

ES SAY

August 2019

A periodic publication of
Sexaholics Anonymous featuring:

SA at 40 Years

SA Around The Globe
Searchlight Of The Spirit
SA Comes of Age in Phoenix
San Diego Women
The Effect of One Life
The Miracle of an Amends
A Gift to Us All

Member Stories

30 Year Sober Saga
Serene and Single

Practical Tools

Service and Sobriety
The 19th Wheel



SA Purpose

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.

Responsibility Declaration I am responsible. When anyone, anywhere reaches out for help, I want the hand of SA always to be there. And for that: I am responsible.

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.*)

Essay is a publication of Sexaholics Anonymous Essay@sa.org

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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

EDITORS' CORNER

August, 2019

Dear *Essay* readers:

This issue of *Essay* includes many stories on "SA At 40 Years!" We have sixteen extra pages in this issue with a broad-brush review of the origin, growth, structure, and some significant SA personalities upon whose shoulders we stand today. For which, as one member says, we can never be sufficiently grateful.

Our next issue in October 2019 will focus on *Freedom Behind Bars (Prison Issue)*. Please send in any stories or short articles on your experience with corrections, legal consequences, and the Correctional Facilities Committee (SACFC). Future topics include: December, 2019 "Miracles In Recovery"; February 2020 "Sober Dating." Let us hear from you at essay@sa.org

Our desire to be a global Meeting in Print continues. The free download of each issue in both English and Spanish reaches sexaholics around the world. Other translations are made available on our website. The Posts on our website (see page 15 below) make access to meaningful articles simple. All of these are at 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 you as a Meeting in Print. Thank you for being readers of *Essay*!

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

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The electronic worldwide *Essay* (pdf file) is now free. Download your current or back copy from 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 to subscribe or for information.

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

SA At 40 Years!

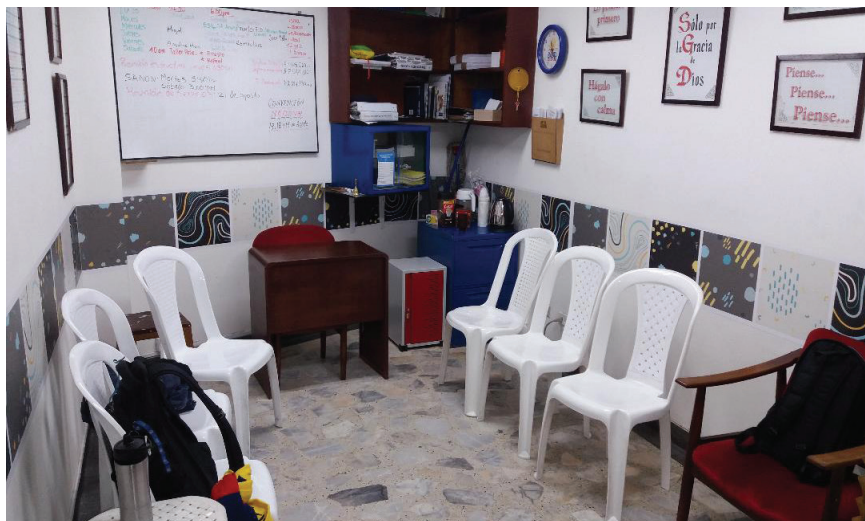
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Dear Essay

Remembering Wally F.

Our St. Louis SA community misses our good friend Wally F. He died suddenly of a heart attack on May 12, 2019. Those who attended the SA convention in St. Louis last summer might remember Wally as the M.C. for the convention.

When we first started to plan the 2018 International Convention Wally took the Program chair as he had been to several internationals and loved them. He said yes. He then came up with 150 suggestions for breakout topics! We chose 70 breakouts and Wally got 1-2 speakers for each. He put together the program schedule, patiently doing numerous revisions as the months went by.

A little later, my co-chair had to resign, so I asked Wally if he would be willing to take on that role as well? He said yes. When it came time to put together the 8-page program booklet, Wally volunteered to do that. As we got closer to the convention, it became clear the program chair had to be intimately involved with the hotel meeting rooms, because assignments kept changing. Finally, when our original M.C. bowed out, I asked Wally to be the M.C. for the event. He said yes again. Wally was putting in 40 hours per week to help keep us on track.

Two months after the convention, we wanted to have a get-together for all the people who worked on the convention. Wally who volunteered to host it at his house with his wife Mary. Those of you who came to the convention might remember we passed out a key with the letter "W" on it, which stood for Willingness. For me, it will also remind me of Wally, who was as good an example of willingness as I have ever met. I will miss him dearly.

M.H., Missouri, USA

To a member in Geek Camp

Congrats! on 20 months. Know that you're just beginning to see Lust Based Decisions (LBDs) and they will be with you most of your life. The further up the road we climb the more beautiful the view but the steeper the drop.

Sometimes we admire the view so much we forget to watch for fallen rocks. When we stub our toe or twist our ankle, we say we'll be ok. But that's exactly when we need to stop admiring how far we've climbed and pay attention to clearing the debris and surrendering our fatigue so we can get to the next wonderful viewpoint.

K.A., USA

New SA Archives & History Committee

In 2018 the SA Board of Trustees established the SA Archives and History Committee [A&HC] to collect and catalog records of the origin and development of the SA Fellowship. The A&HC mission is: "to preserve the history of SA, to document the memories of our members and make this information accessible to SA members and other researchers [in order] to provide a context for understanding of SA's progression, principles and traditions."

The A&HC currently is making appeals through SA Intergroups for additional stories from early members. The SA Board of Trustee recently approved guidance on the collection of histories, including suggested questions for early members who are willing and qualified to share their personal and group histories. Copies of the questionnaires can also be downloaded from the SA.org website or may be requested from saico@sa.org.

Celebrating 30 Years Of Sexaholics Anonymous — The “White Book”

The White Book as we now know it was first printed in July 1989. Soon after, the book became available with a choice of artistic printed cover or plain white cover.

To celebrate 30 years, the following editions of the White Book are available or in process:

Commemorative – SA’s basic text with original 1989 cover design and removable white vinyl cover. \$7 from [Hands Services](#), a 30% discount.

Portable – 4X6 inch unabridged Mini White Book. \$10 from [Hands Services](#).

Electronic – Kindle e-book available soon from Amazon. For more info, check [SAICO online store](#) mid to late August 2019.

Print-on-demand – More affordable for small-quantity purchases outside the USA. Distribution process and pricing will soon be finalized. For more info, check mid to late August 2019.

World Wide Walls of SA



Pforzheim Saturday Morning 9 am Meeting.
We suppose that the man in the painting is probably Roy K’s grandfather ;-)



Wilsonville, Oregon USA Monday meeting



McLean, Virginia USA Sunday night meeting



Our Meeting in Print

PRACTICAL TOOLS

A Morning Routine that Works (For Me)!

Rewards of a good start

If I want a better relationship with someone or something (father, mother, wife, son, daughter, sponsor, golf clubs or friends) – in other words anyone or anything, what would I do? I would spend MORE time with them!! The key to being present to have more time with them is to “improve my conscience contact with G-d.....” To improve my relationship with G-d I gotta spend time with him.

I have found that sobriety is the most important thing in my life. Therefore I must demonstrate sobriety by my actions. If I prioritize the relationship

My peace and serenity today are beyond my wildest expectations.

with The Power that gives me life and sobriety, then taking action first thing means I have to intentionally get up earlier than “necessary!”

Everyday, (or as some point out, only those days that end in “y”) I roll out of bed onto my knees with two prayers: “Thank you God for another day to seek and do thy will” and

“God please direct our(my) thinking.....” Then I have six readings in AA Big Book from Chapters 2, 4, 5, 6. Then I read from *Daily Reflections*, the AA meditation book. Then I read from *As Bill Sees It*.

Next there is a time for writing my Step 6 defects of character list, followed by the Seventh Step prayer

(on my knees.) After that I write a Gratitude list at least 10 things beginning: “Thank you God, I am grateful for.....” By the way, these are usually all the same everyday because it is always a new day and I am grateful all over again.

Then I have four readings from our white book *Sexaholics Anonymous*. Once again I hit my knees to do a Daily Contract. This prayer is “God, I pray for the willingness to seek through prayer and meditation to improve my conscience contact with you God as I understand you.” I follow that with 10-15 minutes of mediation; sitting with eyes closed using either a guided meditation or sound of ocean (there’s an app for that).

When meditation is done, there is one more prayer on my knees using AA page 87 “we usually conclude....”

Throughout using these spiritual tools I also use the amazing tool of a cell phone, calling 3-5 people each day. If I am feeling extra spiritual I will read the AA chapter “A Vision for You” two pages a day and perhaps a personal story in the Big Book. I plan to add to my morning routine the SA daily book *The Real Connection* that I hope to find at International Convention in Seattle.

I have a joy that is daily indescribable REGARDLESS of life’s circumstances because of God, SA and you. What’s that saying? You don’t have to do what I do, unless you want what I have!!

God Bless Mike L., Oregon USA

Lust Dreams

Maintaining Our Spiritual Condition

Although I've been sexually sober since August 4, 2018, lust dreams have been part of my life since I discovered masturbation at age 12.

I awoke one night with physical discomfort in my neck. The following night I awoke with a neck ache and a lust dream that prompted me to

I realized that I had ongoing living amends to be made.

say the Serenity Prayer. I fell asleep, had another sex dream, awoke, and prayed the Third Step Prayer. This cycle repeated three more times during which I prayed the Seventh and Eleventh Step prayers. Upon waking after the final sex dream, I cried out to my Higher Power, "God, what the hell?! I'm trying here!" I then lay quietly in bed, took a Step Ten inventory, scanning my thoughts to see what was wrong, why I was so upset, and if any amends needed to be made. I realized that I had ongoing living amends to be made. This led me to work Step 11, considering my plans for the day ahead and how I would work/live Step 12 with a sponsee and SA friends that afternoon. It was at that point I felt a sense of serenity, peace and release of all tension in my neck and body.

I remembered page 64 of Alcoholics Anonymous. "When the spiritual malady is overcome, we straighten out mentally and physically." I felt compelled to say a prayer of gratitude to my Higher Power for this spiritual program of action. One of my favorite quotes from Alcoholics Anonymous is page 85, "What we really have is a daily

reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all our activities." In order for me to progress in my recovery from lust, I need to continue to surrender daily my will (thoughts) and my life (actions) to my Higher Power and to help other addicts. I am grateful to be an active member of SA and I hope to meet some of you as you trudge the road of happy destiny.

Hal C. - Virginia, USA

"Bad News" In Sexaholics Anonymous

(in serial form)

Over three sober decades in SA there have been quite a few pieces of "bad news" for we sexaholics. They all arise, like our entire program, from our experience, strength and hope. Each issue of *Essay* under Practical Tools we'll share some pieces of "bad news":

If you've ever been sober for 24 hours, you have all the tools you need to be sober the rest of your life -- One Day At A Time.

No matter how long I am sober and no matter how perfectly I work this SA program, I will still be a sexaholic.

It took everything I did in my disease to get to the point of being willing to work our SA program.

We cease fighting anything or anybody. We have to (AA 103).

It Is A Disease

Medical definitions change

I have met newcomers at SA meetings who have bristled at the description of sexual addiction as a disease. The Diagnostic and Statistical Manual (DSM) does not list it. The CDC doesn't recognize it. It's missing from disease lists everywhere. One newcomer said to me defiantly, "It's not a disease. You're just a terrible person." Our ideas, as a society, of what constitutes a disease changes and evolves with culture. Culture simply hasn't caught up with sexual addiction yet.

Masturbation, in the 18th and 19th centuries, was considered a disease. It was the gateway to a Pandora's box of woes. Masturbation was the cause of dyspepsia, constriction of the urethra, blindness, epilepsy, vertigo, hearing loss, headaches, impotency, memory loss, rickets and a host of other dire conditions. In 1893 Freud wrote that masturbation was a cause of neurasthenia (which is a weakening of the nerves that is no longer recognized as a disease). The treatment of masturbation was very harsh, possibly involving surgery and long-term institutionalization. It can be found as a cause of death on old death certificates.

