



SSAY

POB 300, Simi Valley, CA 93062

LAST CALL FOR OKLAHOMA CITY!!!

**SA/S-Anon International Retreat
December 6, 7 and 8**

CALL or WRITE: OKC-SA
P.O. Box 21075,
Oklahoma City, OK 73156

PHONE: 405/672-8187 (machine)
Please leave the time
(including time zone)
that it is convenient to
reach you when you leave
a message.

Conference Registration Fee: \$30

Hotel Rooms: Single - \$30 per night
Double - \$35 per night

Each additional person per room - \$5 per
person per night

See you there!

Advance reservations preferred, but
last-minute arrivals are welcome too.

P.C. of St. Louis reports, "Four weeks ago I was introduced to SA. I frankly have found the program very beneficial and a source of strength. Although I am also a recovering alcoholic 5 1/2 years now since my last (hopefully) drink, I did not realize that SA was a disease like the alcoholic addiction.

"Since my joining them there have been 3 new members to come into the program now. We have about 9 members total....Personally I have been sober 2 weeks and hope to continue with God's help and the strength of SA. By sober, I refer to 'completely' sober - no half measures at all. Our group believes in complete sobriety.

"We are groping, but doing it - my job is trucking over the road, as I am trying to start over in my own company."

J.H. of Stuttgart, West Germany writes, "In the last three weeks I discovered the second part of the first step "...that our lives had become unmanageable." In the morning, when I woke up, I felt a huge fear and dread in my inner core. I wasn't aware of this until now. It seems that my drug has covered it. Anyway, I woke up and the feeling came up in me, that I can't live any longer, that I can't do my work. But God gave me the power to live that day, when I gave my life and will away to God during my meditation and during the day. This was a wonderful, unbelievable experience for me. To live by God's grace. I would not be able to live these days on my own. God helped me. Isn't that wonderful?"

R.W. of Portland, Maine writes, "As of 9/22 I have held two informal meetings, each consisting of two people. I am currently looking for a meeting place for at least one meeting per week."

M.R. of British Columbia says, "Our groups are growing; we have had a few newcomers in the last few weeks and we look forward to more growth."

SA groups of the British Columbia Lower Mainland held a retreat Sept. 20, 21 and 22. Other groups in the northwest joined them.

L.H. of Atlanta, Georgia says, "We have two meetings a week which average four to eight people each, and a group for the anons on another night with three people."

J.A. of Baltimore writes, "Meetings have been smaller - some newcomers, some have fallen away...The meetings are sober. There is a critical mass of sobriety that ballasts the meetings. We are blessed."

S.R. of Seattle, Washington writes, "We only number three on a regular basis but are hoping to grow and have been handing out pamphlets. We approve of the sobriety imperative and are using the new meeting format."

J.B. of Appelton, Wisconsin writes, "I have been in SA for over a year now and feel I am making progress. Our group is beginning to stabilize. We are meeting once a week. Thank you for what you are doing!"

B.S. of Stuart, Florida writes, "Thank you. Everything I get from you keeps me going. We have 2 meetings per week, 3 members. I am the old timer (6 mos. sobriety) so I need help from others."

D.P. of Milwaukee, Wisconsin says, "Milwaukee group is grateful to be part of the SA fellowship. Commitment to sexual sobriety as the cornerstone of the group is solid here in Milwaukee."

R.V. of the Philly group writes, "Nothing feels better than abstinence."

B.J. of Saskatoon, Sask., Canada says, "Fortunately I am able to report our group here is definitely on the climb. More actual sexual sobriety appearing and a good solid core of eight members and some others 'coming to.' We had the 1st birthday of the group Sept. 10, 1985 - birthday cake and all. S-Anon is doing remarkably well, some real smart determined ladies there - but lacking material to work with. We have had referrals from the Family Court, also from city probation officers. I will be sending a group donation within a week or 10 days."

M.S. of Maryland writes, "I am doing really well. I love the Twelve Steps, God, SA, you, and getting well."

S.P. of Massachusetts writes, "Hello! I am still secretary for the Friday evening 5:30 pm Cambridge SA meeting. Tomorrow I will have 8 months of back to back sobriety. Our meeting has seven regular (and sober over 30 days) members with others coming and going. We'd love new members but we're going strong as we are and God willing we'll keep going one day at a time. I love this program and feel blessed with my sobriety and the fellowship."

