedo; it simply adjusts course by continually referring to its gyrocompass (in my case, God).

Stan H. New York USA



## Aggressive Pursuit

*How do I stay sober from lust?*

**I** have been going through a rough patch in my recovery. For the last few weeks and months I have

wasn't actively working the steps with my sponsor. I wasn't taking as many sponsee calls. I began to not write out my daily reprieve nor any other recovery experiences. I was spiraling towards a slip.

Then I got a huge wake up call. I was outside working in the yard. I picked up the phone and I heard the words that snapped me into a whole new reality. "I am calling to let you know, I have had a slip. You should get a new sponsor." In that instant I felt like I had been punched in the gut. If my sponsor couldn't stay sober how was I to stay sober? That is the question that kept going through my head.

I immediately called someone I have a lot of respect for in this program. Someone I knew I could be honest with. I asked him to be my sponsor. He told me that he was willing, but I had to put in the work. He wasn't going to babysit me or chase me to get my Step work done. He immediately had me work a 10th Step. I hadn't been doing my 10th

**Every old-timer that recovered from lust, without fail, AGGRESSIVELY PURSUED recovery and a spiritual awakening!**

been coasting. Today is 501 days of sobriety. That is 1 year, 4 months and 2 weeks of sobriety. When I walked back into these rooms I was on fire. I had to stay sober. My life depended on it. As I gained sobriety life was getting better. My wife started to like me again. I was getting promotions and raises at work. Work was exciting again. I came out of the fog and I could see a great life ahead! Then the winter months hit. January and February. The sun went down early. The malaise took over in my life and the old habits of isolation and laziness begin to creep in. I stopped going to as many meetings. I

Step. So I pulled out the spreadsheet I use and started writing. As I put "pen to paper" something started to awaken inside me. I felt alive again for the first time in months. I felt like I could once again join the human race.

So the question is how do I stay sober from lust? In order to stay sober from lust in the past I aggressively pursued a recovery. Aggressive Pursuit! We can't think our way into right action, but we can act our way into right thinking. That has become my mantra. When I was in my disease I aggressively pursued pornography. I aggressively pursued any object of my lust (women,

cars, money, popularity, etc). I spent hours aggressively pursuing the next high.

When I started this program in earnest on March 6, 2017 I was aggressively pursuing recovery and right action. I worked the steps almost daily. I started listening to a podcast to learn from the old-timers while carrying the message. What I learned from the recordings was one central message. Every old timer that recovered from lust, without fail, AGGRESSIVELY PURSUED recovery and a spiritual awakening! Read page 85 of the Alcoholics Anonymous. It told me directly why I was spiraling towards a slip. I let up on the spiritual program of action. The spiritual awakening doesn't just happen. It is a spiritual program of ACTION! So I need to seek after the spiritual program as aggressively as I sought out all the pursuits of lust. Today I am once again finding the REAL CONNECTION. I know I am home! I am aggressively in pursuit of a recovered life! A GREAT LIFE!

Preston D, Tennessee USA

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## My Story – I Know I Will Be Okay

*G-d can transform us*

I grew up as a kid in San Diego. My parents fought a lot. When I was seven years old my mother committed suicide. I became afraid, lonely and isolated. After my mother's death I started going to religious services with my father. He became very involved with religion and I absorbed what I could. I felt so uncomfortable in my skin. I wanted

badly to fit in.

When I was eleven years old, my father decided he wanted to move to Israel. By thirteen I felt broken, lonely and insecure. I remember thinking to myself I want to be good, I want to do good, but I have no one to talk to. My dad was never emotionally present for me and was always nervous and over protective. I felt like I had no parents.

One day a friend of mine introduced me to masturbation and boy did it feel good! From then on, I was hooked. Every week I would masturbate to movies, fantasies or to the blank wall. I started to watch porn on my father's computer. I was full of self-pity about my life. I had fantasies of moving to Australia and starting life anew. I thought of leaving my religion.

At 17, I decided I needed to be more religiously devoted. Attending a French private religious school, I became a fanatic. I spoke about G-d but never believed in him. I started having fantasies of having sex with other students. I started buying porno magazines on the street and hiding them. On the outside I was a nice Jewish boy trying to improve my studies and follow directions acting very religiously and piously. On the inside, I was a lonely, scared, confused sex addict. I was suicidal for 3 months and I would pray in all earnestness to G-d to please kill me, to not wake up in the morning. Nothing interested me besides sex with myself and even then I always felt guilty and wrong afterwards.