There have been, over time, a host of diseases that are now seen as ridiculous. In 1851 the American physician, Samuel Cartwright, introduced a disease that only attacked African slaves. It was called "drapetomania." It caused slaves to run away from their masters. The same doctor also discovered "dysaesthesia aethiopica." It makes people of African descent less

intelligent than other races. Diseases such as Status Lymphaticus, King's Evil (which could only be cured by the touch of a royal hand), Ovariomania (also called "Old Maid's Insanity") and Intestinal Autointoxication (arising from feces stored in the intestines) are among the many diseases that once preoccupied doctors that no longer exist.

There are SA chapters in over 60 countries helping men and women recover from sexual addiction. That's pretty good for a non-existent disease.

Our idea of disease is values-driven. Alcoholism wasn't declared a disease until 1956. The AMA didn't recognize it as both a medical and psychological disease until 1991. Homosexuality wasn't recognized at all until 1968 when the DSM declared that it was a disease. It wasn't until 1987 that it was de-listed in the DSM. The International Statistical Classification of Diseases and Related Health Problems (ICD) kept it on its disease list until 1992.

In my fairly small home state of Maryland there are 179 mental health professionals who specialize in treating sexual addiction. There are SA chapters in more than 60 countries helping men and women recover from sexual addiction. That's pretty good for a non-existent disease.

David W., Maryland, USA

19 Wheeler

A very funny surrender story!

At the Madrid convention I was prompted to share one of my early surrender experiences relating to Roy K's 18 suggested ways of surrendering lust hits and gaining daily progressive victory over lust.

In my early sobriety I had negative sobriety and I either consciously or subconsciously believed there'd be just one more relationship out there to fix me. Now that I had given up acting out the lust wanted to fight back. In a moment the fantasy spiralled out of

I reluctantly surrendered and white knuckled through it, only just maintaining my physical sobriety.

control and a telephone number of an acting out place came strongly to mind. I reluctantly surrendered and white knuckled through it, only just maintaining my physical sobriety. I felt desperate and fearful of the consequences of acting out.

One of the fellows I phoned suggested that I write the number on a piece of paper, pray sincerely and then burn it. I chose, in an unmanageable way, a waxy piece of card and wrote the number on it. I found my last remaining lighter and said a prayer, "Please remove this number from my mind," and set the lighter to the card. Nothing happened. I repeated the process and lit the card again, nothing. And again, and again, getting more fervent each time. "GOD, I BEG YOU, PLEASE REMOVE THIS GOD DAMN NUMBER AND I'LL STOP LUSTING!" I yelled out loud. The card went up in flames and the number was burned. I never deliberately tested the

system by recalling the number and the number never came back to mind.

It would be nice in a fairy tale way to say I have been sober ever since. Maybe I have but I cannot be sure of the exact timing of this event. Anyway I am only sober this moment and today and may need to repeat this measure if afflicted again. It would be a pretty strange truck with 19 wheels, maybe a fellow would like to draw it? But this method would be my submission for the 19th wheeler, ARSON! Please don't set fire to your house in an effort to stay sober. Don't act out even if your ass is on fire!

Richard, Scotland U.K.

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7 CURRENCIES
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7-7-7

Patience and rewards

I am approaching a milestone in my recovery. It's not an anniversary "birth date" so much as an oddity of my sobriety date and the Gregorian calendar. I am about to achieve 7 years, 7 months, and 7 days of sobriety, if I choose to follow God's will again for the next few days. Oddly enough, again due to a calendar oddity, it will also be 2,777 days of continuous sobriety. So I began thinking of what my life was like 7 days, 7 months, and 7 years into sobriety.

I did not journal much until after about a month in to the program but I will never forget that first week. I was broken, my spirit was dead, and I didn't want to go on living like I was. I walked into the rooms of Sexaholics Anonymous and I knew immediately that I was home. That's the date I chose as my sobriety date. I had another meeting lined up later that week, but my wife returned home the day after my first meeting and I didn't want to tell her I was in the group. So I waited. A week after my first meeting I was going crazy and I told her I needed to go to a noon meeting. She asked, "What meeting?" and I said, "Sexaholics Anonymous." She said, "Thank you. Is there anything for me?" and we began a remarkable journey.

Seven months after my first meeting I was preparing my First Step. I had undergone a transformation in understanding that I was the problem, I had a disease, and I was going to go back out there if I didn't get some fire under my butt. I had already had several close calls and I didn't want what I had left behind. In fact, the guy I was really interested in had texted me and I had sent him to our local SA website and then cut out his

phone number. I needed relief from my self-obsession.

Seven years after my first meeting I had transformed, caterpillar one day, butterfly seven years later. I live the program of recovery; it is my life today. My wife has undergone her transformation. I am no longer her god and she is not tethered to me for life. Our marriage has undergone a transformation. We are interdependent, neither co-dependent nor independent. We have the love we each sought for so many years through my addiction.

I cannot express enough gratitude to God, the Program, and the Fellowship of the Spirit that has guided me through this journey. If I live long enough, I may enjoy the fruits of another 7-7-7.

Kent A, Oregon USA



I have been a Northern Ireland SA member for 5 1/2 years and sober over one year. My paintings are in galleries and private collectors.
Hugh S., Belfast UK

Giving God the Credit

Half measures fail us twice

A recent issue of the AA magazine Grapevine drew my attention when I read something close to “Coincidence is God’s way of staying amazing.” After seeing that I remembered, “Half measures availed us nothing.... We asked His protection and care with complete abandon.”

Often I remind others (in order to remind myself) that the real problem with “half measures” is a double loss: not only do we not get results from a half measure, we also think that we’ve done something useful when, in fact, we have not. Thus we may think this program does not work. We lose twice!

When I do half measures, I push God out of the picture and find myself in a cold, confused panic. This leads to my personal theory of God: that He is a hopeless neurotic who will go to any length to get my attention. So I might as well give Him the attention and credit, since He’s going to get it anyway. That my theory of God reminds me of my own self-centeredness does not escape me. The net effect of half measures is to return my attention to God, which is good.

Through my actions in sobriety and recovery and helping other sexaholics, I get the benefits of this program. In doing so, I give God the attention and credit. And I keep my attention and gratitude focused on God’s gifts to me. This is truly the easier, softer way.

D.M., USA

The Surprising Power of Prayer

As we change, prayers change

I had three prayers before I got sober in AA in 2003. They were:

“God, give me what I want.”

“God, please make this person do what I want.”

“God, if you get me out of this one I promise I’ll never do it again.”

I asked God to keep me sober from alcohol, but I kept on lusting, acting out sexually, and praying my way: “God give me what I want.” I came to SA because my life depended on it. I was a broken man, beaten down by my addiction, depressed, insane, and suicidal.

I learned the true power of prayer when I opened the White Book. An SA member took me through the “18 Wheeler” [Overcoming Lust and Temptation SA158-168] and I started to tap into the surprising power of prayer. Before SA, I didn’t believe in prayer. I said them, but my actions were hollow. I wasn’t praying from a place of faith and a desire to surrender.

The “18 Wheeler” was a revelation! This golden text is laden with short, powerful prayers that really work. To this day, my two favorite prayers from the “18 Wheeler” are “I surrender my right to lust after this person; please take it away” (SA 159) and “Whatever it is I’m looking for now, let me please find it in You” (SA 165).

These short prayers capture the spirit of my desire to surrender. They are a powerful antidote to fending off

the tyrant lust. This way of praying really helped me build a relationship with my Higher Power that works for me. They saved my life. Until SA, I never really relied on Him, asked to do His will, and I certainly wasn't ready to surrender my lust.

I went back to my AA big book and re-read a clean copy. I was amazed by how many great prayers there are in the book! Whenever the AA book says "We ask..." that's a prayer! Here are some examples:

Resentment (AA 67): "We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, 'This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.'"

Make it a Prayer: "God, _____ is sick and suffering, just like me. Please help me show them the same tolerance, pity, and patience that I would cheerfully grant a sick friend. This is a sick man/woman. Show me how I can be helpful to them. God, save me from being angry. Thy will be done."

Fear (AA 68): "We ask Him to remove our fear and direct our attention to what He would have us be."

Make it a Prayer: "God, please remove my fear and direct my attention to what you would have me be."

The Design for Living on pages 86-88 is one of the most prayer-laden passages:

Morning (AA 86): "Before we begin (our day), we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or

self-seeking motives."

Make it a Prayer: "God, please direct my thinking. Please divorce it from self-pity, dishonest or self-seeking motives."

Writing my own personal prayers has become part of my Step 11 practice. I recently led a prayer breakout at an SA retreat. We reviewed key passages from the AA big book and then we wrote our own prayers and shared with the group. What a powerful experience, a whole room of people were writing and sharing their own prayers!

One morning, I was brushing my teeth and this beautiful, simple prayer just popped into my head. I give HP the credit: "God, thank you for your love, care, and protection. May I always follow your Good Orderly Direction."

Amen and thank you.

-Matthew S., Georgia, USA



Posts for You at [SA.org/Essay](https://www.sa.org/essay)

Below are some of the posts available for you to read for free from issues of Essay. If you read an article in Essay that you think should become a Post also, please send your request to essay@sa.org

Posts currently on our website:

Farsi language Essay “Service Work As A Gift” December, 2018

At Last! An End To Chronic Relapsing

Dealing With Fear

Open My Mind To What This Day Offers —
Compartir Sobre La Mente Abierta

I Don't Need To Know – Art B

Forgiveness Is Worth The Effort

I'll Stand By The Door – Roy K. 2008

I Walked Through the Doors: Steps 4, 5, 6

Three Levels of Disturbance Dennis T.

Overcoming Father Anger

I Was Exactly Where I Was Supposed To Be — Harvey A.

Sobriedad Y Relaciones Distorsionadas / Sobriety And Distorted Relations

A “Magic Sentence”

Back to Basics — Harvey A.

Some Step 11 Ideas on Meditation — Jerry L.

Fond Remembrance of Roy K.

El Servicio Y La Conexión Real / Service And The Real Connection

Emotional Sobriety

Harvey A. “Shame & the Fourth Dimension”

La Conversión Y La Humildad

Step 2: Finding Sanity and Joy

Tradition Five: Our Primary Purpose

Free As a Bird — Dick O.'s Story

My Life In Recovery

MEDITATIONS

A Pebble In The Pond

God is not asking us to be successful. He is only asking us to try to be (As Bill Sees It 11)

My SA sponsor shared with me about how working the Steps helps us to stay sober. She said to imagine a quiet and still pond in the woods.

If I throw a pebble into the pond, the effects are immediate and far-reaching. What was once quiet is now ruffled and disturbed. A small pebble can cause disruption to the smooth surface of the water as easily as a big rock.

When I choose to let resentments, lust, or fear into my life, even in small ways, my serenity is disturbed. Like a pebble in the pond, the ripples spread and grow inside me, creating more chaos.

The SA Program teaches me to surrender before I throw the pebble of a thought into the pond of my mind. I do not always succeed and this can bring feelings of shame and disappointment at my lack of spiritual fitness. Here another principle of the program comes to mind: “We claim spiritual progress rather than spiritual perfection,” (SA 206). I try to live the principles of SA so that they become a regular part of my thinking and behavior. It is in trying to do the next right thing and trusting my Higher Power with the results. One day at a time, I try not to throw even a pebble into the pond.

God, let me feel the ripple effect of your love for me today. Meditations TRC 220

Working The Steps—There Is No Other Way To Recover

A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole (12 & 12 15).

I tried the religious solution to my addiction. It did not work. I tried therapy. It did not work. Our program of recovery—the only one that works for sexaholics like me—is

working the 12 Steps with a sponsor. I can go to meetings and find hope and feel I am not alone anymore. I may even stay sober for a while from those initial feelings of encouragement. But, if I do not work the Steps, I will one day find myself restless, irritable, and discontent, and not know how to deal constructively with these feelings.

Recovery is not just attending a meeting once a week. Actually, it is much more than the three meetings I attend each week. Recovery must become incorporated into all aspects of my life. The program teaches me principles for living sober, principles I

Happy Anniversary!

