

# ES SAY

**October 2019**

A periodic publication of  
Sexaholics Anonymous featuring:

**Freedom Behind Bars**

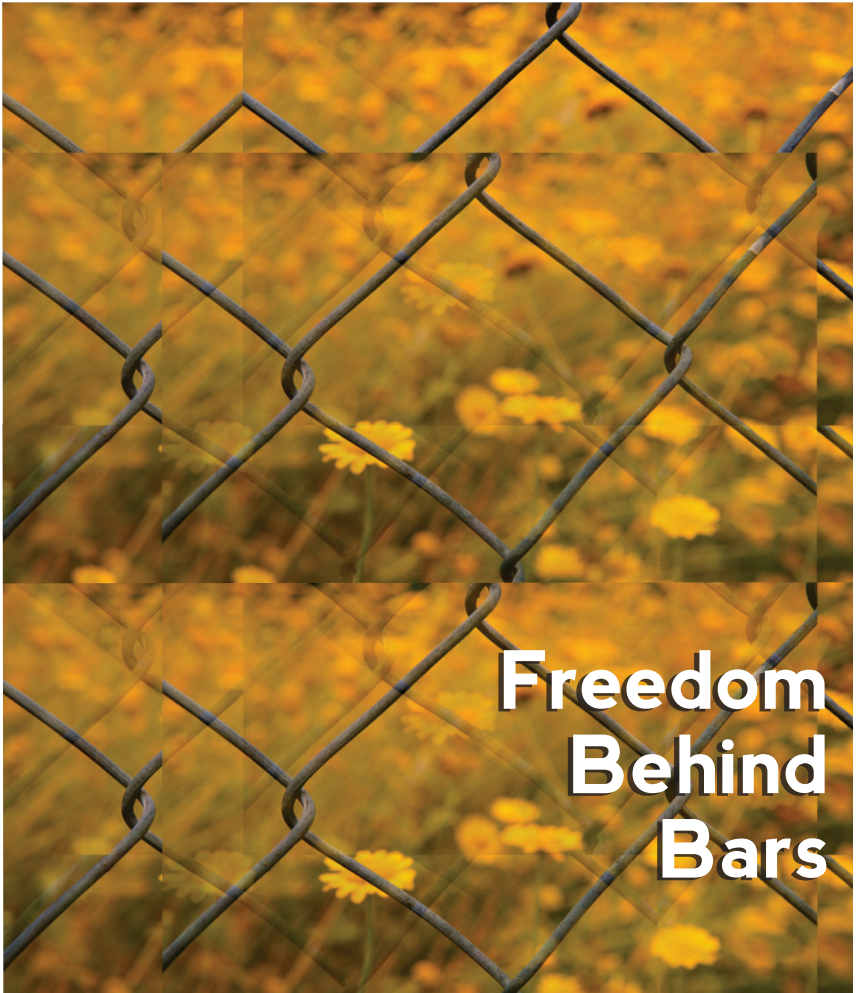
The Jail of My Ego  
Where I Live Today  
No More Excuses  
These Four Walls

**Practical Tools**

Practicing the Principles  
Working the First 3 Steps  
The Delusion that I Can Fight

**Stepwork**

Doing Enough Service Work  
A New Freedom  
Step Three Has Helped Me



**Freedom  
Behind  
Bars**

# 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](mailto: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

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# EDITORS' CORNER

October, 2019

Dear *Essay* readers:

This issue of *Essay* includes many stories on “Freedom Behind Bars.”

Our next issue in December 2019 will focus on “Miracles In Recovery.” Please send in any stories or short articles on your experience with your life transformation experiences in Sexaholics Anonymous. Future topics include: February 2020 “Sober Dating.” Please send us any single and dating stories you have. Let us hear from you at [essay@sa.org](mailto: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 web site make access to meaningful articles simple. All of these are at [sa.org/essay](http://sa.org/essay)

We encourage groups and individuals to order mailed print subscriptions for those who find *Essay* easy 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, Daniel)  
 Artists: (Christian M., Jimmy M.)

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

Are you new to Sexaholics Anonymous?

Find out more about us:

\* Contact our International Central Office \* Visit the SA website at <https://www.sa.org> Call us toll-free at 866-424-8777 or \* E-mail us at [saico@sa.org](mailto:saico@sa.org) Outside of the USA call +1 615-370-6062

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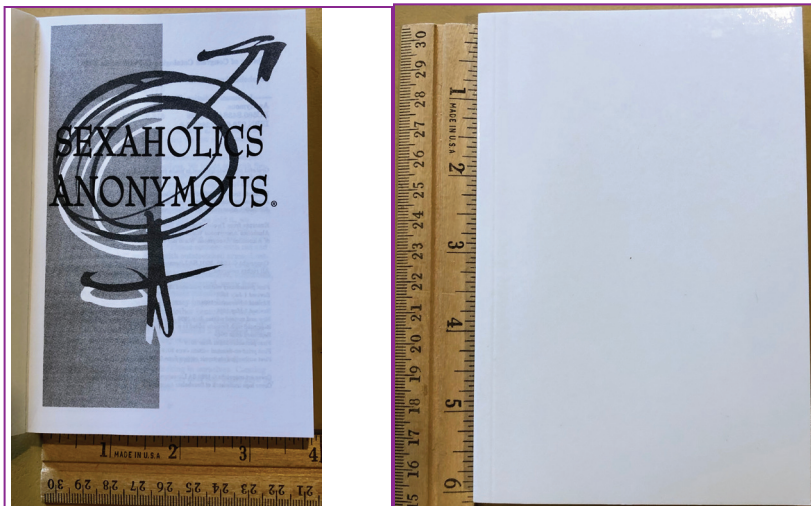
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# Dear Essay

## Mourning John A. of Baltimore

**L**ong-time SA members were saddened to learn of the passing on July 12, 2018, of John A., an influential member of SA in the early years of the Fellowship. John sponsored many SA members in Baltimore Maryland from the mid-1980s to the 2000s. A lawyer by profession, John stressed the importance for recovering sexaholics to live by spiritual principles. John was generous with his time and talents and focused on the power of humility.

John got sexually sober after reading an early copy of our book *Sexaholics Anonymous*, though he often recalled how the book lay unread for a year. Then known as the SA Manual, the book had a life-altering effect on John and inspired him to offer suggestions for improvements to Roy K. John's suggestions put him on the SA committee, which in 1989 edited the final version of the "White Book." He argued for deleting psychological terminology and religious language from the SA Manual, changes that were accepted by Roy K. John also contributed to editing *Recovery Continues* and *Discovering the Principles*, and played a leading role in editing entries submitted to *Member Stories 1989*.

John was an SA member of the Deaton Center meeting in Baltimore, which became a cornerstone of the SA Fellowship in the Baltimore-Washington area. Members attending the Deaton meeting supported SA meetings in Washington DC and Northern Virginia. He was an active supporter of the annual Baltimore-Washington Marathon, one of the oldest regional SA get togethers. He was a long-time member of AA and Al-Anon.

Outside of SA, John talked openly about his struggles with his sexual identity. Under the direction of a therapist, John transitioned to living as a woman and for the last eleven years of her life was known

as Jennie A. In the year prior to her death at age 87, Jennie told an interviewer she had 32 years of AA sobriety.

During his time with SA, John's contribution to the development and growth of the SA Fellowship and program of recovery was immeasurable. John's passing is mourned by all who knew him personally. His contribution to the SA Fellowship, in the words of the Preface to the White Book, "will continue to be blessed in the recovery of many from sexaholism."

Lawrence M., Virginia USA

## Charlie G and Steps to Recovery

**C**harlie G's sobriety date was Nov. 12, 1989. He passed away in Canada on May 21, 2019, 6 months shy of 30 years sober.

By working the Steps with Charlie G.'s support and guidance, I came to see my powerlessness in pretty much everything including death. I learned to say, "God, please help me understand and accept death as a vital part of life." Charlie was friendly with everyone and did not bad mouth anyone. He encouraged me to share my recovery, ever keeping in mind anonymity. He showed me how to reach out. He was always there with a quiet word of support and encouragement. I thank you, Charlie.

Step 2 reminds me that accepting Charlie's passing is a road back to sanity and serenity. Accepting, with joy, the love of life and everything in it, the good and seemingly not so good, are necessary for my own recovery. Charlie was a master at quietly showing me how to do and be just what God wants me to do and be.

I am learning to accept that my Higher Power does everything perfectly, including removing Charlie's suffering and taking him to a better place.

In Step 3, I decide to give my self and my will to the God of my understanding. That same Power stuck with Charlie all through his life to the very end. This same Power makes my grieving more bearable, one day, one hour, one moment at a time.

I resented Charlie because he died. I resented God for taking Charlie away from me. I forgot that God does not make mistakes. In working Step 4, I saw that I was selfish because I wanted Charlie to stay so I wouldn't feel bad about my loss.

I was also afraid of being alone, of losing my sobriety, of not being able to stay in recovery. I feared my

Millvale group, that Charlie founded, might not recover from his loss. Then I remembered that my Higher Power is with me, "I am never alone." I am reminded that death, even of someone so close and dear, is not a reason for acting out. Charlie would say, "You better write a 4th Step on that and give it to me in the morning." Staying in recovery and working this program are the only options. The Millvale Group will recover and be good for another thirty years. Lots of us can and instead step up to help God fill the void left by Charlie's passing. Now I say, "God grant me the serenity and the strength to do my part."

RIP Charlie,

Jack T

Prince Edward Island, Canada

## World Wide Walls of SA



### Sexolicos anónimos toluca metepéc

Photos of "A New Habit" group : Un Hábito Nueva SA" (mexico)

Send your meeting room photos to [essay@sa.org](mailto:essay@sa.org) !!

