

ES SAY

September 2017

A quarterly publication of
Sexaholics Anonymous featuring:

Member's Story

'Going to Nashville'

Meditations

Step 3 from
Step into Action
'18 Wheeler'

A photograph of a person from behind, wearing a dark blue puffer jacket and a large tan backpack with brown straps. They are walking on a paved road that is partially covered in snow. The road leads towards a bright, low sun on the horizon, creating a lens flare effect. The sky is a pale, hazy color, and there are dark evergreen trees on either side of the road.

WILLING
TO GO TO
ANY LENGTH



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

The theme for December is: : SA and Technology; Future topics are: Anonymity; Dealing With Mixed Meetings; Living The 12 Traditions; and "As We Understood God" Closing date for articles is approximately six weeks prior to publication dates in March, June, September, and December.

Resolution adopted by the Trustees and Delegate Assembly in May, 2016: "*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.*"

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SEXAHOLICS ANONYMOUS – STATEMENT OF PRINCIPLE

We have a solution. We don't claim it's for everybody, but for us, it works. If you identify with us and think you may share our problem, we'd like to share our solution with you (Sexaholics Anonymous, last sentence, page 2). In defining sobriety, we do not speak for those outside Sexaholics Anonymous. We can only speak for ourselves. Thus, for the married sexaholic, sexual sobriety means having no form of sex with self or with persons other than the spouse. In SA's sobriety definition, the term "spouse" refers to one's partner in a marriage between a man and a woman. For the unmarried sexaholic, sexual sobriety means freedom from sex of any kind. And for all of us, single and married alike, sexual sobriety also includes progressive victory over lust (*Sexaholics Anonymous* 191-192). (*Adopted 2010*)

The only requirement for SA membership is a desire to stop lust and become sexually sober according to the SA sobriety definition.

Any two or more sexaholics gathered together for SA sobriety according to the SA sobriety definition may call themselves an SA group.

Meetings that do not adhere to and follow Sexaholics Anonymous' sobriety statement as set forth in the foregoing Statement of Principle adopted by the General Delegate Assembly in 2010 are not SA meetings and shall not call themselves SA meetings. (*Addendum to the Statement of Principle passed by the General Delegate Assembly on July 2016.*)

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EDITORS' CORNER

September, 2017

Dear Essay readers:

This issue of Essay includes many stories on Willing to Go to Any Length. You may have heard the expression "Sexaholics Anonymous is for those who want it – not for those who need it." Your Editors hope these stories can be helpful for those who want it anywhere in the world. As of early August there were about 5,000 downloads of the newly free electronic Essay. Our desire to be a global Meeting in Print is well underway.

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.

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Essay is the quarterly publication of Sexaholics Anonymous

Essay@sa.org

In keeping with the expanded use of technology, the December 2017 theme is "SA And Technology". Have you any experience, strength and hope for us in that area? Let us hear from you at essay@sa.org !

The print edition of SA has fewer pages than the electronic version due to mechanical requirements. We encourage groups and individuals who benefit from print and find it easier to hand to newcomers and to use for meeting discussions to order mailed subscriptions. Both versions of Essay have their use for our recovery.

Thank you for being readers of Essay!

The Editors (David, Kira, Kent)

Artists: (Christian M., Jimmy M., Amy C.)

New to Sexaholics Anonymous?

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E-mail us at saico@sa.org

September, 2017

Willing to Go to Any Length!

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Going to Any Length!

The Saturday morning group in Portland, Oreg. USA briefly lost a meeting space. So, they met at a picnic table at a volcanic caldera in a park. Thus, "The Volcano Group!"

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Our Meeting in Print

Dear Essay

Dear Essay,

If there is nothing on our homepage (or easily accessible with one click) that displays the fruit of recovery that an inquirer is looking for, we are doing them a disservice. Now that a sample article from Essay is a click-able link on www.SA.org, we are well on the way to providing that “instant info” an inquirer might be looking for.

Along those lines, I think Cathal’s suggestion of putting up some thoughts about what newcomers should expect in their first meeting is an excellent one. But I don’t think the IT committee is the right group to collect those stories. I would suggest that Essay make “I remember my first SA meeting” (or equivalent) a regular feature, and that the resulting stream of articles be (among) the samples that are placed on the Essay Newsletter link. To provide a suggestive sell to inquirers, an extra link, “Information about what to expect in your first meeting may be found here.” Here is a start: “My Recollection of My First Meeting”

Jeff from Maine, IT committee chair

[Ed.: Read his *My Recollection of My First Meeting* story on Page 16]

Dear Essay,

Hi! I’m Suzanne S, a Delegate from the Northeast Region. I’m also in the WhatsApp group, SA Women Through the World. An eager member of the group recently posted the lovely issue of Essay focusing on women members. Great issue! I would imagine that she was unaware of the limit to share with 10 people or make 10 copies, as the permission to copy doesn’t mention digital sharing. I hope that will be clarified in future issues so we can all be on the same page in supporting Essay.

Here’s my post:

This is lovely. An issue of Essay focused on women in SA! Esti, who is in the article, was the SA speaker on Sunday at the Newark Int’l Convention!

The only problem with sharing this with all of us is that permission is only given to share it with 10 people, or to make 10 printed copies. To all of us, please consider subscribing to this and sharing 10 copies in your home group or by private messaging to some WhatsApp sisters!

There is the statement from the inside front cover of Essay. It’s not very clear about sharing digital copies, but I heard a thorough explanation in a Delegate meeting. Essay needs our support by our subscriptions and sharing them with just 10 other members.

[Ed.: Note: the statement is updated in this issue of Essay.]

Dear Essay,

This is the first pretty day in months, sitting on a Friday after lunch looking at a woman. There's another one, but my brain said "Keep your eyes on your toes." Experience leads me. Not my own experience but experience that God, as I understand Him, gives through what I imagine can be one of His most favorite ways: through my sponsor. His suggestion is something sane, tested and safe, and the tic in my mind is that His words come from outside of me!

I always wanted something from outside myself! I've thrived on what's outside to take me away, no matter the pain, from my conscience and awareness, from my small inner voice that I pushed way down at times, jumping on it to kill it. I never succeeded. Never could kill myself or, I pray to God, someone else. This last time I felt like I was inside a cylinder and I could not escape. I saw my wife, our daughter, and our pets, but I wasn't able to speak. With my laptop on (you-know-where) and my soul engaged, I did not stand a chance. Nothing could stop me.

I contacted SA. I got a white book, a pamphlet, and I found a meeting and I asked for help. Like the literature says, "[I] really wanted to stop but could not." SA offered me sobriety. I am okay, materially. As I trudge toward 90 days, my spirit, my psyche, my emotions and my conscience are trying to disengage from the sticky substance of lust.

The men at my home group say they are free. At thirty days I arrived, i.e. "showed up." At sixty days, I hoped I could be free. At ninety days, God is keeping my focus on my toes, still stuck on myself. The place where I touch the earth is now my protection.

Anonymous,
Portland, Oregon, USA

Literature Corner



"If you have come to the point of despair and really want to stop, you are going to need to work the Steps. You can't work the Steps without a sponsor. Even though you may never meet your sponsor face-to-face, regular contact will help you to reconnect with the Higher Power of your understanding right now. This is a spiritual program. No matter how falteringly you do it at first, you need to learn to reconnect with a Higher Power because you have no hope without a power greater than yourself. So whatever and wherever you find your Higher Power, start connecting. Start praying for the miracle that the Higher Power will bring another SA to join you. You are probably going to need to take the risk of opening up to some people, so pray for courage to do that when opportunities present themselves. Then open your eyes and ears to what is being done for you to make that happen.

Yours in fellowship, another Loner."