Sober is not well (SA 130)

Today happens to be the anniversary of my sobriety from sexual acting out. I have remained sexually sober seven years today, with God's help and the Twelve Steps of SA. For that I am very grateful.

So why do I use the word 'happens?' Has it not been hard staying sober in the midst of temptations and opportunities to act out? Have I not worked the Steps, sponsored others and served SA in other ways? Am I not writing this meditation in an effort to carry the message? None of that 'happens.'

Over time, I have learned the truth of the quotation above, and I have wondered why so much emphasis is put on sobriety. We applaud continuous sobriety from acting out and recognize it with medallions at our meetings. Yet we say, "sober is not well." What about sobriety from acting in? What about emotional sobriety? When does a lust slip warrant resetting our sobriety date?

For me, sobriety and recovery go hand in hand. I cannot recover without remaining sober. But recovery is hard to measure because its quality tends to fluctuate; "sometimes quickly, sometimes slowly" (AA 84). Sobriety is quantitative—either I am sober or I am not—and is easily measured.

My sobriety is a measurable indicator of inner recovery. The two are inseparable for "progressive victory over lust." (SA 202) Yes, today I 'happen' to be sober, but thank God I am also getting well.

Thank you, God, for my sobriety—and for the recovery I have found.

Meditations TRC118

(continued from 16)

need to apply in all of my relationships and activities.

Tools that help me to learn and grow in the 12 Steps include fellowship, phone calls, literature, audio recordings, prayer, meditation, and, of course, meetings. If I use these tools to help me rigorously work the Steps, my continuing successful sobriety is guaranteed.

God, help me to do the hard work needed to recover.

Meditations TRC 347

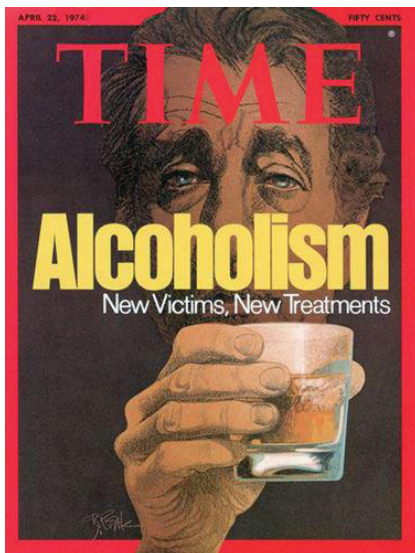


SA AT 40 YEARS!

1974

This magazine cover presented Roy K with the possibility that for his sexual acting out there might be hope in a 12 Step program:

“...in 1974, I went to the mailbox and found the April 22 issue of *Time* magazine. Its cover story was on The New Alcoholism. ...I went to my first meeting that night. That’s how I discovered that the AA program of recovery for alcoholics would work for a sex drunk. And I was just as hopeless a drunk as any wino on skid row.” SA 20-21



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.

June, 1981

Finger Lake Times June 22, 1981 page 14

Sexaholics Anonymous works

January, 1981

Roy K., recorded in the west LA Saturday night speaker meeting:

“This is where the first meeting of Sexaholics Anonymous (I think in the world) took place, in this room, on January 25, 1981.”

From Essay May 2019

DEAR ABBY: Your reply to the bed-hopping wife, WEAK IN ILLINOIS, missed the mark. She said, "I've gone from one adulterous affair to another until now I can't even count them. I'm not oversexed, in fact, I'm just the opposite. I get nothing out of these affairs, and can't for the life of me understand why I deliberately get myself into such miserable situations that offer no sexual fulfillment, knowing if I'm caught I'll lose my husband and children. Can't something on the order of Alcoholics Anonymous be organized for compulsive adulterers?"

You replied, "I can't imagine a compulsive adulterer phoning another compulsive adulterer and being talked out of it."

Abby, I am a recovering compulsive adulterer who tried two psychiatrists, one psychoanalyst, three group therapies, various religious approaches and finally exorcism! Understanding what motivated me did NOT give me the power to control my actions. I lost my wife and children, and I was about to lose my second family when I found a program based on the principles of Alcoholics Anonymous to help compulsive "lusters" control their lust in the same way compulsive alcoholics control their drinking.

It is "Sexaholics Anonymous," a fellowship of men and women who share their experiences and help each other conquer their common problem.

I am now free from the obsession of sex, and have not had sex with either myself or anyone other than my wife for the last five years. That is a miracle for which I thank God and Sexaholics Anonymous.

In 1979 we received authorization from Alcoholics Anonymous to adopt its 12 steps, but there is no organizational affiliation between S.A. and A.A. There are no dues or fees. Like A.A., S.A. is entirely self-supporting and accepts no outside contributions. The only requirement for membership is a sincere desire to stop lust and help other sexaholics to achieve sexual sobriety. — SET FREE IN L.A.

DEAR FREE: Until I received your letter, I had never heard of "Sexaholics Anonymous," and after checking it out, I am convinced that yours is a serious, legitimate program. If there are others out there whose lives have become unmanageable



Abigail Van Buren
Dear Abby

because of compulsive lust, information about this newly formed organization can be obtained by writing to: P.O. Box 300, Simi Valley, Calif. 93062.

DEAR ABBY: My son is a newspaper carrier. He just came home terribly disappointed after attempting to collect his paper route bills. Apparently many people do not realize that newspaper carriers are in business for themselves. They must pay for the newspapers out of their own pockets, and collect the money to stay even. If the carrier fails to collect from the customer, the carrier is out of luck!

My son's enthusiasm for his paper route has dropped to the point where he is thinking of quitting. I would hate to see that happen, Abby, because his paper route was his first step toward financial independence and maturity.

Abby, please say something in your column about the importance of paying the newsboy. You wouldn't believe the number of people who move away without paying. Also, there are those who keep asking the carrier to "come back another time." Some of those poor kids have had to go back four or five times to get their money and they take a lot of verbal abuse to boot. — SACRAMENTO DAD

DEAR DAD: Here's your letter, and I hope it helps.

CONFIDENTIAL TO ANN DOE WHOSE ENVELOPE BORE A MONROE, VA., POSTMARK: Please let me know how I can get in touch with you. I want to help you, but I need your address.

(Problems? Write to Abby: 2060 Hawthorne Blvd., Suite 5000, Hawthorne, Calif. 90250. For a personal reply, please enclose a stamped, self-addressed envelope.)

SA At 40 Years!

The Dear Abby column on the previous page, which was syndicated across the United States, resulted in thousands of inquiries to the Simi Valley post office box. Employing some help, Roy K. responded to the desperate letters. Rapidly Sexaholics Anonymous became a genuine resource for those addicted to lust.

November, 1981 UNION

The word from the S.A. members around the country is unity. We're being welded together in a fellowship of recovery. Men and women are getting sober! Coming out of themselves into the light, and making contact with other members. Coming to. Becoming part of the healing process of each other's lives. That's good news.

And there's more. New S.A. groups are forming. There's cross-fertilization starting between groups. And the spouses have started their own Fellowship-S-Anon, patterned after the Al-Anon Family Groups associated with AA. They've discovered they need a Program of their own. They haven't remained untouched; ours is as much a family disease as alcoholism.

So much to be grateful for. Maybe I should make a list of my own; doing so has been known to keep me out of the "poor me's." What am I grateful for?

For my sobriety. I would have nothing without that.

For the sobriety of others in my life, even though they may be phone dollars away.

For the Presence. A God of my very own. A faith that works.

For the fact that most of the time I can now live comfortably with myself and others--one day at a time.

For the joy of seeing others gain victory over the obsession & come to life. For the Fellowship this creates. I need this as much as anyone else.

For the love of other recovering men and women--a bond that's closer than anything I've ever known.

That all my needs are met (not all my wants).

We look back on our lives, even the bad times, and it seems we've always gotten what we've really needed. All of our past is what got us here; and we're grateful to be here. Think of where else we might be! Someone's surely been looking out for us, in spite of ourselves. And it seems He's more interested in our freedom and joy than we are.

I embrace you all and wish I could meet with you all each week.

Roy K.

1985 Germany

Talks by Roy K. at Bad Herrenalb

Sections of the talk: Story One 1-6; Story Two 7-11; Steps 12-15; Switching Addictions—Resentment 16-17; Fear Inventory 18; Q & A 19-23.

Story One

My name is Roy and I'm a recovering sexaholic.

I'm very pleased to be here. The SA groups from the United States and Canada send their greetings and are with us here today. I have mixed feelings, very emotional feelings being here, and the feelings are all good — too good to be true.

I know you're all wondering who I am and what I'm going to say. I am, too. [Laughter] The plan of the seminar is not structured at all, and I want to leave it flexible.

What I am is a recovering sex drunk. I'm going to be talking about myself.

What I say will also be true of others, but I can only speak for myself. Above all, I want our sessions to bring us together, and to see what God has in store for us. I'm here because I want to be better and I want to grow. And I think everyone in this room is here because you want to live and you want life more abundantly.

I want to tell you what I am not. I'm not a psychologist, a sexologist, or a therapist. I'm not an expert on sex addiction. I'm not a spokesman for Sexaholics Anonymous. I'm not a religious person in the sense of being connected to the religious establishment, although I was raised in a German Protestant Church, and I love the German language and

the German people, but I'm sorry — forgive me — for not knowing German.

What I am is a recovering sex drunk. I'm going to be talking about myself. You will have different reactions because you have different needs. I cannot meet your needs. I can only bear witness to the truth of my own experience.

History of the White Book

The German translation

As we are present in Germany since 1984 with the first SA group starting in Karlsruhe, we have already translated the majority of the English books, brochures and flyers into German and they are used as conference approved SA literature in German SA meetings.

It was in August 1985 when two friends from SA and S-Anon in Karlsruhe presented their story during an info meeting in Bochum, Germany. They were invited by Alexander who is a friend of mine and was a member of Emotions Anonymous like me. At that day (Aug. 10th 1985) we started our SA-group in Bochum, the second in Germany.

At that time the German translation of the first WB "Sexaholics Anonymous" was not yet ready. The translation was done by some members of the first SA-group in Germany which was started in 1984 in Karlsruhe. The German translation was completed in 1986 and printed with the permission of the Sexaholics Anonymous General Service Board.

SA At 40 Years!

Three months after the start of our SA-group in Bochum I met Roy, the founder of SA, in Bad Herrenalb, where he gave an SA-Seminar at the clinic of Dr. Walter Lechler. ...

Regrettably, the German fellowship did not accept this translation in 1991. It took another 9 years when the German SA-Board and the German SA-fellowship accepted an improved version of the German WB as a conference approved German version of the White Book, which was printed

Europe and Middle East Region (EMER) 2019

The Europe and Middle East Region (EMER) of Sexaholics Anonymous (SA) was formed on 8th December 2011 by the vote of five SA Intergroups - in Flanders (Belgium), Ireland, Israel, Netherlands and UK. Six more - Finland, Francophonia (Be/Fr/Lux), Poland, Russia, Slovakia and Spain - have since joined and one (Israel) has left to form a Region of its own. We now join together as a Regional Assembly of ten Intergroup Representatives (IGRs), five General Assembly Delegates and four Regional Officers.

Today, EMER supports about 262 Sexaholics Anonymous (SA) groups and can provide up to four Delegates for SA's annual General Delegate Assembly in the USA. EMER is funded by donations from its member Intergroups and passes these funds on to SAICO, after covering its own essential expenditure. EMER's main expenditure is travel for its six officers to the annual Regional Assembly and for its five Delegates to the General Delegate Assembly.

EMER maintains fraternal relations with three neighbouring SA Regions:

The German-speaking SA Region,

August, 2019

and published for the first time in 2001. A copy of this first edition of the new WB was given to Roy, too.

Helmut M, a recovering sexaholic

I'm a member of SA Germany since August, 10th 1985; my sobriety date is December 13th, 1987.

which supports Intergroups and meetings in Austria, Germany, Luxembourg and Switzerland.

The Persian-speaking SA Region, which supports Intergroups in seven Iranian provinces and has a very active forum.

The Israel SA Region is our nearest and newest neighbour in the Middle-East and is growing quickly.