# PRACTICAL TOOLS

## Practicing The Principles

*Twelve Steps Changed Her*

**H**i, I'm Wendi, sexaholic in Colorado with progressive victory over lust since November 7, 2011.

Recently I attended a regional retreat with the theme "Practicing The Principles." I really hadn't given this much thought so I looked up the definition of "principle." One definition is: "A fundamental source or basis of something; a system of thoughts and beliefs." The Steps give me a new system of thoughts and beliefs which I continuously study and practice in my daily life.

The first principle is in Step One: Honesty. For me, my admission over powerlessness was the first time I'd been honest with myself. I now see how being dishonest gave people power over me. I had to learn this principle to become a reliable wife, mom, friend, and person practicing Honesty.

Step Two teaches me the principle of Hope. When I heard that I could be restored to sanity, I was desperate enough to try anything. I "came" to meetings over and over, listening to people share about their faith and trust in a Higher Power. I "came to" following the wisdom of a sponsor. I began to notice small miracles. I prayed with gratitude, and noticed more miracles. I "came to believe" there was hope for me. I could have

faith and trust in a greater power and let the grace of God restore my Hope.

The spiritual principle of Step Three is Faith. I am experiencing what the 12x12 says "The more we become willing to depend on a Higher Power, the more independent we become" (12x12 36). It's freeing to not have to have all the answers, to control outcomes. Surrender brings God's plan into view for me. I trust that God's got my back, no matter what. I have surrendered many things and all have turned out fine. I just need to stay out of God's way to practice Faith.

Working Step Four teaches me Courage. Courage is strength in the face of fear, pain or grief. In Step Into Action it says "we were afraid but we took the action anyway" (SIA 58). It takes great courage to finally face the real me, to see that I actually have

**Step Four teaches me Courage. Courage is strength in the face of fear, pain or grief. It takes great courage to finally face the real me, to see that I actually have wronged people.**

wronged people. But with courage comes confidence of knowing my real self. Just as a business can make more money if it knows what it has to sell, knowing what's broken in me gives me the ability to fix it. It's a fact finding, fact facing exercise that requires Courage.

Step Five gives me Integrity. I can be the same on the outside as I am on the inside. Today I'm always honest, especially when I'm wrong. I don't have to have all the answers! I trust that God and my fellows know more about me and more about what's best for me. I no longer have an ulterior motive for anything I say or do.

Practicing integrity means I give rather than take. When I freely give, I'm freely given. I'm trusted and trustworthy. I sincerely care about people, listen to people, and want to be there for people. It's a new way of living where I'm often wrong and don't try to cover it up or blame someone for it. I'm part of the human race, and nothing more. This is ego deflation. My life is transparent, simple, basic. I get to live with Integrity.

The principle in Step Six is Willingness. This is a process of moving away from my willfulness and toward God's will, voluntarily. My way doesn't work, and I have to be willing to try something new. Being willing means to yield, to concede, and to be agreeable. I'm aware of my defects and, even though I'd rather hold onto some of them, I'm willing to change. Today I practice being willing and when I'm not, I pray for Willingness.

Step Seven teaches one of my favorite principles, Humility. Humility is a natural byproduct of accepting that I'm not God and I do not want that job. My only job, as a humble child of God, is to be a channel for His love and peace. Practicing humility I am free to be the person I am with strengths, weaknesses, and feelings - perfectly imperfect. This, for me, is humility.

Brotherly Love is what I learned in Step Eight. This principle shows up in forgiveness and acceptance, not just for my fellows, but also for myself. Acceptance and forgiveness are at the root of brotherly love. Not all people are receptive to this love. This is exactly where practicing this principle is the most useful, with my

fellows who are hurting and sick. It is a code I live by now - Brotherly Love.

Step Nine taught me Justice. Simply put, it means I stand ready to take full responsibility and consequences for my words or actions, while not causing harm to anyone else. This justice sets me free—free from guilt, shame, and fear. Free to change my behavior and start a new way of life. I'm at peace knowing I won't die if I admit I'm wrong. Freedom through Justice.

Step Ten is all about Perseverance, a continued effort to do or achieve something despite difficulty, failure,

**Humility is a natural byproduct of accepting that I'm not God and I do not want that job. My only job, as a humble child of God, is to be a channel for His love and peace.**

or opposition. It's a character asset that allows me to keep going or keep coming back, as the case may be. I face myself, I evaluate my thoughts, motives and intents, I admit where I was wrong, and I make amends. I repeat daily, sometimes hourly, forever. Thus, I'm given the gift of intimacy with God and Man as I practice Perseverance.

In Step Eleven I learned my second favorite principle, Spirituality. I had no spirituality when I came to SA. I think this was to my benefit since it was easier for me to talk to a God of my own understanding than to one of a religion. Spirituality means I am not God and there is a Power greater than me that I turn to for love, guidance, and forgiveness. I strive to have God-consciousness all the



time, not blocked by self-will. I share that connection by my words and behaviors and give the loving spirit to make room for more. I open my heart and mind to the message God has for me and to share Spirituality.

The final principle of Step Twelve is Service. I have come to see how my experience benefits others. I had gone pretty far down the scale and yet, here I am, doing service, and hopefully benefiting someone. Service doesn't have to be a grand gesture to feel good. Helping with readings, setting up chairs, even placing money in the basket - all are good service gestures. But the most important is sponsorship. I didn't want to sponsor for a long time. But old-timers kept telling me it's necessary for sobriety. They were right about everything else, so I now sponsor other women. We do this together. I'm not a teacher or a boss but rather a channel for God's love, guidance, and grace. I grow in my spirit, my attitudes, and my perspective on who I really am with Service.

Keep coming back. I'm living proof that it works if you work it!

Wendi F., Colorado USA

## The Delusion That I Can Fight

*12 Steps to a right connection*

**W**hen I started in SA, I was still talking about the struggle and fight against lust. That made all the sense in the world to me at that time. I figured if I didn't struggle against lusting and the desires, obsessions, and compulsions, there's no way I could ever stop my acting out. I was wrong.

Step One tells me that I have to admit powerlessness over lust. But my ongoing struggle against lust meant that I still believed that I had some power over lust. So I had

**SA actually offers a completely different solution. It never suggests fighting against lust.**

never even gotten through Step One! My actions, my effort to fight lust, proved I had not yet admitted my powerlessness over lust.

SA actually offers a completely different solution. It never suggests fighting against lust. It would be a contradiction if it did so. The problem isn't what the SA program is telling me to do. The problem is *me* and what *I* am trying to do. I've not understood. *I've* got it wrong. *I've* done it wrong. I don't have the power to do it right. But God does.

The SA solution is to surrender to God, the One who has all power. Surrender is not fighting or struggling. When I surrender, I "simply give up, let go, and let God" (SA 81). The 12 Steps are the path to get rightly connected with God, and





those Steps do work if I work them. God can and will do for me what I cannot do for myself. But I had to stop fighting both lust and God in order to be set free from the tyranny of lust by living surrendered to God.

<http://sataichung.blogspot.com/>

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## “Bad News” In Sexaholics Anonymous

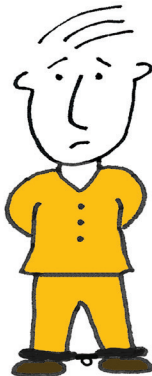
*(in serial form)*

**O**ver 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 I am disturbed, the problem is in me. I’d rather be serene than right.
- Other people’s opinion of me is none of my business. If I make their opinion of me my business, I go crazy!
- The most dangerous words that come into our minds are, “I can handle it.” This is always a lie.
- The temptation to lust does not disappear. The “hidden bottles” are in my head.

“In the middle of a  
difficulty, lies  
opportunity”

- Albert Einstein



By Jimmy M.

# MEDITATIONS

## Seeing God in Others

*It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us (12 & 12 90).*

**W**hen is this kid going to grow up?" I asked myself about my daughter. In her mid-twenties, she had joined her mother and me for a vacation trip. She seemed to want to control everything: where we ate, the sites we visited, and what we talked about. I felt that, in subtle ways, she and I were competing for my wife's attention. I began to work up a strong resentment.

The SA program tells me when someone or something disturbs me, I must look at myself and ask, "What's my part in the problem?" The answer came to me: When I look at my daughter, I am looking at myself! She and I are so much alike. We are like two pieces of flint knocking together. The results are sparks, anger, and resentment.

I began to thank God for letting me see myself in action. I surrendered my drive to be the primary decision maker. As I did, I felt less need to put my opinion into every conversation. She is my mirror, and the silver lining of this mirror is the power of God showing me how to be a better father. I began to listen to my wife and daughter. Our vacation together began to be more fun. Inventory and prayer had changed my attitude. Moreover, I am grateful for the reminder that *even I* still have some growing up to do.

*God, help me to see you at work in my relations with others.*

TRC Meditations 198

## God's Will Or Mine?

*Going it alone in spiritual matters is dangerous [...] It is worth noting that people of very high spiritual development almost always insist on checking with friends or spiritual advisors the guidance they feel they have received from God (12 & 12 60).*

**W**hen I seek guidance from my Higher Power, as the SA Program teaches me to do daily, how do I know whether the thoughts coming into my mind are

from God? To help sort God's will from mine I take four actions.

First, I ask for willingness to be open to God's will.

Second, I talk about the answers I receive with my sponsor and other SA friends. The act of sharing gets me outside of myself so that my muddled thinking does not cover up reality. Often when I speak, others hear something different from what I was thinking.

*(continued page 13)*

### Both/And/Again

*The Twelve and Twelve and Alcoholics Anonymous were my first guides in working the Steps. Repeatedly I found what I needed in those original documents that launched the Twelve Step program. Many of us now find that working the principles outlined in our SA literature adds another dimension and is very helpful (SA 161).*

**I**n my early SA years, I read and reread the White Book but did not stay sober. Someone handed me a set of recordings on AA recovery. I was not an alcoholic, but I listened to the tapes. Surprisingly, by the time I reached Step Nine in that study, I enjoyed real sexual sobriety.