[ORDER FROM SAICO STORE](#)

MEDITATIONS

Avoiding Complacency

At the first sign of relief from the obsession, we may get complacent. (SA p69)

The reasons that keep me in SA are different from those that brought me here. I arrived in great pain and fear. My job, marriage, family, and freedom were threatened. Initially I grabbed onto SA and the Twelve Steps in desperation. As I got sober and worked the Steps, I started getting better.

Then a lie surfaced. I said to myself, "I've finally learned what's wrong with me. I won't ever do that again. I don't need the Program anymore." Wrong! Self-centeredness, my core defect of character, was trying to convince me I was safe and in control. My experience in recovery—not to mention the experiences of others that I hear shared at meetings—tells me I need the Program and the fellowship today as much as I ever have.

Today, when I notice complacent thinking creeping in, I acknowledge it for what it is, then take an appropriate action; such as go to a meeting, return to Step work, call my sponsor, and pray to my Higher Power. My connection with the God of my understanding keeps me coming back and helps me to start each day excited to be sober.

Higher Power keep me vigilant to the danger of believing I am safe from my old self.
90 Days of Meditations 33

What if?

What if, just for today, I surrender my fear, my sense of being overwhelmed? What if, just for today, I surrender my ecstasy of successes or accomplishments? What if, just for today, I turn over to my Higher Power the trials and triumphs of the day? What if those surrenders let me focus on the one next right thing I need to do?

What if I seek guidance on the next right thing, and the answer is not evident? What if I cannot wait for the answer and pick the best course I can, and I am wrong?

God, I ask for Your guidance

today to make the best choices I can make, to learn from each one, and to know that calamity will not befall me if I am wrong.

God, I pray for willingness to know your desires for me, to act upon those desires to the best of my abilities, and to accept the tasks at hand as jobs for Your will. Amen.

Matthew R



Our Meeting in Print

Humbly Asked

There are probably as many ways of practicing humility as there are people in the SA Fellowship, but a few are common to all of us. First, we admit we need help daily. Second, we ask for help. Third, we accept the help we receive. The only condition is that I can't ask someone to do for me what I can do myself at the time of asking.

The help I need today is different than the help I needed when I first got into the program. That does not mean I am beyond needing help. Constitutionally, I'm disinclined to ask for anything. I am conditioned to ordering things, paying for things, and arranging the delivery of things and services. Asking allows me to define the help I need. Asking makes me vulnerable, opens me to the scrutiny of others. Asking makes others aware of my needs. Asking empowers others to participate in defining what my needs are. To realize how hard this is, I only have to remember how close to death I had to come before I could ask for help with my addictions.

God knows how hard it is and meets me more than half way. He made it possible for me to put myself in His care before I asked for help. Coming in, I was "in a state of mind which can be described only as savage" (*12 Steps & 12 Traditions*, 25). Mercifully, all that's required is a desire to stop. If I had the desire to stop, I belonged, even without asking.

If I don't like the help I'm offered ("Is there anyone else up there?") it may be because my requests are unreasonable in the first place, or I'm asking for the wrong things. Either I accept the help I'm given or re-examine what it is that I believe I need. I must act in good faith on the help I receive.

When I make asking a habit, I grow in humility. The only thing that stands in the way of asking is my ego, the Great Wall. Asking and receiving is the way life is supposed to be. I ask the Higher Power and my fellow SAs for help, a listening ear, their time, feedback. I write out the help I receive with my life, especially from the Fellowship. I keep a current list of people who attend meetings and who fill service positions. I contemplate the list and remember how much we have in common and that we need help with our lives.

Anonymous, Washington D.C.



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WILLING TO GO TO ANY LENGTH

Going To Nashville

I Needed to Change

At the beginning of my plunge to the bottom, everything looked perfect on the outside. I was well educated, successful in business, had a lovely family, traveled frequently on business. It seemed like life was going well. My inner reality was somewhat different. Business travel presented an ideal opportunity to act out of my lustful fantasies. Little did my wife, my children, my parents, or my colleagues know how out of control my life really was. On one trip, after a successful day's business, I spent the evening in a sex cinema acting out with a street prostitute. I was overwhelmed with guilt and shame. When I returned from my trip, I decided to reveal my double life to my wife. That ended our eleven year marriage. For the next ten months, my life was out of control, bouncing between denial, hope, and despair.

It was very difficult to find help for my disease pre-internet days. I sought desperately to discover what was wrong, finally finding a newspaper article that referred to sexual addiction. In 1995 I went to my first SA meeting in West Yorkshire, United Kingdom.

Going nowhere successfully

During the next twenty years I attended SA meetings regularly, changed my job, got promoted, moved several times, remarried, and relocated to Germany for my job. During this time I slipped on many occasions, had a chain of sponsors in different countries, went to conventions, and occasionally even had a sponsee. I managed to surrender my worst acting out behaviours, but not masturbation, fantasy and pornography. My many relapses had a lot to do with my work, alcohol, travelling, and missing SA meetings — not to mention high pressure professional commitments.

Despite all my efforts I was returning to some of the acting out behaviours I thought I had successfully quit years earlier. My sponsor told me that after twenty years of slipping, I needed to change something significant in my life if I was ever to get into true recovery.

My decision to go to Nashville

I prayed regularly for God's guidance and to accept His difficult advice. He showed me that I should leave my job. It was scary leaving the financial security of twenty years with the same company, but my SA group friends affirmed that this was the correct course for me. I somehow knew that I needed to go to Nashville after I finished my job to help me to get sober and to get through the withdrawal from work.

I called a long time sober member of the Nashville fellowship, expecting suggestions for a U.S. sponsor who would help me plan my trip. He told me just to come, that the group would help me get a sponsor when I arrived. He also said, "It will work better if you're sober when you get here."

90 Days in Nashville

I was removed from my job, my wife, and the stresses of daily life. I literally had no distractions at all. For the previous twenty years I had switched my hope from religious-based solutions to SA-based solutions, back and forth. Now I gave the SA fellowship my undivided commitment. At my second meeting, I asked the speaker to sponsor me. I completely identified with his story and his reluctance to reach out to his sponsor and to other members.

I started the Steps from the beginning as if I had never worked them. SA became my life. I knew that if I could not find recovery in Nashville, there was no hope. The alternative was a life of addiction leading to total despair.

For many weeks I attended three meetings daily. I NEVER did more than two meetings in a week back home. My prerequisite for sobriety was to try NOT to lust. What I discovered was that CONNECTION was my basis for sobriety. It came through my bum being on a seat in meetings. It also came through relationship and fellowship with other members and through laughter. If I worked on CONNECTION, God would take care of sobriety.

I called my sponsor and two other members daily, although I didn't want to. Despite my fear of reaching out, it was more manageable to realise that I only needed five or six sober people to call to stay connected. I blamed my isolation on being in a German-speaking group; I learned that reluctance was part of me.

I had felt more and more like a bad person with each slip in the last 20 years. Now, I was somehow different. The Doctor's Opinion tells me that I have a disease. I am not a bad person trying to be good; I am sick person trying to get well.

I shared my written first step with the group in a breakout meeting; I gave myself fully to the Fellowship. I found new meaning in the phrase, "We hung onto our old ideas and the result was nil, until we let go absolutely." I thought my old ideas referred to acting out, but I discovered that I was burdened with all sorts of old ideas that hindered me. Step Two revealed some especially unhelpful ideas about God. Willingness to give these up proved particularly helpful to work the remainder of the Twelve Steps. Two months later I was working Step Eight, beginning to sense my connection to God and others. As a result, I began experiencing more freedom from lustful thoughts and memories on a daily basis.

I suffered fear and trepidation leaving the nurturing environment of SA Nashville. I faced the prospect of "normal life" and unemployment. My wife, my Anonyme Sexaholiker group, and my church family all welcomed me home. I am now an active part of our two weekly local Bremen meetings plus a daily SA Telephone meeting. These are my lifelines as I begin the process of making my Ninth Step amends. God as I understand Him continues to be with me as I "trudge the road of happy destiny."