Therapy, I thought, would solve all my problems. I started going to a therapist. I also started looking for help online how to overcome porn addiction and I found a "porn coach." We did a lot of positive self-talk and

harmonizing my emotions. I started reading a lot of books. After four months of coaching and self-help, I became Mister Know It All. I have the solution to all my problems. I have positive thinking, and if you don't like me, you're the problem because I am a good guy.

My ego soared. It didn't help me stop masturbating, but I felt good. Later that year I returned to France to be an assistant teacher and rabbi. The younger students didn't buy my act though - they knew I was full of garbage. This went on for months! At this point I was masturbating 3-4 times a day. I was broken and desperate. I started looking for help.

**My solution to my problems is based on my relationship with my Higher Power. All my needs can be met by G-d.**

By a miracle I found an S- fellowship which met once a week and spoke in English. I started attending and I found a man willing to sponsor me. I called and poured my heart out to him. When I was first introduced to the Steps I thought "this is self-help, I'm fixing myself through the 12 Steps." I was eager to do them. However, I slowly started to see there is something deeper here.

Eventually I came to New York. There I found the SA fellowship. I was studying for my rabbinical ordination and attending SA meetings. However, I was not well. I struggled immensely with lust. I thought sober meant not masturbating and everything else is ok. To realize sober means mentally sober took me a long time.

Taking a job in Florida, I was watching lust, soft core porn, playing around with the web, and always

staring at women and men. Why do they have it all good? Why can't I just be normal, with a normal life and stability. This was all while I was "sober." I left that job and got another one. I started relapsing with porn and then going to massage parlors and strip clubs. I was broken, desperate, and on the verge of homelessness.

That's when I was willing to work the Steps and my spiritual awakening started. I got a sponsor who I connected to and trusted. I wanted what he had. In the beginning I argued a lot. I wanted to hear as little of G-d as possible. I remember saying how do I overcome my lust? I just can't walk on the street without staring and following women. He just said ask G-d to help you to not look and turn around. I remember thinking that's crazy. It's too simple. These Steps won't work for me, I already tried them. But I continued calling and asking for help because I had nowhere else to turn.

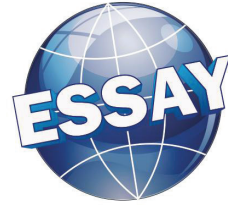
Today with G-d's Grace I am sober. Sober physically and mentally. My solution to my problems is based on my relationship with my Higher Power. All my needs can be met by G-d. I tried turning my boss into my dad, my therapist into my guru, and my friends into my therapists. Today, because of working the Steps, I have a decent relationship with my father. My anger and blame towards him has disappeared. I am able to respect him. That is a miracle.

I realize no matter how much money, fame, achievements or friends I have, it will never fill me up. I always want more. Therefore, I have to go to the well that satisfies which is a relationship with my creator who loves me and will always be there for

## SA Stories

me. I have never felt as emotionally and mentally stable as I do now. Today I know peace and content. Not everything is perfect, and I feel ok. I have a G-d I trust, a sponsor who guides me every step of the way and the SA fellowship. May you find it too.

Anonymous, USA



*Our Meeting in Print*

### Group Discussion Topics

**In My Story, I Will Be Okay** the author describes some tough beginnings and how he fought using our program tools.

Have you had some difficult times in the past?

How do you view them today?

In what ways do you still fight the Steps?

Where do you find your strength today?

**In Seven Practices That Work for Me** we read that being happy is more important than being right.

Can you choose to be serene rather than right?

Are you able to HALT when overwhelmed by Hunger, Anger, Loneliness or Fear?

Will you let God forgive you today?

#### What is Sexaholics Anonymous?



WATCH THESE SHORT MOVIES  
ABOUT SA AT [SA.ORG](http://SA.ORG)

# STEPS

## Some Step 11 Ideas On Meditation

*A bounty of meditation tools*

**S**tep 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.*

Many groups, religious and non-religious, have long experience practicing meditation. Here are some of the practices that they have found helpful.

Get a meditation book like SA's *The Real Connection* or any book used for this purpose.

Have a place to meditate, quiet with few or no distractions.