The SA group in Tampa says, "Small but solid."

M.F. of St. Clair Shores, Michigan reports, "Our group is growing in MICHIGAN."

K.D. of Edinburg, Texas writes, "I thought I'd take this opportunity to write you and share the update on SA in South Texas. It turns out that there was a group of SAs meeting under the fellowship of 'Sex Abuse Anonymous' that used the most recent SA pamphlet and had meetings once a week at the Step House in Parr., Texas. They've been struggling for some two years without much direction except for the referral one of the Houston SAs gave them some time back. So you can see that God does for us what we can not do for ourselves in bringing us together to love and serve one another. The most incredible experience I've had in SA was our first meeting - stag, with six women! Although three of them haven't returned, it was really gratifying to see that evidence of the draw of this recovery program has."

R.S. of Marina del Rey, California writes,

Last night I admitted I was a hateaholic.

I cannot tolerate even one ounce of my hate. For me it usually starts innocently, of course, with mild dislike or disapproval. That leads to strong negative feelings with a big dash of justification. Soon I'm wild with hate. I'm the quiet type and I generally keep it to myself as opposed to blowing up at the person involved. Sometimes I share it with my wife who, quite naturally, agrees with my presentation of the situation. My dumping on her simply adds more gas to my fire.

I am powerless over the hate I experience. It is usually hate towards other people and it doesn't matter who the person is. Wherever I go, there is always someone for me to hate and I mean hate intensely. Every job I've ever had and every social group I've ever been a part of has been characterized with my hating at least one person so completely that the association was oftentimes unbearable.

How I got this way I don't quite know. Luckily for me and my recovery, I don't need to know such specifics just as I don't need to know exactly how I became a sexaholic in order to recover from lust.

The one thing I'm sure of tonight is that I am powerless over my hate. And, as I'm learning in my recovery from lust, admitting powerlessness is the first step towards freedom.

For the past month or so I've been trying to control my hate. I tried desperately to "fix myself". I spent lots of energy trying to pump myself full of "proper perspective," but it didn't work and I still found myself being immobilized with hate. I became drunk with hate over the slightest things! I tried to forget my hate and that didn't work either. At times, I decided what I really needed was to disconnect from the

person-I was having a hate binge over, but that simply led to hating someone AND being disconnected from them.

The light of the fellowship in SA and the twelve steps have shown me that recovery begins with myself and the admission of powerlessness. All my life I've tried to do it the wrong way. I've tried to change people. I've tried to "be as honest as I can and let them know exactly how I stand." I've tried to stop dwelling on negative emotions. None of these approaches worked. I just couldn't stop hating.

I couldn't believe how immediately liberated I felt when I realized and admitted I was a hateaholic. The problem was ME.

Now, each time I am tempted to act out my hate, I am being given an opportunity to recover. It is another opportunity to surrender and give away my hate to my Higher Power. I did this tonight and I couldn't believe the victory that was mine to experience. I admitted powerlessness over my hate, gave it to Him and He took it. It was gone! I didn't have to wallow in it for the next hour or so, which was my normal habit. I was so excited I had to call another SA member and share it.

I know from my short history in SA (6 months) that I must experience progressive victory over this hate of mine OR I WILL NOT STAY SEXUALLY SOBER. Last month I acted out my hate-sickness (in the privacy of my own home, like usual) and I stopped going to SA meetings for two weeks and thereby lost my sobriety.

So, it's now clear to me: keep working the steps in every area of my life or lose my sobriety.

Thankfully for me, SA is not only interested in sexaholism. Like AA, they are interested in trudging the happy road to destiny and that road for me includes joyous freedom from all my defects, including my demoralizing hate.

J.P. of Nashville, Tennessee says, "Nashville SA is small, but still there."

G.M. of Tenio, Washington reports, "Just a few lines to order more Big Books. There seems to be a big turnover in people coming into SA in this group. Some come and stay from one to six meetings but we have about seven men coming every week. Things are slow but I'm glad to be a part of SA. It feels good being able to have something to offer to other people with the same problem as I do. Sex is hard for a lot of people to talk about and SA opens sex up and makes it easy for all who want to be sober."