Walter, A/S Bremen, Germany

SatNav, The Steps, and My Higher Power

A new way of trusting God

Some time ago I found an unusual black box in the dashboard of my car. It was a SatNav (also known as a GPS) with the initials GOD printed on it. I didn't program this SatNav, and I do not know the destination. God did that.

In Step Three I made a decision to hand my will and my life over to the care of God. When I am driving and following the SatNav's directions, it is still me driving the car. Every time the SatNav gives me an instruction, I have to make the conscious decision to follow it

or not. It is still my car (life); I am responsible. The SatNav (God) is only guiding me. I believe this SatNav was in my car all my life. I just chose to ignore it; or, if it did not guide me where I thought I wanted to be, I pretended it wasn't there. God was guiding me all my life, but I ignored him out of self will. I was driving around with no direction. To understand that I had to do Step One. My self-will does not work, and I had no direction, which is the same as unmanageability.

In Step Two, I finally saw that the SatNav is there. I can choose to follow its directions to see where my life is intended to go. In Step Three I made that choice.

As usual with SatNavs, I can only

Control or Surrender?

Lust is more powerful

My Step One experience brought me to the bedrock belief that I am powerless over lust, that my life had become unmanageable. That powerlessness resulted in a experiential under-

standing that I had no control anymore over lust. Lust controlled me, and there was nothing I could do in my effort to change that. Lust was always more powerful than me, and I had no hope in battling it.

I needed a power more powerful than lust to take care of my lust for me (Step Two). Fortunately there is

the SA program of the 12 Steps that showed me that if I came to trust a Power greater than myself (and greater than lust), I would be given a gift of sobriety every time I turned my lust over to that Power. I could be restored to sanity. I did not need to surrender to lust anymore. I could be rid of it.

Since I didn't

see a small part of the map. I only see where it intends to guide me for the next several miles, but not to the final destination. Sometimes it guides me to areas I don't feel comfortable to go, and I hesitate. If I choose to ignore the direction given and go a different way, I know the SatNav is just going to calculate a new route. It will remain pointing me to the destination where I eventually have to go, or I will run out of gas. So I might as well trust it and perhaps even drive through a bad neighbourhood, such as my deepest inner-self with all my dark secrets (e.g. Steps Four, Eight and Nine). Eventually, I get through it to the other end.

Modern cars are getting close to the ability to drive themselves. My car will never do that. God is

not going to drive my car. I will always have to drive myself. Today my car has lots of assistants. I got a new gear box in form of the Steps, and I switch through them as I go. I have a sponsor who is my driving instructor. He is only giving me direction and advice. I am responsible for the car and have to make conscious decisions. I have sensors and brighter headlights through the SA Fellowship. Sharing and connecting with others makes it safer and prevents a crash. And, meetings are my gas stations.

This way I hope to go many more miles and arrive relaxed at my destination wherever God's Will intends me to be.

Cornelis K. Australia

have another realistic alternative to finding a Higher Power (because I am powerless), working Step Three was how I practiced trusting God. I would simple give up trying to maintain control over lust and over myself, and instead let God have that lust and my will and life. And when I have given

my will and life over to God, then turning any temptations over to Him is really quite natural. As my sponsor said, Step Three is a decision to work the rest of the Steps. And that was a journey that continues to bring me into right relationship with God and others. After seven years of sobriety, do I now

have control or some power over lust? No. But God still does; so, I don't have to. That's what keeps me sober.

Posted by a group member of Sexaholics Anonymous, Taichung

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Step Two – Came to Believe...

G-d's hope, love and healing

The life I had been living was definitely insane, and my Step One inventory made that very clear. My way had failed, and I had to find a new solution outside my own thinking and willpower. Stories of recovery, and hearing recovery speakers share the depths of their addiction and how their lives were restored, gave me some small hope.

I thought I had always had a strong concept of G-d, a Power greater than myself. My problem was that believing in G-d seemed to never help me stay out of my addictive behavior. I often prayed for G-d to remove my desire for addictive behavior. I pleaded and begged Him to make me well, but it never worked for very long. What was missing?

After reading and discussing Alcoholics Anonymous Chapter Four "We Agnostics," my sponsor asked me to describe who I believed my Higher Power was? Well, I believed in a Creator of the universe who had providence over all that happened. There was a feeling that G-d had a plan for me and that ultimately He had my best interests in mind. He was guiding the events of my life, and I had clearly known much good and love in my life. My sponsor made me see that most of

this was knowledge that filled my head and was not necessarily felt within my heart.

He asked me to look at how I experienced G-d emotionally? I came to see that when I was in distress, unease or pain I did not feel G-d's presence or love at all. There was just me there, left to deal with negative feelings on my own, using any way I could to find relief. Escape became my god, my go-to whenever I was emotionally overwhelmed, which was often. My true belief was that G-d wasn't there for me when I needed help; so, I had take care myself.

My sponsor asked me how we create a relationship with a power greater than ourselves? I drew from *SA Step into Action* book ("One Method of Working Step Two," 37-41). Our experiences with "powerful people" in our lives create the blueprint for who and what our Higher Power will be to us, experientially.

So I looked at the powerful people in my life and looked for what I had taken from my relationship with them and transplanted into my relationship with a Higher Power. My mother was distant, and I felt emotionally alone and neglected a lot of the time, especially when facing difficulties in school. I came to believe that G-d didn't really care about my feelings and that when I was in distress, G-d was distant.

My father had high expectations of me, and I felt that it was the

same way with G-d. I could never live up to what G-d wanted me to be. Because my father called me "stupid," I believed I wasn't ever good enough. Conditions were attached to my father giving me praise or affection, such as, getting good grades. So, too, with G-d. I would never be good enough, and I needed to be worthy of His love. If I messed up or failed at living up to what He wanted from me, then I felt distance and pain.

There are positive things that I learned as well from the powerful people in my life. For example, those who showed me love and

How we create a relationship with a power greater than ourselves?

interest while growing up helped me feel that G-d also ultimately loved me and was interested in me. Because my parents ultimately took care of my basic needs, I felt that G-d ultimately would take care of my basic needs.

As a child, I had no control over the experiences I had with people more powerful than me. Today, as an adult, I have the ability to choose what I believe about a Higher Power who can give me what I need to recover from lust and escape addiction. I choose to believe, one day at time, that G-d is never distant from me and that He is always available for support. I choose to believe that G-d's love for me is unconditional; that no

matter what I do, His love will still be readily bestowed upon me. I choose to believe that I am always okay in G-d's eyes, and that His will for me was the most good and joy that I could experience in life. Everything that happened in life I came to believe was G-d caring for me and guiding me towards a better state of being, which stemmed from pure love.

I replaced the erroneous ideas in my relationship with G-d. It did not necessarily come naturally to me at first. I utilized prayer and affirmations to sustain and strengthen my new beliefs. For example, I would pray: "G-d, help me to feel that You are always close to me, no matter what." These really helped in the very beginning because I found that these were part of the actions I needed to take to experience Step Two. My Higher Power can (and does) restore me to sanity each day.

When I experience difficulties and pain, G-d is not punishing me; but, keeping me humble, connected to Him, and away from self-will which would lead me away from the good He intends for me. G-d educates me through life experiences to become a better, stronger person, more and more capable of giving and benefitting others, and revealing His message of hope, love and healing.

Daniel K, Ramat Beit Shemesh,
Israel 2017

No Car??

Abstinence, no smartphone or car?

One year into my sobriety (thanks to His grace) I began my first ever 90 days of sexual abstinence with my wife. Then my sponsor gave me the following direction: "We want you to give up your right to drive your car, one day at a time."

The reason? I don't use a car as it's intended to be used. I often drive impatiently. I recently restarted cruising, a dangerous behavior since I've picked up guys for sex in the past. In short, I was spiralling down, and my sponsor saw it.

I was upset about giving up driving. I prayed for willingness. I needed a car to get to work, to attend four to five recovery meetings a week, and for the other things a busy father, husband and businessman do each day.