We are also delighted to be able to support the development of SA meetings in Arabia, Denmark, Greece, Italy and Tunisia. Read blog posts from SA members in Taiwan and connect with those who are in the Chinese speaking world.

Happy Birthday SA!



Keep coming back
It works, if you work it
So work it
'cause you're worth it

1990's Memories Of Gordon From Galveston

Reaching out to suffering sexaholics

I have been thinking about some of the old-timers that I have been blessed to know. When I came into the program in 1990 there were Roy K and Jess L and Harvey A. Being from Oklahoma and I was in meetings with her, I knew Sylvia J. There have been some other wonderful people. I think of people like Jim E. From my memories Jim was the most gentle man. And Harry B who was quite a character, always laughing. We don't even talk about some of his stories. There was Frank C from Southern California. Frank had business cards with his name, Frank and his phone number. And Frank made early morning meetings everyday. What humility.

I'd like to write about Gordon from Galveston. Gordon had been a Merchant Marine. Sometimes he would forget and use some of his colorful descriptions and language from those times. He had a gruff voice and was kind of rough around the edges. And, he always had time to talk. Gordon liked to go to young people's AA conventions and retreats. He could really relate to them. Lots of difference in age but not in experiences.

Gordon always carried a gym bag with nylon cording in it. He also had marbles and some little slips of paper with a rhyme about the creations he made. If you ask anyone who was around in those days, they probably have a key holder or fob made out of a ball with a marble inside and nylon knots where the cord is being wrapped around 12 times for the Steps and other meanings.

For a new person coming to their

first convention it was a status symbol to have one of Gordon's creations and have him tell you the story of it. He was so good at reaching out to the lonely



little person in the corner at their first convention and getting them involved. Gordon made people feel so special. He also carried a bottle that had two or three balls inside it to talk about the 7th step. He would give you the bottle and say "can you shake that and can you get those balls out?" Of course it was impossible. Then he would take a piece of his nylon cording and slip it into the bottle and as he pulled it back out one of the balls would be caught and pulled out with the cord. He would explain that what we can't do ourselves, if we hold on to God and ask him to do it, all is possible.

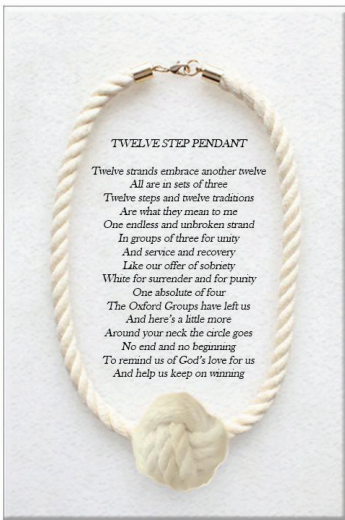
What a mentor he was for me. He walked his own path. He used string and marbles and empty bottles to talk about the spiritual concepts that are so hard to understand. He modeled for me that it's okay to walk a different path and carry the same message a

different way.

Often Gordon’s experiences were a little more raw than some of ours. He did not speak at conventions because his boundaries of what he shared and how he shared it were sometimes not what most of us considered appropriate. I don’t know if there are any recordings of him. He did so much for my recovery, and I would be so upset by some comments he made or descriptions he used. Nonetheless, he was my teacher and I learned so much from him. Not everybody has to be at the microphone to make an immense difference in people’s lives.

*Dave T. (The String Man)
Oklahoma, USA*

Dave T. has visited and spoken at SA meetings and conferences on six of the seven continents. Most recently he was in Ireland, Australia, Singapore and Korea.



Early 1990's History of the Daily Renewals

Finding a sheaf of papers

At an international conference sometime in the early 1990s, I was standing at the entrance of the hotel restaurant and I noticed some papers lying by the cash register. I picked them up and read: “Desire for Sobriety: daily renewal with sobriety partners.” I thought, hmmm, probably this wasn’t meant to be left by the cash register. I looked around the almost empty dining room and saw Jim E. and Harry B. Yes, the papers belonged to them and they kindly gave me a copy, with this history. The first three questions (see below) were written by a newcomer who knew Jim, and were devised because neither he nor Jim had a meeting to go to. They began calling each other every day to commit to sobriety. Later, Harry added the other two questions. I’m not sure which of them wrote the commentary. The newcomer left the program, and he certainly gave us something that impacted fellowship.

I took the renewals back to Boston where eventually they were rewritten and expanded by our members. I didn’t know they’d been rewritten until Peter from California showed them to me at an international conference, saying they had come from Massachusetts! Such is the wonderful “grapevine” of our fellowship. Since then I’ve read or heard on tape at least two further revisions that came out of California and there may be others. A current version was printed in the Essay in 2002, Issue 4.

SA At 40 Years!

Here is the original renewal:

Desire for Sobriety: Daily Renewal With Sobriety Partners

1. Are you willing to admit you are powerless over lust?
2. Do you desire sobriety for the next 24 hours? (freedom from the obsessions and actions of lust [freedom from fear, resentment, shame, self pity, etc.])
3. Are you willing to do whatever is necessary to protect this desire for the next 24 hours? (setting boundaries, prayer, reading, physical care of your body, reaching out and calling others)
4. Do you understand that at the end of this 24 hours you are free to choose this sobriety for another day or go another way?
5. Just for today, are you willing, with me, to hand over your will and your life to the care of the One who kept you sober yesterday and protected you from the full consequences of your lust in the past?

A Commentary: Keep your renewal simple and brief. Use your own words. In the beginning perhaps the first three questions are enough. Depending on the struggle of the day, some like to include freedom from fear, resentment, or shame.

Desire for sobriety (to stop lusting) is

the only requirement for membership in this fellowship. The willingness to claim that desire, share it daily in relationships, protect and nurture it, will assure sobriety. A WE-God, rather than ME-God.

God is not present in the shame of the past, God is not present in the fear of the future, God is present in your desire for sobriety at this moment. This is conscious contact with the God of your understanding. Good desires, shared, grow stronger. Conscious contact increases.

Yesterday's spirituality will not keep us sober today. We need a fresh injection of Spirit each new day. Desire: name it, claim it, share it, live in it. The God of my understanding becomes the God of my good desires. The God of my shame, of my fear, of my resentment withers.

Because this is a program of choice, we can choose sobriety even when we are out of touch with the desire for sobriety. Each new day we renew that choice with others as often as needed. Desire will return and bear fruit, and multiply strength with each sharing. It works.

Margot C., Boston, MA Essay 2003.4



Roy K's Simi Valley Garage SA Office

1996

SA Fellowship “Comes of Age” at Phoenix Conference

Sexaholics Anonymous observed a major milestone in the convocation of the first Oversight Assembly on Friday, January 12, 1996. In attendance, were SA members with at least three years of sobriety, elected, or drawn, from the eight geographical regions: Northwest, Southwest, North-Midwest, South-Midwest, Northeast, MidAtlantic, Southeast, and International. Mike B., chair of the Service Structure Committee, provided the guiding hand in opening the meeting and providing continuity to this historic event.

The SA fellowship was launched by nine men and women who met together July 26, 1981 in Simi Valley, CA to adapt the AA program for their lust/sex addiction and formulate SA's definition of sexual sobriety. During the first year or two, decisions affecting SA as a whole were made by a ten-man board whose members had signed SA's Articles of Association. At the December 1984 conference in Phoenix, AZ, the second unanimous vote was recorded on SA's definition of sobriety. The Central Office function was initially served in the converted garage of one of the ten board members in Simi Valley. As the workload increased, that member asked for fellowship help at the December 1983 conference in Simi Valley.

Directed by the Bozeman, MT, Conference business meeting June 6, 1987, the first Central Office Oversight Committee (COOC) was formed and plans set in motion to move the office to commercial quarters and serve the

interim function of making day-to-day decisions and acting as an Advisory Committee. Another committee was also formed after Bozeman to offer to the fellowship an SA National Group Conscience Procedure for “discerning the fellowship-wide group conscience.” This would eventually be called the International Group Conscience Committee, or IGC. In 1990 -91, the IGC oversaw the most extensive “sense of the fellowship” ever taken on the issue of SA sobriety, which was resoundingly reaffirmed.

At the July 1991 conference in Chicago, the Service Structure Study Committee was formed, which has led to formulation of the existing structure implemented in Phoenix January 12, 1996. Simply put, it embodies the fundamental notion of having an Oversight Assembly, consisting of representatives of the aforementioned regions, representing the groups in making decisions affecting SA as a whole. The Oversight Committee, like a trustee board, would be elected from the Assembly, with the qualification that members have five years of sobriety.

The Assembly passed several motions at its Friday afternoon meeting. First, all delegates who came to represent their region, or an area within the regions, formally elected or not, were recognized as members of the first Oversight Assembly and were approved to serve a six month interim term. This was to allow time for elections to take place so that all duly elected delegates can gather in July in Chicago. Second, officers elected were Sylvia J., Oklahoma City, chair, and Jessica S., secretary. The Assembly then elected the members of the first Oversight Committee: Sylvia J., Paul G., Katherine D., Bill P., and Barry

W. The Chair is Sylvia J.; Cochair, Paul G.; secretary, Katherine D.; Bill P., Chair of the Central Office Management Committee. The COOC met for the final time and officially turned over all open business items to the Oversight Assembly. All existing committees were asked to remain in place. Following the AA model, a member of the Oversight Committee volunteered to act as liaison for each standing committee. Intergroups and Loners, Barry; Paul, SA Corrections Committee (SACC); Bill, COMC and By Laws; Katherine, Literature. This liaison will be tried on a six month basis and reevaluated at the Chicago Meeting.

New committees appointed include Finance, Bob R., Internet and Nominations, Barry W. There is much work to be done. The Finance Committee is charged with the responsibility of the budget and the wise allocation of SA funds. The Nominations Committee will oversee the process of finding and selecting non-sexaholic candidates for the four slots on the Oversight Committee. The experience of AA suggests that non-sexaholic trustees would be able to speak about SA at a public level, to the media, and represent SA in legal and financial matters.

Thus, all of us are poised to serve the fellowship and to seek the greatest possible participation in matters affecting SA as a whole. It is an exciting time to be sober in SA!

Yours in love and service, Katherine D. & Jessica S. Recording Secretaries, Oversight Committee and Oversight Assembly

from Essay March 1996

1999

Another Form of Lust

Recently a former sponsee came to me in a personal crisis. He was in a financial jam that I saw was clearly the consequences of his disease. I "let him have it," for his own good of course, and with the best of intentions.

I pointed out to him he was his own case manager, his own doctor, and his own supervisor. The words felt "right" as they came out, and clever too! This was just the beginning. With the inflation switch on, my ego eagerly embraced the roles of doctor, case manager and sponsor — without the consent of my friend. He finally walked out on me, promising this was the last time he would come to me seeking help.

In the middle of this I knew I was out of control. I had all the right solutions for the one who came to me in considerable pain and, I judged, in denial.

My self-appointed intervention left me feeling my own anger, humiliation, and shame. After checking in with a program member, I was asked to see that this was a case of long ago "having fallen in love." I objected. "Well," my friend said, "how does 'falling in lust' fit?" A recognition began to stir in me for which I did not have words. "I don't see it," I said.

"Your lust led you to pick this person to help," my friend said with gentle understanding. "You were going to fix him. You appointed yourself to save him — imagining his gratitude and the indebted relationship you would have with him. He was to be an object for your ego's gratification.

SA At 40 Years!

It is not working out that way and you are mad. He is not serving your needs, so you blast him."

Ouch! This I could see. This is my pattern in a number of "helping relationships." Just because I did not see myself as romantically involved or scheming for sex does not mean I am not "in lust." Lusting to dominate

another, to fix, to save, to play God in their life is basic lust — the real thing.

I am still a real lustaholic. Thank God, I am no longer alone. Thank God for SA.

Jim E., Omaha, NE

from Essay Spring 1999

1998

SA Around the Globe

For years, SA outreach depended to a large extent on occasional visits outside the US by sober members, and regular telephone outreach in response to inquiries, carried out almost entirely by Roy K. The first task of Indrei R. and Jose-Maria R., as co-chairs of the International Committee, was to work out a *modus operandi* between ourselves as Roy's successors and to set up a network of international contacts around the world. We used referrals from Central Office; telephone cards; mail, and increasingly, e-mail.