Have a picture, religious icon, or something else you can focus on - a beach or trees for instance.

Do the meditation at the same time and same place each day.

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**The most basic rule is to do what works for you and be willing to try new ways.**

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Read a short passage and then reflect on what strikes you.

The goal is to be open to/contact God and your inner self.

When you make contact, stay there.

Start slow: first 10 minutes and over time increase the time.

Use an alarm timer so you don't keep looking at the time.

Some techniques for getting inner silence:

Focus on your breathing.

Use a short saying that helps you focus, like help me find peace, keep me sober.

Focus on a picture or object or view that helps you focus.

Focus on being in the now / the present moment.

Position for prayer:

Physically relax: the position should be comfortable so you focus on the prayer and not on your physical discomfort.

Stand or sit, kneel or walk, as long as your position doesn't distract you because it is uncomfortable.

Other suggestions:

Prayerful reading using a good book [like SA or AA literature]. The aim is not to finish a section but to reflect on the reading. Stop when you find something that moves you.

Use a memorized phrase or prayer to start and end.

Some find music helps them focus and relax.

Some find journaling helpful as a part of the meditation or after.

Slowly saying a prayer or passage that has meaning for you focusing on what moves you.

When you find yourself wandering, do not panic, but gently return to your meditation.

Go to a spiritual center or a place that you find inspiring like a church, a meditation garden, or a temple.

## Steps

Join a meditation group.

Light a candle and/or incense.

Use guided meditations on a CD or DVD.

The most basic rule is to do what works for you and be willing to try new ways.

Tell us how you work Step Eleven. Please share your meditation experience and practice with Essay at [essay@sa.org](mailto:essay@sa.org)

Jerry L., California, USA

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### Step 1: Accepting Things I Did Not Understand

*Exercising will in a new way*

Sometimes I look back and wonder why it took me so long to finally start living by the most basic and bedrock principles of the 12 Step program. No doubt I was still unwilling to really surrender, so I kept trying to solve my own problem with my own ideas and effort.

Take willpower for example. What good is it to try to exercise my own willpower toward whatever I am powerless over? If I'm really powerless over lust, what use is my willpower? And when I keep trying to exercise my own willpower over lust, am I not simply saying I've never even gotten past Step 1? Do I really believe (admit) that I am powerless over lust in the first place?

The 12 & 12 (p40) told me that the whole purpose of the 12 Steps was to make it increasingly possible for me to attempt to bring my will into agreement with God's intention for me. Understanding that and really

doing that did not come naturally. But failure and despair got me ready to accept some things that others were trying to tell me. I had to have a change of heart, both in how I exercised my will and in how I accepted things I did not understand.

Sexaholics Anonymous, Taichung

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### Step 3: Someone Without A Burden

*A Higher Power connection works*

There was an exceptional meeting tonight in Boston. I walked into the meeting with a lot of restlessness and discontent. We read the portion of Alcoholics Anonymous on fear. My Higher Power helped me realize during the shares that I am afraid because I am using this program like just another tool to run my life. I'm being self reliant. I do prayer like doing reps at the gym and try to manage my relationship with God to the most optimum advantage. I try so hard to run my life, to be good, to be kind, running from one challenge to the next until I'm exhausted.

That's when lust makes its approach, like a demon disguised as something gentle. Lust knows that I'm weary, fatigued, afraid, and confused. Lust offers to take that all away and reassures me that I can be alright and okay. So I leave my Higher Power's side and go with Lust.

My long suffering Higher Power won't take away all the pain. Still, He comes and comforts me.

Each time I imagine I'll not make that trade ever again. Yet, when a month passes and I'm exhausted, I just make that trade again. The reality is I was never meant to bear the burden of being good, of being sober.



## Steps

I see now that this program isn't just one more exam for me to ace or a lust mathematics problem for me to solve. It's not a form of martial arts to use against lust. They are tools not against lust, but to reorient me, to restore my relationship with my Higher Power. When I know that deep in my heart, I'm actually free. The lust demons can come. Their temptation has no strength against someone without a burden.

was relief in the air. A funny member of our group shared in the last minutes "I want to bring to light that I have a fear of that tick, which if it bites you, you're not able to ever eat meat again!" Boy, did we laugh. We forget ourselves for that moment, male and female sexaholics. All that was left was warmth, a taste of the reality that this motley circle of human beings was infinitely precious, and that we were going to be alright.

