

## SCA NEWSLETTER

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# THE SCANNER

VOLUME 2, NO. 3

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## BUILDING INTERFELLOWSHIP RELATIONS

SCA REPRESENTATIVE ATTENDS SLAA CONFERENCE

By M.K. (Los Angeles SCA)

There are several other 12-Step Programs which address sexual addiction besides SCA: Sexaholics Anonymous (SA), Sex and Love Addicts Anonymous (SLAA), and Sex Addicts Anonymous (SAA). Your SCA/ISO is exploring ways in which we can cooperate with these Fellowships in order to better carry the message of recovery to those who still suffer.

An SAA representative attended the New York ISO meetings in June, 1990, and one each from SAA and SLAA took part in the ISO meetings in Los Angeles last February. They provided excellent feedback and advice, and forged valuable lines of communication and cooperation. SCA representatives have taken part in SAA and SLAA meetings as well, with comparable results. I attended the SLAA Annual Business Meeting in Sacramento, CA, June 14-16, as an observer, as well as a participant in their Interfellowship Relations Committee. I learned a lot just by observing the proceedings.

SLAA is much larger in membership than SCA and therefore has more structure. More than 80 delegates from all over the US and Canada participated. In the several committees, issues were discussed, motions formulated and reported to the general assembly of delegates and the Board of Trustees. Finally, after considerable discussion, the issues were voted on. The exasperation level was high at times, but it was an excellent opportunity to re-learn patience and to trust our Higher Power. I can foresee many of the issues that SCA will be addressing in the future as we grow.

What I personally appreciated most in my participation was seeing the evidence of recovery at work. As trusted servants in our respective Fellowships, many of the traits that enable us to maintain our commitments to our service work are also our character defects. In the brainstorming, deliberating, motion setting, discussion process, I saw people listen, stand their ground, advocate, negotiate, compromise, and stalemate. But overall there was a sense that the conference was about more than any personal, or small group, agenda. I felt a sense of our Higher Power being present in the process.

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## ISO SEEKS NEW RECOVERY LITERATURE

The ISO is actively soliciting literature produced by literature committees, forums, and groups within SCA for national publication and distribution. Thus far, the present literature (the Little Blue Book, and the upcoming pieces on Shame, the Four-Fold informational pamphlet, and the Question and Answer brochure) have been the brainchildren of the New York and Los Angeles Intergroups. ISO, being the coordinating agency for all of SCA, hopes to see a great deal of participation by ALL of the membership.

A project, which has been a glimmer in the eyes of the ISO since it's formation, is the production of an SCA recovery book in the vein of *Hope and Recovery*, based on full-length versions of the MY STORY articles which have been published in the *SCANNER*. Here is where individual members can really shine!

There are a lot of recovery subjects to be addressed. So talk it over in your groups, brain pick at your retreats... literature is one of the tools of recovery; literature is our portable meeting! Let's hear from you.

## Thanks to 23!

*How about the rest of you?*

Heartfelt thanks to the 23 generous members who responded to the recent ISO fund appeal. You might well be thinking, "Only 23 members contributed?" You may not have been one of them. Right?

ISO has received a total of \$1,494 as of August 13, most of it from only one person! Our 23 contributors were about equally distributed among New York, California and Chicago.

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## MY STORY

### RELEASING MY LIFE OF OBSESSIONS AND FANTASIES

By Allen K

Now and then, as we work our Program, we make what could be described as a "BRILLIANT DISCOVERY OF THE OBVIOUS." Suddenly something finally breaks through as though we'd never thought of it before, even though we'd read about it, heard about it, maybe even talked and written about it.

This happened to me recently at an SCA retreat. I had felt very secure and smug in the sobriety of not physically acting out on my bottom line activities—my Recovery Plan no-no's—and even making progress on many of my gray areas. All this over a period of some two years in the Program. Yet, I was very uneasy about something. I was still living in the totally unreal world of sexual fantasies which I've lived in for most of my life.

*"There has been enough anger and hostility in my life;  
I don't need more—even toward my Addict."*

Fantasies built around guys who have, even for a few minutes, been especially supporting and warm; turning them into romantic, sexual gods, and me into a "service station" for them. And fantasies not only re-living the shameful, degrading details of the "bad old days," but also expanding on them, building them into, "if only I'd gone on to do this, and do that—wow!, that's hot"!

And, I was still living in fantasies built upon obsessing on Mr. Gorgeous Q. Wonderful, or even pieces of him—his arms or legs, his butt, his eyes, his shoes, even photos of him; walking down the street, playing ball, riding a bike, just sitting there. Obsessing on his physical being without giving any thought or concern at all as to what might be inside.

I wasn't only living in these fantasies and obsessions; I was masturbating to them, encouraging them, feeding on them, ritualizing them. I wasn't physically acting out, but I was sure acting out mentally!

