

# ES SAY

**December 2019**

A periodic publication of  
Sexaholics Anonymous featuring:

**Practical Tools**

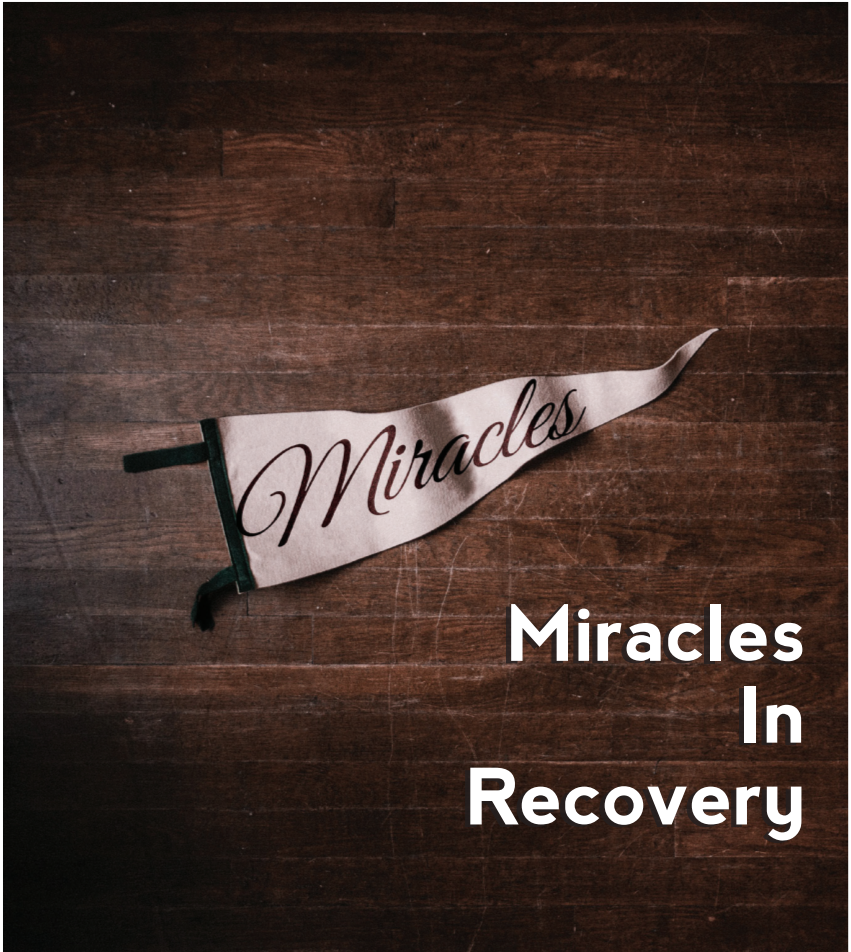
Fixing the White Book  
What Will You Do Differently This Time?  
Service & Sobriety

**Steps/ Traditions**

Fantasy and Sobriety  
Opposition Or Compassion  
Importance of Steps 1 Through 12

**Miracles in Recovery**

Return of the Grateful Prodigal Son  
An Ordinary Miracle  
The Miracle of Letting Go of Control  
One Sudden Miracle  
Hal's Miraculous First Year of Sobriety



# 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* 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 by the General Delegate Assembly*)

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



# EDITORS' CORNER

December, 2019

Dear *Essay* readers:

This issue of *Essay* includes many stories on “*Miracles In Recovery.*” Our next issue in February, 2020 will focus on “*Sober Dating.*” Please send in any stories or short articles on your experience with dating experiences in Sexaholics Anonymous. Future topics include: *Travel and SA Recovery* in May, 2020 and *Lost in Translations* in August, 2020. 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. As other translations are made available, we put them on our website. Posts on our web site make access to meaningful articles simple. All of these are at [sa.org/essay](http://sa.org/essay)

Mailed print subscriptions are wonderful for those who want for the *Essay* to be easy to hand to newcomers and to use for meeting discussions. Usually the print edition of SA has four 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 M., Kent A., Daniel T., Will W.)  
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## Subscribe to *Essay!*

The electronic worldwide *Essay* (pdf file) is now free. Download your current or back copy from the [Essay download site](http://www.sa.org). Mailed individual five issue print subscriptions are \$20 USD/year to addresses in the United States and to Canada and 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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# Dear *Essay*

Dear *Essay*,

Hello, recently we had the best Monday Noon meeting in quite a while here in Akron, Ohio. All due to the beautiful share [in the October 2019 *Essay*] of Wendi from Colorado! Her topic was “Practicing the Principles.”

It was stated in the meeting, and all agreed, that the White Book was spiritually inspired. Her article was so concise in its personal message, that we felt that her’s, too, was an inspired work of the spirit! Simply a great message for all. Thank you, Wendi for sharing your thoughts on how the Steps form your life in recovery. Awesome!

Note: a group of us are coming to the January Nashville International from Akron. If Wendi might be in attendance, we would like to meet her.

Yours in recovery, Eric S

Dear *Essay*,

Sylvia J. in Oklahoma, USA said “join SA and see the world.” I have just spent a month sharing at conventions, workshops and with individuals the joys of recovery. I have been in Italy, Switzerland, Lithuania, Ukraine, Poland, Hungary, Slovakia and Austria, and Germany. Wow! The friends I have made and the old SA friends I have seen. This is intimacy at its finest.

And what an amazing trip this was. In a workshop last weekend we had 23 people from Finland, Lithuania, Latvia, Poland, and Armenia. We worked in four days in Poland and two days in Slovakia besides the scheduled workshop weekend in Ukraine and a weekend in Budapest. They are taking such good care of me.

[Dave just returned from a similarly successful trek to Alaska.]

Dave T., Oklahoma USA

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Dear *Essay*,

Here are a few things I wrote down from the 2019 Post Falls, Idaho retreat. They may be of use to the *Essay*.

- \* “Why?” is not a spiritual question.
  - \* Lust is constantly seeking more and bigger and better.
  - \* I don’t take the actions as some sort of control or power show. I just do what I can do.
  - \* Progressive victory just means I am spiritually fit right now. Progressive victory doesn’t lead to Victory.
  - \* Sobriety doesn’t mean I’m in maintenance mode.
  - \* Anything that takes me away from the present is a form of lust.
  - \* I’m either serene in the here and now, loaded, hung over, or lusting after the next fix.
  - \* Lust: not accepting what God gives you as enough.
  - \* I’m addicted to what you think of me.
  - \* In my mind I was either the hero or the zero and there was nothing in between.
- Kirsten S.



Sexaholics  
Anonymous

### Practical Guidelines for Group Recovery

How your Group and Members can move  
out of the Problem into the Solution...

## PRACTICAL GUIDELINES FOR GROUP RECOVERY

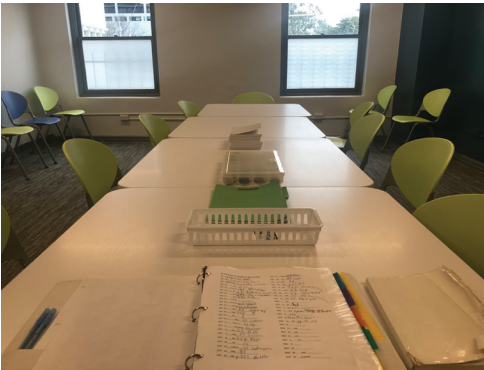
“There are times when groups need recovery. This is simply a fact of life. The Twelve Steps and Twelve Traditions are to group recovery what they are to individual recovery. It takes time and mutual effort to incorporate these principles into group life, just as it takes time and effort to incorporate them into our personal attitudes and behavior.

The following suggested guidelines are offered to foster group recovery by helping newcomers get a positive start, encouraging sponsorship, reducing slipping, and supporting long-term recovery. These guidelines have been worked out in real situations where significant turnarounds have been experienced. They emphasize the solution over the problem.

“Each group has but one primary purpose—to carry its message to the sexaholic who still suffers” (Tradition Five). As radical as this may sound to some, keeping us sober is not the primary purpose of the group. We have learned that the group itself cannot keep anyone in sober recovery; God does that as we make the Steps a way of life. The primary purpose of the group is to carry its message—that of recovery—to other sexaholics.”

Order your copies from the [SA Store!](#)

## World Wide Walls of SA



Above: Atlanta, Georgia USA mid-town meeting room

Below: Cedarhurst, New York USA meeting room



# PRACTICAL TOOLS

## Fixing the White Book

*A Gratitude*

**A**n issue that was nagging at me for the past few years was the state of my White Book. Pages were falling out and it was frayed in places. This was due mostly because it comes with me everywhere. Even though I have another White Book, my frayed copy has been with me to meetings in eight different countries on three continents, and to many countries without SA meetings. It is always in my backpack.

When I got my White Book as a newcomer, I read it all in a short time and put it down. I didn't like it, didn't

**As I worked on the book, I started to get emotional. Gratitude welled up. Sadness, too. Memories. What was going on?**

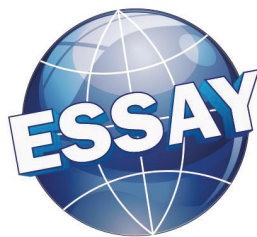
“get it.” It was too complicated for me. It wasn't intellectual enough for me. It was too simple for me. It was too religious for me. It wasn't religious enough for me. I have since learned that when I have a negative reaction against something, there is usually something wrong with me – in my case, I was so deep in denial that I could not see that the White Book describes me perfectly.