Building on the precedent set by the senior SA fellowship outside the US -- SA's German-speaking Intergroup, which covers some 35 meetings in Germany, Switzerland, Austria, The Netherlands and Luxembourg -- we have provisionally divided up our responsibilities on linguistic grounds, Jose Maria covering Spanish and Portuguese-speaking countries, and Indrei covering English and German speaking countries. We share a concern for French-speaking areas and those parts of Eastern Europe where we currently have loners -- Poland and Romania.

Currently there are SA meetings in 14 countries around the world, besides the US and Canada. They are: Austria, Australia, Brazil, Germany, Ireland, Israel, Japan, Luxembourg, The Netherlands, Puerto Rico, El Salvador, Spain, Switzerland, and the United Kingdom.

The largest SA communities outside North America are in German-speaking Europe (80 - 100 members); Australia and the UK (around 60 members each); Ireland and Japan (six meetings each); and Austria and Israel (two meetings each). The German-speaking groups, Australia, and the United Kingdom and Ireland also have fully-fledged Intergroups which organize conventions, publish newsletters and run phone lines.

SA literature has long been translated into German and also French (by Canadian members). In 1997, Jose Maria R. put a major effort into producing a full translation of all the SA literature into Spanish. We hope that with the arrival of metropolitan French-speakers, a French translation agreeable to all will be available some time in 1998-9, followed by a Japanese version.

SA's e-mail meeting, to which newcomers with e-mail access are referred by Kay at the Central Office, now has in excess of 120 members. French and German groups are also said to be in operation on the Internet. SA's website, which is constantly updated by Deke S., Jose Maria R. and many others, can now be consulted in at least two languages, with more to come, and the volume of inquiries from this source is expanding rapidly. Many of us SAs seem to value the low-threat medium of e-mail communication, particularly when we first come in.

Indrei R., Sommerset, UK.

from Essay 1998

1999

Sobriety and the Sea of Relativism

Today the world is adrift on a sea of rapidly shifting mores. Every aspect of our lives and sexual thinking is affected. Thousands of voices clamor for attention, preaching new “freedoms” of every kind. Was it not but a few years ago that “shacking up”—what the courts called “cohabitation”—was thought to be abnormal? Today it is called a “meaningful relationship” or having a “significant other.”

There is a dissolution of the entire fabric holding couples and families together. Such forces as the Pill, the Bomb, the technological revolution, world war, the population explosion, and especially the media, are all facilitating changes in the attitudes and beliefs of men and women.

One historian called it the “Sexual Wilderness.” The problem seems to be spiritual. There is rebellion here—against authority, against God. There is movement toward destruction here, sexual victimization has broadened to damage every aspect of life. We sexaholics, victims of our own attitudes and actions, are nevertheless children of our times. As a result, we found ourselves not only adrift, but drowning in this sea of relativism, with nothing to anchor our frail lives against the storm of change without and the storm within.

Most of the voices we hear today on the beguiling wind song playing about us offer the easier softer way. They appeal to the lower instead of the higher, to weakness instead of our best, to the transitory instead of the lasting. To have and indulge. Their cry is “DO IT!” rather than “I can do without it.”

“Here and now!” rather than “They will be done.” Theirs is based on a deception, the primacy of the physical and emotional instead of the spiritual. And God is not there.

The best among these voices would settle for the “good.” But as Bill W. of AA used to say, the good is often the enemy of the best. And if SA has anything unique to offer, it is the best sexual sobriety. Sobriety as we have come to see it. To the world at large, we have nothing to say except to bear witness to the truth of our experience. To the storm-tossed suffering sexaholics—and only to sexaholics—who want survival and freedom from the bondage of their “freedom,” this program offers an anchor for the soul, a Connection with the unchanging, the real, and the true.

Roy K.

Published in SA loose literature in March, 1982, this piece seems to be even more relevant with the passing of time. The work of a patient and loving God in the SA Fellowship during the same time period is also evident. The presence of a Higher Power at the recent Cleveland business meeting became clear as delegates and trustees broke through seemingly insurmountable obstacles to unity to forge a simple interpretation of the SA sobriety definition that was accepted by all.

from Essay 1999 Fall, edited



Essay®

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Rest in Peace

Jesse L. of Bozeman, Montana, died February 24, 2000. Although noted in many fields, he is remembered in SA for his devotion to the SA fellowship.

With many years experience in Twelve Step programs, he took the first step on the road home the day he heard about SA. He spent the next 17+ sober years writing, speaking, sponsoring, and sharing the message in his own inimitable style. He had a gentle way of conveying the harshest truths in a way that made them easier to bear.

He dodged numerous opportunities to die younger from complicated health problems. He tackled each new day and the hardest projects with relish — even the final one, of learning how to die well.

He was speaking on the phone to a member from New Jersey when he died.
Rest in peace, Jesse.
We will miss you.



In This Issue

Three articles in memory of the late Jesse L., recapturing the experience, strength and hope he shared with this Fellowship:

"It Was All in My Head"

"Why Stop Lusting?"

"Freedom from Lust"

A letter from a member:

"Goodbye, Addiction"

Part 1 of a report to the fellowship from SA's General Delegate Assembly

How to contact SA's trusted servants

On SA service work in a correctional facility:

"Just Like Me"



All in My Head

(Excerpts from Jess's Member Story)

Sex was the dominant thing in my mind from my earliest memory. I was deeply obsessed about what was under my cousins' dresses from the time I was in first or second grade. Lots of kids tried to play doctor, but for me it was an intense preoccupation. When an older boy taught me to masturbate at eleven or twelve, I really got into that and into the fantasies I needed for my masturbation. Masturbation stepped up in frequency to three to five times a day. I kept trying to stop, but there was no stopping. I found a piece of pornography and hid it up in the haymow of our small barn in that little town.

...[As a college professor] I got so out of control with my students that I found a way to resign my teaching job. In my business travels I got into a number of affairs. An intense affair, coupled with sex with other women at the same time, finally forced me to see how powerless and out of control I was. I gave up the affair, all sexual relationships, and gradually reduced the flirtations and coming-on to women I met. I still used the mental videotapes of those past experiences as tranquilizers to put me to sleep at night,

(Continued from 29)

or as comfort when I was troubled. I didn't see anything wrong with what I was doing, even though I had been in another Twelve Step program for seventeen years.

Finally, my wife got enough recovery to realize that she could not stand my behavior anymore. She told me to get into SA or get out. I called the number she gave me. The man said, "It's lust, it's what's in your head that is killing you." That was the greatest relief in my life. ...Here I was using what was for me the strongest drug, sexual excitement, and I didn't even know it. My lust had been my dependable friend for so long that I hadn't had the slightest suspicion it was really my problem.

Because I now had the Twelve Step program of Sexaholics Anonymous, I knew I never needed to lust again, with God's help, one moment at a time. My time in recovery has been spent going to meetings, working the Steps, reaching out to others, and practicing these principles in all my affairs. Close and loving relationships developed with men first, and much later with a few women. I'm gradually coming out of my isolation into intimacy. There is a growing love and emotional intimacy in our marriage. The years of abuse have severely impaired my sexual functioning, but that's all right. The growing strengths in other aspects of the marriage help make up for that.

I love this program. I put it ahead of everything else because it saved my life by helping guide me toward the real Connection. There is a deep love and closeness in our SA group and in the fellowship. Here I'm home.

2006

San Diego Women's Group Celebrates 5th Anniversary

In the summer of 2001, I spoke with women in other 12 Step fellowships who identified themselves as having SA issues. At the time, only two women were active in SA groups in San Diego. Other women were reluctant to come to SA because the fellowship was mainly men. I began to think how lovely it would be to gather all of these women in one room so that they could hear that other women have similar issues. I thought of it as a one-time meeting. There had been three other attempts to have an SA women's meeting throughout the years since 1987, when SA was started in San Diego, but somehow an ongoing SA women's meeting did not take hold.

The first SA meeting for women was scheduled on a Sunday in November 2001. Eight women attended. After each briefly shared her story related to sexaholism, the women voted to meet weekly. We met for two months in a private home. We then decided to become part of San Diego's SA Intergroup and be listed in the meeting

schedule. The Intergroup supported our women's group from the beginning and continues to do so today. We found a public place to meet on Sundays. Four of the original women have stayed as active members of the women's group for the past five years. Newcomers would come and go. For a time I wondered if we would ever grow past the four founding members. This past year that is exactly what happened; at our last meeting we had eight women present!

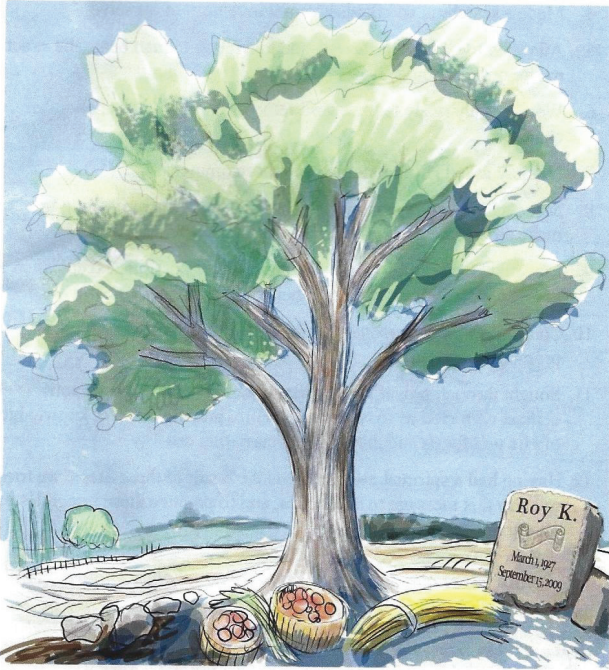
The Women's SA meeting is a great gift. We can share our brokenness, pain, struggles, and spiritual journey of recovery. We can listen to each other. Generally, the women eventually feel comfortable enough to attend mixed SA meetings, where they can learn from the experience, strength, and hope of the larger number of both men and women sexaholics.

All it took was four women who knew we needed each other on this journey. With the grace of God, women will continue to be there to support other women sexaholics who desire to begin recovery with the support of other women.

Lilliana, San Diego, CA *Essay 2006 #4*

Essay

December 2009



A Fond Remembrance

Carrying the Message

Iremember when I first met Roy, in 1983. He appeared nervous around me, but not nearly as nervous as I felt around him. I expected to find a number of sober women who could tell me how to stay sober. I found only a few women, and none of them had six months of sobriety in our program. In fact, I had the longest sobriety time behind Roy and Jess L.—and I only had one month! Roy always had a rapport with newcomers in the program. Over the years I have come to appreciate more and more this trait that he demonstrated. I have tremendous respect for Roy because he gave so much of himself. I am so grateful to Roy that he listened to the God of his understanding and carried that message through his writings, his recorded recovery talks, and his personal contact with program members. I would not be alive today without Roy's written message and his personal example of recovery.

I appreciate Roy's wife for sharing him with us. Over the years she has been so gracious, understanding, and a faithful companion to Roy. Thanks be to God for Roy K. and to the SA program of recovery. —Sylvia J. *Essay* December 2009

2009

The Effect of One Life

For the past 25 and-a-half years, my life and my recovery have been interwoven with Roy's. I was first introduced to the concept of sobriety through the SA brochure that he had written. Over the years this man was always available to talk to me and share with me his experience, strength, and hope of recovery. Roy would never be too busy to help mentor and mediate those of us in Nashville when crises or stresses would occur about the program.

Here in Nashville, two of us became sober prior to the writing of the White Book. Our sobriety was based on the original SA brochure. We waited anxiously for those articles that Roy would write. When they came, they were single 8 1/2 by 11-inch sheets, usually typewritten on front and back. I remember that we would put these sheets in loose-leaf binders creating our own books. We were so relieved when the first edition of Sexaholics Anonymous (i.e., the "White Book") was published. Roy sent this first book out from his garage office. The original books were 8 1/2 x 11-inch soft paper, with gray paper covers.