Today I attribute my spiritual experience in recovery to both the Big Book of Alcoholics Anonymous and the White Book of Sexaholics Anonymous. Both books bear witness to hope by offering the Twelve Steps as the suggested program of recovery. Different sources will help me, but I know that the more I read or listen to recovery literature, the better my chances of finding the message I need “just for today.”

For me, the White Book offers a sobering, detailed description of my problem and the Big Book offers a practical solution—I was reading the BB for years before I even knew there was such a thing as sexaholism—and I must return to them again and again. I need both perspectives for my recovery. As I reread them, new messages come to me. I find certain texts speak to me because of my current situation, or maybe they seem fresh because this is a forgetting disease. Both books contain what I need to recover and my HP speaks to me through them.

*May I stay in gratitude always for the tools of the program that keeps me sober and the gift to know a new freedom and a new happiness.*

TRC Meditations 233

*(continued from page 12)*

Third, since I tend to be impulsive, I practice patience. I try to work on God’s time rather than mine.

Fourth, throughout all of this, I continue to seek the answer in prayer.

Should an immediate decision be necessary, I take what I see as an action of love or doing the next right thing. Eventually, it will be clear whether I am acting out of self-will or God’s will. God’s will gives me a clear conscience, a humble and grateful

spirit, and a sense of progress on my journey in recovery.

*God, grant me the patience to listen to your will for me as it comes through prayer and meditation, loved ones and SA friends.*

TRC Meditations 87



# Freedom Behind Bars

## Sometimes Lust is Not About Sex

*Lusting in playing a game*

While in prison, some of my fellows and I found that we all spoke fondly of one particular board game from our youth. After recounting past glories, we sought to obtain a copy of the game. But the game requires dice, and prisons frown heavily on gambling, so our request to have a copy of the game was denied. With time in abundance (after all, we were in prison), we decided to create our own copy of the game from memory. Each of us contributed time, energy, and talent to the creation of cards, playing pieces, dice substitutes, and the world map.

After a few games, the superiority of my game strategy was clear. After feeling very low for the crimes I committed, I now found a true thrill in dominating this game. I'd lost countless games of Scrabble© to my fellow prisoners. This feeling fueled my determination to make a statement by crushing all who would play our current game. Each game became incredibly draining because of intense concentration and huge expenditures of mental energy. Obsession was firmly in control of my gaming—which was appropriate for a game based on global domination. The lust to win was my medication of the moment.

My strategy worked. I was midway through a game and in a favorable position to take control of the contest and win. At that moment, the absurdity of my quest came to me. While playing, I became testy and short-tempered with my fellows and felt hollow after each victory. I'm

sure my subconscious was drawing parallels with the temporary reprieve I found in my acting out. I won every game, but the cost to me and the men with whom I lived was enormous.

There are times in this game when players might feel their situation is hopeless. In that case they will “go suicide,” relentlessly attacking with their “armies” until their forces are totally depleted and are easily conquered by another player. It is a way of throwing in the towel. Tonight, when I suddenly recognized my obsession to always win, I tossed in the towel. I began to roll and attack everywhere that I could.

The realization that I had “gone suicide” began to dawn on my opponents' faces. As each set of eyebrows on my fellows raised, I felt a self-imposed chain fall off me. Each step away from winning was a step closer to freedom from this obsession. In losing, I was smiling. This was something I had never done while I was winning. Letting go was the key.

I have now been out of prison for over 12 years, and I always try to keep mindful of this lesson while working my program. This does not mean I throw in the towel about all aspects of my life. I still need to work my program, keep employed, and pay bills and taxes. I am just more selective when deciding which issues get some of my finite supply of energy. There will be endeavors in my life that will justify expending the amount of capital that I put into playing that game, but rigorous honesty helps me to keep that list very, very short.

—Davis C.  
Essay June 2009 p 8

## Where I Live Today -- My Story

*Ray was the genuine, formative force for SA prison ministry (SACFC)*

**M**y name is Tucson Ray and I'm a multiple addict including sex addiction. I have been a sex addict since I reached puberty. I discovered masturbation and I couldn't stop. I masturbated virtually every day, sometimes many times a day, all through my teen years. When I got to age twenty-one, I thought a wife was going to fix me. If I got married I would have sex built into my life and I won't have to masturbate anymore. We were married for fifteen years and had seven children. After a couple of weeks into that marriage I started masturbating again.

I married a second wife to fix me. Same thing happened. After a few weeks I couldn't stop masturbating again. Then I married a third wife, my secretary. I don't believe that the wives ever knew that I was a sex addict. I was able to compartmentalize my life. I was able to live a professional life, and a married life, and a private life that I didn't share with anybody. Then I came to Tucson, to a college here for seven years, before I crashed.

My crash was that I just couldn't handle the multiple addictions anymore. I was a sex addict, an alcoholic, a sugar addict and a caffeine addict. I was drinking a quart of bourbon every night. I had to have about three big mugs of coffee in the morning before I could trust myself to drive to work.

My third wife was finding out more and more about me because I was being more careless about my behavior. She knew I was masturbating on a regular

basis. She knew I was attracted to other women.

She finally gave up and said "Ray, if you don't get some help, I'm going to have to leave you." This time she wasn't even angry. She had been angry with me many times and I could just write that off as, she's just going through one of her fits. She told me that almost in a loving way. I couldn't help but believe that she was going to leave.

So that very day I called a treatment center and a counselor was there. Since that day I have never had another drink of alcohol. While taking me home from the treatment center my wife said, "Ray, there's another program I've heard about in town that you ought to find out about. It's called Sexaholics Anonymous. There was an article about it in the paper."

So I started going to the SA meetings in town. I did get through about three Steps in two years, but I wasn't serious about the program. I was doing it to keep her off my back. I certainly didn't get sober. Then my third wife left me. I think she gave up. I wasn't ready.

One night on the way back to my flophouse hotel room I started bawling like a baby. I was in bad shape and couldn't sleep. I knelt down beside my little cot in my little room and I started praying. For the first time in my life I wasn't praying somebody else's prayers. That very night I prayed and talked to God and I made a deal. I told God that I had to quit my sex addiction and my sugar addiction and if he would help me do that, I would give him the rest of my life. The rest of my life would be devoted to service to him. And if he could not or would

not do that for me I would have to kill myself.

The next day I looked in the phone book. SA had a San Diego telephone number. I talked to the guy who had started the SA program there. With his help I got to that SA meeting and from that time on I have been totally sober. No slips, no relapses, nothing.

When I got sober I thought that it would be a good thing if I started reconnecting with family. And I started thinking about making amends and writing letters to them. I did all that and that was the beginning of reconnection. During that first year I got back in touch with my second wife here in Tucson. What I put her through was horrible misery. We became kind of friendly over the phone and that led to my coming back to Tucson for Christmas that year and staying with her and the two daughters. We got along really fine and before I left to go back, I asked her in the most careful way I could if she would be willing to consider the possibility of talking about getting back together? She said she would be willing to talk about it, but, she said, don't hold your breath.

On one of my visits I read an amends letter to her. I don't know how much of it she believed at the time. She had a copy of the letter. At Easter time she came to visit me and she brought the two girls. We celebrated her birthday and Easter and everything went well. She went back to Tucson with the two girls. We wrote more letters. And then finally she brought the girls and picked me up to bring me back to Tucson on a permanent basis. She

said she would give me a place to live.

I wanted the SA sobriety definition, and so I said that unless we were to get married, there would be no sex. But I said I am not in a hurry to get married. We lived together for a whole year. We slept in the same bed. We slept in each other's arms. We got to know each other. People say what do you do if you live together for a whole year and you don't have sex? I say, well you get to know each other! We got to know each other's values and interests and priorities in life and what we wanted out of life. We shared what to expect from each other and what we were willing to do for each other.

That's the kind of thing that you really ought to do if you're going to marry somebody anyway, but we had never done that.

When I came back to Tucson, I looked up the SA meetings in town. I decided that I needed an SA meeting.

The main tool in my tool box is "changing my mind." If I quit thinking about sex, I'm not tempted by it. There is no sense that I will ever be without temptations. It's how I deal with it that's important. If there's a woman walking down the street attracting my attention, I will say, "Gee, I wonder how many guys are picking on her because she is so nice looking? Maybe I can pray for her." When I am honestly praying sincerely for a woman, I cannot look at her as a sex object. I have changed my mind. And the temptation is gone. Can it come back? Sure it can come back.

The amends to my current wife was a process. What I still feel is the

**The main tool in my tool box is "changing my mind." If quit thinking about sex, I'm not tempted by it.**



greatest amends to her is the change in my life, just being a different guy. I know that I am because I am not selfish and self-centered. We don't live in the past. You know, we're not happy that we lived the way we did for the first thirteen-year marriage, but we look at it as a step along the way. And maybe we could not be where we are today if we hadn't had all those steps along the way.

I was 57 when I got sober in SA. Up to that point, my life didn't make sense to me or anybody else. It was insanity. Life started getting sober and sane and it became worth living. You know, I had been suicidal off and on for a long time. But, I have had a good life. It's fantastic, and I have a lot of gratitude for everything I've got. I have the best wife in the world, this house is the best house in the world for us, a lot of gratitude for the opportunity to live. I am convinced that I am a spiritual being having a human experience. The purpose of my life is to learn and grow and serve. And I'm still doing that. I'll be doing that for the rest of my life. That's where I live today.