So, I decided to repair my White Book. I bought some bookbinder's glue, and on a quiet Sunday afternoon I sat down and got to work on this brief repair job. I thought it would be a simple task. It was not. As I worked on the book, I started to get emotional. Gratitude welled up. Sadness, too. Memories. What was going on? Emotion and I don't usually go together.

I realized as I was fixing my White Book, it was almost exactly 10 years since I attended my first meeting. I've been sober the past 8 years and a half by the grace of God, but have been in the program for a decade. The memories came back – of my isolated first few months in the program, of finally buying the White Book and getting a sponsor after a few months, of the first year and a half of successive relapses as I tried desperately to use half measures, of friends I have gained and lost, of the Step Zero experience of fellowship, and of the enormous relief of the gift of sobriety in May 2011, and the miracle of each and every day sober.

My White Book has been with me all that time. “The road was up and down, smooth and rocky... At times we experienced great joy; at other times doubt, uncertainty, depression, and fear... But we found that once on this road, something deep within told us it was the right path for us” (SA, 78). I don't think I'll be replacing my White Book any time soon – or at least as long as the glue holds.

A Sexaholic in the UK



**Our Meeting in Print**

## What Will You Do Differently This Time?

*Working the Steps every day*

I have been in and out of SA for 13 years and my newest sobriety date in April 7, 2019. Why? I never put recovery first, until now. In the past 13 years there have been periods of sobriety, living as a dry drunk, and acting out and ignoring the Fellowship and the Program.

My son is a recovering drug addict. I encouraged him to go to meetings and get "clean." At one point in his recovery he slipped. I hoped that his slip would be temporary and that he would get back into his program. He did; I didn't. He started going to meetings every day, he spoke and met with his sponsor, and started showing something that I wanted – serenity.

Last April, I came home depressed and downtrodden, active in my addiction. I opened up to my son, admitting I was a sex addict and that I just couldn't get and stay sober. I wanted to get sober but the Program is just wasn't working for me. He said, "Dad, you know what you need to do – go to a meeting – that's what you told me when I had my slip." I agreed and he hugged me and said, "That's not enough. What are you going to do differently this time to make sure you stay sober?"

WOW! In 13 years no one ever asked me that question - no fellow addict, sponsor, or therapist. I realized at that moment I was on the same program

that hadn't worked for 13 years. I needed to do everything differently this time. I told my son that I would be more like him and attend daily meetings. He said, "That's a start, but you will need more."

He was right. I needed to change what I was doing, I needed to add to the program. It now includes daily prayer and meditation, daily meetings, daily multiple phone calls, daily readings, daily contact with my sponsor and meeting weekly with him. I also provide service to the fellowship - I now chair meetings and set up and clean up at every meeting I attend.

**My son was right; the Program I had worked for 13 years did not keep me sober, slipping over and over. I needed to do it differently.**

I am working the Steps, something I never really did in 13 years. I realize now that the Steps keep me sober, they do not get me sober.

My son was right, the Program I had worked for 13 years did not keep me sober, slipping over and over. I needed to do it differently. I am finally feeling happy, joyous and free. Mine is a disease of comfort - if I am uncomfortable I will act out again. The only way I can remain comfortable is to work the Steps on a daily basis. Living an honest life adds to my comfort which I enjoy a lot more than those few minutes of relief that acting out brought me. I am doing it differently this time and it is working.

Saul B., New York USA

## Service and Sobriety

*Giving up to get something better*

**S**ervice is a critical part of recovery, but it is one of the most poorly understood Program concepts, in my opinion. I've been in the Program for 19 years, and for 17 of those years, my idea of service was flawed. I believed service was about helping addicts only. I did not see it extend outside of these boundaries.

I got the wrong message. I believed God granted special grace for service to addicts. It also didn't make sense to me that service applied to people outside of the Program. I have been in the service of others outside the Program my entire life, and it never did anything for my sobriety. I concluded this Step must specifically apply to doing things for the benefit of others' sobriety.

I made phone calls, I folded chairs and made coffee, but I didn't stay sober. I figured sponsors had much more opportunity for service with sober sponsees; so, in my mind, service only benefited sponsors. I figured 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 believed there was nothing I could do.

I hit a bottom that forced me to work my Program differently. I got into serious trouble and the illness broke me; I became desperate to be sober. I aggressively worked every aspect of the Program. I started doing things for people in my immediate circle, my family. I started voluntarily washing dishes, cleaning the house, carting the kids around. There were no requirements for me to do this stuff and there was nothing in it for me. Yet I found that doing these things pulled

me away from what I wanted to do, like watching TV or just sitting and relaxing. The AA Big Book says "Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs." (p 20). I tried to do this as much as possible. I was desperate to be sober, and I thought this might be a solution to my problem.

I began feeling that these actions were making a difference and keeping me sober. It seemed to create an invisible buffer against lust. I was

**Voluntarily doing good for others brought me to a good place spiritually. I discovered Service as an attitude, it was working; and I was amazed.**

beginning to see why the old-timers spoke so glowingly about service. I was beginning to experience feelings of joy. I was working diligently on the other Steps, but service was clearly the major factor. I was sober and not acting out. In fact, there were times when I normally would have found it impossible to not act out, and yet I was sober, not even triggered. Voluntarily doing good for others brought me to a good place spiritually. I discovered Service as an attitude, it was working; and, I was amazed.

I attended an open AA meeting one night and I posed the question "Is service supposed to be for other addicts only or does it apply to people in general?" To my surprise and relief, their overwhelming response was that service applied to people in general. Several people shared examples, like pumping gas for elderly in wintertime, or shoveling a neighbor's cars out of



## Practical Tools

the snow. The Program teaches that we are to practice the principles in all our affairs. Being of service to addicts is only the beginning. I needed to hear this. It confirmed what I had hoped was true. AA had the answer I needed.

Voluntarily being of service taught me a lot about self-centeredness. Service for the sole purpose of being of service is almost always coupled with having to give up something I would rather do. I believe service works when I act with charity and not expect recognition. When I am voluntarily doing things for others, then I am really giving of myself. This is the true nature of service to me.

Chuck T., Columbus, Ohio

AS WATER QUENCHES  
LUNGS BREATHE  
MOTHERS NURTURE  
MUSIC SOOTHES  
GOD HEALS  
GOD RESTORES  
GOD CAN  
JUST ASK

### “Bad News” In Sexaholics Anonymous

*(In serial form, #3)*

Over three sober decades in SA there have been quite a few pieces of “bad news” for us 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”:

- We make a decision to get angry. Then we find something to get angry about. Same with resentment!
- Anyone who says, “I can’t get sober!” is telling the truth. If we could get sober on our own, we would not need SA. However, “We can get sober!” is also true.
- I cannot trust my brain to “figure out” recovery. My own best thinking got me here.
- Let go and let God means that I must stop steering my life. I learn to do what’s in front of me each moment.

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# MEDITATIONS

## A Grateful Heart

*When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion we can ever know (As Bill Sees It 37).*

When I entered Sexaholics Anonymous, I had a longstanding habit of looking on the “downside” of things. I felt things always worked out for the worst. I did not trust anyone, especially members of the opposite sex. This habit was a hindrance to my recovery, and thus my survival.

As I worked the Twelve Steps and came to believe that a Higher Power accepted and cared for me, I began to see life differently. I recognized my sorry attitude for what it was—stinking thinking. I surrendered my negativity and began to notice flickers of gratitude in my thoughts. It felt wonderful. Lust began to diminish and gratitude began to grow.

Each year on my sobriety anniversary, which I achieve by staying sober one day at a time, I review the miracles of change that God has worked in me: sobriety from lust; a new and loving attitude toward people; a feeling of safety in SA meetings as I share the deepest truth about myself; and many other blessings.

While my anniversaries are a fine time to be thankful for the entire benefits that sobriety has brought me, I have discovered that every day is a good day to practice gratitude.

*I will practice having a grateful heart today.*

The Real Connection Meditations 11

## Sobriety RAP

You want 12 Steps, man, now and with no rent just say I can't [YEAH] and give up your old tent!

Time to go n' leave and ban, clean up ya life, because God can! [YEAH]

Achieved Step two, here comes Step three, Let God make him do it, let him make ya free!

But that's not enough just do what ya can... No worry! Hand in Hand, man by man!

To look within, you need an inventory. May it turns to bin – we just wanna hear ya story! [OKAY-YEAH]

Step five means admitting your own wrongs, to a friend, nd person or priest that you belong!

NO MATTER – Yeah – ready for self change! A lot to do man – it's a new life's

arrange!

Seek God's help and be his friend, become now willing, buddy. to make ya amends!!

Will and amends – they are not enough... You need to do it daily to stay above!

Step 10 inventory keep's sober n clean Even you get weird and your face lif mean!!

Mean away – nice nd good! Now pray and live in a calm hood..

Meditate also – Really don't forget! Your mind is getting sober, becoming great a well head!!

What you've got learned now – Lef s give it away!! To everywhere nd now – You cannot rest where ya stay!!

Goiri to meetings – 'nd day by day.. ya life 's becoming colour and no more, more grey!