At the end of meeting tonight there

Anthony, Massachusetts USA



## October Essay Comments

Looks quite nice      Extensive!      Great!      Content layout nice  
Very relevant      Loved the layout and that it was current  
Link to make donation should this have a question: "are you a member?" to ensure no outside donations  
Really like that using ESSAY at meetings is fine—just not conference approved.  
Article about sharing in detail without graphic descriptions is thought-provoking.  
Can the monthly trustees' minutes and quarterly GDA meeting minutes be posted?  
Didn't care either way about the look—just went for the content and really liked it.

# WORLD WIDE NEWS

## SA Internet Marathon 2018, formerly Geek Camp, met for 24 Hours on November 29-30!

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

The theme for the day was **Around the World in 24 Hours** as we shared our experience strength and hope in recovery from lust addiction.

Cathal M, Chair, 2018

### Cathal M SA EMER

My sincere and heartfelt thanks to all who helped make the SIM event a reality this year. I want to especially thank all the committee members who were a joy to work with. To all the speakers that shared their ESH. To the MC fellows who kept a close eye on SIM for 24 hours especially Daniel, Tzvi and Brendan. I hope you get a good nights sleep! To all the loners who joined us and the groups who came together. It was so great to see you online. Truly God is doing for us what we could not do for ourselves. Yours in sobriety Cathal M

12:41 PM

## From The SA Trustees

Dear Cathal and SIM Committee Members, Congratulations on SIM 2018! Our SA message of recovery came through loud and clear, with sincerity, dedication and a good measure of humor as well. Thanks to all the speakers who shared their lived experience, strength and hope so generously.

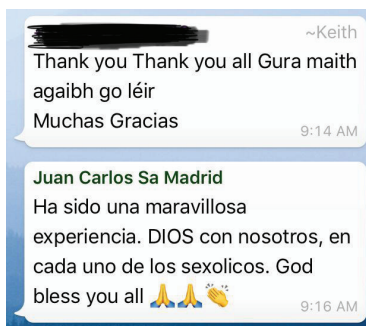
I feel certain that this global marathon has now become a fixture within our Fellowship and will thrive and grow as a result of your efforts and that of those who launched this last year.

Thanks to EMER for leading this event. Next year and thereafter SIM will be a worldwide Fellowship event under the Trustees' Committee lead by Gene T. and Kent A. Your continued participation and contributions will be greatly appreciated.

SIM is a powerful and promising tool to be used in meeting our primary purpose of carrying the message to those who still suffer.

Thanks to our Higher Power who makes all of this possible. May we continue to do his will.

Gary L, BoT Chair



# SIM2018 News

## SIM 2018 SA Internet Marathon

November 29th-30th, 2018  
Start at 12:00 pm UTC

### Program Schedule

Time (UTC)	Channel A (speakers/topics list)	Channel B (topics list)
12:00 PM	OPENING	Official Opening of the SIM 2018
1:00 PM	Cathal M.	Willing to Go to Any Lengths
2:00 PM	Laurens A. and Martin S.	Obstacles to recovery
3:00 PM	Ron T.	Acceptance
4:00 PM	Oscar M. & Carlos H.	Prayer and Meditation
5:00 PM	Mike C.	Honesty
6:00 PM	Suzanne S. & Mona M.	Women In SA
7:00 PM	Harvey A.	Joy
8:00 PM	AJ F.	Sponsorship
9:00 PM	Tom K. & Gary W.	Sobriety/Recovery (sober is not well)
10:00 PM	Bill S.	Favorite Big Book Readings
11:00 PM	Brendan T.	Emotional sobriety
12:00 AM	Rich P., Manse B. & Marsha D.	Telling your story from a spiritual perspective
1:00 AM	David M.	Spiritual Awakening
2:00 AM	Mark V.	Shame
3:00 AM	Dov G.	The steps as tools for surrender
4:00 AM	Eric S.	Dealing with toxic shame
5:00 AM	Kent A.	Newcomers and Sponsorship
6:00 AM	Dennis T.	The Two Sides of Disturbance
7:00 AM	Aviad S.	Fear
8:00 AM	Sergey G.	Sponsorship and Lust
9:00 AM	Denise	Boundaries and Willingness in Service
10:00 AM	Shim F	It works if you work it
11:00 AM	Amjed B.	It's simple & only as hard as I make it

## SIM 2018 Numbers and Outreach

**A**n early analysis shows that there were 1,434 users of the SIM 2018 platform and of whom 1,054 were “new” to the EMER host web site. At a number of viewing sites there were multiple SAs sitting together, so the total of participants may be higher. They attended 2,210 sessions with an average length of 1 hour 15 minutes!