*Ray S. died June 17, 2018 at age 87 years. For over twenty years Ray was the genuine, formative force for SA prison ministry (SACFC). He wrote the sponsor by mail approach that is still in use, and started the prison meetings. He created the protocol for how to approach prison officials. We are forever indebted to him for blazing the trail in SA service.*

**God is doing  
for you what  
you could not  
do for yourself**



### **In a Cell, Yet Isolated No More**

*Tools while inside*

**I**'m a recovering sexaholic and I'm making a program call." These words are a bit harder to say from the inside of a jail cell. Nevertheless, even while in here I can get current, I can reach out, and I can get out of isolation—just by writing this letter. Even though I'm stuck in a cell 21 to 23 hours each day, I still have the tools to grow in recovery and have a positive sobriety—by doing all I can for the sexaholic who still suffers.

I can connect with my Higher Power. I can practice daily Bible reading, prayer, and reading of recovery material. I can attend any type of meeting (various Twelve Step meetings, religious meetings, and other meetings) whenever possible. And I can speak the language of recovery to my "cellie," who is a struggling alcoholic.

Because of the nature of my charges and those of the others here in protective custody, we have very little fellowship and very little openness. This is in stark contrast to the openness and camaraderie of SA meetings (which I experienced for a year and a half before going to prison). Nevertheless, I choose to thrive here, and I choose to continue to grow along spiritual lines.

Moment by moment, one day at a time, I can surrender every temptation to “numb out” or “act out” with

**No one ever said this would be an easy path.**

memories or fantasies. Surrender is still the key—whether in here or out there. Instead of “white knuckling” or giving in, I choose to surrender. I want to stop lusting and stay sexually sober. Thus, any television shows, magazines, or memories that might be triggering for me are immediately surrendered.

Daily journaling is a useful tool. Maintaining a positive attitude, avoiding all resentments (and surrendering them immediately if and when they occur), and fostering a spirit of gratitude are also key tools.

Honestly, some days are harder than others, and some days are easier. On hard days or nights, I try to use the tools of the program. I pray daily for sobriety. I must admit that sometimes I feel that my time here is wasted; that there seems to be no point to it all—but then I surrender that “feeling of uselessness.” I try to focus on the Promises.

No one ever said this would be an easy path. But as I trudge this road of happy destiny, I can only hope that my experience can benefit others. And so I write, praying that this letter can help

someone, somewhere, stay sober for just one more day.

Today, as I celebrate day 595 of my sobriety, I thank you, the reader, for letting me be of service. Every person who reads or hears these words helps me stay sober. So I thank you. Thank you for bringing me out of isolation and helping me be part of the fellowship of SA.

I love you, appreciate you, and value you.

—Y., California, USA  
*Essay June 2013 p24*

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## The Jail Of My Egocentrism

*Escaping the prison of Self*

I often feel helpless in the face of what my godchildren share with me, but despite this I often feel that they help me a lot in my recovery. Unintentionally, they give me ideas that strengthen me. One of those ideas is the importance of service. Speaking hypothetically, I could be thinking about sexual fantasies all day, not working, procrastinating, locked in my mind, as it happened to me when I arrived at the program. Then I blamed the program because I couldn't work. But the truth is that I could not work because of my sexaholic mind. In the same way I could not work with my life.

Recently I met a new member. He was disgusted because he was not allowed to speak at meetings due to his lack of sobriety. I am like him. I see the world from the bars

of lust, so I didn't understand many things until after gaining sobriety. I arrived with the belief that I have the right to be heard. I also want to change SA in what I thought (with my sexaholic mind) that it should be. I will feel like the center of attention for a moment and that will give me great

**But the truth is that the origin of my problem is nothing external. It's me.**

satisfaction. Then I will leave with the desire to feel that pleasure again. And where will I seek to perpetuate that feeling after leaving the meeting? In lust.

And if I don't find in the meetings this vain satisfaction because they don't allow me to speak, then I will give up the meetings, and I will fool myself by saying: "I have a lot of work and SA absorbs me too much." But the truth is that the origin of my problem is nothing external. It's me. I always locked myself in the prison of lust, blaming everyone outside my own confinement, wanting to leave but always in my own way. How do I intend to leave? Fleeing through something that gives me pleasure, that increases personal importance, that is, through lust. I always demand pleasure, get attention. Look how I am important, spiritual and bright. Is this obsessive search for recognition also not the beginning of lust and false connection? It certainly is. Shouldn't I honestly question everything I am and have been throughout my life?

I have been an egocentric. Always obsessed with me, me, me and me. My pleasure first and second and third. Watching porn videos and replacing this with watching entertaining and

cultural videos on the internet doesn't change the thing much because I end up drunk from the ego of asking for more and more pleasure, and if I'm just starting the day that way I spoil it. What I can do? I need to get out of this confinement. Pay attention to my sponsor who suggests one and a thousand ways: "Act. Stop thinking about you. Commit to a service, attend a daily meeting, etc...."

A godson recently told me that because he has had to coordinate meetings, sometimes that has prevented a relapse. I identify with it. In my case I now provide a lot of service, but today I am grateful. In a way there is no worse jail than my own ego focused on my problems, real or imagined, without being able

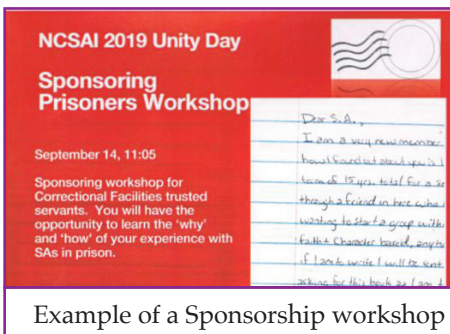
**They can take away your freedom, but even in jail you can experience the true connection with your Higher Power or God, and this is possible to the extent that I am in recovery.**

to get out of that confinement. They can take away your freedom, but even in jail you can experience the true connection with your Higher Power or God, and this is possible to the extent that I am in recovery. I need the real connection, the true love. It is the only thing that can fill me.

The false connection satisfies me for a moment and then I look for that same feeling of pleasure in something else, but in a more compulsive and out of control way. I need the true connection, remember that I am love. But a love that does not arise from self-deception, from selfish satisfaction, but from

accepting my deepest but painful truth. And perhaps it is the service that has helped me. And it has freed me from this kind of invisible prison, where I had condemned myself. I was thinking recently, from my conversation with a godson: How much time would I not have spent in vain and fleeting lustful fantasies if I did not provide the service I give in the fellowship? God has given me this program. He has reached out to me through this fellowship, leading me first to be sober and recovering, and secondly to get out of myself, my ego, the prison of my mind, through service. So today I am grateful although occasionally I complain. Only in that way have I gradually recovered the keys to freedom, just for today. I ask my Higher Power to help me remember the enormous value of the service I provide for my recovery, and to share it with others who like me want to get out of this jail and are willing to know and experience a happy and joyful freedom.

Rafael, Colombia, SA  
(read this in Spanish at [sa.org/essay](https://sa.org/essay))



The image shows a red flyer for a workshop. The text on the flyer includes: "NCSAI 2019 Unity Day", "Sponsoring Prisoners Workshop", "September 14, 11:05", and "Sponsoring workshop for Correctional Facilities trusted servants. You will have the opportunity to learn the 'why' and 'how' of your experience with SAs in prison." To the right of the flyer is a handwritten note on lined paper, addressed to "Dear S.A.s", with the text: "I am a very new member. I have read about you in a book. I hope to find a SA though a friend in here who is willing to start a group with the Character based, says if I can write I will be sent back for this book so I can..."

Example of a Sponsorship workshop

## These Four Walls

*An alternative to hopelessness*

**I** imagine living in a small, plain white-walled cell for ten years with an addiction to lust. Imagine life with no help, no one to confide in and no hope of breaking out of physical, emotional, and spiritual hell.

If you have found sobriety in SA, then you can offer help to a person addicted to lust serving time in prison. Our SAICO office offers free white books, copies of the *Essay*, and a sponsor by mail. When a prisoner sends a request back, the requests for a sponsor by mail are sent to our SA Correctional Facilities Committee, who pass on the names and contact information to our local CFC committees.

I have been writing to prisoners for five years. I followed some of the prisoners through their prison term and their release. The prisoners write telling me of their hopelessness. There are plenty of temptations to act out in prison. Drugs and sex are available; sex with self or others is common. For those who are addicted and cry out for help, our SA fellowship can help. There are few alternatives. There is not much sympathy, understanding or help available in prison. As with all service, I find that I receive much more than I give.

Kirt B, Missouri, USA

After much discussion and exploration to form SACFC in the Puget Sound/Seattle WA area, September 1st 2019 marked the first Puget Sound/Seattle Correctional Facilities Committee meeting. Present were Shawn H and Michael R. We responded to three inmates in the California Correctional System who sent Prisoner Request Forms to the SAICO office. We look with anticipation in hearing back from them. ~Michael R

### No More Excuses

*Prison opened doors to miracles*

I woke up this morning thanking God. I prayed this simple prayer: "God grant that I may love Thee always and follow Thy will. Do with me according to Thy will." I did my daily readings. This is a day in sobriety. It wasn't always that way. I used to pray, "Oh God, please get me out of this one, and I promise I'll never do it again." These are called "jail house prayers." I found out about them the hard way.

I was abused as a child. Before my first communion, at age six, my great aunt was sexually abusing me. Even then I knew that no means no, but she ignored my pleas. During the next ten years a minister and youth leader abused me. These experiences became my excuse to act out sexually in a reckless, dangerous, and criminal manner that led to my three-year prison term.

I was fourteen years old when I first abused an eleven-year-old girl. She was my victim: she said no, but I ignored her plea. Between her and the last victim, there were many others. I was fifty-five years old when I engaged in my last sex crime. It was with an eleven-year-old boy. That crime sent me to prison. After I was arrested, I spent six days in the county lockup. It was Christmas, and my sisters, who never stopped loving me and stood by me through this whole process, posted \$10,000 bail so that I could be with them for the holidays and continue working. I acted out on New Year's Eve.