As I write this, it has been 35 days of not driving and even more days of abstinence. It's been over a year of surrendering my smartphone for a "smarter" flip phone without internet. Life is so much better than it was. Serenity comes more often, and lust is so much less a part of my life. I am amazed!

Since I am an industrial strength sexaholic, I'm so thankful for tough guidance. I am grateful for rides, for God granting me willingness one day at a time, and for Sexaholics Anonymous.

Marc D., Washington State

My Recollection of My First Meeting

They made me feel welcome

I arrived 45 minutes late to my first SA meeting. Actually, I was a lifetime late, but that is another story.... It was also the 20th anniversary of the death of my mother and the beginning of my connection to a fellowship of people around the globe that has supported me into my seventh year of sobriety, which has seen fruits in my personal and professional life I would never have even dreamed possible, even before my life fell apart. Other than that, it wasn't a remarkable evening.

I had planned to be 45 minutes early, since my therapist and very upset wife had impressed on me the importance of my attendance. I got turned around on some one way streets and had to do quite a bit of back-tracking to make it back to the meeting location a full hour later than I had planned. I was expecting to be late; everyone looked over at me, but I just dealt with it. What was surprising to me was that the meeting wrapped up a few minutes later! It turned out that the meeting time was also listed incorrectly on the website I had found: it really started 30 minutes earlier than I had thought (yes, our fellowship is not perfect). Then, something wonderful happened. A group of guys came over to greet me and help me feel welcome. They started telling me their stories.

That helped me feel comfortable telling mine, which was not very complicated. Every time I sat in front of a computer (alone), I browsed porn and masturbated. I even did this at work after hours despite being caught several times by co-workers. Insanity! Even though I was 45 minutes late, I was starting to find the solution I didn't even know was possible.

Today, I am more than seven years sober. I am able to be fully present with my ten year old son, even when at events where attractive females are present. I have a wonderful relationship with a spiritually-minded woman which does not involve sex. Maybe someday if we determine if we are a good match and get married, we can take things

further. My professional life has gotten the traction I have always hoped for. I am even on good terms with my ex-wife, the mother of my son, who respects me for my sobriety and recovery. These are fruits which would simply not be possible if I were still doing things which I knew were really bad for me and feeling the resulting guilt and shame. So, even though I was late to my first meeting, I was right where God wanted me to be.

Jeff from Maine,
IT committee chair



Phone Call July 2017

Learning to be appropriate

Hi, David. It's Max. I wanted to call. I'm having a good day today. Had some lust earlier. I'm surrendering it. I'm feeling pretty good and feeling good about that. I'm grateful for the program and grateful that I don't have to live in lust. Today I feel like I'm practicing humility and remain teachable.

My Higher Power is trying to teach me

how to be appropriate with my thoughts, appropriate in my looks, to be appropriate with how I treat people.

Before I was like freaking out with every person I saw. Is that appropriate? You know, that kind of reaction, that kind of shame — the shame I get from looking at somebody and thinking about them. Is that appropriate for this situation? I have to think and say to myself, "I don't this is appropriate; maybe I am over-reacting." And He says, "Yeah, I think

you are over-reacting."

Okay, other times I do react, and it's resentment. Then I have to surrender and do the prayers. "I'm working the program and doing my work." It's paying off. I'm getting serenity and peace. I'm getting in touch with my Higher Power, and I really like it! It's been a good experience. I want to keep it up. I want to keep the focus on being humble and listening to my Higher Power. I have him teaching me. Good-bye.

“First Find Your Dr. Bob”

Adapted from a letter by Roy K. on the question of isolated members. Roy's reference to "Finding Dr. Bob" is taken from a chapter in the AA Big Book entitled "A Vision for You," which describes the circumstances surrounding the first meeting of Bill W. and Dr. Bob, co-founders of Alcoholics Anonymous.

First, I've got to take responsibility for myself. Of the dozen or so loners in foreign countries I know of who have not been able to stay sober and where groups have not formed, there is one fact in common: They never found their Dr. Bob. That is, they never found one other sexaholic who wanted sobriety. They tried to do it on their own or have it done for them in a ready-made group. They did not come to the desperate willingness to reach out to another and try to help them. That's where the grace of God comes in to expel the obsession.

I now say to anyone, newcomer, old timer, and slipper alike: If you want what this program has to offer, you're going to have to give it away to someone else and keep giving it away. Find your Dr. Bob! This is what I had to do. If you're willing and seeking another, you will find.

How to find such a one? First pray and ask God. There's someone in your neighborhood who is probably dying of this thing. If you can't pray, talk to someone

about your problem and ask to find someone like you. Just keep in mind that you need someone to share with....

Go to priests, ministers, therapists. Tell them your story and hand them an SA brochure. Go to other Twelve Step meetings and dare tell the truth on yourself. You'll be surprised that there are others just waiting for another member to spill the beans on their sexaholism, waiting for someone with whom they can identify. Sure, you will get laughter or rejection. So what? You're doing this for yourself. For your own survival. Then, when you find that one, you tell them your own story and stick with them in helping them — because you need this for yourself! This is the answer not only for loners, but for every single sexaholic, regardless of whether he has a group or not! This is the Twelve Step program!

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail.” (AA, p 89 “Working with Others”)

Roy K., *Essay*, 1996.3 from “First Find Your Dr. Bob”



Our Meeting in Print

SA STORIES

My Roommate's Cat

Practicing acceptance

My roommate has a cat named Elway, and used to have a dog named Ginger. There is a pet door for the cat and dog that allows them out into the backyard. Ginger was old and had liver cancer, so my roommate put her down last October. Now that there is no dog around, my roommate is concerned that a coyote might attack the cat. We live near enough to wild space that this is a possibility. So we now close the pet door at night. Elway has free access to the outside during the day; but once

God has my best interests at heart.

it gets dark, the door is closed and he has to stay inside.

To say the least, Elway was very unhappy about this change. He would come down to my room and whine, then lead me up to the pet door, clearly explaining that he wanted me to let him outside. Even now, if I'm up, he'll come down and whine to be let out at 4 am or so—a couple hours before it gets light out. In his way, he explains the situation and asks me to solve it for him. But I don't

do what he asks, and he lacks the ability to understand that it's for his safety. I have a much better picture of the situation, one that he can never understand.

Elway's relationship with me is a good reminder of my relationship with God. I'm going, "God, here's my problem. Please solve it." And God tells me, "No." In reality, I don't have the big picture. I don't have the God's-eye view. Perhaps I'm not even capable of understanding "why" God refuses to act. Or maybe I will understand only after I've grown and changed.

This is where I get to practice acceptance. Certainly, Elway would be a much happier cat if he just accepted the situation. I get to remind myself that I fail at managing my own life, and that God has my best interests at heart. It's about faith and about trust—trust that God is better at running my life than I am. Even if I don't understand why, my job is to learn to accept His management of my life.

Chad C. Morrison, CO

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The Big Fix

The joy in being powerless

Our program offers us the Promises; but, when we are swept up in the throes of our addiction, those Promises seem far off, transitory, unreal. Though I can only speak from my own experience, strength, and hope, I can attest to those Promises being fulfilled.

I lie awake: The cold hospital floor bleeds through my sleeping bag. I hear metal clanging, echoing down the abandoned corridors. At eight, I'm old enough to fear the noise yet too young to recognize it as a radiator heating.

For comfort I glance to my brothers. I hear only their breathing. The oldest and youngest make a high-pitched wheeze through their mouths. The quietest younger brother lies next to me.

I tune out with fantasy. Every night, I fall asleep to visions where I am attacked. In these dreams, unlike my waking reality, I have the opportunity to negotiate with the attackers. To bargain. To overpower. To intervene to protect others, especially the females in my life. Nightly dreams of rescue turn to lust. I daydream about how my grateful female classmates will reward me.