The language preferences of the participants were 70% English (USA, Canada, UK, Ireland, Australia, New Zealand), 4% Polish, 6.3% Spanish (Spain and South America and USA), 2% German (Germany, Austria), 1.5% Farsi (Iran) and a few others. There were 49 nations represented by participants.

### SIM2018 Participant Nations:

United States; Poland; United Kingdom; Israel; Canada; Iran; Germany; Colombia; Ireland; Spain; Australia; Mexico; Netherlands; India; Singapore; Belgium; Peru; Slovakia; Egypt; Italy; France; Kenya; Ukraine; Bolivia; Guatemala; Russia; South Korea; Lithuania; New Zealand; Romania; Austria; Switzerland; Japan; Luxembourg; Malaysia; Slovenia; South Africa; Argentina; Bulgaria; Brazil; Denmark; Ecuador; Greece; Nigeria; Panama; Saudi Arabia; Thailand; United Arab Emirates; Belarus

## Madrid Live Streaming

*World Wide Access!*

Can't attend the Madrid, Spain International SA Convention *Gateway to a New Freedom* in person? Now available: registration for audio live streaming of Saturday sessions 14 July 2018, The schedule (times are EST-USA and [UTC]):

9:30am [16:30] Tools for Recovery

10:30am [17:30] When I'm Disturbed, the Problem is Me

11:30am [18:30] Freedom From Lust

3:30pm [22:30] Living Life Emotionally Sober

4:30pm [23:30] Rigorous Honesty: Secrets Make Us Sick

5:30pm [00:30] A New Freedom & A New Happiness

8:15pm [03:15] Saturday Dinner Speaker

(There are generally a few minutes of announcements, so live streaming will begin when the speaker begins their story.)

To register, use this link: <https://web.telspan.com/register/saico/span>

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

**CAUTION:** It's ok to share the registration link provided above. However, the link sent to you after you register for the sessions is for you only and should NOT be shared with others. If you share that link, someone else may use it to sign on and will knock you out of the session. Please register early. We need to know how many virtual chairs to set up in the Lobby.

Questions, other info? Send email to [sa.convention.livestream@gmail.com](mailto:sa.convention.livestream@gmail.com)

## More SIM Comments

*From the Post-SIM Survey*

### Liked?:

I like being able to see other members and the video quality of the conference. It was very interactive and seamless when members spoke and it switched from one to the other seamlessly. I found most beneficial hearing old timers and those with sobriety, and ES&H from sister members.

The speakers had great sobriety. Hearing women talk. As a woman in SA I feel very alone. So hearing other women is very helpful. Because of the SIM I learned about the SA Europe mp3 archive. I have already started listening to them.

Having a schedule ahead of time with the details of topic or who was speaking was wonderful. Great variety of topics and speakers.

### Suggestions?:

Further the build-up and dissemination of SIM events. Having a section broadcasted from Asia one from the Americas and thirdly from the EMER region. And fourthly from the German region. Could also have channels for different languages.

How to run a meeting (prologue, anonymity, what not to share, etc.)? Some new groups are unsure what to do other than what is in the White Book.

What does anonymity mean for SA members?

Communication tools for members who can't afford to join phone meetings.

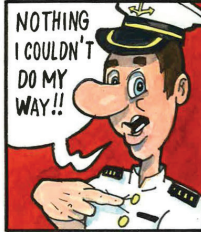
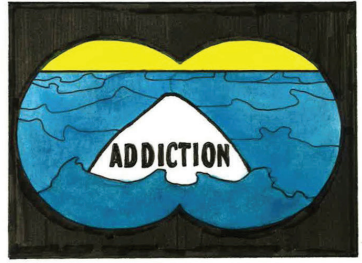
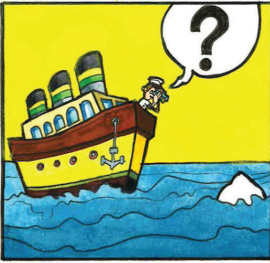
The importance of sponsorship and a call out for members to sponsor loners and other members.