How unbelievable it is to watch, when God is in the equation, what can develop from just an idea in a

man's mind. Roy had an idea for developing a Twelve Step program to help people recover from sexual addiction. Needless to say, no one except possibly his wife will ever know the amount of time and work Roy devoted to giving us what we have today. Here I am, a recipient of his God-given idea. Roy would not only share his progress in recovery but would always share his weaknesses too. He taught me that sharing from my weakness was a tool of recovery that I could never minimize.

In thinking about Roy's passing, I was inspired by the awesomeness of it all. It is awe-inspiring to know that one man can so positively affect the lives of so many people with God's help. Through Roy, God has been able to keep me physically and spiritually alive through my recovery in Sexaholics Anonymous.

Roy gave us the example of the influence we can have on those around us. All we have to do is stay sober one day at a time—using the Steps, trusting in God, and helping others—and we too, with God's help, can positively influence the lives of people around us as Roy did. Roy was a living example of God's miracles that can be reflected in our own lives. —Harvey A., Nashville, TN

Essay December 2009

Roy K's Simi Valley Garage SA Office



2009

My Path To Recovery

I had been in the program for several years before I finally met Roy K. I remember Roy's passion for spreading in his conversations as well as his writing the message, his courage, and his principles.

I joined SA in 1984, a few months after breaking up with a fellow who had been my "lover." I was consumed by fears: would I start having sex with people without telling them I was infected with AIDS? In desperation I prayed, "Please help me, Lord!" Not long after those desperate prayers, I "happened" to overhear another same-sex-attracted man talking very loudly in public. He shared that he was a member of a new Twelve Step sexual abstinence program that advised complete mental and sexual abstinence for lust and sex addicts. It was called Sexaholics Anonymous.

I had never heard of lust discussed as an addiction, like alcohol or illegal drugs. I joined this new program and was told that I would have to stop lusting. Paradoxically, the wording of SA's Step One reflected how impossible that would be: *"We admitted that we were powerless over lust—that our lives had become unmanageable."*

I considered that the sobriety definition—no sex with self or anyone other than a heterosexual marriage partner—would be impossible for me. I was right. By then, I had become consumed with lust. I could have never stopped on my own. Fortunately, I kept coming back. I found that with the help of God and others, it is not impossible. But

it was difficult, and to stay sober, I needed the help of the recovering men and women whom God placed in recovery with me.

After only a few years of working the Steps and sharing with others, I began to realize something very surprising: I was getting far more real love and acceptance in the meetings than I had ever gotten in my sexual relationships. It took me a few years before I recognized the wisdom of my program's definition of sexual sobriety. During these struggles, Roy loved me and others enough to tell the truth, even when it was unpopular. He did what God called him to do. He kept reiterating SA's bottom line and insisted that the sobriety definition applied to men and women of all backgrounds. Today, I have found this to be true for myself.

Roy did more for me than I can possibly express. Many wonderful blessings came my way when I finally learned to surrender to this program, surrender my lust, and work the Steps in SA.

Fenner U., USA

Essay December 2009



2009

Resolution: General Delegate Assembly

Roy, this resolution of appreciation from the fellowship of Sexaholics Anonymous to you is long overdue. It is a humble attempt on the part of the General Delegate Assembly, as servants of SA, to put into words our sincere gratitude for your life and work on behalf of our Fellowship.

Every day this gratitude is observed and expressed at SA meetings around the world, on five continents, in many languages. It is evident in families reunited under God and in newfound spiritual union between husbands and wives. It is expressed in the letters of prisoners and seen on the faces of new members. We wish to express our sincere gratitude for the support of your loving wife, Iris, for the sacrifices she made during the years when you worked for SA. In Iris, the SA Fellowship has no greater non-sexaholic friend.

—Denver, CO, July 9, 2009 Essay
September 2009

2019

From SA Trustees at 40 Years

SA has grown so much in the last forty years it's hard to know where to begin. From its humble beginnings in Los Angeles, CA, SA has exploded into an International Fellowship. Today, SA is comprised of twelve regions with four within Europe and the Middle East and our newest region in Central and South America.

We will always rely on the experience of AA, and SA has developed its own experience and literature. Books and pamphlets which focus on the SA program of recovery continue to be written. We see SA having a big influx of younger members 20 – 25. We also see the way we will reach new members is by connecting with the suffering sexaholic through public information directly to the net, in the next 20 years. We are definitely in the digital age. Our growth will continue. Even now, new regions are on the brink of being born. Most of those regions will form in areas not in North America. We know that the disease of sexaholism affects every culture and language.

Some significant successes

- Continued core belief in the Steps as a solution for lust addiction, and a willingness to stand up for this solution based on our decades of experience.
- Reliance on fellowship and sponsorship to convey the Steps to the newcomer.
- A reasonably mature structure

2017

THE HISTORY OF SA IN ISRAEL

Growth and renewal
20 Years of recovery 1996-2017

SA At 40 Years!

of service that is responsive to the membership while providing a stability of purpose and methods.

- Continued recognition of the fact that our rationalizations are ingenious, and therefore holding to the original meanings of our unique sobriety definition, that is absolutely needed to counter those prevalent rationalizations.

SA has achieved a lot in 40 years with rapid growth all over the world it is now in many countries including new areas such as Africa , Asia and India. I see SA having a big influx of younger members 20 - 25 , I also see the way we will reach new members is by connecting with the suffering sexaholic through public information direct to the net , in the next 20 years.

At 40 SA is moving into a new phase of its development as its base changes from a primarily US/Canadian dominated fellowship into a global one.

As we gathered in Seattle to celebrate SA at 40 the first thing apparent was the diversity of those present and their enthusiasm for sobriety. We now have an Indigenous Australian Trustee. SA's S-anons and Sateens from near and far. SA at 40 is exuberant multiracial multi denominational and welcoming.

The use of digital technologies to unite, educate and liaise across great distances has revolutionized program activities. SA now hosts an annual 24 hour online recovery conference for members. Regular online workshops are helping bring the program to isolated groups, loners and everyone in between.

Some significant challenges

- In many areas, weak support to the individual groups through gaps in the service structure and how to fill those gaps.

- Lack of ownership of our basic literature, although recent relationships with KIPT have become much more cooperative and helpful. We believe that relationship will only grow closer and more cooperative.

- Finding ways to reach out to the loner and help them to feel a vibrant part of the Fellowship.

There are obviously many more of these, but this set comes quickly to my mind as being significant.

Keep coming back. We know you will not want to miss the next forty years.

Tom K, Trustee Chair



SA STORIES

The Man Who Met God

We have a new employer

There was a sexaholic walking down the street. He'd been there before, but this time, as he was walking, he met God. Now God had something in His hand and it looked good to the sexaholic.

He asked God, "What do you have in your hand Lord?" God answered, "Sobriety, I have sobriety in my hand."

The sexaholic said, "God that looks good to me, I'd like to have it. What would it cost me?" So, God said to the sexaholic, "What do you have to offer me for it?"

The sexaholic says, "Well, I have \$50." God says, "Well for you it will cost \$50."

I know that anything that I have is not mine any longer, it's God's. As long as I remember that, life seems to work well for me.

The sexaholic, who now (like most of us sexaholics will) starts to back out of the deal and he says to God, "Well, I'd like sobriety, but if I give you my \$50 then I won't be able to buy gas for my car." God then says, "Oh, you have a car? Sobriety will cost you the car too."

So now the sexaholic starts bargaining with God. "Well if I also give you my car, then I won't be able to get to work!" God then says, "You have a job...sobriety will cost you your job also!"

The sexaholic then tells God, "If I give you my job then I won't be able to make the payments on my house." God says, "You have a house! I thought you lived down by the tracks in a cardboard box! No, sobriety will cost you your house too!"

The sexaholic says to God, "If I give you my house then I won't have any place to take care of my wife and children." God says to the drunk, "You have a family? Sobriety will cost you your family also....."

Then the sexaholic says, "God if I give you my family, then I will have no reason to live."

God says, "Yes, sobriety will cost you your life too!"

Now the sexaholic, being just at the right state of drunkenness, takes God up on the deal and he becomes sober.

One day he is again walking down the street, sober this time. He may have been coming from an SA meeting or from a twelve step call. In any event, he meets God again.

God says "How is that sobriety treating you?" The (former) sexaholic says "Oh, it's wonderful!"

God replies, "Good! Now here's what I'm going to do. I'm going to give you your \$50 back. But only so that you can buy gas for the car which I'm also giving you back, but remember, that it's no longer your car, it's MY car and it's only a loan to you. You may have to take sexaholics to meetings with it and even stay with them.

I'm also giving you back your job so you can pay for a house. Now this house is not your house, it's MY house. You may have to house a sexaholic from time to time for a while to help them.

I'm also giving you your family back, but remember now, they are not YOUR wife and kids any longer, they are MINE and you will treat them as such!

I'm also going to give you your life back, but it's no longer YOUR life, it's MY life and you will have to take my direction on how to use it...."

Well so the story goes and as for me, I know that anything that I have is not mine any longer, it's God's. As long as I remember that, life seems to work well for me. When I don't, then my life starts to get troublesome.

God bless you.

Oscar M. Colombia, South America

Single and Serene

Single is a unique platform

I viewed men as toys or saviours but never as human beings. They filled my time until I found THE ONE who became my god. The fear of not being loved or accepted drove me into depression, misery and fear of abandonment. I believed that the ONE would fix me and fulfill my fantasies and dreams. But each time I sank deeper into a living hell, taking the abuse and telling myself that I was the problem.

My last sex drunk was with a married man who I truly believed was the ONE.

My whole life changed when I stopped expecting someone else to take me seriously and started taking myself seriously.

He worshiped me and pulled me out of my misery with his constant attention. There were many red flags toward which I turned a blind eye. I needed him so desperately that I ignored my strict religious upbringing. Eventually I hit a bottom and ended up in SA. The big dilemma I had in the beginning was trying to live without him. I relapsed back to him several times because the emotional void without him was too large and overwhelming.

Along my journey in SA, God has taken my sexual nightmare and given me back a dream. I began to accept that my deep need for love was real and valid, but I was looking for it in the wrong places. The only one place where I can safely have immeasurable, unconditional love is from a Higher Power. But my character defects were in the way so I had to work the Steps. Surrendering my defects was like putting myself under the knife of God as skillful surgeon.

When I came to SA I didn't want me; today I am comfortable as I am. I developed a conversational intimacy with my Higher Power. Once I truly started to experience this, the desperate emotional

and sexual need for a man began to diminish. Finding unconditional love allowed me to finally come alive in my own skin. I learned that my Higher Power would start meeting my needs as soon as I started to care about them. My whole life changed when I stopped expecting someone else to take me seriously and started taking myself seriously.

I find great freedom in abstinence as a single person. I know now that sex is not intimacy and that intimacy begins with being intimate with myself. Without intimacy with myself I cannot be vulnerable and intimate with anyone else.

Bedtime has long been a trigger time for me, because I was abused as a child. In my addiction, I used men to make me feel safe in bed. I transformed bedtime into intimacy with my Higher Power, a time to be alone and vulnerable with my heart's True Love in silence. As I fall asleep I feel the presence and embrace of my Higher Power and my fears dissolve. This is the hidden spirituality of sleeping alone.

Before SA, I struggled with feeling unchosen as a single woman. I now redefine the term "chosen" with a spiritual meaning. If I am in SA, have sobriety, and experience a spiritual awakening, I have been "chosen" for the most privileged journey of a lifetime. There is no greater achievement.

I no longer waste my gift of single-hood focused on lack in my life. I chase my curiosity, development and my goals. I chase my passion. I strive to work for something larger than myself and I am building a new world. Single-hood is not a second class status or a waiting period. I maximise my season of single-hood and relish the unique platform for great enjoyment, freedom and meaning.

Today I am no longer obsessed with getting married; I am finally getting it right. More than marriage, I desire to be useful to God, to please God, and to be in His will.

Louise B, Northern Ireland U. K.