My story in my childhood was obsession and escape through fantasy-fed lust. That lust, in turn, led to early sexual experimentation

serial girlfriends, and being unfaithful to those girlfriends. After each relationship ended, I would swear to myself that the next one would be different. I would find the one who would make me whole.

I married young, desperate to have this be the relationship that would last forever. I believed that I would be fixed. Unhealed wounds festered, and white-knuckling only got me so far. I turned to porn and masturbation. When that no longer satisfied, I turned to serial affairs in an attempt to make the pain stop. Idealize, seduce, grow

My joy doesn't come from power or self-reliance.

disenchanted with, discard— and repeat the pattern scores and scores of times.

My inside sense of filth, guilt, and despair didn't match my carefully cultivated exterior. Eventually, I had to face my reality. My self-reliance failed me, leaving me with a broken marriage, fractured family relationships, and troubles at work: The depth of my bottom mirrored the intensity of my acting out.

My marriage was in shambles. My guilt weighed me down at every turn. My boss sat me down for an intervention to talk about my behavior at the office. I attended marriage counseling with my wife, and in turn was referred to an individual counselor. In

therapy I found the courage to come clean about my addiction and become involved with Sexaholics Anonymous.

I attended meetings. I worked the Steps. I made connections with others, especially when I didn't feel like it. My recovery began, a day at a time. As I worked the Steps, I had the opportunity to understand the root causes of my resentments and of the wounds I tried to heal through sex.

The Program hasn't been a get-out-of-jail-free card that kept me from dealing with the consequences of my acting out. I lost my marriage, my house, my reputation, and much of my time with my kids. The SA Program has helped me understand why I kept lusting after the Big Fix and why I was never going to find it in a hotel room with a random woman.

I've begun to put my life back together. I'm a better father to my kids. I'm a better friend, a better brother, and a better son. I'm excelling at work and have had doors opened to me that I never thought would open. I've become more comfortable with who I am. It hasn't been an easy journey. Over the course of time in SA, I have seen the Promises fulfilled.

I've learned that my joy doesn't come from power or self-reliance. My joy comes from acknowledging that I am powerless, that I cannot do anything alone. In honest community, in acknowledging myself and loving myself for who I am and for who my Higher Power made me to be—this is where I've found joy. This joy reclaims those moments on the hospital floor.

Trevor

Walk the Tiger

I finally stopped running from myself

A portion of Esti's story from the Newark SA Convention. See the complete story at sa.org/essay

I am the fourth of 15 children. I grew up in a loving home with two devoted parents who did the best they could to provide me with a stable home. I lived with the illusion that I had the perfect home and upbringing. My way of doing things was the best and the ultimate. However, codependency and addiction flourished in my

home, which I only learned to identify in recovery. As a young girl, I sought to escape and numb out from any pain or anxiety that I felt. My first escape was reading; food and lust followed.

During puberty, I started masturbating compulsively and became obsessed with sex and boy fantasies. These drugs proved to be just the right thing to numb me and help me avoid my feelings or develop intimate relationships. I felt unlikeable at a very deep level, and lust was the perfect solution to my social anxieties. I invested most of my energy and time in

my make-believe world and neglected working on deepening friendships in my all-girl school. One particular form of acting out was going to the synagogue to satisfy my lust. ... I had no one to discuss my obsessions with, so I went deeper and deeper into my head and fantasies.

My disease only progressed ; my lust, grew. My sexual orientation is straight; yet, my lust was so desperate that it was content objectifying my

I was able for the first time share ALL of me, even my most shameful sexual secrets....

girlfriends at school just to satisfy itself. I clearly felt crazy! To offset and quiet my guilty feelings, I turned more toward religious zeal and would spend hours studying the Bible in my room, isolating from people and feeling better than others.

Not surprisingly, I met and married another sexoholic. We were both love cripples with very little capacity for true intimacy and closeness. We knew how to enjoy lust, but sex itself scared both of us. During the first six years, my resentment and dislike grew toward my husband, as did my fantasies of being married to other men. I fantasized about

hooking up with other married men who seemed to have more appeal and were more suitable marriage partners in my mind. Sex became less and less frequent, and I avoided being together with my husband as I retreated within. I became more sexually anorexic despite masturbation.

By G-d's grace and miracle, my husband found SA and got sober shortly before our fourth child was born. G-d started working His magic in our lives. I got into S-Anon and started working with a sponsor. ...About six months into S-Anon, I hit my SA bottom thanks to my S-Anon sponsor. I went to masturbate and typed in "porn" on my phone, something I had never done before. I called my sponsor in a panic full of shame. She lovingly recommended that I call some SA women. That started my journey in SA and a new life for me. After calling a few women in SA, I felt that I had come home. At 28 years old I finally stopped running from myself and living in shame and pain. I felt a deep connection with my SA girlfriends. I was able for the first time to share ALL of me, even my most shameful sexual secrets....

It has not been an easy journey but it certainly has been rewarding. Learning how to have lust-free sex has been one of my greatest challenges. An experienced member taught me that I needed to learn how to

“walk the tiger.” Sex was a tiger for me; but, as a married woman I couldn’t just cut it out. I had to learn how to take it for a walk. I learned to pray before having sex to be able to give up my selfish, self-centered pleasures, to focus on giving rather than receiving pleasure, and most importantly to enjoy the man that G-d has put in my life. I also learned about my unhealthy relationship with sex, which I equated with being evil and bad. I had to learn that sexual pleasure is G-d given and special when used in G-d’s light. Learning to embrace my sexuality has been a big gift of sobriety.

...Today I am blessed to have my husband together with me on my

We can give each other the support we need to heal together from the same disease....

SA journey. We have a marriage that has its hard days; but, overall, we have a connection and friendship that I never dreamed possible. He is the love of my life and the most attractive guy I know and want to know. My house is mostly clean, and I am able to pursue my career and work full time, something I never thought I could....

To my fellow women, I say: if you are struggling in your life sexually or find yourself having a hard time loving the person you are with, there is hope and there is healing.... To my

fellow SA men in recovery. Thank you for opening your meetings to me and teaching me how to have healthy relationships with men. I have come to see men as people with feelings, and problems just like mine. We can give each other the support we need to heal together from the same disease.... I have a personal request to make to those SA groups who have decided by group conscience not to open their meetings to women. I beg and plead with you to open your doors to your fellow women addicts. Don’t deny your sisters the recovery they deserve and need. They cannot recover without your help and support! I believe you will benefit and be blessed in return. May we all continue walking with G-d hand in hand toward a sober and saner future life!

G-d bless you all! Esti, Florida

THERE IS ONLY ONE WORLD,
THE WORLD PRESSING AGAINST YOU AT
THIS MINUTE.

THERE IS ONLY ONE MINUTE
IN WHICH YOU ARE ALIVE, THIS
MINUTE HERE AND NOW.

THE ONLY WAY TO LIVE
IS BY ACCEPTING EACH MINUTE
AS AN UNREPEATABLE
MIRACLE.



Radical Acceptance, Tara Brach Ph.D

STEPS

Step Three from Step Into Action

Peace was the direct result

Step Three asks us to make a decision to turn our will and our lives over to a Power greater than ourselves. Carrying out this decision is a daily, lifelong process. Essentially, when we took Step Three, we committed to stop living by self-will. Instead we sought guidance from a Higher Power...

Who is this Higher Power to whom we turned over our lives? In Step Two, we had begun to develop a personal, working definition of the God of our understanding. Step Three helped us to grow in understanding and trust. We began to approach, and connect with, a trustworthy and loving God to whom we could surrender our will and our lives.

Because we struggled with self-will, and because for most of us procrastination was easier than action, working with a sponsor relieved us of the burden of solitary, unaccountable decision making. It helped us get out of our own heads. After all, it was our best thinking that brought us to this place! In recovery, we saw that self-knowledge and intellect were overrated when it came to overcoming our addiction...