Gut-wrenching fear and panic set in as I made my first court appearance January 2. It was a cold day outside and inside me. I was scared. I didn't want to go to prison. On my lawyer's advice, I began walking the straight and narrow. "Don't get caught doing anything now," he said. Out of fear,

my first period of sexual sobriety began that day. Exactly ten months after my first court appearance, I was found guilty of sodomy and child abuse and sentenced to one-and-a-half to four years in a maximum security prison. I could have received a sentence of six to eighteen years.

In prison many things happened to the man who had become a lust-driven predator, who wallowed in self-pity, denial, self-justification, and rationalization, and had plenty of excuses for not getting sexually sober. I already had years of AA sobriety. Sexual sobriety was as alien to me as life on Mars. I didn't have a clue. My heart wasn't in it. White knuckling and fear kept me from acting out while I was in prison.

I survived a meaningless prison existence by becoming a law clerk. After I was turned down for parole at my first hearing, I realized that I had to do something to help myself. There were men in prison secretly reading SA material, so I obtained an address from that literature. I wrote and received a free SA manual and brochure from SA Central Office. Along with this information was a list of people I could write.

The member who answered my letter saved me from an unfulfilled life, the mental ward, life in prison, and death. His letter to me was frightfully candid and lacking in fear. He never questioned my behavior, my being in prison, or the circumstances that brought me there. He only talked about himself and this wonderful program called Sexaholics Anonymous. "Wow," I said to myself, "where did all this courage come from?"

For the first time in my life, I was willing to listen—the first miracle! I was also willing to follow directions—the second miracle! In the fifteen months that followed, I worked my Twelve



Steps for the first time. As the axiom goes, “When the student is ready, the teacher will appear!”

During the months of writing from prison, I gained many insights into my affliction. I wanted what I saw in my sponsor, and I was ready to go to any lengths to get it. At first I thought that my years in AA would be a big asset. Wrong! I had to relearn the Steps and make a new application as it specifically addressed my lust addiction. Ten years earlier I had quit—one day at a time—drinking, smoking, overeating, and gambling. They were outside of me. Lust was a part of me. So I tried hard to work a program of sobriety in prison. At my conditional release date, four years to the day after my conviction, I thought I was ready for freedom.

Church friends arrived at the appointed time to pick me up. But the relief of being out of prison—and only those who have been there can understand what that relief is—distracted me. I didn’t feel that I needed a meeting or phone calls to SA members.

Ten days later a group of friends invited me to join them on a trip to the mall. I went gladly. The sights, sounds, and aromas took their toll on me. That night, alone in my room, I acted out. Within seconds I began to weep. I saw with absolute clarity that I could not stay sober alone. I needed SA.

Five days later I went to my first SA meeting, fully intending to lie about my sobriety date. The first person to speak stopped me in my tracks. He admitted to having only three days of sobriety. I found myself admitting to my real sobriety date. At that meeting I asked an old-timer to be my sponsor and only mildly balked when he asked me to write out the Steps again, even though I had written them in prison.

My heart belongs to the service

work of the SA Correctional Facilities Committee (SA CFC). I’ve attended meetings in two state prisons and visited inmates in three other prisons in my state. I’ve attended prison meetings in two other states. Corresponding with over twenty inmates keeps me busy. It helps keep me sober. For this I am grateful.

Today, the scared little child who was once abused by a youth leader and a minister has a sponsor. God has also blessed me with two sponsees, one of whom is in jail on his way to state prison.

Thanks to what the God of my understanding has done for me, I am now able to visit my daughter and have lunch with my grandchildren. I abused this daughter when she was twelve, but God has healed our relationship.

Entering Sexaholics Anonymous in

**I saw with absolute clarity that I could not stay sober alone. I needed SA.**

1996, God asked me, “Do you want to be sober? Do you want to be restored to sanity? Are you willing to admit that you are powerless over lust and that your life is unmanageable?” I answered “yes,” and I have been delivered.

God and SA have returned me, a low-bottom pedophile, to sanity, by reinforcing in me that every time I come to a meeting and don’t act out, I’ve done the right thing. In my life, God has given me three essential concepts: wisdom, courage, and serenity. God has given me the wisdom to follow him, the courage to forgive myself and others, and the serenity of living sober in SA.

Member Stories 147



## Step Two and “Plan A”

**T**he Central California subregion held a Step workshop in Sacramento, conducted by a sponsor & sponsee on a Step. After being assigned to share on Step 2, I found out that neither my own sponsor nor any of my sponsees were available to attend. I contacted a member I've been sponsoring in prison, asking him if he would prayerfully consider partnering with me as a “speaker.”

The day of the Conference, I sat down at the presentation table in front of the other attendees, and placed my bag on the empty chair next to me. “My name is Brian Z. and I'm a sexaholic. And though you don't see him, my sponsee Tyler, is here with us.” His letter [see below] on Step 2 arrived the day before.

Seeing how gracefully this unfolded has led me to believe that this was my Higher Power's “Plan A” from the very beginning. The bars of a prison 1600 miles away couldn't keep Tyler from participating.

Brian Z., California, USA  
Pen-To-Paper Fellowship

### “My Thoughts on Step Two Today”

*He found a Higher Power in prison*

As a sexaholic, I have always relied on myself, my own power, and my own wisdom. I've played the role of God in both my life, and the lives of those around me. I've lived a double life for many years.

Step One allowed my pride to be broken down, so the door to humility could be opened, but Step Two would require a genuine act of faith, believing that God really could bring the process of recovery to fruition in my life.

When I made God my higher power and trusted that He could restore my brokenness, He opened the cell door and began removing the chains that had bound me for so long. Little by little, I began to see real life outside of my disease.

Step 2 opened the door to new life and perspective, which allowed me to see that I am valuable, I am loved, I am worth God's time, and He cared enough to give me the 12 Steps that would eventually lead me back to Him. Step 2 challenged me to believe that the destruction caused by sexual addiction over so many years could still be redeemed.

God has used SA to lead me out of a life of hiding and into the light, He has granted me a clean slate in life, and gives me the courage I need to face myself.

One of the greatest lessons I've learned from Step 2 is how to live a spiritual life. Step 2 allowed for me to see more clearly who God really is.

I saw God as strict, distant, or absent altogether, and in no way interested in dirty old me. Now I see the truth. I see a bigger picture, which has always existed, but I couldn't see, until faith became my sight.

Step 2 has sent me on a journey of discovery, and I've seen that my higher power is in fact reliable in times of need. He guides my steps, and He gives assistance & direction freely through the tools of SA.

Since being restored to sanity, I've seen so many changes in my life I never thought I'd have the capacity to accomplish. I'm able to better focus on work & studies, I've learned how to process my thoughts, emotions, & painful memories. I can now allow

## Freedom Behind Bars

myself to feel and I've become more sensitive.

I've become less of a know-it-all. Before SA, I was so controlling that I wouldn't even let someone else drive. I'm no longer the god in my life; I have a power greater than myself.

I am so blessed to have been able to share with you; it's an honor that God

**My Higher Power allowed me to come to prison to find Him. I came to prison and found freedom.**

would use me to carry the message both inside & outside prison walls.

One last thought: my higher power allowed me to come to prison to find Him. I came to prison and found freedom. Without SAs being faithful to carrying the message, I would likely still be lost. Thank you for your obedience to your higher power.

Blessings to you all!

Tyler B., Oklahoma, USA  
Federal Transfer Facility

### Pen-To-Paper Step Writing Format

"We will spend the next 15 minutes writing and have the opportunity to share it with the group. We use the conference approved CFC Step Packet to guide our writing, but you are free to make use of other SA resources. If you would like a copy of the CFC Step Packet, you may either download a PDF from our website, or see me after the meeting. Step work usually corresponds to the "Step of the Month," as we aim to work through all 12 Steps during the year, but you are free to work on any of the other Steps.

### Prisoner Correspondence Format

(If there is correspondence): We will now read a letter from a member who is incarcerated, and carry the SA message of recovery to him/her by sending our written shares through the prisoner's sponsor. Letters from prisoners often relate to their Step work with their sponsor. Reading the correspondence at this meeting permits the prisoner & our Fellowship to share the message of Recovery with each other. If you are interested in sponsoring an incarcerated member, please see me after the meeting. I will now turn the meeting over to \_\_\_\_\_ (the prisoner's sponsor, who reads the letter aloud, and explains any necessary context.)

(After the reading is completed...) We will now take the next 15 minutes to write back to the prisoner, sharing how we have worked the Steps and continue to put the principles into action in all areas of our lives. Leading with our weakness, we share our experience, strength, & hope, with an emphasis on honesty, recovery, & healing. We avoid topics that can lead to dissension or distraction, as well as explicit sexual descriptions and sexually abusive language. With the exception of a 1st Step Letter, we avoid cross-talk to the prisoner by refraining from making a direct reference to anything shared in his/her letter, giving him/her the same benefit we have of sharing in a group setting without fear of criticism or judgment. If you want to refer to something that was written, please do so only in terms of your own experience. 15 minutes from now, there will be an opportunity to share what you've written, if you so desire. Will someone please volunteer to keep time? (Pause for writing.)

# SA STORIES

## A New Freedom

*We are going to know a new freedom and a new happiness. (AA 83).*

Since childhood, I've had a recurring, upsetting dream where I found myself standing before my father in fear of punishment. Feeling guilty for engaging in inappropriate behavior with other kids my age, I would just freeze and stare at my dad, unable to look into his eyes, while trying not to show fear or to cry.