Thirty Years Sober Saga

Sobriety for years led to jail

I am humbled by the out-pouring of love given to me on my 30th year anniversary. Sometimes I believe I am a fraud. Maybe one of those fantasies were not a fantasy and I did act out? Maybe one of those wet dreams were not really a wet dream?

I also don't want to believe that I am a sober old timer. A sober man does not harbor resentments or lives in fear. A sober man is not full of shame or does not relish in self pity. I want to be sober and act out in these behaviors! So am I really sober?

Yet, you guys are telling me you love me and celebrate my sobriety date! You respect me even though I struggle with self respect. I can love you back by sharing openly and honestly.

I came in 30 years ago frightened of what I would find. I found a few people who admitted to sexual addiction. I learned I would not die if I can admit to being one. I learned that all I had to do was to get through the day without acting out sexually. I learned that prayer, phone calls, literature, and fellowship helped. Meetings most of all helped. Doing all these things made it easier to connect from when I went out of bed in the morning to the time I went back into bed at night.

My sponsor Jeff taught me that all I had to believe was that if I stayed sober this obsession and this pain would leave. Jeff took me into his house and kept me from being overwhelmed. I was not a good sponsee. I broke confidences his wife shared with me. I talked on the answering machine for hours taking up all the tape. I made lousy amends. I counted days. I wanted to get a 30 day chip. I wanted to get a 60 day chip and chair a meeting. I wanted to get

90 days and share my story. I wanted to do all the Steps and then graduate.

I learned to stick with winners. I learned not to be a whiner. I drove my sponsors crazy being a whiner. I wanted to do it the easy way. I did not want to be honest. I did not want Gd to run the show. I wanted to run the show and have Gd follow my directions.

I got four years of sobriety, then five. As my years added up so did my arrogance. I was unable to be sponsored. Nobody could tell me anything because I was Mr. SA himself. Luckily some desperate members stuck with me. So whether I liked it or not I talked sobriety.

I was making money, I was fat as a pig. I was SOBER. Then the Feds came. I was arrested for insurance fraud. "Noach, the gig is up. You are under arrest. We don't think you are cute. We don't think you are so sober or good looking. You are going to jail." The family was falling apart. My in-laws wanted a divorce. I was alone in a jail cell. All I could do is pray, break down, turn my life over to HIM, or act out and relieve some of the pain and shame.

I was told that SA members could stay sober in jail. A member came to visit me every week! After a year in prison my wife told me that her life was good without this crazy addict and convict. She paid the bills, brought up the kids and knew that I was safe in jail every night. I was given an ultimatum. Get a legitimate job with benefits, or don't bother coming home.

So I applied for a job and went to graduate school. My interview at Social Work School was three hours I was determined to be honest. They were determined to see if I was teachable. The miracles began.

I was accepted. I came back to meetings. I had to be humble. Members looked at me like I had binged after ten

years. I let them down. Here I was sober for ten years and I was a lying cheat and ganev. I said, "my name is Noah and I am sober 13 years and I just got out of federal prison." The newcomers thought I was Gd. The old timers rolled their eyes.

Harvey told me something I would never forget. "Yes, you are sexually sober. You are amazing, staying sober in jail. You have a hell of a First Step!" He paused and then said, "now, it's time to work on the rest of the Steps."

It is difficult working a Fourth around money. My greed. My arrogance. My fear. Yugh! I had to list the Feds, and the people that squealed on me to the Feds and the people that I hurt. I had to make amends.

I was in graduate school. I took the courses. I did not cheat. I put up with professors ten years my younger who complained that I slept in class. Our 12 Step program taught me I could do this one day at a time, one course at a time, one semester at time. When the dean told me I had completed all my requirements to graduate, I was disbelieving. I never did any thing honestly in my life.

I worked at clinics. I applied for a license. I did not lie at the question "Were you ever convicted of a felony?" I answered "yes." I was so proud of being honest and a member of SA! Rabbis, college professors, my wife and friends testified that I was an honest candidate to be licensed by the state of New York.

They asked "what safeguards are you using that you not revert back to these negative behaviors?" I answered, "I am a member of a Twelve Step program and try to get to 2-3 meetings a week." They voted two yes, one no. I was given a license!

My life has changed. The woman who wanted a divorce loves me. And I love her. My kids love me and I love them back. My grandkids love

me. My relationship with my higher power is good. I like to say the Third and Eleventh Step prayers. I enjoy my job. I go to post graduate courses to learn and find out about mental illness, obsessive and addictive behaviors, and trauma.

I feel extremely validated by the people in SA celebrating with me. The only thing I need to say is the gift I got from Gd was to take it easy, don't act out today no matter what, and one day will turn in to another.

In Fellowship, Noah S , Brooklyn

Group Discussion Topics

In Single and Serene she found freedom and meaning in accepting her status -- have you had similar experience with acceptance?

In what ways have you found new freedom in SA sobriety?

In Thirty Years Sober, pride played a major role in his consequences. How have pride or pride's cousin, shame, affected your sobriety?

Despite diversions and consequences, he has lived over thirty years in SA sobriety. How have you met calamity with serenity?

In SA recovery finding ourselves in a new job or practicing our current work differently is fairly common. Has this happened to you?

STEPS & TRADITIONS

Tradition Two Works

Humility and group health

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 (SA 7).

I once thought that the Twelve Traditions of SA were boring—dry bits of organizational rules that did not have much to do with me. My sponsor showed me otherwise, explaining how I could apply them to my personal life. For instance, Tradition Two teaches me how to practice humility. In my former self-centeredness, I used to state an opinion on everything because I thought that would cause others to admire me. The Tradition teaches me to take the focus off me, be patient, open minded, and listen to others in the group. When I do, I always learn and grow, finding new ideas and unexpected solutions. Unlike the business world, Tradition Two states that in SA there is no boss, except “a loving God.” The leaders in SA are our trusted servants who abide by God’s expression in decisions made by the entire group, called a “group conscience.” As we share together, we finish our business with no rancor among members. It is a rewarding moment when I link my humility to a responsible group decision.

As I enter an SA discussion, I will be humble and open to what God has in store for us. TRC 60

Promoting Businesses in SA (Tradition 6)

I love making candy. As with any interest of mine, it grew into a real passion. People encouraged me to create a candy business, which I tried...and failed. (I’m not a very good businessman.) It was during this period of time, though, that I was experimenting on various recipes and frequently offered samples (and made sales) to folks at work, Church, in our neighborhood and at meetings. I designed business cards and a brochure and gave them out... and continued making sales.

It was at that same time that Philadelphia’s Intergroup was planning to host the 2005 international SA convention. I thought that might be a terrific opportunity to get the word out even further—while serving the fellowship. I thought that, perhaps I could offer to join the Hospitality Committee for the convention and take care of both priorities: serving the fellowship and networking my business. I changed my email address to include the name of the business and thought it’d be a great conversation starter whenever I sent service emails to fellow members. I even went so far as to begin working on a logo that I could use, incorporating the fellowship’s logo—sort of trying to position this enterprise of mine as an “official business” for the fellowship. I even briefly used this logo as my email’s icon—so people would see it in and associate it with the fellowship as well as my candy.

Thankfully, after some time, a couple members brought it up to

me out of concern, citing Tradition 6. We discussed it at length, and I felt convicted that I needed to stop. I became very aware of other examples of promoting businesses in the fellowship: real estate, therapy practices, carpentry, video production and even sales for kitchen utensils and make-up.

I realized that—for me—I needed to promote only one thing: working the Steps. If I was trying to make a few extra bucks from my SA service work, I was missing a wonderful opportunity—to help save lives, without expecting anything in return.

Michael J. Pennsylvania USA

My Understanding of my Higher Power – Step 2

I am Kristina from Germany and sober since March 2016 – one day at a time by the grace of my loving Higher Power. When I worked Step 2 with ‚Step into Action‘ I wrote something about my Higher Power. As I search for many years in several religions where I could belong to, I found something very very important about „god of my understanding“ who gives me strength: for ME it is a SHE most of the time. So I would like to share it with you:

She is an all-embracing lovingly energy. She is everything, knows everything, she loves me and carries me – as the air or the whole universe.

She is a goddess like „Avalokiteshvara“ from the buddhism who loves all beings and has the mission to heal all beings for being happy. To transform all suffering with her unconditional love and benignity.

She is like a goddess for me and furthermore she has the form of a mother who holds me in her arms, who carries me,

shepherds me, quietens me down, protects me, and encourages me – whatever I do or ever did!

Who wants to help me, not to hurt me and others because I am value and lovable.

She gives me unconditional love and is always present for me!!!

She even wants to be near me! She is never nerved, furious and censorious but always full of esteem.

When it runs out of the rudder in my life or when I do not follow her suggestions she never criticizes me. Instead she tells me what to do next – (like a GPS Dave T told us about)

She is able to console me, to withstand me and takes a shine to me.

She can also appear in several forms in my phantasy:

As a kind-hearted therapist in a lovely room

As a voice in the air – all-embracing and everywhere as energy

As a hammock...

Also she can speak to me through all beings in the world: as an animal, a plant, child, adult, meeting, stone, water, weather, heavenly bodies – and through music!

She is everywhere and she also resides within ME. She is me and everything.

Sometimes she is God. A father. Lovingly and without crossing frontiers.

Full present for me.

Without any expectations that I have to do something for HIM to be near me.

This applies accordingly for HER.

She knows everything and loves me anyway. She wants me to feel peace and happiness. She wants me to be a whole human with all feelings!!!

She wants me to bring my talents and light into this world – for the whole community we are in the universe!

Kristina, AS Germany

WORLD WIDE NEWS



Reprint from Chennai Times of Chennai, India

CHENNAI: Abused by her uncle at the age of four, she began using sex to battle loneliness and rejection. But when it became a behaviour she could no longer control, *Talitha K scoured the net for help. After an online test, Talitha realised that she is a sex addict. Afraid to confide in her family and desperate to get help, she reached out to Sexaholics Anonymous (SA). Today, she uses their 12-point programme to remain sober. "I was sexually abused by my uncle and father and ended up marrying a man who was also an addict," says 31-year-old Talitha, adding that she found masturbation a coping mechanism to fight boredom, and 'to feel loved'. "My addiction was more to 'love and relationships' but I admitted it only about two months back."

She is one of three people from Chennai who have reached out to SA for help. SA, started in Nashville, US, launched in India in 2017 and has about 100 members across the country. In a society where sex and sexuality are still discussed in hushed tones, it's one of the few spaces where sexaholics can seek help without being judged.

"The biggest challenges are a complete lack of awareness and stigma. People don't realise it's like an illness – most of our members have been sexually abused or have undergone a trauma. Others have a genetic predisposition to addiction," says *Sai, a Hyderabad-based member. While SA has meetings in Hyderabad, they help sexaholics in other parts of the country through calls, Skype and email.

"We conduct conference calls once a week and each member has a 'sponsor' (another SA member) who guides them to follow the 12 steps," says Sai. "The steps deal with the primary causes of addiction — loneliness, fear, anger, shame, self-hatred and other negative attitudes."

SA terms sexaholics 'sex drunks', comparing their situation to "that of the alcoholic who can no longer tolerate alcohol and must stop drinking altogether but is hooked and cannot stop". Similarly, the sexaholic can no longer tolerate lust but cannot stop. "Typically, sex with ourselves or others starts us off, and, as in other addictions, it dissolves tension, relieves depression, resolves conflicts or provides the means to cope with a difficult life situation or take an action that seemed impossible before," says Sai, adding that all these effects are at best temporary. "Finally, our addiction takes priority over everything else -- our ability to work, live in the real world, and relate comfortably with others suffers."

How often an addict turns to sex depends on the person, the resources they have, time, etc. "When an alcoholic has plenty of money, he drinks expensive liquor. But as he runs out of money, he would drink cheap liquor. Similarly, I was having sex with prostitutes up to three times a day when I had the money. But after I ran out of money, I began to sleep with other men and cross dressers/transgenderers to save money," says Sai.

Most are afraid to confide in family and friends. Their fears are not unfounded. When Sai told his friends, they laughed at him. "When I told my parents, there were fights, tears, I was taken to temples, and almost ran away from home," he says.