How to handle disruptive participants at meetings.

Sexual abuse as a child and how to forgive the ones that did it to you.



# World Wide News



## NEW SA GROUPS DECEMBER 2018

### Europe and Asia

Barcelona, Spain (English-speaking)

Lansing, Michigan  
Riverside, California (new group)  
Roseburg, Oregon  
Sandpoint, Idaho

### North, Central, & South America

Berrien Springs, Michigan  
Bowling Green, Kentucky  
Colton, California

### SAICO and Finances

Your SA International Central Office continues to grow in personnel and in service to the SA Fellowship. Groups and Intergroups that can donate to SAICO make this possible. Subscribing to the print *Essay* is a vital outreach tool. Thank you!

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

### Now available from the SAICO Online Store!

Formerly obtained from SA Publications in California, you now may order through [SAICO store](http://www.sa.org/donate/):

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

## Humor For SA



A Polish SA meeting suggests that we might work Tradition 5 with a man-on-the-street approach. *Służby* is Polish for "service."

See the Letters section Page 6 for more background.

Essay invites your humor -- and news -- about your groups.



# 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

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

**January 26, Kansas City, Kansas, USA** *Kansas City Wildfire: Happy, Joyous, & Free*. Info at: <https://kansascitysa.org/>

**February 15 - 17, Zuberec, Slovakia** SA Slovakia 12-Step Workshop. Email: [post.sa.sk@gmail.com](mailto:post.sa.sk@gmail.com)

**March 2, Atlanta, Georgia, USA** SA Atlanta Marathon. Info at: [www.atlantathejourneycontinues.org](http://www.atlantathejourneycontinues.org)

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

**April 12 - 14, Perth, Scotland, United Kingdom** SA/S-Anon Scottish Convention 2019: We Are No Longer Alone. Info at: <https://www.sauk.org>



### INTERNATIONAL BUDDY/SISTER LISTS

Carrying the Message of SA Worldwide - Connecting ALL SA Members

- Find a Sponsor
- Find a Sponsee
- For Loners, Isolated Groups
- For Volunteers to help with Servicing the Lists

The Buddy/Sister's Lists are for all Members

#### BUDDY LIST FOR MALES

<http://buddylist.sexaholicsanonymous.eu/Join>

#### SISTERS LIST FOR FEMALES

CONTACT SAICO: <https://www.sa.org/contact-us/>

# 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 Yourself, 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/>

## World Wide News

### Visit By David T. (Stringman) To Australia November 2018

**D**ave T. (the Stringman) recently visited Australia with the support of various International SA committees, for which the Australian SA fellowship is extremely grateful. Dave came to Australia because we want and need to hear from the sober old-timers while they still can make the trip to the other side of the world!

Following the visits of other SA members with considerable sobriety, (Nicholas UK, Harvey USA and Mike C. USA), whose visits 4-6 years ago were largely supported by direct local fund-raising, this visit however was originally prompted by the recent appearance of an SA group in a "small" regional city, Newcastle.

Located some distance from Sydney, it is well outside of the usual six large Australian State Capital cities and the National Capital, which have all had SA group for 10-30 years (those larger cities typically have between 4 to 5 SA groups and between 1-5 Million people).

In the spirit of SA groups being self-sufficient through their own contributions, when this small group desired an overseas visitor, the small group raised money, then rallied some support at the National level for a 1-week visit including internal travel and accommodation; but then still needed considerable outside financial support to pay for the expensive overseas flights.

When approached, Dave T. was very happy to make the trip, and when it

was combined with a visit to Singapore and South Korea which also needs this sort of support, and an extra week in Australia based in Melbourne (one of Australia's big cities), the makings of a grand 3-week tour was formed and the support generously extended!!

(Written by David S.  
Richmond, Melbourne  
Group, Australia)

### Essay adds:

David T. also went to Singapore and to Seoul, Korea. His comments on Singapore are on Page six. In Seoul he attended the two weekly SA meetings and appreciated their Korean translation of the White Book. In all three nations he observed the shortage of printed SA Literature. Additionally he experienced a low awareness of the importance of multiple meetings per week for sexaholics. Dave was welcomed heartily and treated royally by all the groups!