Get some guys now – which you can really help! so your heart will grow and ya

## Failure Is Never Final With God

*Staying sober is our initial objective; a spiritual awakening is the unintended result (SA 143).*

In recovery, we become convinced that sobriety cannot be attained by merely human efforts. We need God's help. When we first enter, begin the 12 Step Program, and start asking for God's help, many of us find sobriety very difficult to achieve. It feels as if no help is given, or we are given less help than we need. (Later, we find out that God was offering the help all along!) Nevertheless, after each failure, we confess our wrongs, ask for forgiveness, pick ourselves up, and try again. Sometimes what God first helps us towards is not sobriety itself but this power of always trying again.

Acting on the suggestion to "keep coming back" reminds us of attitudes and principles that lead us to progressive victory. We learn, on the one hand, that we cannot always trust ourselves even when we feel sober, and, on the other, that we need not despair when we struggle, for our failures are forgiven. The only fatal thing is to become content with anything less than true sobriety and recovery.

We do not quit before the miracle—nor do we quit after the miracle happens!

*God, please use my failures as stepping-stones to a successful and lasting recovery.*

The Real Connection Meditations 317

Ego has to melt!

The 12 Steps are suggestions – how many of us 'em call.. there's no more excuse, man – we have to do them all!!

One by one – n' Step by Step! ya'll see man surely that ya really won't regret!

Standing in da shit – seconds before you're dying.. OH now's time to pray [YES] and so no more, more lying!

But out of lightning nowhere – OH – there's coming a hand!! if s God's message, Bro – that you've got another chance!!

This chance ain't no special – it's just a normal day... which ya can use now for meetings, Steps, smiling and pray!!

Life's so nice – the problem's we're blind... and treating our family n' fellows not very, very kind!!

Living the 12 Steps, man – Now'nd only here.. Needing no more lust, drug, hate

and beer!!

All what ya really need – you've got it all in you! what can I tell ya – no secrets so that's the clue!!

My new life's changed, God has it arranged!! the sky is less cloudy and I'm feeling like a saint!!

This is my daily message – to you it's part of my story... da program help's me everyday and my life's no more boring...

THANK YOU – HAVE FUN! YOU CAN USE THIS FOR POETRY, RAP etc.

May one day we meet at a convention. Let's set up a beat and do together some sober rap sessions

I do not guarantee for a perfect grammar – please have some clemency!

In fellowship, Florian, SA Germany

# Miracles In Recovery

## Return Of The Grateful Prodigal Son

*A poem*

**S**o, here I am in anticipation after my long journey  
Waiting on the hanging canopy swing in the shade of two giant elder pine trees

With my son on the side of my sister's house in Northern Idaho

It's a peaceful summer mid-afternoon with a few fluffy clouds in a high blue sky

As my son and I take turns napping on the swing waiting for someone to arrive home

The first one in is my sixteen year-old nephew who comes along the lane

Scuffling to his own rhythm, he goes inside the house without noticing us

After a few minutes, I make the first move and do the next right thing

I go inside to say "Hi" and connect and then the rest of my family arrives in shifts

Brothers with their families, sister home from work

My parents, the elders, carrying their hopes and prayers along with their handbags

Yes, there is hope here among the expectations and fears of the Unknown

Unfulfilled promises from the past, jaded frustrations with old disappointments

Three generations of hoping for a better world and each member of this tribe

Has a different vision of that better

world which is shared in pieces with each other

Held out tenderly to one another and splashed out in loud colors

Among the branches of that old family tree

In the sharing of these visions of a better world, around the reunion table

Around a circle on the beach, around the breakfast table

Around the campfire by the dock late at night, each one of us is returning

To the one true family of all in our hearts and we are all prodigal children

Coming out of our own wilderness to join and gather

As the special and sacred people that we are

On the last morning, as my son and I are making our goodbye family rounds

I feel a sadness of leaving too soon and a joy of keeping something for myself

There is a final moment of them standing in a group

Watching my son and I walk out the front door into the blessed morning light

They wish us well on our journey and bid farewell to the returned ones

The blessings and the joy flow like water

When the prodigal son returns for a reunion, and he leaves, wanting more

After giving away and receiving something that he had never dreamed of.

Marshal M, California USA

## An Ordinary Miracle

*Taking the actions works!*

I had always thought my Step 9 would be pretty tame. However, there were three or four moments that struck me with the urge to run away from life as I knew it and never look back. One of these was the day I made amends to my mother. My wife was out of town, and mom invited me to do a BBQ with her at a local park. I had been waiting for a few weeks for the opportunity to present itself, and there it was. I agreed.

Opportunities to work over the summer and to make amends had presented themselves, but I felt just as powerless over my laziness and fear as I did over lust. A great deal of insecurity surrounded the topic of work for me. Our BBQ didn't get off to a good start. "How are you?" she asked. "I'm alright." "How's work going?" "Not great." "... Then what have you been doing with your time?!"

A reasonable question, for a normal person, but in the heat of the moment I chose anger. All of my insecurity about my work ethic, manhood, and dependability came screaming out of the angry hole in my heart, blaming everything and everyone else for my flaws. "She doesn't understand, she doesn't even try!" "Just because she needs work to feel productive doesn't mean I do." "Why is it always about work with her?"

Immediately I shut down, giving some vague comments, changing

the subject and asking if we had everything for dinner. She didn't have anything to start the fire with. Another wave of resentment crashed over me, and I stomped back to my apartment.

Once alone, my thoughts turned to the amends I was planning to make. Dread filled me up, along with the realization that I simply couldn't do it. There was no way I could force out the words "I was wrong" while this hurricane of rage swirled inside me.

"God, if I'm going to do this, I need You. Make this happen, because I can't," I prayed.

The storm slowed a bit, enough for me to get back into the car and remain cordial. But as we continued to talk it seemed that I couldn't keep my resentment at bay. Every comment, movement, or glance she made threw me right back into chaos. I found myself so worked up I could barely speak. If I were to open my mouth, who knows what would come out?

We exited the car at the park, gathered our things, and proceeded to look for a place to make dinner. I noticed that there were quite a few other parties enjoying the area as well, and in my desperate need to escape the scrutiny of total strangers I turned down a dirt trail that seemed safe and solitary. To my utter horror, the path opened up to a large group, positioned in a half-circle facing us. As soon as we popped through the opening, it seemed all eyes settled on me. I muttered obscenities under my breath, fixing my gaze downwards, realizing that I was leading my mother

**God gave me the strength to start talking. And, unexpectedly, I found myself making amends for the way I have treated her this year.**

resentment at bay. Every comment, movement, or glance she made threw me right back into chaos. I found myself so worked

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and her crazy dog right through the group as well. Humiliation quickened my pace and I settled in the only site I could find that was not in direct view of anyone else in the park. My resentment now seemed to blanket everything within a two hundred yard radius.

At this point the only thing I felt capable of thinking about was the task of making dinner. Unwilling to laugh at myself, or to let any of the evening's emotions go, I forged ahead determined to demonstrate I was at least capable of something. Fortunately, building the fire went smoothly, and I didn't burn the food.

Despite this meager success, my lips remained sealed shut. Every time the dog barked at someone or Mom tried to make small talk I wanted to retreat further into myself, I simply couldn't make words come out!

My mom broke the ice. "It seems like you have been angry with me for a long time. What's that about?" I squirmed, but God gave me the strength to start talking. I shared how I had felt for the last few months. And, unexpectedly, I found myself making amends for the way I have treated her this year. "I was wrong to treat you that way and I ask your forgiveness." I then moved on to the direct amends on my agenda. "I was also wrong to not pay you back... and I ask for your forgiveness. I'd like to pay you back for that."

I didn't realize it at the time. Looking back I can see how my resentment seemed to melt away when I said the words. We spent the rest of the evening actually talking. I even laughed. I still felt very uncomfortable, but God helped me through those

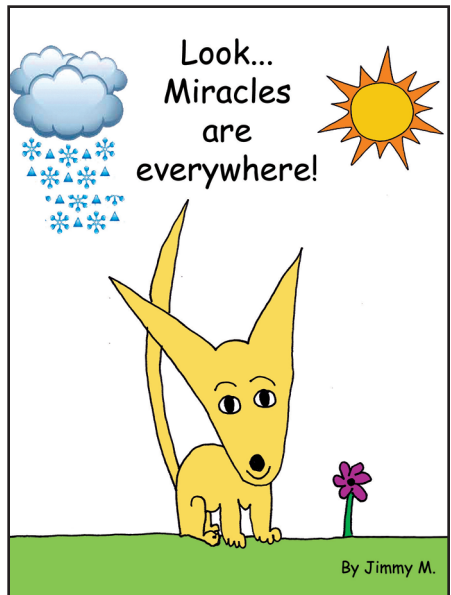
negative feelings. Despite a pretty lackluster effort, God saved me from my resentment. It was one of the first genuinely positive experiences I have had with my mom in years.

I have not felt the same rage-resentment storm towards my mom since then. Excited about this inhuman and earth-shattering miracle, I called my sponsor. Describing the "HUGE" miracle that God worked in my life that day, he stopped me short. "You're wrong." "...what?" I responded, taken aback.

"It wasn't a huge miracle, it was an ordinary one. You'll continue to experience more as you continue working the Steps." "Oh." I replied.

Thank God for ordinary miracles, which teach me today that my Higher Power is One that saves me in my moments of lust, resentment, fear and self-pity. Only that Power is capable of keeping me sober and serene.