C.B. of East Ridge, New York writes, "We are all inspired with the great work done in the SA Big Book and having good SA meetings here.

"Please send nine more copies of the SA Big Book to us at your earliest opportunity. We are getting regular requests for it, and everyone's comment is the same after they have read it - it's great!"

T.C. of Chicago writes, "Here is another contribution from our group. We are still small averaging from 5 to 10 people per meeting. But we have a solid core of 1/2 dozen, some of whom will be coming to Oklahoma. We are meeting on...., a SW suburb of Chicago."

D.B. of Richmond, Virginia writes, "There have been many changes in my life as a result of SA. First and foremost, has been my admission and acceptance that I am an alcoholic. After admitting I was a sexualcoholic, I still had a deep pit in my gut that I was still not being honest with myself. This pit feeling gave me difficulties with the SA program and I was still having the compulsion to act out. While I have not acted out since July 9, my mind was going crazy with lustful thoughts. I was not sexually sober and I just couldn't get a grip on serenity and peace of mind even though I was praying constantly.

"Finally my sponsor asked me if I was an alcoholic to which I replied, "I don't know." He suggested I take a look at my drinking, which when I did, I could see how much my drinking and sexualholism were so interwoven. I was in such denial but with the grace of God, I was able to admit I was an alcoholic on Sept. 9 and a great burden was lifted from me. Almost at once, I had a tremendous feeling of freedom and the compulsion to act out sexually was lifted. I still have fleeting moments of lustful thoughts but today, I quickly turn them over to God and they are forgotten. I have a long way to go in both programs but today I have a lot of hope, love and God in my life and feel good about me.

"H.B., D.G. and myself have continued to meet on a regular basis. We all agree on the definition of sobriety as outlined on page 120 of the SA "Big Book" and are working towards opening the meeting to newcomers after they have been screened. In fact, my ex-counselor called to ask if I would talk to someone who he thought might be a candidate, but I haven't heard from him yet."

B.T. of Salt Lake City, Utah writes, "I think now that I've been in SA for 2 years (it always seems to take 2 years) that I'm just getting to the program. I thought in the beginning that I didn't really lust because I didn't body watch but now I see that it was wanting people to think I was clever, smart, witty, to think I was so understanding, etc. on and on. Mostly I see it's always wanting to be in the brainy or talented people, you know sitting with them, throwing "knowing" looks their way, laughing at inside jokes that left the other people out. It really goes deep, doesn't it?

"I think we could be called Egomaniacs Anon.

"I think when I came in I also hoped SA would solve my marital and sexual problems and it hasn't. But for now that will have to be okay. We have once again started SANon and I think it may make it this time. More wives are coming and more couples coming in so maybe it's finally time."

A.A. of San Angelo, Texas writes, "For me, I think that my Higher Power wants me to work the SA program, go to AA meetings, stay sober. After that has happened a while (I have 3 months sobriety) I think He will put the people in front of me to 12 Step and start an SA group in San Angelo."

The latest from San Angelo is that they do have a group started now.

T.O. of Cleveland, Ohio writes, "SA Cleveland will be celebrating 1 year with a marathon on October 12, 1985 - 9:30-4:30. Using the new format has increased sobriety for our members!"

LAST WORD JUST IN! --
Cleveland's first marathon was successful. Members from various surrounding states attended. One member reports, "There was real togetherness within the fellowship. It was the first time for all of us that we had gotten together with other groups. We discovered there were others out there just like us. There was so much to relate to in each other, and the warmth of caring in the room that day was tremendous. We plan to have two a year now, and other visiting groups are planning to have similar get-togethers. Here in Cleveland we have started our third meeting. Sobriety in the group now is the most important thing. Most have over 30 days."

Salt Lake City groups report they have hit upon a way to help support the 12th Step work of the SA Central Office. They pass the basket around a second time for loose change only—no bills—and send that to Central Office. They were surprised at what this amounted to after just one month.

(Maybe that's a good alternative to the \$2/member/month suggestion that came from our Seattle convention in June. We have been so encouraged over the increased response in Seventh Tradition support after the last newsletter. If as many more individuals and groups do what's being done now, we surely will be self-supporting!)

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