SA has been a beacon of hope. "Connecting with other women has given me immense encouragement and hope that my addiction can be combated," says Talitha, a stay-at-home mom who joined SA in May.

Psychiatrists say the real issue could lie between the ears and not the legs. "A therapist showed me how lust and sex weren't the problem. My reactions to life were causing all my troubles, and my problem was emotional and spiritual," says Sai.

World Wide News



SA/S-Anon Queensland Conference September 13-15 2019 "Carrying the Message of Hope"
Alex Park Conference Centre, Alexandra Headlands, QLD Australia
Contact: essay.brisb@gmail.com

FIRST LITHUANIAN SA CONVENTION GETTING STARTED



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Willingness - Priscilla C. -
Nashville, USA

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saireland.com

[https://saireland.com/
convention/](https://saireland.com/convention/)



FIRST SE EUROPE INTERGROUP WORKSHOP

27-29 September - BUDAPEST
seeuropesa@gmail.com

DELEGATES AND TRUSTEES AS OF JULY, 2019

Name	Term Ends	Title	Region	Committees
Peter F	04/22	Del	Northwest	Information Tech (IT), RAC
Kathy R	06/22	Del	Northwest	Conventions, Nominations
Kent A	11/24	Del	Northwest	Essay, Finance, SIM, co-chair
Jon H	07/20	Del	North Midwest	Literature, SIM; vice-chair GDA
Jim R.	10/21	Del	North Midwest	Conventions, SIM
Marv R	10/21	Alt Del	North Midwest	PI, chair; SACFC
Robert L.	10/21	Alt Del	North Midwest	Conventions, SIM
Suzanne S	1/20	Del	Northeast	PI, SIM
Shmuel E	8/20	Del	Northeast	PI, IT
Tom M.	2/22	Alt Del	Northeast	
Ben L	10/20	Del	Mid-Atlantic	IT, Conventions, PI
Hugh S	10/20	Del	Mid-Atlantic	COMC, Finance
Brad S	10/22	Del	Mid-Atlantic	Conventions, H&I
Carl N.		Alt Del	Mid-Atlantic	H&I, chair; Nominations, SIM
Sam O		Alt Del	Mid-Atlantic	
Buddy S		Alt Del	Mid-Atlantic	Archives, RAC
Rich P	07/20	Del	Southeast	Conventions, chair; RAC, PI; GDA chair
Jay H.	07/21	Alt Del	Southeast	Lit Com, Legal,
Paul Z	05/20	Alt Del	Southeast	SACFC, H&I
Dave T	10/20	Del	South Midwest	Nominations, chair; PI,
Ron T	10/20	Del	South Midwest	Finance, COMC, SIM
Gene T	10/21	Del	South Midwest	SIM, co-chair, CFC
AJ R.		Alt Del	South Midwest	
Jim C.	10/21	Del	Southwest	Finance, H&I, Conventions
George F	10/21	Del	Southwest	COMC, RAC
Duane D	5/21	Alt Del	Southwest	H&I, International, Translations
Dave H	8/21	Alt Del	Southwest	RAC
Grzegorz	5/22	Del	EMER	SACFC
Jackie H	5/22	Del	EMER	International
Keith N.	9/21	Del	EMER	Conventions, International
Pawel	5/22	Del	EMER	International, SIM
Richard D.	5/22	Del	EMER	Translations
Francis C.	5/22	Alt Del	EMER	
Nicholas S.	9/21	Alt Del	EMER	
Bernd S	6/18	Del	German speaking	H&I
Avi G	6/21	Alt Del	Israel	SIM
Yoel A.	6/21	Del	Israel	
Hassan B	5/20	Del	Persian speaking	
Masoud B	5/20	Del	Persian speaking	
Moustafa A	5/20	Del	Persian speaking	
Oscar M	7/21	Del	Latin America	SACFC, Translations
Tom K	7/23	Chair	Trustees	COMC, Conventions, Nominations, SIM
Jason C	7/23	Trustee	Trustees	H&I, Nominations, PI, RAC,
Eric H	7/23	Trustee	Trustee	Essay, Finance, Conv., Lit Com
Steve S	7/22	Trustee	Trustee	International, chair; IT
Thad M	7/23	Trustee	Trustee	Finance, Lit Com, Translations
Denise O	7/21	Trustee	Trustee	Translations, chair; International, RAC
Connie T	7/22	Trustee	Trustee	Conv., Int'l, Nominations, SIM
Brendan T	7/23	Trustee	Trustee	Archives, Legal, RAC, SACFC, SIM

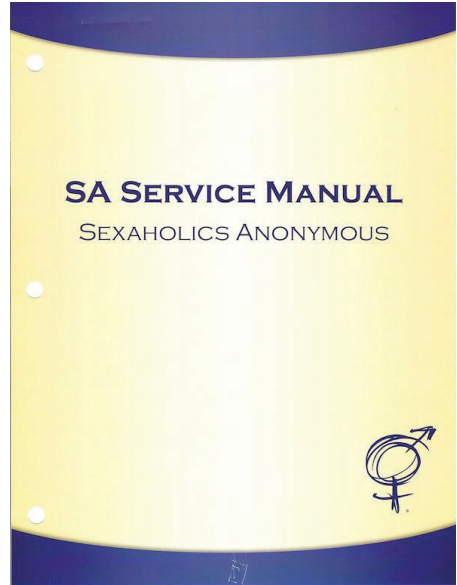
ensayo en español

Descargue el *ensayo* en español en www.sa.org/essay
 Download the issues of *Essay* in Spanish at www.sa.org/essay

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The Service Manual guides the Delegate Assembly and the Trustees and is a resource for all SA groups. Order or download from the [SA Store](#)



The IT Committee Wants You!

SA's Information Technology committee needs your help with the following:

- Graphic design
- Web design, incl. Wordpress, PHP, MySQL
- e-Commerce integration with QuickBooks
- IT Security
- IT oversight and troubleshooting

Contact saico@sa.org to volunteer

Available from the 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

EVENTS CALENDAR

International Conventions

November 21 - 22, 2019 SA Internet Marathon Internet (SIM): World of SA. SIMHP.com

January 9 - 12, 2020 Nashville, Tennessee, USA SA/S-Anon International Convention:

A Design For Living. Info: <https://www.designforliving2020.com/>

July 24 - 26, 2020 **Toronto, Ontario, Canada** SA/S-Anon International Convention: True North 2020 - Happy, Joyous & Free. Info: <https://www.truenorth2020.ca/registration>

Regional and Local Events

August 16 - 18, Medellin, Colombia Colombia National SA/S-Anon Convention: The Way of Life in SA/S-Anon. Info: <https://samedellin.wixsite.com/convencion>

August 22, New York, USA 5th Annual Orange & Rockland County Event: Spiritual Cruise. Info: www.bit.ly/SpiritualCruise2019

August 23 - 25, Lima, Peru Peru National SA Convention: We Had Arrived. Email: manuel Sartre1@gmail.com

August 30 - September 1, Thatcham, Berkshire, United Kingdom SA UK Summer Convention: There is a Solution. Info: <https://tinyurl.com/yxk9cwze>

September 13 - 15, Vilnius, Lithuania First Lithuanian Convention: Getting Started. Info: <http://sa-lt.lt/>

September 28, Morton, Illinois, USA SA/S-Anon Central Illinois Intergroup Marathon: Progress We Must or Recovery Eludes Us. Info: answers@solutionsandanswers.com

September 27-29 - Budapest, Hungary SE EUROPE Intergroup. Contact seeuropesa@gmail.com

October 4 - 6, Ontario, California, USA SA/S-Anon/S-Ateen 29th Regional Unity Conference: A New Way of Life. Info: www.sa.org/store

October 12, Macon, Georgia, USA South Georgia Intergroup Marathon: A Spiritual Awakening. Info: midgasa.org

October 18 - 20, Ross Point-Post Falls, Idaho, USA SA/S-Anon INWIG Ross Point-Post Falls Idaho: A Design for Living. Email: rosscourtneyphotos@gmail.com

October 25 - 27, Vaalbeek, Belgium SA Workshop Belgium: There is a Way. Email: emerworkshopbelgium@gmail.com

October 27, Huntington, New York, USA Long Island, New York SA/S-Anon Conference.

SA International Conventions

November, 2019 Internet Marathon

January, 2020 Nashville, USA

July 2020 Toronto, Canada

January 2021 Atlanta, USA

July 2021 Salt Lake City, USA

January, 2022 -- Open site

July, 2022 Chicago, USA

SA CONVENTIONS



SIM (SA Internet Marathon) Worldwide fellowship
24 hours Starting 12 Noon on Nov. 21
FREE but registration required **SIMHP.com**

NASHVILLE 2020



A DESIGN FOR LIVING

2020 INTERNATIONAL SA/S-ANON CONFERENCE

January 9-12, 2020 | Nashville, Tennessee Sheraton Music City Hotel

<https://www.designforliving2020.com/>

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currencies**

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NEW SA GROUPS AUGUST 2019

Europe, Africa, Asia,

Locarno, Switzerland

St. Albans, United Kingdom

North, Central, and South America

Telepan, Mexico

Edmond, Oklahoma, USA

Florence, South Carolina, USA

Houston, Texas, USA (new meeting)

Monsey, New York, USA (women)

Provo, Utah, USA (new meetings)

Waco, Texas, USA

Essay Purpose And Themes

Essay presents the experience, strength, and hope of SA members. *Essay* is aware that every SA member has an individual way of working the program. In submitting articles, please remember SA's sobriety definition is not debated, since it distinguishes SA from other sex addiction fellowships. Opinions expressed in *Essay* are not to be attributed to SA as a whole, nor does publication of any article imply endorsement by SA or by *Essay*.

The theme this issue: August, 2019: *SA at 40 Years!* October 2019: *Freedom Behind Bars*. December 2019: *Miracles in Recovery*. Closing date for articles is approximately four weeks prior to publication dates in February, May, August, October, and December.

Submissions To Essay

Your writings and art are invited, although no payment can be made. All articles and letters submitted are assumed intended for publication. All 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, 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. 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.

Permission to Copy

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SA CFC

SA CORRECTIONAL FACILITIES COMMITTEE

Prisoners In Need Of Sponsors

The SA Correctional Facilities Committee has seen a dramatic increase in the number of prisoners needing to be sponsored by mail. This is due to SACFC outreach, etc. We currently have a backlog of some 40 sponsees. We have an urgent need for sponsors.

Could you please put out a call to service for readers in the May *Essay* issue?

Please include my email address: [SACFC 1@gmail.com](mailto:SACFC1@gmail.com), and Manse's email: Manse B." [<tpoint1987@gmail.com>](mailto:tpoint1987@gmail.com)

Eric S

Humor For SA

When we issue the revised edition of "Recovery Continues," I suggest "Recovery Continues Continuing."

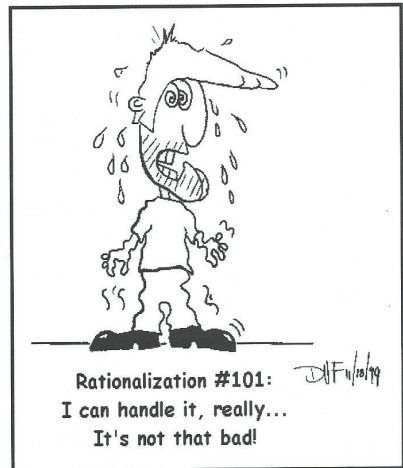
Glen S.

Senility Prayer

God, grant me the Senility to forget
the people I never liked anyway,
the good fortune to run into the
ones that I do,
and the eyesight to tell the difference.

Dear God,

So far today I've done all right. I've kept my mouth shut, I haven't gossiped, haven't lost my temper, haven't been greedy, grumpy, nasty, selfish or over-indulgent. I'm really glad about that. But, in a few minutes, God, I'm going to get out of bed. From then on I will need a lot more help. Amen.



From *Essay* December 1999

SHAME - Should Have Already
Mastered Everything

Have a good joke, wry observation,
funny SA story?

Send your Humor gifts to essay@sa.org

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 can't change

COURAGE

to change the
things I can and

WISDOM

to know the
difference.