Spencer S., Utah USA





### El Milagro De Soltar El Control

*Siguiendo la corriente*

**E**n mi experiencia me he dado cuenta que SA es como un río. Cuando un compañero nuevo llega, el río quiere arrastrarlo a la recuperación. Pero nadie tiene motivos puros al llegar, como se dice en el libro Blanco. Por consiguiente, el compañero a veces se resiste, ya sea con el concepto de sobriedad, con los casados que según él lo tienen “más fácil”, con el compañero que le sugiere que consiga padrino, con las reuniones, en fin, con cada cosa que surge. Es como si comenzara a nadar contra la corriente de ese río caudaloso. A veces incluso puede estar sobrio por un tiempo mientras se resiste, pero lo normal es que recaiga.

Si es soltero, se dirá: “¿porque no puedo tener sexo con mi novia?” Con el tiempo puede que empiece a soltar el control, a confiar en el río. Pero incluso puede suceder, como me sucedió a mí, que aun tenga resistencias. Aunque acepte ser apadrinado, no hace los pasos, llama cuando quiere, y se conserva sobrio porque a él le funciona el programa “de esa manera.” En otras palabras, sigue resistiéndose ante la corriente. Puede tener un largo tiempo de “sobriedad”, y luego recae. ¡Oh sorpresa! ¿Qué hice mal? Casi siempre nos enfocamos en la lujuria, en las tentaciones, y nos olvidamos que el problema es más profundo: El animal salvaje de mi ego que busca la paz y al mismo tiempo (¡qué contradictorio!) se resiste a entregarse a los pasos, a las sugerencias del padrino, y lucha todos los días contra la corriente del río.

Yo también fue uno de los que quería adaptar el programa a sus gustos personales guiados por mi enfermedad. Y no es que el programa busque la uniformidad, pero sí busca que yo esté

dispuesto a hacer todo lo necesario (y todo es todo) para estar sobrio.

Entonces mi Poder Superior me dará el padrino que necesito según mi idiosincracia personal que él conoce muy bien. Así fue como me sucedió: en algún momento dejé de exigir que la corriente del río corriera en el sentido que yo quería, y solté mi resistencia, que fueron muchas. Aun a veces intento examinar si conservo alguna, nunca se sabe.

¿Cómo es posible que yo me haya permitido soltar mis resistencias y dejar que la corriente me llevara? No lo sé. Tuve que darme cuenta lo absurdo que es luchar contra la corriente, discutir, llevar sobre los hombros ese enorme peso y al mismo tiempo estar sobrio, con una sobriedad que no es otra cosa sino orgullo y fuerza de voluntad. El río no está en mi contra, yo soy el que se resiste a la recuperación y pelea con las piedras del río y con la misma corriente. Peleo contra mi recuperación. El río me lleva al mar de la recuperación, donde las promesas se cumplen. ¿Por qué seguir resistiéndome a ello con los pensamientos sofisticados de mi intelecto controlador, muy astuto cuando trata de inventar justificaciones? A juzgar por mis tendencias naturales egocéntricas, orgullosas y llenas de soberbia, no puedo decir sino que fue un Milagro. Un milagro que se renueva en estas 24 horas si tengo la actitud correcta, dispuesta a hacer lo que sea necesario.

Le pido a mi Poder Superior que me dé por estas veinticuatro horas esa buena voluntad de abandonarme en el río de su gracia que se expresa en el programa, porque yo no puedo. Gracias compañeros por hacer parte de este milagro.

Rafael de Colombia.  
Sobrio 3 años y 6 meses.

### The Miracle of Letting Go of Control

*Going with the flow*

**I**n my experience I have realized that SA is like a flowing river. When a new member joins, the river wants to sweep him into recovery. But nobody has pure reasons when one joins, as it says in the White Book. And so sometimes the newcomer resists the current. Whether it's with the sobriety definition, or with the married couple who as they see it, have it "easier," or with the old-timer who suggests one get a sponsor, or even with meetings, in short, with anything that crops up that goes against what "I know." It is as if one attempts to swim against the flow of that mighty current. Sometimes you can even be sober for a while resisting, but it often ends in relapse.

Over time one may start to let go of control, to trust the river, but it still happens, as it happened with me, while I still resisted. Although one accepts sponsorship, one does not do the Steps, they call whenever they fancy and not consistently, and one somehow remains sober because the program their way "works" for them. In other words, they're still resisting the current. You can even have a long period of "sobriety", and then relapse. What a surprise! What did I do wrong? One almost always focuses on lust temptations, and forgets that the problem is so much deeper. The wild beast of the ego that longs for peace and at the same time (how contradictory!) resists surrendering to the Steps and to the sponsor's suggestions, fighting every day against the current of the river.

I was also one of those who wanted to mold the program to my personal needs, guided by my illness. It's not that the program seeks uniformity, but it does

ask that I be willing to go to any lengths for sobriety.

So my Higher Power will give me the sponsor that I need according to my personal idiosyncrasies that He knows so very well. This is how it happened with me. At some point I stopped demanding that the current of the river run in the direction that I wanted, and I let go of my resistance, and I had many. Often I will re-examine if I have any new resistances, and I see that many times I do.

How is it possible that I was able to let go of my resistance and let the current of the river take me? I don't really know. I had to realize how absurd it was to fight against the current, to argue, to carry that enormous weight on my shoulders and at the same time to be sober, with a sobriety that is nothing but pride and willpower. The river is not against me, I am the one who resists recovery and fights with the stones of the river and with the same current. I fight against my recovery. The river takes me to the sea of recovery, where the promises are fulfilled. Why continue to resist it with the deceiving thoughts of my controlling intellect, oh so cunning when trying to invent justifications? Judging by my self-centered natural tendencies, proud and full of pride, it's hard to say that it was a Miracle. Yet it is a miracle that is renewed in these 24 hours, if I have the right attitude, and I am willing to do whatever it takes.

I ask my Higher Power to give me for these twenty-four hours the blessing to abandon myself in the river of his grace as it is expressed in this program, because I myself cannot. Thank you to all my fellows for being a part of this miracle.

Rafael from Colombia  
Sober 3 years and 6 months

### One Sudden Miracle

*Realizing who he does not want to be*

Several years ago at work, a new employee was hired into our section. “Shirley” was a drop-dead gorgeous woman. Besides being beautiful, she was intelligent, witty, and friendly. Quickly, I realized that I was getting a crush on her.

Mentally I made a list of all the things that were wrong with my romantic attraction. First, I’m a married man. Second, I’m a sexaholic, and part of my disease is being drawn to women romantically. Besides, I was 20 years older. Not to mention all the problems involved with office romances. But all those rationalizations had little to no effect on my attraction/obsession.

I prayed, “God please take this. God, I surrender my attraction.” But it didn’t feel like it was working. Possibly the thoughts and the prayer

**I realized that I must have heard the voice of God—that voice was not my own.**

did have some effect, however, for several months I didn’t make any moves, and I kept away from her in solitary situations. I kept the poison all inside myself.

After several months, one lunch hour I was driving to a meeting. While driving I saw pedestrians about to cross the street, and I stopped to let them cross. One was a beautiful woman. Two thoughts crossed my mind. First, she was almost a twin to “Shirley.” Second, I realized that I was thinking, “Man, she must have a lot of trouble with guys hitting on her.” I felt slightly bad for her.

Immediately following came two more thoughts. One: I realized that I must have heard the voice of God—that voice for sure was not my own. Two: I understood that this spiritual experience could help me with my office obsession. This entire process happened in a couple of seconds.

I had to follow through, of course, and I did. There were times when I started to feel romantic lust for “Shirley.” I surrendered them one by one, always adding: “I don’t want to be one of those guys hitting on her.” Within a couple of months, my attitudes had become normal and I was free of the obsession. I am grateful for the sudden miracle.

Anonymous



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### Hal’s Miraculous First Year of Sobriety

*Step Twelve changed him*

Hi. I’m Hal, sexaholic, sober since August 4, 2018. From 2008 into 2018 I was a “chronic slipper.” Thank God I didn’t quit SA before the miracle happened.

After years of treatment for anxiety and depression, my therapist recommended that I focus on working the 12 Steps of SA with a sponsor. SA was my last hope. In despair, I surrendered my pride and asked the man who is my current sponsor to sponsor me. He agreed to be my temporary sponsor. I had

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mixed emotions - tears of anguish, surrender and gratitude. Here was a sober sexaholic willing to help me! We started working the Steps in January 2018. I had slips for the first eight months of 2018. Working the Steps, I had fewer slips.

I received a miracle in recovery with a spiritual awakening on August 3, 2018. Three months after working Step 12 with my sponsor, with only a few hours of sexual sobriety, I found myself accepting all parts of Step 12. I was suddenly radically determined to go to any length to carry my recovery message to other sexaholics.

When I think about my first year of sobriety, four things come to mind. First, sponsorship is a significant part of my recovery. I got my first sponsee when eight days sober. Although we live 3,000 miles apart, we work the Steps by phone. This year I have walked over 30 men in four states through the 12 Steps of SA. It is a joy to see my sponsees meeting with their sponsees before and after meetings. Had I wallowed in selfishness, self-pity, and self-centeredness, and quit SA before the miracle happened, I would not have been able to see this miraculous Program in action.

Second, service helps my recovery in phenomenal ways. I took my first service position in August 2018, less than 30 days sober, when I was elected to Intergroup as Group Service Representative. At three months sober, in our fall marathon I co-led a breakout session with an experienced SA member who came down from another Intergroup in our region. Recently, I

was blessed to serve on an Intergroup sponsorship panel event. Later I faced my F.E.A.R. (False Event Appearing Real) and joined an old-timer to co-chair our the marathon.