Many of us began by making the decision to turn over one

problem, one event at a time, just as we live our sobriety one day at a time. We made it a daily exercise in letting go and letting God. Sometimes this decision meant making a phone call, asking for guidance, praying, going to a meeting, doing the next right thing, or exercising restraint while waiting for stormy emotions to subside. As we experienced moments of peace that came with turning over a few problems, we gained confidence and faith. By asking for help from a Higher Power, we admitted that we could not do it alone and opened ourselves to a Power who could help. When we found ourselves taking back control, we immediately made the decision to surrender the lust thoughts, resentments, fears, or other character defects again and again.

When we were running the show, our thoughts were out of control and regularly turned to lustful fantasies. We were plagued by fear, anxiety, despair, resentment, and self-loathing. We imagined we had good spiritual intentions, but rarely took good spiritual action. Our choices created painful consequences, and many of our actions were a source of shame and revulsion. Our relationships with those closest to us were poisoned with bitterness and neglect. What did we have to lose by giving up self-will and turning our will and our lives over to a Power greater than ourselves? With this decision,

we accepted God’s help without reservation. Often, God’s help came to us as our sponsor’s guidance and suggestions. Step Three meant giving up control over outcomes and instead opening ourselves to God’s will. It also meant trusting God’s guidance in everything we did. When we followed through on this decision, we got power back; it was God’s power, not ours, and it

We immediately made the decision to surrender the lust thoughts, resentments, fears, or other character defects again and again.

enabled good action as our power never could. When our will was aligned with God’s will for us, our lives became richer and fuller ...

Beyond our daily surrender to God, the decision to surrender our will and our lives was a decision to work the rest of the Steps. Step Three is a call to action. ...For us sexaholics, giving up self-will meant working the Steps, and the action of working the Steps gradually lifted the fog of self-obsession. God’s power and love owed into our lives, bringing with them a sense of inner peace...

Peace was the direct result of a life where we did not have to be in charge anymore. Brooding, fretting, resenting, and lusting were replaced with the simple

responsibility to seek, listen, and follow. To our surprise and delight we learned that daily surrender to a Higher Power not only relieved the tyranny of sexaholism, it manifested in all aspects of our lives. We saw improvement in our relationships, our work, our finances, and even our health. These were the natural consequences of placing our lives under better management. With gratitude, newfound optimism, and tangible success in our own program of recovery, we found ourselves ready to begin working on Step Four.

Step Into Action, 42-46

Mystery Covey



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PRACTICAL TOOLS

18-Wheeler

A GPS: God Positioning System

The so-called 18-Wheeler (*“Overcoming Lust and Temptation,”* SA 157) wwhas been a series of trust building exercises for me. My sponsor suggested I read one wheel a day, reflect on it, and share my thoughts and experience as I go along.

The 10th Wheel is “Learn to Give Instead of Take.” I especially identified with, “The measure I drink in of that image is the measure I am enslaved by it; the measure I give out to another is the measure I am released from its power” (162). This really goes to show how much my problem is between my ears: with my thinking and my attitudes.

Most of my life I have felt like I looked at everything as if through a rifle scope: targeting, taking in images, objectifying people for whatever fantasy fit my profile. In the margin of my White Book I drew a circle with the cross-hairs representing my world-view.

Moving from “preying on” to “praying for” lust targets was like gradually letting my Higher Power recreate my cross-hairs into an old style



radar screen, so in the margin I drew a circle with several dots in it. I’m still hyper-vigilant, something that I don’t dare confuse with “comfortable and relaxed” sobriety; it’s just that I’m asking my Higher Power to take each of my blips before I can bring my lustful targeting system online.

I’m finding there are times when my Higher Power is re-engineering my radar system into a modern Global Positioning System. In fact, it’s more of a God Positioning System. In the margin again I drew a circle with the letters GPS squeezed inside.

According to my sponsor, my Higher Power loves attention and will do or wear anything. When I remember this diagram, it reminds me to be prayerful and grateful; these inevitable blips become beacons. Instead of that sucking sound as I get drawn back into my own head, I am drawn toward reaching out for my Higher Power and using our recovery tools to refocus on the work at hand. Doing that keeps me in the real world where I’m practicing “praying for knowledge of His will for us and the power to carry that out.”



Effective Sponsorship

Carry the message and save lives

For over twenty years I lived in the merciless downward spiral of Lust. As my disease progressed, the unmanageability increased, the consequences were greater, and I was powerless to save myself. By the Grace of God, over 9 years ago I walked into a meeting of SA and was given the gift of freedom. Yet, that gift of freedom did not happen overnight nor by accident. It took many years of good Step work and quality sponsorship to get to a comfortable and clean sobriety.

During these years I received and offered sponsorship. There is a challenge many sponsees and sponsors face – the “never-never land” of Step Four. We see a newcomer plunge into recovery with hopes and aspirations. He or she gets a sponsor and jumps into reading and writing. Their eyes clear up, they hold their heads a bit higher, and they stand a bit straighter. The spark of hope and healing shines forth.

Later we see a different picture. The shoulders have fallen once again. Yes, they say they are sexually sober. They are showing up to meetings. However, they can't find that promised happiness and joy. Upon further examination, we notice that they really are maintaining their

physical sobriety by “getting current” and staying accountable. What was once a spiritual journey of change and hope, has become a trap.

The key, I believe, lies in effective sponsorship. Here are some suggestions I've found help keep the sponsorship process focused, productive, and effective. Please take what you like and leave the rest!

The sponsor relationship is for the purpose of Step work only. The Steps process should take 3-5 months at the most. There are good guides to working the Steps at a faster and more effective pace, such as “Back to Basics” by Wally P (AA approved).

Meet face-to-face for one hour once a week. During that hour **ONLY** talk about the Step you are working. **DO NOT LET THE SPONSEE GET CURRENT THEN, NO MATTER HOW TEMPTING.** Stay focused on the Step. Between the weekly meetings, the sponsee could and should get current.

Use a one page 4th Step worksheet. The SPONSOR should do the writing and get it done in **ONE** session (1 to 1.5 hours)

Spend the bulk of discussion of the inventory in Steps 6 & 7, **NOT** Steps 4 & 5. The confidence and momentum that the sponsee will get from knowing that he or she is past the 4th Step is amazing.

Add your own thoughts, and experience to this partial list. We must keep sponsorship effective so that we can carry the message and save lives – one day at a time!!

Raphael M -Lakewood NJ



The Chips That Never Were...

My sponsor's unconditional love

When in my first year I was literature chair for my home group, I purchased several anniversary chips for those that may want to carry a nicer anniversary token. At my one year anniversary as my sponsor was ready to hand out chips, I slid this beautiful one year token across the table and smiled. He picked it up and looked at it with great admiration. Then he reached in the token box, pulled out a bronze one year chip, and handed it to me.

I thought “what the heck,” and had some choice thoughts around it. I didn’t have a 4th Step resentment list yet; so, I accepted the bronze one year coin and let it go. I had fantasized about pulling that fancy coin out many times and showing it to others, but that would not be the case. I do not recall ever showing anyone my one year bronze chip.

As Year Two approached I realized that it fell on a meeting where my sponsor normally doesn’t attend. Before the meeting I handed the beautiful two year token to the literature chair and said to give me this one when you hand out chips. About 5 minutes before the meeting started my sponsor walked in and sat down. He was there to celebrate my birthday.

At the end of the meeting when the chips were going to be handed out, the literature chair grabbed that beautiful chip out of the box. Before he could present it to me, my sponsor said “let me see that”.... He admired it. Then he reached back into the box and pulled out a bronze two year anniversary token, presented it to me, and then dropped the nice one back in the box. I thought “REALLY!” but this time I had a 4th Step inventory list and added another name that day.