The "brilliant discovery"? Well, it finally became clear that this was my sly, cunning, sneaky Addict's way of getting to me; of leading me back into my sexual compulsions. It finally became clear that I, as a sex addict, could no longer allow these sexual fantasies to even exist in my head if I were going to get on with my recovery. It finally became clear that SEXUAL FANTASIES AND OBSESSIONS ARE TO ME, AS A SEX ADDICT, WHAT ALCOHOL IS TO AN ALCOHOLIC! POISON! One fantasy or obsession leads to another and another and yet another until the Addict once again has me by the gonads and drags me back even deeper into the addiction.

It became clear that I had to take action against my Addict; I couldn't just sit back and let him go on. At first, it seemed that it would be necessary to yell at—push—shove—forcefully purge my Addict. Yes, that would be the best way to handle it. After all, my Addict has never been kind or gentle with me. Why should I be gentle with him! A lot of righteous indignation and anger toward this Addict who has taken over my life and made me powerless over my addiction should fit the bill.

But ours is a gentle Program. There has been enough anger and hostility in my life; I don't need more—even toward my Addict. Over my months in the Program, it has slowly begun to sink in that a gentle prodding, along with a generous dose of God's help and strength—asked for with faith and hope—is the most effective way of dealing with my Addict. I have made a decision to turn my life and will over to the care of God; now is the time to really live that. My total participation is His expectation, but the manner of that participation is up to Him.

I know now that each time I start obsessing on sexual thoughts or on a body or a thing or a place—each time I start sliding into fantasy-land—I must recognize that my Addict is getting at me again, and it's time for me to get to work. It's time to ask God for help and strength, and to nudge these obsessions and fantasies out of my head. I know now that I must live in reality—the reality that is right now. Those things in the past are gone forever and cannot—must not—be re-lived. Those things

in the future, whether they ever have a chance of materializing or not, cannot be lived in the right now, I must wait until tomorrow becomes today, and let what happens happen. The more I try to redo the past or manipulate the future, the deeper I get mired in my addiction.

It's working—when I really work it; and it DOES take work. I am experiencing deep grieving—deeper than when I let go of my toys and pornography and bottom line activities and construction sites and the sports pages and underwear ads and an old friend. It really hurts; this letting go of a mind-set which has been with me for 50-some years. Yes, it really, really hurts! Sometimes I get so tired of the sadness and hurt; sometimes it's so tempting to.... But I know that's the Addict trying to grab me again, so the hurting is OK. The earlier hurts have pretty much gone, and healing has taken their place. That will happen here too—I know that. And I know that that's what God's will is for me. But, it does hurt...

### IT'S YOUR SCANNER

The SCanner is your newsletter, and it needs your participation. Whether it's your story, feelings, breakdowns or break-throughs, poems, suggestions, opinions, editorial comments, or other Program related pieces, your input is most welcome. How's about letting us know if you'd like six pages per issue rather than four.

Typed or written—just so we can read it. Send your piece to The SCanner, c/o SCA, 4470-107 Sunset Blvd., #520, Los Angeles, CA 90027. Let's hear from you!

### SCA LITTLE BLUE BOOK

For information on obtaining SCA's Little Blue Book, "SCA - A Program of Recovery", call Gene T, at (213) 656-7150 or write:

SCA/ISO Literature  
PO Box 931181  
Hollywood, CA 90093

### Serenity Prayer

*"God, grant me the serenity  
To accept the things  
I cannot change,  
Courage to change  
The things I can and the  
Wisdom to know the difference."*

Food For Thought...

## REACHING THE REAL "BOTTOM"

I thought, until recently, that I had reached bottom in my sexual compulsion when I was arrested for making sexual advances in a public toilet a couple of years ago. I am thankful—very thankful—that that happened. After I got into the SCA Program within a month after that, I became convinced that my Higher Power had allowed that trauma in order to help me get my life straightened out. I still believe that. And, I did stop acting out in toilets and parks, and stopped phone sex and going to sex video/book stores and stopped buying pornography, and threw out my toys, and have stayed sober regarding these activities since then.

Now, I realize that I stopped cruising toilets then because I was scared as hell of being arrested again. And... based on past history (not arrests, but several near misses), that scare wouldn't have kept me away for very long. But, this time, I had the SCA Program to turn to, and I had the support of my Sponsor and the others in my groups... and I began to get a feeling of what this Higher Power business was all about. I'd never had any of that before. In fact, after my first months in the Program, I used to get pissed about not having any of that earlier! But obviously my Friend, HP, hadn't felt I was ready yet.

Although I wasn't really aware of it at the time, the sobriety of "not acting out" slowly changed from being scared of another arrest to realizing that I was worth far more than being a "service station" to other guys. I was increasingly being freed of my compulsive behaviors because I was thinking more and more highly and lovingly of myself... realizing that my sexuality was given to me by my Higher Power to be used in a healthy, responsible manner; not for a power trip, or to get a high, or to cover up whatever shit was floating around in my life at the time.