**KC WILDFIRE III**  
Happy Joyous and FREE!  
With Harvey & Nancy A. from Nashville

Third Annual  
GKCSA / S-ANON One Day Marathon

Saturday, January 26<sup>th</sup> 2019  
8:00 a.m. — 4:00 p.m.  
Sanctuary of Hope  
2601 Ridge Ave  
Kansas City, KS

Schedule of Activities

8:00 a.m.	Registration — Meet and Greet
8:30 a.m.	Separate SA / S-Anon Sessions
12:00 p.m.	Lunch (Catered) and Raffle
1:00 p.m.	Joint SA / S-Anon Session
2:00 p.m.	Separate SA / S-Anon Sessions
3:30 p.m.	Wrap-up

**Cost: \$25 PER PERSON**  
**Scholarships Available**

Please RSVP by December 30<sup>th</sup>! (Lunch and refreshments included in registration)  
Please detach the registration form below and mail with your check or Money  
Order payable to: GKCSA, P.O. Box 15762, Lenexa, KS 66285 or bring to any KC  
area SA or S-Anon meeting. SA KC Website: <https://kansascitysa.org/>

Please complete all information requested. One registration per participant

Name \_\_\_\_\_  
Phone \_\_\_\_\_ Organization? SA \_\_\_ S-Anon \_\_\_  
Email \_\_\_\_\_

## 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

### The Spiritual Aspects of Sexual Addiction

**R**ecently I asked the Illinois Department of Corrections for permission to start a Sexaholics Anonymous meeting. They denied my request, saying that they use a research-based model in the treatment of addictions. I was dismayed. While there are many components in an addiction, there definitely is a spiritual aspect. Can research be made on a process that takes place in the heart? My decision to be sober is in part a choice of my Higher Power's will over my own lustful desires.

Reflecting back in my life to when lust took over, I see that lust colored my every thought. Would my actions get me closer to acting out? Would what I planned to do bring me closer to indulging lust? In my behavior, I was controlled by lust. What was driving my lust? The insights of Alcoholics Anonymous are helpful:

"The first requirement is that we be convinced that any life run on self-will can hardly be a success... Most people try to live by self-propulsion... Each person is like an actor who wants to run the whole show... Our actor is self-centered-ego-centric... Selfishness—self-centeredness! That, we think, is the root of our troubles..." AA 60-62

There came a time when I would pay any price in order to indulge my lust. Boundaries were blown away. My will and my morals were paper before the wind of my self-will. How can any behavioral treatment touch me when the source of my will and my desires are corrupt? My essence

and my spirit must be addressed for behavioral and peer-related therapies to have a basis for working. There must be a power outside of self to whom I give myself. With sensitivity to various religious and historical differences, 12 Step Programs like SA refer to this spiritual Source as "Higher Power." My Higher Power may not be the same as yours, but it must be someone other than "Ourselves."

Once I have given my will and my whole life to my Higher Power, sobriety becomes possible for me. This means working Steps Four through Twelve. While programs and counselors may be able to touch on the truths embodied in these Steps, for me help came from working the Twelve Steps.

The sobriety definition of SA taught me that keeping lust out of my life means excluding masturbation. I surrender to my Higher Power character defects including shame, resentments, fears and lust temptations, and I receive in return a sober mind, spirit and body. I make amends to people I have harmed. I reflect on my behavior each day. I have a concern for those still suffering from sexual addiction and want to carry the message to them. Above all, I maintain a daily connection with my Higher Power, and make sure my self-will does not usurp my Higher Power in my life. Research-based treatments can help some individuals. I must be convinced that "I am not God." The foundational source of my health and my sobriety is my Higher Power. Sexaholics Anonymous has been a lifeline for me.