About a week ago while driving I thought about my upcoming anniversary, the thought came to my mind “There is that beautiful

blue 3rd year token still in your drawer.” I recoiled from it as from a hot flame and thought “Oh, heck no!” See, the difference is that, after almost three years sober, I can see something now that I couldn’t see then.

Over this last year, through working the Steps I have seen the process of ego deflation.

Each time I re-inflate my ego, I suffer terribly. Lately I have been enjoying the sloooooow process of ego deflation. The more my ego is deflated, the more I enjoy serenity, peace of mind, better relationships, and a closer connection with God.

So when the thought of that beautiful 3rd year chip came to mind, I said, “Absolutely not.” To me, the funny part of this story is that my sponsor is out of town today; but, thanks to his loving guidance, I did not bring the blue 3rd year coin today.

I accepted a 3rd year bronze coin. As I did so, I remembered the final three days of depravity I went through before entering the rooms. I reflected back on those last days of end stage sexaholism, and I don’t recognize that man. I don’t see how he indulged in those acts. One thing I know for sure is, if I go back out, I will not just return to those last three days. It would be a lot worse.

So I accepted the coin today with great gratitude for the miracle God has performed, the many hours and unconditional love my sponsor has given me, and the endless love I have received from the fellowship. I only enjoy my sobriety one temptation at a time. Thank you all! Without you I would not be here.

Dennis T in Alaska

Group Discussion Topics

What stories have meant the most to you in this *Essay*?

Have you experienced ego demands similar to “The Chips That Never Were...” story about his sponsor?

What is your experience using “The Eighteen Wheeler” for overcoming lust and temptation?

The Steps and sponsorship are part of SA’s “easier, softer way” -- where are you today in your recovery with the Steps and sponsorship?

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NEW SA GROUPS
2ND QUARTER 2017

Europe and Asia

Dundee, United Kingdom
London, Honor Oak, United Kingdom
Perth, United Kingdom
Stirling, United Kingdom
Malmo, Sweden

North, Central, & South America

Montevideo, Uruguay
Montreal, Canada (add. meeting)
Cleveland, Ohio, Lyndhurst

Cortez, Colorado
Ft Myers, Florida (add. meeting)
Ft. Lauderdale, Florida (add. meeting)
Frisco, Texas
Hutchinson, Kansas
Jackson, California
London, Ontario, Canada
Mechanicville, New York
Montreal, Quebec, Canada (add.
meeting)
Pahrump, Nevada
Pocatello, Idaho
Wisconsin Rapids, Wisconsin

SAICO Finance Report:

Donations	\$63,100
Other Revenues	25,951
Expenses	85,206
Rev - Exp	-6,472
Prudent Reserve	276,773*

*SAICO Operating reserve for 6 months is \$144,950

Liability Insurance?

In the USA some groups are being asked for Liability Insurance coverage by meeting sites. E-mail the SAPortlandMetro intergroup for information on such coverage.

Dear Essay:

The SA Literature Committee has been asked to assemble an Old-Timers compilation of articles and speeches. Please contribute your favorite text, either print or on a tape or CD, and send it to SAICO by postal mail (address below) or internet at saico@sa.org. Some examples would be:

Jess L. Essay article in 1994

Bill W talk in 2013 - He was then nearing 100 years old, 17 years sober.

Old-Timers could be focused on Member Stories and Best of Essay and Practical Tools.

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SA IN THE WORLD

SA Videos Available

SA has terrific new videos to use to help spread the word about our program of recovery. One video is a 30-second public service announcement. The second is a 3-minute introduction to SA that gives an overview of our fellowship and the Steps. This could be played in front of a public audience such as a Rotary Club, church/synagogue/mosque, prison, hospital, institution, college psychology class, etc. Members and intergroups may use the videos as they see fit. Watch the videos at sa.org

No alteration is permitted. The SA Public Information Committee will help with translating one or both of these videos into another language. We welcome any suggestions on how to further publicize these videos. Contact us directly at: sapublicinfo@gmail.com

Police Custody

While in Egypt in January for an SA workshop, the members took me to see some special sights. One day, three young men wanted me to see a couple of special mosques.

One mosque had a magnificent dome, the largest in Egypt. That area was locked, but one of the guys went and borrowed a key. The mosque was beautiful inside. A group from the Philippines came in and one man sang the call to prayer. Then a group from Korea came in, followed by the police. They said that my friend had stolen the key and arrested all four of us.

Their captain at the station was a bully, yelling questions repeatedly, making ac-

cusations, and generally terrorizing us. He seemed to be playing to the others in the office. I felt a strange peace and calmness. When he asked if I didn't hear him because of the hearing aids, I said I heard him very well and had already answered his question.

Repeatedly he asked why I was there. I said that I was a spiritual leader and met them on the internet and was there to help them connect to God. He asked, "Whose God?" I answered, "There is only one true God." He responded, "What about Jesus?" I replied, "I believe in Him, but I am here to teach about God." That seemed to satisfy him.

The captain asked if I was paying the three men to guide me? I said that they were doing it because they were so hospitable, as I know it is illegal to take money to be an unlicensed guide.

After many questions of all of us, he handed me my passport and said that I could go, but, they were going to jail. I quietly said that I did not think that would work. I did not know how to get back to my hostel. These were my friends, and they loved their country and mosques and wanted to share them with me. I then handed him back my passport, and said that I will just have to stay with them. It got very quiet. He threw their identity cards out on the floor and gave me back my passport. "All right, you may all go." The guys scrambled for their cards, thanked him, and we left. Without breaking anonymity, I had talked about why I was there, stayed calm, was honest and vulnerable.

I spent a wonderful week in Cairo in fellowship and working the literature. Those two and a half hours in police custody taught me and my fellows more about trusting, staying in the moment, and working this program in all our affairs than any other single event during that week. The promises do come true in such amazing ways. Trust the program.

David T., Oklahoma USA

GEEK CAMP

connecting the SA fellowship to carry the message worldwide

The Promise of Geek Camp was: “A history-making endeavor on the part of the EMER Region of SA and our I.T. Committee. It is a global link-up for anyone with an internet connection..There are also 300+ people signed up, and it’s likely to increase to 1,000 plus in the next few weeks. There are going to be two channels and the broadcast will go round the clock for 24 hours, with each hour featuring a regional panel within SA and also a topical panel for innovation-sharing about technology and carrying the message.”

The Reality of Geek Camp was: 2 A & B Channels. About 80 Speakers on 23 Panels in 5 Languages and including 18 Workshops. There were 600 + Participants from over 50 Countries including: Singapore Taiwan Switzerland Australia U.K. Ireland Germany Russia South Africa Mexico Poland Netherlands Spain Slovakia Greece Israel France Canada Columbia United States Venezuela Iran and others not listed.

The Camp ran successfully from 09:00 UTC Wednesday 23 August to 09:00 UTC Thursday 24 August. Many thanks to EMER, to Nicholas in U.K., and to all the panelists and participants. What a wonderful 24 hours it was!

Two special SA conventions with Gary W.

ATTITUDE OF GRATITUDE
SA EMER WORKSHOP WITH GARY W. (USA)
WITH PARTICIPATION OF S-ANON

27-29 OCTOBER 2017
MARIA-AALST (BELGIUM)

In October November Gary W from the US travels to different EMER countries. This workshop in Belgium is organized by members of SA (Flemish and Dutch IG) and S-Anon.

The convention will be held in a beautiful quiet venue in the midst of the green land in the West of Flanders, close to the historic cities Bruges and Ghent. (www.samoscow.be)

Bookings can be done by sending an email with your first name and initial, the country in which you live and your homegroup to emmer@moscow.samoscow.be (1st Anon) samoscow@moscow.samoscow.be (S-Anon) and by paying the booking fee to the following account (Flanders IG): (IBAN) DE44 3704 1906 0544 (BIC) AROP3333 (mention your first name, initial and homegroup here as well)

Price (single room)
Full Board SA: €160 | S-Anon: €180
Booking after 15 Sept: + 100
Accommodation without meals SA: €65 | S-Anon: €75
Booking after 15 Sept: + 50

AM to your email also:
If you want registration food or no meals.
If you are willing to do service, if, transport people.