Third, meeting commitments play a compelling role in my recovery. I have commitments at three meetings in my area: Group Service Representative for my home meeting; deputy greeter for a second meeting; and I chair a third meeting. Recently I led a breakout session at an SA Spirituality Retreat. It is a pleasure, rather than a burden, to serve with SA's legacy of Service.

**Gratitude is part of my recovery. It is the perpetual posture from which I try to live out the principles of the SA Program.**

Fourth, gratitude is part of my recovery. It is the perpetual posture from which I try to live out the principles of the SA Program. I am grateful to be sober, one day at a time, and to experience progressive victory over lust.

Sponsorship, service, keeping commitments, and gratitude do not cost anything. They're free! And it is such a joy! I invite my fellow travelers in early sobriety to join me on this broad highway. You won't regret it.

Attending SA meetings without working the Steps with a sponsor did not produce lasting results for me. I am a "real sexaholic" and could not recover until I worked the 12 Steps of SA. I do not work them perfectly. And, I do work the Steps daily, sometimes because I do not want to work them. Thank you, God, for the miracle of sobriety and recovery!

Hal C. - Virginia (USA)

# SA STORIES

## Pervasive Arrogance

*Discovering his wise elder*

I joined the committee to plan our semi-annual retreat because I have a lot of experience planning these events. But this time I stepped aside to let others organize it. The theme was chosen over my objections, as I preferred the first idea they came up with. I let that go. They chose to not pick breakout topics, but allow the leaders to choose their topics when they signed up. I didn't think this was a good idea. But, I let that go.

At the retreat, I volunteered at the registration desk. I noticed that the lanyards did not turn all the way around. But I let that go and moved to lead a session - on "Humility." That room housed two breakouts simultaneously in opposite corners.

**My judging, critical, know-it-all spirit was in full swing. My ego was on a rampage.**

This didn't work well so I let the other chair in the room lead us all in his topic. When we approached our candlelight service the second night the committee had nothing to light the candles. Someone volunteered to go get matches and I volunteered to help — I didn't want to buy the "wrong kind."

At that point I knew I was out of control. My judging, critical, know-it-all spirit was in full swing. My ego was on a rampage, fueled by rationalization of my longevity in the program and I knew what was best. I stayed back and walked in the woods to talk with God. I prayed that He

would save me from my arrogance. I saw how it intimidates and demeans other people, the opposite of love or service. Service projects don't have to be perfect or "right" or "the way it was done in the past." No one wants to do service with someone who steps all over their ideas and tells them they are wrong.

God, help me move from being a know-it-all jerk to an elder statesman. Save me and the people around me from my pride and ego. If I have been around a long time, it is only because I have needed your grace for a long time. It does not mean I know what is best. Only You do.

Anonymous





## A Gift To Us All --

*A Memory of Roy K., 1917-2009*

*[From Essay December 2009]*

I attended my first SA meeting in 1988 in Nashville, Tennessee. At the time, Roy had nine years of sexual sobriety. Back then, the definition of “old-timer” was three years of sobriety. Roy was years ahead of the “new” old-timers. When Roy died September, 2009 at the age of 82, he had more than 25 years of sexual sobriety. His life and his sobriety were a gift to us all.

After Roy read the cover story of the April 22, 1974 Time magazine, entitled “The New Alcoholism,” he called Alcoholics Anonymous. He attended his first AA meeting that night, seeking a possible program of recovery for the “sex drunk.”

Roy’s identification of sexaholism as a spiritual disease echoed my own experience. His description of his attraction to “Azura—the Queen of Magic” (SA, 10) fit me perfectly. His 18 suggestions for “Overcoming Lust and Temptation” (SA, 157) were helpful to me in my early sobriety. I wrote a paragraph on one section per day.

During my first year in the program, the White Book was being edited by Roy and an editorial committee of three—including Nashville’s Jean P. I remember looking at Jean’s marked-up copy one day in which she suggested replacing male language in “What is a Sexaholic and What Is Sexual Sobriety?” (SA, 202) so that women would feel more included. The current “White Book” or *Sexaholics Anonymous* was the result of that editorial committee.

I remember Roy’s Saturday evening talk at the 1990 International Conference in Nashville. He shared the agony he experienced in having his *Essay* pieces shortened or changed by editors. However, Roy understood the value of the group editorial process in improving the final version for the good of the fellowship. I remember thinking this was Tradition Two in action: “. . . Our leaders are but trusted servants; they do not govern.”

In 1992, Roy announced that he would

step back from Central Office management. It was a slow process to move the decisions for what was to become the SA International Central Office (SAICO) from Roy and Pat the secretary in California to a committee of seven. The 1994 California earthquake accelerated that process. Damage to the office building that housed SA led to a decision to move the office to Nashville.

Roy and his wife Iris flew to Nashville to participate in decisions regarding the new office. As it happened, the two of them stayed in my house. I was blessed to spend time talking with Roy and his wife about the SA fellowship. Roy frequently ended our talks with a prayer. His desire to connect with God was powerful. At times he seemed to feel that he fell short in this connection—yet his writing and work for SA were clear evidence of God working through his life, day after day.

Roy cared passionately for the suffering sexaholic. Over the years, he would have an insight into working the Steps, or of using the early AA experiences, or of using prayers or some other technique for becoming and remaining sexually sober. He wanted something to work for the struggling sexaholics—and he persistently sought God in these matters. During a phone call shortly before he died, Roy asked me if I had any final thoughts for him. I said only that I think he sometimes missed knowing how much people cared for him and how grateful we have been that God used him in forming SA.

With Roy’s passing has come new awareness of that gratitude. Roy often said he did not like the title of “founder.” He filled the role in our fellowship that Bill W. filled for Alcoholics Anonymous. Roy was most certainly the central figure in founding SA as we know it. He was part of God’s plan to spread hope and a chance to recover from a serious illness to thousands of others through Sexaholics Anonymous. For this we can never be sufficiently grateful.

—David M., Portland OR, 2009



## Time In Sexual Sobriety

*Temptations help him heal*

**T**ime has been an underrated and overlooked tool in my sobriety. When I first came into SA I was struck with the overwhelming difficulty of staying sober. Day by day sexual sobriety was a tremendous struggle. I slipped countless times in my first ten months.

For all its misery, slipping had its rewards. For me one of the rewards was not having to accept responsibility. As long as I wasn't sober I was not expected to do any service work, and no one looked to me for help staying sober. Besides, in slipping I discovered becoming a periodic rather than having sex several times a day. I developed slipping rituals. Learning more in meetings about the progression of my disease made crossing lines that much easier, and made me feel all the more hopeless.

Knowing this unfortunately did not help me to get sober. Knowledge is not what keeps me sober today. Being sober this moment is what helps me to stay sober, and doing this enough times gets to be habit forming. To get sober I made a "geographic" move to Los Angeles. I was looking for the easier softer way but there has been nothing easy about it.

One of the trickier aspects of gaining sober time in the program for me was my desire to fail. Every new chip I received for varying months of sobriety made turning back harder. Making it past the one year mark was a minor miracle. My most difficult temptation however came when I was close to two years. I wanted to slip, and I started doing things that would make slipping easier. I went to fewer meetings, stopped calling people, and tuned out with TV and movies. I began to feel ambivalent about my

sobriety, and questioned why I was staying sober. My ties to SA were strong however, and people in the program helped me through that very difficult transition. Once across the two year barrier I could see that it was fear of growing up, and of having to get on with my life that made me want to slip.

For me recovery takes place very slowly, and I almost always recognize my recovery in retrospect. The first time I realized that I had been going to bed and waking up without the desire to masturbate made me very happy. I thought the desire would never leave, and I had accepted this. I began to believe, not just hope but really believe,

**"In my early sobriety I longed for someone to say that tomorrow would be better, and that if I just made it through today it would get easier. What I heard instead was that it is in the temptation that the God connection is made, and I should be grateful for temptation, and victory."**

that it does get better. I am 33 years old, and I have not had sex with myself or anyone else for a little over two years. Rather than feeling like I am going to explode, I feel peace and serenity. I have

space in my brain for thoughts other than sex, and I am beginning to really care about other people.

In my early sobriety I longed for someone to say that tomorrow would be better, and that if I just made it through today it would get easier. What I heard instead was that it is in the temptation that the God connection is made, and that I should be grateful for the temptation, and the victory. So, like a soldier dressed for battle, I took on each temptation as though I were fighting for my life, and I used every tool that was available to me.

The greatest tool of all however is time. Time away from acting out, looking, and fantasizing. In time the lust dreams began to fade, and along with them the wet dreams. After more time I began to talk to women, and men as people, and not lust objects. Does it get easier? Yes. Thank God for the temptations and the victories but mostly for the time in sexual sobriety.

CD May 1988 via Lawrence M.

## Gravitation Towards God

*The source of our desire*

I'm listening to a podcast with one former Heavyweight boxing champion, and a new Heavyweight champion. The two boxers are talking about how the younger man's life has changed since becoming the new champion. Several things are discussed like the money, proving doubters wrong, all the work they both put in to achieve that title, and, of course, the excitement of the fans!