At the same time, my consciousness of the people and things around me changed around to more and

more accept them as the way they are meant to be, and not to try to get out the crowbar and change them to something which fit into my scheme of things better. Now, I'm beginning to find out just what spirituality means, and is, and what it feels like to live in it... and it's great!

So, I may have reached my acting out bottom when I was arrested, but I passed my "spiritual bottom" later, and more gradually, as I got in touch with my Higher Power and started choosing more responsible activities for myself. I know now that "turning it over" doesn't mean that my Higher Power is going to fix everything without my lifting a finger. No, not at all. He just waits around, giving me little "hints" now and then, easing the pain, and cheering me on all the while. He just waits until I choose.... RK

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*Interfellowship Relations*

*(Continued from page 1)*

Equally encouraging was the variety of delegates at the conference, indicative of the varied SLAA membership in contrast to the largely gay-men membership of SCA. The delegates were evenly represented by men and women, and I sensed that this distribution was also true for those of homosexual and heterosexual orientations. Homophobia was NOT evident and sexual orientation was not an issue—sexual addiction was. The SLAA Preamble, in part, reads: "We find a common denominator in our obsessive/compulsive patterns which renders any personal differences of sexual or gender orientation irrelevant." I certainly saw evidence of this in the welcome I received, and in observing the delegates relate to and interact with each other.

Over my years of involvement in many 12-Step fellowships, groups and organizations, I have experienced much suspicion, contention, territoriality and division—namely **PERSONALITIES OVER PRINCIPLES**. I know how difficult it is to try to maintain one's sense of integrity yet also negotiate and compromise, whether for an individual or a group. What I saw at the conference was an assembly of individuals who trusted in their Higher Power and

thereby strived for and succeeded in placing **PRINCIPLES OVER PERSONALITIES**. Regardless of the specific outcomes, I felt that the success of the conference was in the process rather than in the outcome. And this was so encouraging!

My participation in the Interfellowship Relations Committee meetings was not intended to generate specifics at this point. I was able to make an initial overture of cooperation and unity in our endeavor to seek recovery from sexual addiction, and I will continue participation through conference calls in the future. There is no fixed agenda other than to explore and identify ways in which we can support each other in this endeavor. One obvious way is Program cross referral, particularly for travelers. Many individuals travel and wish to attend meetings dealing with sex addiction, when or where meetings of their own Fellowship are not available.

Since many SCA members have gone to or currently participate in SLAA, SA, or SAA, we, as delegates to SCA/ISO, would like to hear your views. Anyone with questions or suggestions for interfellowship cooperation is encouraged to contact M.K. at (213) 301-1071, or by writing to him c/o SCA/ISO, 4470-107 Sunset Blvd., #520, Los Angeles, CA 90027.

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*Thanks to 23!*

*(Continued from page 1)*

The International Service Organization needs contributions—of any size—from a much larger representation of the Fellowship.

In the past six months we spent \$1,745 for office supplies, xeroxing, mailing, travel and literature. Soon, we expect some very substantial bills for printing the new four-fold piece, "Shame" and "Questions & Answers." The \$1,602 we now have on hand will not come near covering our projected expenses.

So let's hear from the rest of you. I'm sure you don't want to let 23 carry the load for all of us. Now is the time to get out the checkbook and send your contribution to: International Service Organization; c/o S.C.A.; P.O. Box 1585; Old Chelsea Station; New York, NY 10113-0935.

## Bits and Pieces

### HERE AND THERE

A big, Texas-style "howdy" to **ODESSA, Texas**, and its sexual recovery group which has been meeting for three years. About a year ago, it registered with SAA, and now it has also registered with SCA. That's really hitting recovery with both barrels! Made up of men and women, gays, bi's and straights, this closed-meeting group meets at REFLECTIONS, 1512 North Grandview on Sundays at 6:30 PM (Study) and Wednesdays at 7:30 PM (Check-in). **MARK C** says there's a voice mail phone at (915) 560-5240. All recovering program people traveling through the area are welcome to attend.

During the summer, **FIRE ISLAND, NY**, has two meetings: Saturdays at 12:30 PM at the Pines Doctor's Office; and Wednesdays at Noon at Grove Xanadu. If you have difficulty sitting around the same room with a bunch of hunks in swim suits, bring VERY dark glasses, or a bag to put over your head! They're there for recovery, too.