**Working the 12 Steps, including making amends, helped with sobriety. The outcome has been a reprieve from episodes of depression and almost no anxiety attacks. I feel happy, joyous, and free.**

These feelings and thoughts which held me captive for decades, would resurface in my dreams, seemingly at the most inopportune times, such as during an impending deadline on an assignment at school or work. In 2018, as I worked the SA Steps, I found myself with a sense of hope that my Higher Power could give me a breakthrough with my unresolved "Father issues."

I worked on this issue in Steps Four and Five with my sponsor. I resolved to not speak negatively of my father, who is now deceased, as a living amends to him. Then one day in May 2018 after my home group meeting, I was talking to my grand sponsor about yet another upsetting dream about my dad, and about how I had hoped these recurring dreams would cease, now that I was working the 12 Steps and had made dozens of amends. In

my magic magnifying mind, I felt that I deserved some of the Ninth Step promises because I had almost finished with all of my amends. I told my Grand-Sponsor that I had already completed my amends to my dad. My grand sponsor asked me, "Did you forgive him?" I said, "I made amends!" I became frustrated and my grand sponsor repeated, "Have you forgiven him?" "Take a deep breath," he said, and then I started to cry. I realized that I had made amends, but had not yet forgiven my father. I sat in the empty meeting room in quiet reflection for about an hour.

A simple conversation—one sexaholic talking to another, had made a drastic impact. After years of carrying this burden, I felt a new freedom in my relationship with my father since that day!

What about freedom from anxiety and depression? I had struggled with anxiety and depression since my childhood years. When I came to SA, I did not think SA had anything to offer me other than sobriety. I told my sponsor that I struggled to believe I could recover because of my mental illness. He assured me that I was not so special that my case was different than other sexaholics. What I have found is that working the 12 Steps, including making 9th step amends, helped with sobriety. And the outcome has been a reprieve from episodes of depression and almost no anxiety attacks. I feel happy, joyous, and free. The 12 Steps of SA have given me both sexual and emotional sobriety!

Higher Power, thank you for giving me a new freedom and a new happiness!

Hal C. - Virginia (USA)

## Doing Enough Service Work

*Transforming the spirit of service*

**S**ervice is a critical part of any recovery program and is one of the most poorly understood parts of Sexaholics Anonymous. For seventeen years my idea of service was flawed and hindered my ability to stay sober. I thought that service was about being of service only to addicts. I am writing in order to help those who may have a similar understanding of service.

Our program literature only discusses service to addicts. My sponsors talked about service to addicts. Shares in the rooms spoke of service to addicts. I believed God grants special grace for service to addicts. It also didn't make sense that service could apply to people outside of the program. My entire life I served others outside the program, and it never did anything for my sobriety. I concluded service must specifically apply to doing things for the benefit of another's sobriety.

This understanding of service contributed to poor or no personal sobriety. I didn't benefit from the small service acts in SA. I chaired meetings, made phone calls, folded chairs, and made coffee. I couldn't see why old-timers spoke so glowingly about service. I figured their sponsees gave them more opportunities for service. I decided I would have to get sober and get a sponsee before I would ever experience the benefits of service. Since I couldn't stay sober, I figured I was screwed.

Hitting a bottom that forced me to work my program differently. I got in serious trouble and became more desperate than I can describe to be

sober. I aggressively worked every aspect of our program. I tried to find ways to be of service to people outside SA, hoping it would help. I began doing things for people in my immediate circles such as my family. I started with voluntarily washing dishes, voluntarily cleaning the house, voluntarily giving rides to the kids, and anything else I could think of. There were no requirements for me to do this stuff, and seemingly there was nothing in it for me. I had to pull myself away from the TV to do dishes. I went shopping when I wanted to sit on the couch and relax. The AA Big Book says "Our very lives as ex-problem drinkers depends on our constant thought of others' needs and how to serve them" (AA 10). I was desperate to be sober and thought this might be a solution.

Then I began to feel that service to others was making a difference and keeping me sober. It seemed to create an invisible buffer against lust. I was beginning to see why old-timers spoke so glowingly about service. I began to experience feelings of joy. I was working diligently on the other Steps, and doing service was clearly the major factor. I was sober and far from acting out. There were times when I normally would have found it impossible to not act out, and I stayed sober and was not even triggered. Voluntarily doing good for others brought me to a new place spiritually.

One night I attended an open AA meeting and fearfully posed the question "Is service supposed to be for other addicts only or does it apply to people in general?" My program was working after years of failure, and I feared they would say it was about service only to fellow sufferers. Their overwhelming response was service

was service to anyone. One man gave an example of asking elderly people if he could pump their gas for them in wintertime. Another person commented about how he shovels neighbor's cars out of the snow. SA teaches that we are to practice these principles in all our affairs. Being of service to addicts is only a beginning. Hearing this confirmed what I had hoped was true.

The key factor, I think, has to do with the reasons for performing service. Throughout my life in serving people either I did it because I had to or I did it because there was something in it for me. Rarely did I ever do service for the sole purpose of being useful to another. When I voluntarily do things for others, then I am really doing an act of charity. I am giving of my time and effort for another's benefit. Also, I didn't do enough service. Chairing meetings and folding chairs didn't do much for my sobriety because it was only once or twice a week. Each day I need to do at least three small voluntary good things for others to feel the effects.

Voluntarily being of service taught me about self-centeredness. Service for the purpose of being of service is usually coupled with having to give up something I would rather do. There always seems to be a good reason to pass on opportunities to be of service. I learned that my good reasons were actually self-centered reasons. Getting rid of self-centeredness is critical to sobriety.

I want to provide some examples of service. Some things I do include: making coffee in the office to be of service to other employees; giving assistance to others at work for the purpose of being of service; voluntarily cleaning the wife's car; cleaning wife's and kid's clothes;

giving up sleep to listen to my wife talk about things I think are nonsense; buying snacks for program meetings; and praying only for other people's needs to be met. This is a small list. Service is doing good for others for no other reason than to be of service, whether the person is in the program or outside.

SA groups can discuss what does or does not constitute service. Can one be of service, yet not get a spiritual benefit? How often do we need to be of service? To whom can you be of service? Explore every aspect of service. If I voluntarily clean the house for the spiritual benefit, will I continue to get this benefit if my spouse demands that I do it? If I go to a meeting to stay sober, will I get the same spiritual benefit that I would if I went to a meeting for the purpose of service? Will I get a spiritual benefit if I do my job, but do it in a spirit of service? These are all questions I ran into and had to seek answers. It is my hope that every member becomes an expert in service.

Chuck T., Ohio USA

## Group Discussion Topics

Our literature tells us the only scoffers at prayer are those who don't do it enough. The same might be said for service.

Do you feel you do enough service work?

Can you re-imagine service as told in the article above?

What has been most (or least) satisfying about service work for you, either in SA or in other areas of your life?

Do you check your motives when you do service work?



# STEPS & TRADITIONS

## Working The First 3 Steps

*Good news from the Essay*

**B**ruce A., a grateful recovering sexaholic, sober since January, 2019. I am thankful for the SA fellowship with our Bottom Line definition of sexual sobriety.

For me, part of my daily working the Steps is reminding myself I am powerless over lust in all its forms. I admit that any lust drink can plunge me into the pit of my life being unmanageable. In my morning meditation, I surrender lust and my day, just today, to God for his care of me. Thy will, not my will.

What helps me a great deal is getting outside my own head by drinking in the pure water from the wealth of SA literature and podcasts. Others who have found freedom from this addiction have given back, and I am the benefactor. So part of my morning reading is an article or two from the SA *Essay* newsletter. When I read their stories I know I am home. I am walking with other travelers on the "Road of Happy Destiny."

Today I read: "I now know that it was because I still wanted to play with lust, and not have to suffer the consequences. I wanted to be free from lust's power and still depend on my own power to win the battle. I wanted God's help and still wanted to avoid turning my will and life over to Him. I still wanted to play with lust, and not have to suffer the consequences, wanted to be rid of

the habit, and still be able to keep the rest of my life running on my terms. "If we want the old life intact, simply minus the habit, we don't really want healing, for our sickness is the old way of life." (SA 143) Immersing myself in the literature, going to meetings, and working the 12 Steps as my sponsor told me to do them was the key to beginning to have hope for freedom. And that hope has been realized. Today, God gives me freedom from lust and the obsessions and compulsions of my addiction! It is true. It will happen.

**I still wanted to play with lust, and not have to suffer the consequences, wanted to be rid of the habit, and still be able to keep the rest of my life running on my terms.**

But it comes at a price, a price I now wonder why I ever questioned if it was worth paying." (*Essay*-2018-02)

This writer described my addiction perfectly.

I wanted to give lust up, but could not. I was double-minded. Picture two oxen tethered with the same wooden yoke around their neck and shoulders pulling a full and heavy cart. Each was stubborn and pulled in separate directions every day. I was weak, tired, drained, hopeless, procrastinating, angry, resentful, guilty, ashamed, demanding, entitled, blaming, excusing, denying - I hated myself and the tortured life of self will pulling me in opposite directions.

At my newcomer meeting last January I heard the SA Bottom Line of no sex with self and progressive victory over lust in all its forms. I heard members share how they were living the life of sobriety - giving them serenity and a light yoke of walking in freedom and surrender. They were speaking to me directly,



and I felt their love for me. They had what I wanted. That was the moment God opened my eyes to his power over lust in me. He showed me I could not stop - I could only surrender, He has the power and works on my behalf when I admit I am powerless. I can't keep lusting if I give my lusting to Him.

And so I work the Steps. The first three Steps. One day at a time, one thought of lust at a time. I say, "I can't, he can and he does."

Bruce A. Maryland, USA

(You can find *Essay* at [sa.org](https://www.sa.org))

---

### Step 3 Has Helped Me Learn To Be of Help

*Many forms of surrender*

**A**t first, Step Three for me ("Made a decision to turn our will and our lives over to the care of God as we understood Him") was just the surrender that I heard talked about in Sexaholics Anonymous meetings.