The younger man said that, as the heavyweight champion, people just want to be around him. People just want to spend time with him. They

**I think all people long to be with God, just like the AA Big Book says. It gets obscured by other things, but it's there.**

literally want to touch him. To have the confirmation that they are in fact, that close to the heavyweight champ of the world. Both the current champ and the retired champ acknowledge this as a clear matter of fact, and, with a laugh, that's just how it is. It happens all the time, people are drawn to him.

When I heard that, I had an awareness about our relationship to God. It confirmed a feeling deep within me. I think all people long to be with God, just like the AA Big Book says. It gets obscured by other things, but it's there. We really want to be close to Him and anything that represents Him like powerful people or things that affect how we perceive the world. We are drawn to those things and people.

That's where that desire comes from. Our seeking a new state of

consciousness, seeking to be near the significant person, even a boxer, is really a Divine, God given, innate drive to be with Him again.

We gravitate towards greatness. Whatever we think greatness is, we gravitate in that direction and that source of energy. We move towards each other, because we are created in His image. We really worship God, even if we don't realize it.

Jesse, Alabama, USA

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## Drunk on Rage

*"My life is the sum of my actions" (SIA 48)*

The other morning I was going out for a run. A neighborhood next to ours has a hill coming down to a stop sign. I have run past this entrance several times and noticed that people tend to drive down the hill at a high rate of speed. This leads them to roll through the stop sign without stopping.

This particular morning I saw an SUV coming down the hill and gauged that our paths would intersect at the stop sign when I was in the crosswalk. They were driving pretty fast, so I knew they wouldn't be able to stop without slamming on the brakes. I slowed down before entering the crosswalk to make sure they could see me. To my surprise, I was greeted with a loud honk.

I expressed displeasure by staring at the driver and throwing my hands in the air to say "Really???" My thoughts went to retaliating by spitting on the car, walking to the

## SA Stories

window to yell at the driver, and who knows what else. My resentments were alive and well and ready to take over. He endangered my life and was clearly in the wrong, right? Mind you, this all happened within a matter of seconds after hearing the honk. Then the next thing happened: he rolled down his window and said: "Sorry, that was my mistake, I didn't mean to honk at you."

Drunk on rage, the best response I could muster was to keep staring at him while quietly returning to my run. As I left the scene and processed what happened, I reflected on its significance. Three things occurred to me.

First, I acted out on my rage before I realized it. Even though it seemed justified, once the moment passed and his apology occurred, it became abundantly clear that expressing rage was not the right response. This thought turned into a prayer I've added to my Seventh Step: "God where I am quick to judge, may I be quick to listen, slow to speak, and slow to anger."

Second, I began to think about the whole encounter from the driver's perspective, which could be similar to my struggle with sexual acting out. When I am lusting, I am blind to others, I push the envelope (gas pedal) to achieve my desired result quicker. I react negatively to anything that gets in my way. Also, just like the driver, once I pass a certain point with my lusting, I will not be able to stop. This led me to think of my mental state preceding that point: why am I in such a hurry? what am I running from? what am I afraid of? what am I trying to achieve by pushing with self will? why am I not surrendering?

Third, the final thought that occurred to me (I like this one the most), is that I did not need to say a word for this entire situation to play itself out. As much as I think it's my duty to correct people when they make a mistake, it was the driver who recognized his wrong. He made amends before I got a chance to open my mouth. Sometimes God's purpose may be my mere presence in a moment, rather than to be His enforcer. Sometimes just being there is more important than knowing what to say.

I will never know how the rest of the day went for that driver. The experience certainly blessed mine. Now, through sharing this, hopefully others may be blessed as well. I have more work to do to align my will with God's. It seems to happen more the longer I stay sober, just as the literature says, "When we drew near to Him, He discloses Himself to us." (AA 57)

Robinson N, Atlanta USA

### Group Discussion Topics

In *Drunk on Rage* the writer examines his reaction to being honked at and receiving an immediate amends.

- How have you experienced rage in sobriety?
- Have been able to see the blessing in thinking through such an attack?
- What are you running from or afraid of today?
- Has God let you realize His purpose in some situation?

# STEPS & TRADITIONS

## Fantasy and Sobriety

*Living in the real world*

**I**t happened again. I was cooking the family meal and suddenly an attractive woman I know came to mind. I started thinking about her personality qualities and wondering if maybe God would want me to ask her out. It wasn't lust, I thought – I was only thinking about her personality!

However, soon I was “wondering what meeting her parents would be like.” Eventually I realized I was falling into my old fantasy patterns and said to myself, “ok time to move on from this.”

But I couldn't.

I tried to push the thoughts and feelings down but they fought to stay alive. I started experiencing the old cravings again. The thoughts and feelings were fighting to possess me.

This tells me something about myself. I believe that my “sex powers are God given and therefore good. AA 69” I believe my sexuality is a gift, imbued with profound spiritual and religious meaning. I know I have these instincts for a purpose. God made me a sexual being, and my sexuality is ordered towards marriage and creating new life. However, this instinct, as with my others, “often far exceed their proper functions. 12x12 42”

I am an addict and a lustaholic.

Long before I engaged in explicit sexual lust, I was craving the opposite sex. I spent grades 3-6 obsessed with the same girl. She lived inside of my head. I was too scared to talk to her but “we” were best friends. “She” was my constant comforter and source of “connection.” Only thing is that “she” was me. I was addicted to the unreal. It was my greatest source of pleasure, and my greatest source of pain.

*Recovery Continues* tells me that “nonsexual dependency is where we experience the addiction in its essential form and see the awesome power it has over us. RC 78” In recovery, I don't need to live in the unreal. I can recognize my programming gone astray, surrender it to God and to the fellowship, and live in the real.

I like living in the real now where I find the true connection. The real doesn't try to possess me, control me and enslave me. God is in the real. Maybe one day God will call me to date but it will be in his time and according to his purposes. One day at a time, I can live without my relationship drug and become what he would have me be.

**I like living in the real now.  
That's where I find the true  
connection.**

Lust, fundamentally, is wanting what God doesn't want for me. For the same reason, I crave the forbidden fruit. But when I surrender, I can live and eat from the tree of life and walk as a free man at last.

Zak B. Ottawa, Canada



[www.sa.org/Essay](http://www.sa.org/Essay)

### Opposition Or Compassion

*Being sufficiently grateful*

I am ready in Step 7 to ask God to remove another shortcoming and in Step 9 make amends to someone I hurt. I was ready with resentment and anger when my spouse opposed me or came to me with a complaint. In truth, it was never the content of her words but the temperature of my lust fever that determined my response because I wasn't getting what I wanted. Upon hearing her complaint (large or small) I retaliated with silence, sulking and isolation. I nursed resentments with dark self talk, isolated from God and anyone who could help.

Yesterday, she shared a complaint which I received with attention and compassion. I saw what I did and the impact it had. I wanted to know more and asked questions. I apologized. My spouse admitted she was afraid to share this complaint because I have moved away from her, punishing her with cold-hearted sulking and silence. By God's empowering gift of sobriety I am more open to hear and respond to opposition in all my relationships in a healthy way.

Alcoholics Anonymous p. 62 says, "Whatever our protestations, are not most of us concerned with ourselves, our resentments, or our self-pity? Selfishness—self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows ..."

In Step 7 I ask God to remove my shortcoming of punishing and moving away and isolating from opposition or complaint. The Step 9 amends is

to build assurance through consistent and repeated actions so my spouse can stand on a safe and secure foundation, able to share complaints or voice opposition honestly without fear of my retaliation. I pray to receive her words patiently with an open mind, ready to listen well; to see where lust, resentment, self-delusion, self-seeking and pride are at work; and to respond with healthy attitude of truth and love.

I can never be sufficiently grateful for finding a spiritual connection to God

**The Step 9 amends is to build assurance through consistent and repeated actions so my spouse can stand on a safe and secure foundation.**

through SA and the 12 Steps. God has given me the willingness to take the action of asking Him to remove my character defects and He is both willing and able.

This article in February 2019 Essay, p. E15, hit home: "If I am not sober, it is impossible that there can be peace in my relationships, it is impossible to contact the real in me and the real in another. If my sobriety is negative, the most likely result is that others suffer the consequences and are victims of my lack of control ... That is the power of this disease (and my irresponsibility) that distorts everything to the point of not being able to see clearly in myself, and only reacting to those consequences without realizing what is happening to me."

Bruce A., Maryland, USA



# The Importance of Steps 1 Through 12

*Each of Them and in That Exact Order*

Why are the 12 Steps in the order they are? To me, coming into SA, they just seemed so random. I didn't care. I just did what I was told to do to get sober. I'm of the mind that it is NOT critical to understand why the Steps are the way they are at the start. But, as the Step 9 promise goes, "we will suddenly understand situations which used to baffle us." I think that goes for the mysteries of the Steps too as we progress in sobriety.

Here is my brief explanation as to why the Steps are the way they are. Steps 1-3 are all about giving hope to the hopeless. They help me see I'm not alone, that there are others like me, and that somehow those others have managed to find some level of victory where I have experienced only demoralizing defeat. They help me to see there is a Higher Power that cares about me and my sobriety.

Steps 4-9 are about getting all the junk out of the way so I can have a relationship with my Higher Power. As an addict, I am harboring too much shame, guilt, fear and anger to be able to have a healthy relationship with anyone, let alone a Higher Power. I separate the truth from the fiction by setting it all out in front of me, using feedback from a more experienced, sane member to see more clearly. I become willing to let go of my defects and do the best I can to make up for my past wrongs to other people.