**WALTER V, NEW YORK** Intergroup Chair, reports that that body has voted to contribute 30% of its income to ISO on a bimonthly basis. That's the way to go, New York! Now let's hear from the other Intergroups!... Intergroup is also earnestly discussing the issue of more effective distribution of *the SCanner*—it presently handles about all the distribution outside of California.... **HENRY S** states that the April Retreat was a great success, and the next Retreat, "From Forgiveness to Recovery" will be held August 16-18.... **ROBIN B**, 12th Step, reports that a large mailing of SCA information is going to about 250 entities, including judges, clinics, psychiatric outlets and the media.... The May 31-June 2 CONFERENCE, "Surrender to Serenity," was a great success, with 165 participants registered. It was recovery with a capital "R"!

Next meeting of the SCA/ISO will be the September 27 weekend in New York.... As most of you know, the ISO fund-raising letter went out in May, and good results are coming in.... ISO is now busily compiling a mailing list of all delegates and alternates as an effective way to "get the word out." Communications with individual SCA meetings need great improvement and their cooperation is requested.... **BOB M** was ISO's representative to the SAA Convention in Grand Rapids, June 19th. The Inter-fellowship meeting will be held in Chicago October 25-27, with **FRANK H** representing SCA....

The ISO pamphlet on "SHAME" is close to birth. A pamphlet on "QUESTIONS AND ANSWERS" about SCA is now in the process of Los Angeles Intergroup review, prior to being sent on to ISO. A revised 4-fold information handout sheet is also in the works, as well as the Bylaws of ISO.... Lots of things are coming together for ISO. It needs the help and support of all of you.

**ALOHA** and a heartfelt SCA welcome to the **BIG ISLAND's** second meeting! **HILO, HAWAII** now has a Noon meeting each Thursday in the Ocean Side Pavilion at Wailoa State Park. This meeting joins the well-established **KAILUA-KONA** meeting held in St. Michael's Church on Wednesdays at 6:00 PM. Anyone for SCA in Waikiki?

**DUANE J** reports that the **SANTA FE, NM**, meeting, going for 1 1/2 years in that beautiful, historic Southwestern city, has a good core group of around 5, assuring "good regular attendance and people dedicated to the Program." SCA literature is used heavily, and each new attendee receives a phone list, the one-page brochure and the option to buy the LBB. A project now underway is to get an announcement of the meeting in more of the area newspapers. Buena suerte, Santa Fe!

**FARMINGDALE, NY**, out on **LONG ISLAND**, is the scene of yet another new SCA meeting. For those wishing more information on that meeting, call or write New York with your request. Welcome, Farmingdale! Let us hear from you.

We hear of possible new meetings starting up in **NORWALK, CT**; **ALBUQUERQUE, NM**; and **PORTLAND, OR**. A word or two to our Higher Power might just be the boost these groups need to get off the ground and on the road to recovery!

**CHICAGO** Intergroup's newly-elected Secretary, **BOB H**, reports that Intergroup now meets at the Second Unitarian Church (656 W. Barry) at 6:30 PM on the first Sunday of each month.... **BILL H** has been named delegate to the upcoming ISO meeting in New York.... The July Intergroup meeting had a Rep from EVERY Meeting—a first! Intergroup has been actively, but gently, pushing for full representation at each meeting.... A socializing (rather than a fund-raising) picnic has been proposed for late August or early September; a bowling night is also upcoming.... Intergroup is looking for a new location for its next fund-raising rum-

mage sale. The sale last year was very successful.... **JOHN A** is working up an annotated bibliography on SCA and SCA-related literature/information for Meetings to provide to their members.... **BILL H** will do a revised list of Chicago meeting locations. It will also include SA, SAA, SLAA and CoSA meetings.... **WALLY J** is now supervising the SCA information phone line.... Lots of good things going on in Chicago!

For those of you who might be visiting **SAN FRANCISCO** and there's a chance you might leave your heart there, or for those who live there and already have, why not check out SCA's first meeting in the City by the Bay. **MICHAEL C** reports a good following for the fledgling group which meets Sundays at 6:00 PM at the MCC Church, 150 Eureka St, a short stroll from Castro Street. The SCA WORD is truly getting out!

**SEND IN YOUR GROUP NEWS FOR "BITS AND PIECES"**

## MEETINGS

For information on SCA meetings, or listing a new meeting, write to:

**SCA New York, PO Box 1585  
Old Chelsea Station  
New York, NY 10113-0935**  
or  
**SCA Southern California  
4470-107 Sunset Blvd., #520  
Los Angeles, CA 90027**

or call the New York Information line.

**SCA INFORMATION LINES  
(recorded message and call-back):**

**New York - (212) 439-1123  
Los Angeles - (213) 859-5585  
Chicago, IL - (312) 589-5856  
Orange County, CA - (714) 664-5105  
San Diego, CA - (619) 584-1974  
San Francisco, CA (415) 863-3536  
(Contact: Brian B.)  
Odessa, TX - (915) 560-5240**

SCA New York will provide a listing of SAA and SLAA meetings in countries members might be visiting.