Anonymous, Missouri USA



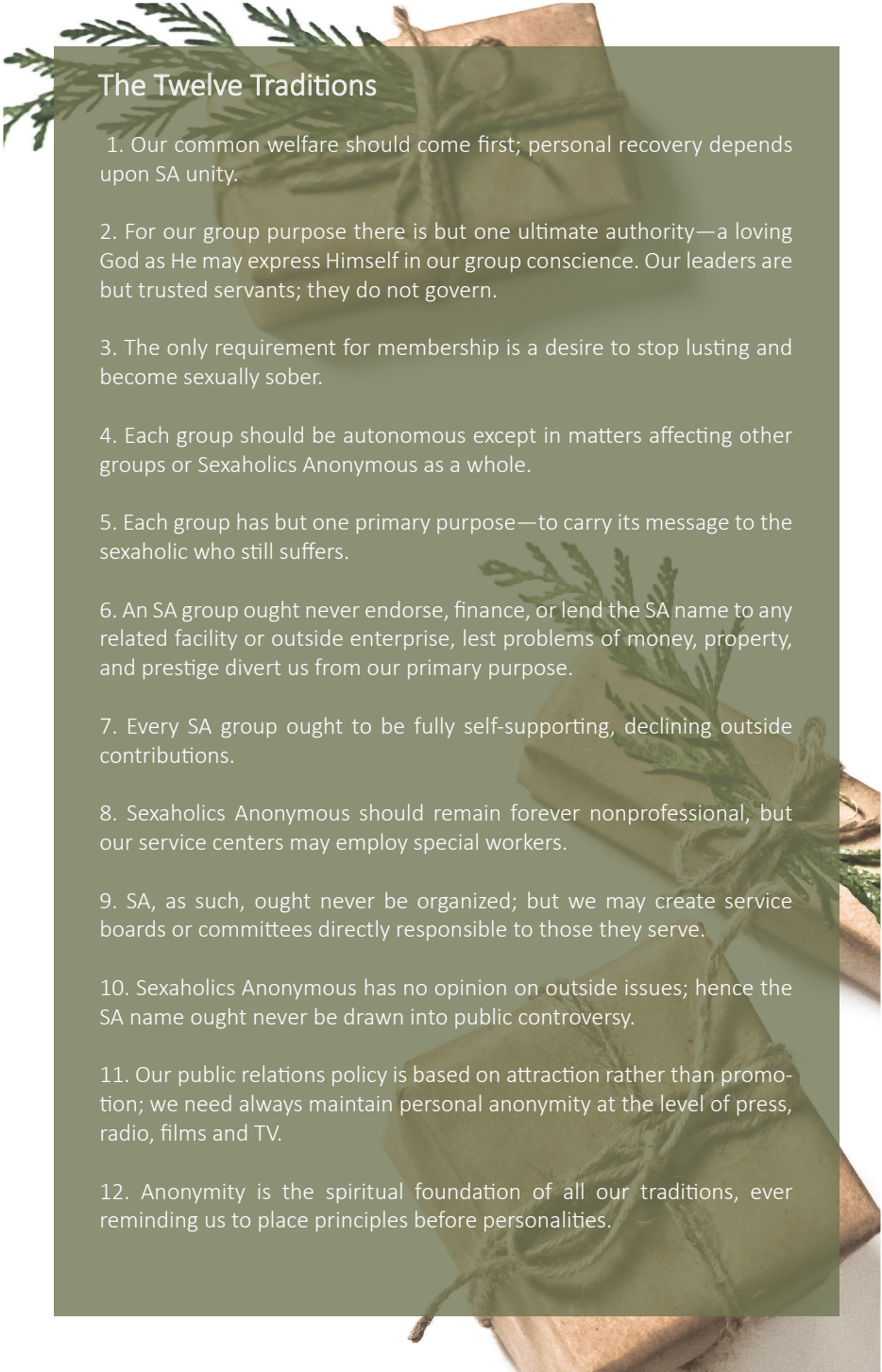
## The Twelve Steps

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

The Twelve Steps and Traditions are adapted with permission of Alcoholics Anonymous World Services, Inc. ("AAWS"). Permission to adapt and reprint the Twelve Steps and Twelve Traditions does not mean that AAWS has approved the contents of this publication, nor that AAWS agrees with the views expressed herein. AA is a program of recovery from alcoholism only. Use of the Twelve Steps and Twelve Traditions in connection with programs which are patterned after AA, but which address other problems, or in any other non-AA context, does not imply otherwise.

Sexaholics Anonymous is a recovery program based on the principles of Alcoholics Anonymous and received permission from AA to use its Twelve Steps and Twelve Traditions in 1979.





## The Twelve Traditions

1. Our common welfare should come first; personal recovery depends upon 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 Sexaholics Anonymous 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 SA 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.