Step 10 is about doing all the above on a daily basis to keep me from piling up all the junk again. I'm not perfect, nor will I ever be. I am constantly piling up junk and tossing it out.

Step 11 is me getting to know my Higher Power. This is the point of our program. My Higher Power wants me to trust Him completely with all aspects of my life. The extent to which I can do this determines the quality of my life. In other words, the quality of my life, of my sobriety, depends not on circumstances but on my understanding and doing the will of my Higher Power. I learn of his will and gain the willingness to carry it out through Step 11.

Step 12 is helping other people learn how to achieve the same Higher Power relationship. When I share the truth of that relationship, I accomplish my true purpose in life. There is no higher calling than being asked to pass on the formula for a relationship with the God of the universe to seriously broken people who cannot find it.

I can't reach what I can't even see. Steps 1-3 help me to see. I can't focus on a Higher Power if I am consumed with myself. Steps 4-10 help me to properly refocus. I can't give what I don't have. Step 11 helps me to gain that which I am supposed to give away. I can't keep it unless I give it away. Step 12 helps me to keep that relationship with my Higher Power and everything I've gained through it, by guiding others along the same path I walked.

Brent S., Virginia USA



# WORLD WIDE NEWS

## SA Internet Marathon (SIM) 2019!

*A global gathering*

**F**or twenty-four hours in late November over 1,800 people signed up for the third global internet-based marathon for sexaholics. Participants used over 3,000 different devices to connect on one of the three channels provided. Channel A hosted twenty-four diverse speakers sharing on a wide range of topics (listed below). The SIM opened with Indrei R talking on the "History of SA in Europe" and closed with Michael J speaking on "Why Working the Steps is Important."

Channel B hosted discussion meetings with a host or hosts and those present on the Zoom interface sharing. Topics included SA at 40, SA stories from India and Kenya, Women in SA, Same-sex lust, and many others. It was possible to simply listen to the live stream of each session without joining in.

Channel C was similar to Channel B except in eleven different languages including Slovak, Russian, Polish, Hebrew, French, Spanish, Swahili, Hindi, Italian, German, Romanian with efforts to include Korean and Hungarian not quite succeeding.

The twenty-four hour SIM format allowed SA members around the world to join at convenient times. In parallel with this SIM, the numerous Skype and Zoom and WhatsApp meetings, in addition to telephone meetings, allow sexaholics to connect to those with longer sobriety and possible sponsors thousands of miles away. A hearty Thank You! To the SIM committee and to all the contributors.

Channel A had these great topics, among others:

"SA in Europe"

"Resentment and Fear the Solution"

"Same Sex Lust"

"A Family Disease Begins with Living Amends"

"Coming to Believe in a Loving Higher Power"

"Do You Want Relief or Freedom?"

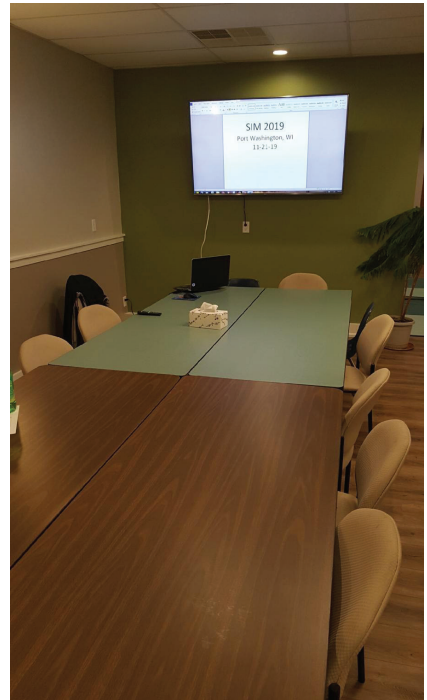
"Sponsorship"

"Step 12 in Worldwide Action: Sponsoring Women in Other Countries"

"Life Before and Living in Recovery Now"

"Putting Everything on the Table."

"Why Working the Steps is Important"



**Port Washington, Wisconsin  
USA "SIM" meeting**

## Step Minus One

*The physical aspect of recovery*

In 1992 I founded SA in Melbourne. I immersed myself in service, step-work, sponsorship, conference recordings, local and international conferences. At age 35 I began a period of prolonged sobriety. At some deep level I knew it was unsustainable. Even with all my inventory work, I sensed there was something I had trouble identifying deep inside. After 8 years I lost my sobriety and struggled for the next 10 years.

Our literature says our problem is threefold, requiring healing physically, emotionally and spiritually. We rarely talk about the physical. I came to see that my inventory work was utterly incomplete until I added this physical element. As the White Book says “the whole person must be involved in recovery.” SA 34

In 2006 when visiting California, I encountered the idea of brain scans to actually measure what was going on in my brain rather than just guessing. My scans showed that, even when sober and in recovery mode, my brain was “highly dysregulated.” The health of my brain affected my ability to practice sobriety and recovery. I retired early from work and went on disability to focus on this physical aspect of recovery.

Our Twelve Step program offers a solution that is also worked out in the physical body. I had no clue how unfit physically I was for recovery. This healing of the physical body and brain is what I now call Step Minus One: a necessity for medical intervention for some sexaholics before recovery can be sustained. The Steps helped me see

what was going on in my lust, such as wanting to feel like others looked, and hoping sex and romance would do that for me. Also, I was running from challenging emotions. However, even with all my program work, sobriety and recovery were unsustainable until I started addressing the multiple issues of Step Minus One.

We are learning there is a range of medical issues that can affect brain health and therefore sobriety and recovery. These include gut health, nutrition, brain injuries, genetics, hormones, toxins. It might be any medical issue that contributes to the buildup of stress, which affects the survival brain where addiction lives. I’ve adopted many of the nutrition and lifestyle habits of the 1930s that early AA members may have practiced. These habits can make a profound difference for many with brain health issues.

One other sexaholic asked me to tell his story. He’s a minister, in the program five years. His sponsor says he does great Step work, yet had trouble maintaining long-term sobriety. His brain scan revealed a 40-year-old brain injury from childhood and PTSD. Testing revealed almost zero impulse control! With more comprehensive treatment, he now has his best sobriety ever and is carrying the message of Step Minus One to others.

By looking at Step Minus One issues with members, I’ve seen more of them progress, sometimes quite slowly, yet surely. After working this way with members for a few years, I recently developed a Step Minus One workshop presented in Melbourne and in Singapore.

## World Wide News

Recovery is spiritual, and it is not just spiritual. While there's a spiritual component to everything, that doesn't make everything solely spiritual. The program works if you work it. But only if it's worked physically, emotionally and spiritually.

Paul H., Melbourne Australia

### 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: [dlockefer@gmail.com](mailto:dlockefer@gmail.com)

### SCOTTISH CONVENTION 2020

"Taking the actions of love"

KINNOULL 27 – 29 March 2020

SA Convention with  
S-ANON participation

Cathal (sober since January 1997)  
is leading an SA workshop

Join us for a weekend of fellowship and sharing at the beautiful Kinnoull retreat in Perth, Scotland.

36 residential places, mostly in en suite single rooms. Comfortable meeting rooms. Lovely gardens and near-by walks. Weekend full board £160, limited availability of twins and non en suite rooms at £150.

\*Total of fifty delegates can attend and these can be catered for too if desired, with full meal package on site £80; non-residential without meals £30 for the weekend, £20 a day.

Local accommodation available for couples and other non-residents.



Register contact:

ANDREW +44 785 713 2052

[scottishconvention@gmail.com](mailto:scottishconvention@gmail.com)

Check out website:

[www.kinnoullretreatscotland.co.uk](http://www.kinnoullretreatscotland.co.uk)

### ASIA PACIFIC AREA

## ONLINE UNITY EVENT 2020



MARK YOUR CALENDARS FOR

# 26 APRIL 2020

AND CARRY THE MESSAGE!

## Asia Unity Conference

Starts 9:30 India time April 26, 2020. Looking for people to help with:

Promotions and Speaker organizer

Contact:

[newcastlesagroup@gmail.com](mailto:newcastlesagroup@gmail.com)

## Sometimes Quickly, Sometimes Slowly

Fourth Annual KC Wildlife  
GKCSA/S-ANON One Day Marathon

Saturday, January 18, 2020

8:00 AM - 4:00 PM

Atonement Lutheran Church

Charter Hall (downstairs)

9748 Metcalf Ave

Overland Park, KS 66212

### Schedule of Activities

8:00 AM Registration—Meet and Greet  
8:30 AM Separate SA / S-ANON Sessions  
SA Speaker: Mike C. — A Culture of Sobriety  
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



[ksa.org](http://ksa.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 15142, Lenexa, KS 66285

or bring to any KC area SA or S-ANON meeting.

Please complete all requested information below. Then cut along dotted line and submit.

[Name]

[SA/S-ANON]

[Donating/Hosting]

## 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)

## A “Rap” to my Higher Power

This short piece was performed during the variety show at the SA international convention in Seattle last summer. We weren't sure what to call it-- Poem? Spoken word? Rap? Chant? Prayer? Still not sure.

There were about 8 of us with hand drums, and it was delivered in 4/4 time, with 4 percussion measures in between verses. Not sure how it goes over in writing, but it was fun to perform.

Secret-self mired, hiding required  
Living that way made me sick. And tired.

Resentments, desires. Love's funeral pyre  
I learned from a Sage at a tender age, my little brain mis-fired.