But I soon learned that it is the help of day-to-day real surrender—in which I make a decision to do things in accordance with God's will (as I understand it), instead of my own will that helps me stay sober. It's a greater help than just saying, "I surrender this (lust hit/temptation/anger/resentment/whatever)." It is doing something differently, even when the thing I am doing seems contrary to my own thinking.

So an example of Step Three in action for me is how I learned to share in SA meetings. I have found that there are

two kinds of shares. One kind helps me for a moment. The other kind helps the group, and also helps me long-term.

The first kind of sharing is the easiest and most natural for me, and that is what I did at first. I shared about my pain. I unloaded myself onto the SA group, every time that life felt intolerable. I would share, "I can't stand how much I hurt!" This eased my pain by opening it up. I felt better-kind of--for awhile, until my pain built up again.

But less than a month into Sexaholics Anonymous recovery, my sponsor pointed out what I was doing wrong. He told me that it was sharing the wrong kind of SA sharing, and that I

**So I started practicing sharing in a new way: I would share in a way to help others through my personal experience, strength, and hope.**

should change how I share. I resented him for saying so. I didn't like being told that I was wrong. And besides, my way of sharing made me feel good.

But Step Three says to turn my life and will over to the care of a Higher Power, and at that moment my sponsor was my Higher Power. And if I kept doing things my way, then I was going to get the same results I had gotten for decades: pain and danger.

So I started practicing sharing in a new way: I would share in a way to help others through my personal experience, strength, and hope. With helping others in my mind, I would still share my pain, but now I added what I was doing that helped ease that pain. (And my sponsor also gradually guided me to sharing about the Steps and how they helped me.)

## Steps & Traditions

I was surprised at the results. I still felt a bit better for having shared the pain, but now I also felt grateful knowing that I was also helping others. Most of the time, I had no clear idea of who or how I might be helping others, other than knowing that someone might get something out of one of my shares. But sometimes, members would come up to me afterward the meeting and thank me for sharing something that struck a chord with them. And then I felt grateful that I was able to be of help to someone else.

In some ways, my real Sexaholics Anonymous recovery started with this shift in my sharing. I was learning to be real, I was becoming less selfish, and I was able to help others by God's grace. And then I began to feel better about myself, and not so "inadequate, unworthy, alone, and afraid" all the time. I would never have thought of this on my own. It took my sponsor and my Step Three surrender of trying it his way, for me to discover how well it worked.

<https://sexaholicsanonymous.eu/members-share>

## 2019 Third Quarter SAICO Budget Results

**Literature sales:** As anticipated, the Fellowship is showing signs of filling its Step into Action and Real Connection book inventory. The strong initial sales could boost 2019 Net Literature sales to \$75,000 compared to the \$60,000 budget.

**Fellowship Contributions:** Third quarter Fellowship contributions were \$67,904 (29%) to the good over budget. A portion of the increase was from the generous Seattle convention seventh tradition collections (\$8,397).

**Expenses:** A cursory review of SAICO expenses to date indicates expenses are in line with the approved budget. It was observed that \$5,970 has been spent on legal fees related to trademark renewals.

**Summary:** The third quarter good news will help lower the approved budget deficit (\$35,000).

Finance Committee Carlton B., Chair

Revenue & Expense Budget Summary Table

Revenues	2018 Budget	2018 Actual	2019 Budget	2020 Proposed
Contributions	221,900	205,727	210,000	215,000
Convention Contributions	22,500	61,351	25,000	27,500
Net Literature Income	44,500	54,223	60,000	65,000
Interest/Currency Trans	300	-2,892	400	300
CC fee recovery (Misc)	6,000	4,030	7,000	5,500
<b>TOTAL REVENUES</b>	<b>295,200</b>	<b>321,885</b>	<b>302,400</b>	<b>313,300</b>
<b>Expenses</b>				
Bank charges	200	69	200	200
Credit card fees	10,500	9,812	11,000	9,500
Accounting	7,000	9,353	7,200	7,500
Liability insurance	2,700	1,545	3,000	3,500
Taxes & Licenses	1,200	249	500	500
Legal	3,500	0	500	9,000
<b>Compensation</b>				
Payroll & Benefits	161,300	173,662	185,000	171,000
Professional Fees	6,100	6,895	6,140	7,435
<b>Office Expenses</b>				
Office expense	4,000	14,937	5,000	11,300
Printing	5,000	6,322	5,000	7,200
Postage & Delivery	12,000	17,944	13,000	16,000
Telephone	7,500	11,065	10,000	11,500
Internet services	1,500	749	3,600	2,700
<b>Facility</b>				
Rent	22,200	22,200	22,200	22,200
Repairs & Maintenance	500	660	500	500
<b>Travel</b>				
Travel	50,000	57,770	50,000	55,000
<b>Total Expenses</b>	<b>295,200</b>	<b>333,327</b>	<b>322,840</b>	<b>333,535</b>
Net Income	0	-11,442	-20,440	-20,235

**Maxey**  
By Jimmy M.

LIVE IS SWEET  
WHEN YOU WANT  
WHAT YOU  
ALREADY HAVE!



# WORLD WIDE NEWS

## Staying In Touch By Phone Or Internet

International and USA Sexaholics Anonymous “meetings” are available around the clock in various phone and internet conference calls or chats. Below is the introduction page to phone meetings available to sexaholics on the [sa.org](http://sa.org) web site. Also below there are two examples from the Skype platform of meetings. Similar meetings are found on Zoom and other locations.



### SA Telephone / VOIP (Voice Over Internet Protocol) Meetings

Unable to attend your regular face to face meeting?

*Can't leave your house because of sickness, bad weather, car won't start?*

*Difficult to get to a meeting when you are traveling?*

**NOW YOU CAN MAKE A MEETING EVERY DAY!**

1. Attend a live SA teleconference meeting with others around the world who are seeking sobriety.
2. If the line plays music when you call, you may need to wait a few minutes until others call.
3. Phone meetings are not intended to replace face-to-face meetings. To find a face-to-face meeting visit [www.sa.org](http://www.sa.org)
4. If the primary phone number doesn't work, there is a **BACKUP NUMBER**. See page 4 for details.
5. A time zone conversion tool, found on many cell phones or on the Internet, can help you make the time zone conversion from the meeting base time zone to the time zone you will be calling from. For those without access to such tools, a printable map of world time zones may be found at [www.time.gov/images/worldzones.gif](http://www.time.gov/images/worldzones.gif).
6. All meetings are mixed gender, open discussion, and held in English, except as noted.
7. Some meetings follow the Daily Sobriety Renewal (DSR) format, where callers answer the daily renewal questions based on those originally published in *Essay* (2002, issue #4).
8. For the phone meetings in Belgium/Netherlands, please email one of the following to get the number and PIN: [info@sexaholicsanonymous.be](mailto:info@sexaholicsanonymous.be) or [info@sa-nederland.nl](mailto:info@sa-nederland.nl)
9. The number and PIN given for the Belgium/France/Luxembourg meeting is for the United States, but there are additional local access numbers for various European countries. Email Bruno [sexaholicsanonymous.eu@gmail.com](mailto:sexaholicsanonymous.eu@gmail.com) for local telephone numbers and PINs.
10. For Spanish speaking phone meetings, please contact [contacto@sexaholicsanonymous.org](mailto:contacto@sexaholicsanonymous.org) for country-specific phone numbers and PINs.
11. Please note that the phone service used at this meeting displays the phone numbers of all callers on an internet dashboard visible only to the moderator during the meeting to facilitate his/her moderation of the meeting.

**Help support the Virtual Intergroup!** The Virtual Intergroup (VIG) takes responsibility for shared resources, such as this flier and our shared teleconference lines. VIG meetings also provide a forum in which to solve common problems and share group experience, strength, and hope. The VIG meets by phone monthly on Saturday at 3 PM Eastern USA time. All SA members are welcome to attend. To support the function of the Virtual Intergroup, phone/VOIP, meetings are encouraged to send an elected representative (Group Service Rep). Contact [VIGSecretary@gmail.com](mailto:VIGSecretary@gmail.com) for the specific date of the next meeting.

For the latest meeting schedule, check [www.sa.org](http://www.sa.org)  
Please send all meeting updates to the VIG Secretary @ [vigsecretary@gmail.com](mailto:vigsecretary@gmail.com)

Last updated: 04/17/2019

Sample chat locations and times on Skype to help sexaholics connect.

There's the meeting which takes place at 6 AM Friday morning Sydney time, which is 9 PM this evening Cairo time

Two English language meetings, one this hour (Australia)  
<https://join.skype.com/x6M38WgZ4tGj> and one next hour  
<https://join.skype.com/nRampP7BpOaS> (India).

**23rd Annual SA Ontario Marathon  
with S-Anon & S-Ateen Participation**  
October 18 (evening) and October 19 (all day) 2019

This is a **CLOSED EVENT** for members of  
SA, S-Anon and S-Ateen.

**REGISTRATION FEES**

**EARLY BIRD REGISTRATION (until Oct. 5th): \$30.00**

**REGULAR REGISTRATION (after Oct.5th): \$40.00**

**SCHOLARSHIPS (full or partial) are also available.**

To inquire about a scholarship, contact us at:

[events@saontario.org](mailto:events@saontario.org)

Any requests for further information can also be addressed to:

[events@saontario.org](mailto:events@saontario.org)

**SA KEYNOTE SPEAKER:**

**LUC B.**

from Sudbury, Ontario

23 years sober and an SA Ontario recovery pillar.