Your registration is not complete until we received your payment.

INTERNATIONAL CONVENTION
"Finding a New Life"

November 1st-2nd 2017
Step Workshop: Gary W, USA

- Registration fee: €20
- Food breaks included
- English-Russian-English
- PostNikolskaya metro station
- 10 am - 5 pm Wed and Thu

November 3rd-5th 2017
CONVENTION

- Registration fee: €20
- English-Russian-English
- Food service available
- Krasnopresnenskaya metro station
- 11h 3pm - Sun 2pm
- Limited sleeping rooms available at venue

FOR REGISTRATION GO TO:
<http://samoscow.ru/register>

+7-497-308-75-90 | INFO@SAMOSCOW.RU

EVENTS CALENDAR

Upcoming International Conventions

January 12 - 14, 2018 San Antonio, Texas, USA SA International Convention: 12 Steppin' Deep in the Heart of Texas. Web: <https://texas12step2018.org>

July 13 - 15, 2018 Saint Louis, Missouri, USA SA/S-Anon International Convention: Gateway to a New Freedom. Web: www.gatewaytoanewfreedom2018.com

Local/Regional Events

September 2017

1 - 3, Salisbury, United Kingdom SA/S-Anon UK Summer Convention: Growing in Fellowship Together. Web: <http://Tinyurl.com/SAUKsep2017>

10, Bay Shore, New York Long Island NY SA/S-Anon Conference. Web: www.salongisland.org

13 - 15, Alexandra Headland, Sunshine Coast, Australia SA/S-ANON Queensland Conference: Let's Get Connected. Web: <https://saoz.net/events>

15 - 17, Munich, Germany New Beginning: The Principles of the Steps as a New Way of Living. Email: asmuenchen@posteo.de

22 - 24, Vienna, Austria New Beginning Workshop: The Power of the Steps. Email: info@anonyme-sexsuechtige.at

22 - 24, Warsaw, Poland SA Poland Convention. Web: <http://www.sa.org.pl/>

30, Morton, Illinois, USA Central Illinois SA/S-Anon Marathon: Seeking Peace & Serenity. Web: solutionsandanswers.com

30 - October 1, Bonn, Germany New Beginning: The Principles of the Steps As a New way of Living. Email: asinbonn@yahoo.de

October 2017

7, Pittsburgh, Pennsylvania, USA Pittsburgh SA/S-Anon Autumn Conference: Growth Through the Spiritual Principles. Email: pghsa.fellowship@gmail.com

13 - 15, Ontario, California, USA SA/S-Anon Unity Conference: A Design for Living. Web: sasocal.org

14, Macon, Georgia, USA South Georgia Intergroup Marathon: Progressive Victory over Lust. Email: mid_ga_sa@yahoo.com

20 - 21, Toronto, Ontario, Canada SA/S-Anon Marathon Meeting: An Attitude of Gratitude. Web: <http://2017marathon.eventbee.com>

20 - 22, Ross Point, Post Falls, Idaho, USA SA/S-Anon Fall Retreat: A Fascinating Adventure. Web: <http://www.sanorthwest.org>

21, Jacksonville, Florida, USA Jacksonville Marathon: A Common Solution. Email: jaxmarathondaysa@gmail.com

27 - 29, Maria-Aalter, Belgium SA/S-Anon EMER Workshop: Attitude of Gratitude. Email: tomby123@gmail.com

27 - 29, Wichita, Kansas, USA SA/S-Anon South Midwest Family Reunion Retreat: Stepping into Recovery It Works If You Work It. Web: <https://sa-dfw.com>

November 2017

1 - 2, Moscow, Russia SA Russia Convention: Finding a New Life. Web: <http://samoscov.ru/register>

3 - 5, Ben Lomond, California, USA SA Nor Cal Unity Men's Retreat: Begin Anew. Web: <https://www.ncumr.org/product/2017-sa-bay-area-mens-retreat-registration/>

Upcoming 2018

April 6 - 8, 2018 Perth, Scotland, United Kingdom SA/SANON Spring Scottish Convention: Just For Today - The First Day of the Rest of our Lives. Email: essay.aberdeen@hotmail.co.uk

June 22 - 24, 2018 Dublin, Ireland SA/S-Anon EMER Regional Convention: Discovering the Principles Personal Recovery and Relationships. Email: emer2018@saireland.com

EMER SA Phone Meetings & VOIP

SA phone meetings and Voice over Internet Protocol (VoIP) meetings are held daily, by day and by night. SA's official PDF information flyer, giving meeting times and how to connect, can be downloaded.

EMER's Monthly Married Speaker SA Phone Meetings

EMER has its own Monthly Speaker Phone Meetings on the 2nd and 4th Monday of each month. 2nd Monday Speaker meeting details at 19.30 London Time. 4th Monday Married Speaker meeting details at 19.00 London Time.

VoIP Meeting for Women: EMER's Women-only Skype Meeting at 17.00 London Time

Get EMER information at <http://www.sexaholicsanonymous.eu/sa-meetings-map/sa-phone-meetings-voip>

Get North America/Europe schedule at http://www.sa.org/meetings_phone/

SA CONVENTIONS

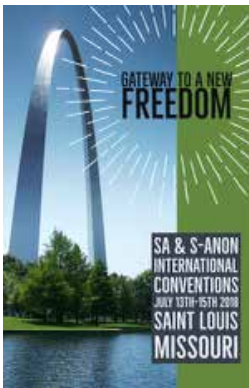


January 12-14, 2018,
San Antonio, Texas, USA,
SA / S-Anon / S-Ateen
International Conventions
Please join us in San Antonio,
Texas January 12-14, 2018

San Antonio 12 Steppin' Deep in the Heart of Texas

*There exists among us a fellow-
ship, a friendliness and an under-
standing which is indescribably
wonderful. - AA 17*

www.texas12step2018.org
info@texas12step2018.org



**July 13-15, 2018 St. Louis,
Missouri USA**

St. Louis is known as the “Gateway to the West” as many settlers and adventurers passed through on their way to the West. We of SA and S-Anon have found our fellowships to be Gateways to a New Freedom. Please join us as we share the various experiences, strengths, and hopes of our journey to that freedom.

[http://www.
gatewaytoanewfreedom2018.com/
gatewaytoanewfreedom@gmail.com](http://www.gatewaytoanewfreedom2018.com/)



SA / S-ANON
2018
EMER REGIONAL
CONVENTION
Discovering the
Principles
Personal Recovery
and Relationships

DATES
22nd – 24th June 2018

LOCATION
Dublin, Ireland
St Patrick's College, Maynooth

PRICE
€ 165 per person
full board accommodation

ENQUIRIES
emer2018@
saireland.com

Book Early!

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Articles may be sent by postal mail to SAICO, PO Box 3565, Brentwood, TN 37024 USA and should be printed, double-spaced. Handwritten items should be written clearly on only one side of each sheet.

All articles should have an English translation along with the original language or be in English. Whenever possible we will publish in the original language as well as the translation. Please include an author name, address, telephone number, and/or e-mail address so that authenticity can be verified. This information will remain confidential.

Maxey

By Jimmy M.



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 the Essay coming!](#)

The Twelve Steps

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

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

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

The Twelve Traditions

1. Our common welfare should come first; personal recovery depends upon S.A. 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 S.A. membership is a desire to stop lusting and become sexually sober.
4. Each group should be autonomous except in matters affecting other groups or S.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the sexaholic who still suffers.
6. An S.A. group ought never endorse, finance, or lend the S.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every S.A. 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. S.A., 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 S.A. 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, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.



GOD

grant me
the

SERENITY

to accept the things
I can't change

COURAGE

to change the things
I can and

WISDOM

to know the difference.