“It's not my fault!” an Elder said to me  
But it's my problem, and my responsibility.  
Yes, it's my problem and my responsibility.

Secret-self mired, hiding required  
Then I turned the key and found HP and now I am inspired

Now it's about You, and not about me  
It's time to interrupt this family legacy

Ego, you're fired! And HP you're hired  
Together, we're gonna get my brain re-wired

Jim S., USA

## Group Connections for Sexaholics

There are currently 9 English-language SA Skype meetings. You can join them using the following links - even if you just want to see what time they take place (meeting times - and even days - vary based on time zones):

Mondays: <https://join.skype.com/KhkakX2ThIny> and <https://join.skype.com/wfWLQ4KDorQ9>

Wednesdays: <https://join.skype.com/fnZvG5iiS9pf>

Wednesdays (Thursdays): <https://join.skype.com/tpbl8tFJdRCt>

Thursdays (Fridays): <https://join.skype.com/Acbm3HWWGFRx>

Friday and Sunday: <https://join.skype.com/OQSJpNFeIk0x>

Saturdays: <https://join.skype.com/nRampP7BpOaS> and <https://join.skype.com/x6M38WgZ4tGj>

Sundays: <https://join.skype.com/IULLwdSu7qBF>

There is also a Zoom meeting on Wednesdays at 12:00 Noon GMT (20:00 in Malaysia). To join, use this link at that time: <https://zoom.us/j/4281678327>

For the first Monday one, make sure you send a message/contact request to @Bangkok when you join. For the 2 Australian ones (Wednesday/Thursday/Friday), contact @Essay NSW. For the first Saturday one, contact @Essay India 12. This is because they may remove people from time to time to ensure that their groups are not above the maximum limit for calling everyone

## Special Message about the Toronto International Conference

The SA Ontario Intergroup is working in collaboration with the S-Anon Ontario Central Intergroup to present "True North 2020: Happy, Joyous and Free," the SA and S-Anon International Conventions in Toronto, Ontario, Canada, on July 24-26, 2020. We invite you to join us here in Toronto to take part in this inspirational recovery event. It's a privilege for us to be able to host this event. We welcome our friends and neighbours from Canada and the United States as well as our international fellowship members. Visit our convention website [www.truenorth2020.ca](http://www.truenorth2020.ca) in order to access the online registration page or downloading the Registration Flyer and mail-in registration form.

We will hold the convention at the Delta Hotels by Marriott Toronto Airport and Conference Centre at 655 Dixon Road, Toronto close to the Toronto International Airport. You can book your accommodation using our preferred convention rate from our website. Please send your questions or information requests to [events@saontario.org](mailto:events@saontario.org).

Plan to join us in Toronto in July 2020. We promise you a warm welcome.

Brian H. A Co-Chair for July 2020

# EVENTS CALENDAR

## International Conventions

**January 9 - 12, 2020 Nashville, Tennessee, USA** SA/S-Anon International Convention: A Design For Living. Info: <https://www.designforliving2020.com/>

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

## Regional and Local Events

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

**March 7, 2020 Norcross, Georgia, USA** SA/S-Anon Atlanta area Marathon: The Journey Continues. Info: <http://www.atlantathejourneycontinues.org/>

**March 20 - 22, 2020, Galway, Ireland** SA Irish Convention: A Program of Action. Info: [robessay@gmail.com](mailto:robessay@gmail.com)

**March 27 - 29, 2020, Perth, Scotland, United Kingdom** SA with S-Anon participation Scottish Convention: Taking the Actions of Love. Info: [www.sauk.org/activities/events/](http://www.sauk.org/activities/events/)

**March 27 - 29, 2020, Sumas, Washington, USA** SA/S-Anon Northwest Regional Retreat: Joy of Living. Info: [www.sa.org/store](http://www.sa.org/store) - Northwest Regional Retreat

**April 26, 2020, Online Asia Pacific Area** Online Unity Event. Info: [newcastlesagroup@gmail.com](mailto:newcastlesagroup@gmail.com)

**May 1 - 3, 2020, Covington, Georgia, USA** SASERA Spiritual Intensive (Retreat): Improving our Conscious Contact. Info: [www.cedarspringscrc.org](http://www.cedarspringscrc.org)

**May 2, 2020, Rochester, New York, USA** SA Rochester Marathon. Info: [ozzmann@frontiernet.net](mailto:ozzmann@frontiernet.net)

**May 15, 2020, Big Bear, CA, USA** Men's Retreat for SA Men: Find God XXVI. Info: <https://www.sabayarea.org/event/find-god-xxvi-mens-retreat-for-sa-men/>

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



# SA CONVENTIONS

## 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/)

## New SA Archives & History Committee

In 2018 the SA Board of Trustees established the SA Archives and History Committee [A&HC] to collect and catalog records of the origin and development of the SA Fellowship. The A&HC mission is: “to preserve the history of SA, to document the memories of our members and 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).

**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 S 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.

## Future International Conventions

January, 2020 Nashville, USA

July 2020 Toronto, Canada

January 2021 Atlanta, USA

July 2021 Salt Lake City, USA

January, 2022 -- Open site

July, 2022 Open site

## NEW SA GROUPS DECEMBER 2019

Europe, Africa, Asia, Australia

Ghent, Belgium (new meeting)

Locarno, Ticino, Switzerland

Truro, Cornwall England

Alkmaar, The Netherlands

North, Central, and South America

Cedar City, Utah, USA

Fargo, North Dakota, USA

Happy Valley, Oregon USA

Pflugerville, Texas USA

Phoenix, Arizona, USA (Spanish)

Queen Creek, Arizona, USA

Van Alstyne, Texas, USA

Hillsboro, Oregon USA (Big Book)

## 2019 Third Quarter SAICO Budget Results

Preliminary third quarter results were better than expected, due to a large gift from the German speaking region. We thank them for their generosity.

As anticipated, book sales of the two newest books are declining, as expected. However, literature sales are still strong. SAICO Finance Committee

Revenues	\$88,571
Expenses	\$94,865
Revenues - Exp	<6,294>
Prudent Reserve	\$131,930

## 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.

We invite articles of different lengths, from 200-400 word anecdotes or memories, to 400-600 word Practical Tools or Meditations, to 1000-1500 word Member stories. We prefer electronically submitted manuscripts sent to [Essay@sa.org](mailto:Essay@sa.org). Articles may be sent by postal mail to SAICO, PO Box 3565, Brentwood, TN 37024 USA. Handwritten items should be written clearly on only one side of each sheet. Articles are invited in the original language with an English translation. Whenever possible we use the original language and the translation. Please include an author name, sobriety date, address, telephone number, and /or e-mail address so that authenticity can be verified. This information will remain confidential.

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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

## Generosity Arrives In Unlikely Forms

Take the \$10 check a prisoner sent to SA International Central Office in appreciation for the white book he was sent.

Or another prisoner, who sent us a book of stamps for an indigent prisoner to use.

Or the scores of thank-you letters from prisons around the country, nay the world, in gratitude for having a program of recovery.

As lust is a vast problem, in prison, we see silver lining in clouds of despair. These men and women inspire us.

Could you spare some time to read their letters and consider how to help?

We read about sponsors around the world being transformed due to the stream of service requests from prisons around the country.

Word of mouth is powerful.

As a beneficiary, this is an exciting time to be part of the SACFC.

Reply to Manse B. Sponsoring Prisoners Coordinator, tpoint1987@gmail.com

Happy Holidays to you and yours,

In recovery, Eric S., SACFC Chair

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## Thank you, Kay!

**I**n December, 1994 the SA International Central Office moved from Simi Valley, California to Nashville, Tennessee. Roy K. traveled to Nashville to help hire a new administrator. Our first administrator left shortly thereafter due to a death in her family. On August 28, 1995, Kay Shotwell began working as SAICO administrator. During the past twenty-four years she and other staff have overseen the growth of SA in scope, services, complexity, technology, literature, and budgets. Kay announced her retirement to take place in 2020. We celebrate her patient, efficient, steady, and thorough leadership as SA's long-time steward of Traditions Eight and Nine. Kay has practiced the principles of 12 Step recovery right along side of us.

Each time one of our Trustees rotates from service Kay tells that Trustee that they are now in the position of Trustee Emeritus. She goes on to say that as a Trustee Emeritus they can, and will, be called upon to serve the International Fellowship from time to time. We would like to remind Kay that as Office Manager Emeritus she can, and will, be called upon to serve the International Fellowship from time to time.

We wish Kay Shotwell a healthy and enjoyable retirement along with extra grandmother time. We deeply appreciate her decades with us. We look forward to seeing her thrive in SA's years to come.

Tom K. and David M., USA

## The Twelve Steps

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

The Twelve Steps and Traditions are adapted with permission of Alcoholics Anonymous World Services, Inc. ("AAWS"). Permission to adapt and reprint the Twelve Steps and Twelve Traditions does not mean that AAWS has approved the contents of this publication, nor that AAWS agrees with the views expressed herein. AA is a program of recovery from alcoholism only. Use of the Twelve Steps and Twelve Traditions 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.

A scenic landscape featuring a calm lake in the foreground, surrounded by lush green trees. In the background, majestic mountains with patches of snow rise against a clear blue sky. The scene is captured from a perspective looking over a wooden bench, which is partially visible at the bottom of the frame.

**GOD**

grant me the

**SERENITY**

to accept the things  
I can't change

**COURAGE**

to change the  
things I can and

**WISDOM**

to know the  
difference.