**Wexford/Ireland/EMER SA  
Convention**  
1st to 3rd November 2019  
Willingness - Priscilla C. -  
Nashville, USA  
**REGISTER NOW!!**  
Text Sean M: +353 87 635  
0231 or email [convention@saireland.com](mailto:convention@saireland.com)  
<https://saireland.com/convention/>

**Sometimes Quickly,  
Sometimes Slowly**

**Fourth Annual KC Wildfire  
GKCSA/S-ANON One Day Marathon**

**Saturday, January 18, 2020**  
8:00 AM - 4:00 PM

**Atonement Lutheran Church  
Charter Hall (downstairs)**  
9948 Melcull Ave  
Overland Park, KS 66212

**Schedule of Activities**

8:00 AM Registration—Meal and Grate  
8:30 AM Separate SA / S-Anon Sessions  
SA Speaker: Mike C. - A Culture of Sobriety  
S-ANON Speaker: Albie H.  
12:00 PM Lunch and Raffle  
1:00 PM Joint SA / S-Anon Session  
2:00 PM Separate SA / S-Anon Sessions  
3:00 PM Wrap-up



[ihysa.org](http://ihysa.org) [kansascitysa.org](http://kansascitysa.org) [kansascitysa.org](http://kansascitysa.org) [kansascitysa.org](http://kansascitysa.org) [kansascitysa.org](http://kansascitysa.org)

Cost: \$25 PER PERSON - Scholarships Available  
(Box lunch and refreshments are included in registration.)

Please RSVP by January 10, 2020

(Walk-ins are permitted, but no lunch will be provided to submissions after January 10.)

Please detach the registration form below and mail with your check payable to:  
GKCSA, P.O. Box 15762, Lenexa, KS 66285



Capital Area SA  
S-Anon/S-Ateen Family Groups of DC, MD, and VA

**Gratitude  
Day VI**

Saturday, November 2, 2019  
8:00 a.m. to 5:00 p.m.  
Trinity Lutheran Church  
11200 Old Georgetown Road  
North Bethesda, MD 20852

**Special Guest Speaker: Rich P from Atlanta**

SA/S-Anon cost including lunch: \$25.00  
SA/S-Anon cost without lunch: \$10.00  
S-Ateens attend for free  
S-Ateens, part of the S-Anon Family Groups, is a fellowship of young people ages 12 to 19 who have been affected by substance use in a family member or friend.

Please contact your respective fellowship for help in affording the fees.

To ensure a lunch reservation, pre-register before October 27, 2019

SA and S-Anon online pre-registration information coming soon!

For More Information:  
S-Anon/S-Ateen  
Marika M. 703-603-0362  
marikam@sa-anon.org  
SA, July 9, 2019-0317,  
msa@sa.org.uk  
[sa@sa.org.uk](mailto:sa@sa.org.uk)

**SA Gratitude Week**  
February 4 - 11, 2020  
Annually on February 4

Worldwide

Make your donation to SA at [www.sa.org](http://www.sa.org)

SA Calendar EMER  
Created by: [dlockfeer@gmail.com](mailto:dlockfeer@gmail.com)

**EMER NEWS**

**There are currently  
262 SA meetings in  
the Europe/Middle  
East Region!**

Location	# of Meetings
Dubai	2
Flanders	5
Francophone	6
Ireland	27
Italian speaking	3
Netherlands	13
Poland	96
Russia	31
Slovakia	6
Slovenia	3
Spain	22
United Kingdom	48

## Literature

### **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](#) later in 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 later in 2019.

### **New SA Archives & History Committee**

**I**n 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 to 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](mailto:saico@sa.org).



### *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](mailto:saico@sa.org) to volunteer*

### *ensayo en español*

Descargue el *ensayo* en español en [www.sa.org/essay](http://www.sa.org/essay)  
Download the issues of *Essay* in Spanish at [www.sa.org/essay](http://www.sa.org/essay)

# EVENTS CALENDAR

## International Conventions

**November 21 - 22, 2019 SA Internet Marathon** Internet (SIM): World of SA. [SIMHP.com](http://SIMHP.com)

**January 10 - 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

**October 12, Pittsburgh, Pennsylvania, USA SA/S-Anon Pittsburgh Fall Conference:** Turn the Page - Moving from the Problem to the Solution. Info: (724) 487-8707

**October 18 - 19, Toronto, Ontario, Canada SA/S-Anon Toronto Fall Marathon:** The Real Connection. Info: [www.SAmarathon.ca](http://www.SAmarathon.ca)

**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](mailto:rosscourtneyphotos@gmail.com)

**October 25 - 27, Vaalbeek, Belgium SA Workshop Belgium:** There is a Way.  
Email: [emerworkshopbelgium@gmail.com](mailto:emerworkshopbelgium@gmail.com)

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

**November 1 - 3, Wichita, Kansas, USA SMW Fall Family Reunion:** A New Vision for You.  
Info to follow.

**November 2, 2019, Bethesda, Maryland USA SA/S-Anon/S-Ateen Gratitude Day**  
<https://sanon.ticketleap.com/gratitude19/>

**January 18, 2020, Overland Park, Kansas USA "GKCSA/S-Anon One Day Marathon"**  
Location: Theme: Sometimes Quickly, Sometimes Slowly [kansascitysa.org](http://kansascitysa.org)

**DONATE**  
**To SA international**  
**Use Paypal or credit card in 7**  
**currencies**  
[www.sa.org/donate/](http://www.sa.org/donate/)



# SA CONVENTIONS

SIM 201 Sexaholics Anonymous  
Internet Marathon *The World of SA*  
November 21 - 22, 2019. Start 21  
Nov. at 12:00 pm (Noon) UTC End  
at 12:00 pm UTC on the 22 Nov.



**SIM**  
SA INTERNET MARATHON  
**2019**

**"WORLD OF SA"**  
November 21-22, 2019  
Starting 12:00 Noon UTC

**Join us** for a 24-hour marathon, with members from around the world sharing experience, strength and hope.

Learn from fellow members, laugh together and celebrate what our Higher Power is doing in our lives!

Attend remotely from anywhere for free!  
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/](https://www.designforliving2020.com/)

**TRUE NORTH 2020**  
**Happy, Joyous and**  
**Free**

July 24 - 26, 2020  
Delta by Marriott  
Toronto Airport



True North 2020: Happy, Joyous and Free, is an inspirational recovery event presented by the SA Ontario Intergroup and the S-Anon Ontario Central Intergroup. We are pleased to be able to host the joint 2020 summer conventions in Canada and to welcome you to Toronto. It is our hope that the speakers, the breakout meetings and the fellowship time will be a source of strength and recovery for all the members of SA, S-Anon and S-Ateen who attend.

## 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

## NEW SA GROUPS OCTOBER 2019

Europe, Africa, Asia, Australia  
Budapest, Hungary  
Lviv, Ukraine  
North, Central, and South America  
Metepec, Estado de México, México  
Tuxtla Gutierrez, Chiapas, Mexico

San Vicente, El Salvador  
Santiago de Chile, Chile  
Golden, British Columbia Canada  
New Orleans, Louisiana, USA  
Phoenix, Arizona, USA (new meeting)  
Webster-Clearlake 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 : October 2019: *Freedom Behind Bars*. December 2019: *Miracles in Recovery*. February, 2020: *Sober Dating in SA*. 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, art, 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* especially welcomes meeting room photos, artwork and humor. Graphic art and funny stories enhance each issue. For graphics, 300 dpi is preferred.

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## Humor For SA

Have a good joke, wry observation, funny SA story? Send your Humor gifts to [essay@sa.org](mailto:essay@sa.org)

# SA CFC

SA Correctional Facilities Committee

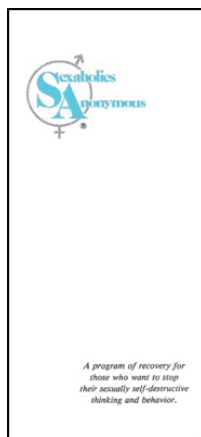
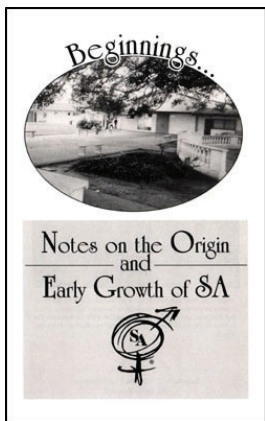


From this pamphlet:

If you are leaving prison or jail, and are a Sexaholic, there is hope for you. This is because the fellowship of Sexaholics Anonymous (SA) is here to help you. If your offense is a sexual offense, all the more reason to throw yourself into SA with all your force. If you were working the SA Program while incarcerated, you have learned something of yourself in prison. ...you must now adjust to a society in which sexual offenders are often misunderstood and face numerous obstacles. You will probably have to register as a sex offender. Our experience with probation and parole officers tells us you must be vigilant and take seriously the conditions of your release. ...The challenges for those who reenter society will be harder for some than for others.

This pamphlet offers help for the sexaholic receiving parole. The goal is to connect the soon-to-be released prisoner with local SA members and ideally former offenders in the fellowship."

Order from [sa.org/store](http://sa.org/store)



Available from the [SAICO Store!](http://saico.org)

*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*



## The Twelve Steps

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

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

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





## The Twelve Traditions

1. Our common welfare should come first; personal recovery depends upon SA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is a desire to stop lusting and become sexually sober.
4. Each group should be autonomous except in matters affecting other groups or Sexaholics Anonymous as a whole.
5. Each group has but one primary purpose—to carry its message to the sexaholic who still suffers.
6. An SA group ought never endorse, finance, or lend the SA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every SA group ought to be fully self-supporting, declining outside contributions.
8. Sexaholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. SA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Sexaholics Anonymous has no opinion on outside issues; hence the SA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films and TV.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.





**GOD**

grant me the

**SERENITY**

to accept the things  
I cannot change

**COURAGE**

to change the  
things I can and

**WISDOM**

to know the  
difference.