



THE SCANNER

SCA NEWSLETTER

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ISSUE NO. 6

DECEMBER, 1990

PATRICK CARNES TO BE KEYNOTE SPEAKER FOR FEBRUARY CONVENTION

On President's Day Weekend, Friday, February 15 thru Sunday, February 17, 1991, the second Los Angeles SCA National Convention will take place at LA City College. Patrick Carnes, PhD., nationally recognized expert on addictions, and author of *Out of the Shadows*, *Contrary to Love*, and *A Gentle Path Through the Twelve Steps*, will be the keynote speaker. His talk will be on the Second Step: "Came to believe that a Power greater than ourselves could restore us to sanity."

Dr. Carnes' appearance illustrates how the spark of an idea, and considerable perseverance, can pay off. Several weeks ago, Peter C. (LA SCA) suggested to his Sponsor that it would be great if Dr. Carnes could speak at the Convention. His Sponsor, with his characteristic touch of gentle persuasion, replied, "Go for it!" And Peter did. Several letters and phone calls later, he received confirmation that Dr. Carnes would be there, and would waive his usual \$5,000 honorarium in recognition of the growing acceptance of SCA's Program of recovery from sexual compulsion. Further proof that our Higher Power is working really hard for us.

The Convention will open with a general meeting Friday evening, at which time Dr. Carnes will speak. Fellowship activities will follow the meeting. Saturday will be filled with workshops and the meeting of the ISO delegates. A dance and other entertainment are planned for that evening.

Sunday will feature a fund-raising brunch with Dr. Carnes present to sign his books. Convention activities are free, and the proceeds of the brunch will help defray convention expenses. The cost of the brunch will be \$20, payable in advance or at the door. It is imperative, however, that members give advance notice of attendance at the brunch. Fliers will be available at meetings.

The first Los Angeles Convention was a great success last February, and we're looking forward to an even greater one this year. Let's give it our full support! (For additional information, see the *SCA-LA NEWS Column* in this issue). *

GOOD TO HEAR FROM YOU!

The response to *the SCanner* from its readers and contributors is most gratifying. Let's have more! *The SCanner*, it's format, distribution and other concerns, will be a topic of discussion at the upcoming meeting of the SCA ISO in Los Angeles in February. So we need to hear more from our Fellowship members out there. Not only input for the newsletter itself (stories, poems, news items, "heard at meetings", and such), but also how you feel about *the SCanner*, what you'd like to see in it, or would like to see changed, even whether you feel it's worthwhile or not. Send your input to: *The SCanner*, c/o SCA, 4470-107 Sunset Blvd. #520, Los Angeles, CA 90027. Deadline for the next issue is January 20, 1991. We truly look forward to hearing from you. Thank you. *

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SCAnning New York

by Bob R.

The days get shorter, the leaves fall faster, and the sultry summer of '90 retreats into memory—a happy memory for most of us in New York SCA. The convention in June left a lasting afterglow, and no matter how warm the weather got, meetings went on growing and growing.

SCA on Fire Island

Every summer weekend, droves of work-weary New Yorkers ferry over Great South Bay to Fire Island. It's an idyllic sun-soaked hideaway of powdery white beaches studded with hunks. It's also the world capital of sexual compulsion.

S.C.A.-L.A. NEWS

by Kenneth R.

On Presidents' Weekend, February 15-17, the West Coast National Convention will take place at Los Angeles City College. Patrick Carnes has agreed to waive his \$5,000 speaking fee and serve as the keynote speaker for the convention. There is a great deal of work that needs to be done in the planning and preparation of the Convention. Michael M. (213) 874-4502 and Peter C. (213) 461-2446 are the people to call if you want to be involved in the development phase.

For participants coming from out of town, discounts may be available on air fare, hotel rates, car rental, as well as bookings in Los Angeles, Las Vegas, Palm Springs, San Diego and San Francisco (for those who may wish to combine the convention with a vacation). These benefits may be obtained through SCA member Reuben D. (213) 489-2300. He will accept your collect call if you mention the SCA Convention. Membership has its privileges.

SCA members are able to remain safe from serpents in this Garden of Eden thanks to weekly round-robin meetings at The Pines. They take place in the Doctor's Office, a cozy sun-bleached house nestled in the dunes. AA has had meetings there for years, but for SCA this was only the second summer.

Virtually everybody comes to the meetings straight from the beach, barefoot and in bikinis, creating an atmosphere unlike any other SCA meeting anywhere.

An interesting twist this year was that a newcomer volunteered as Chair-man. He got a lot of help from a member of Sexaholics Anonymous, and to make things truly ecumenical, several Sex and Love Addicts Anonymous members were regular participants.

Three SCA members in jail

Intergroup's 12 Step Committee recently broke new ground by sending an SCA meeting to a local prison.

On November 18 at the Intergroup Meeting, new officers were elected for 1991. The Chairperson is Mark S. The new Secretary is Laura R., and the new treasurer is Gary S. Gene T. was elected the Literature Committee Chairperson, and Doyle S. will head the Retreat Committee. Also at the meeting, funding for the upcoming convention was granted.

Doyle S. (213) 669-0163 is in the process of setting up an ongoing Newcomers Meeting. Logistics permitting, this will take place each Sunday, starting in January, from 6:00 to 7:00 PM in Plummer Park, preceding the regular Sunday meeting there. The format for the new meeting will be patterned after the Intergroup newcomers meeting: a Speakers Panel and Questions and Answers.

The holiday social season was covered by SCA members who opened up their houses. Bill M. hosted a Thanksgiving dinner, and Stan C. provided his house to members for a pot-luck extravaganza on Christmas Day.

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On October 29, three members ventured with some trepidation into Fishkill Prison, just north of West Point, to share their experience, strength and hope with inmates. Bob M. led, and chose the format of a classic AA three-speaker meeting, telling his own story and introducing Robin B. and Peter R. to tell theirs.

About a dozen inmates attended, and shared some of their own compulsive sexual experiences, in and out of prison. The meeting was deemed a great success, and SCA was asked to bring more meetings to Fishkill in future.

An update on "Shame"

The new SCA pamphlet discussed in the last SCAnner is nearing completion.

Based on three seminars held here earlier this year, the pamphlet is a careful analysis of Shame as it manifests in the various stages of sexual compulsion and recovery. Since almost all participants in the seminars were gay or lesbian, the pamphlet focuses on the shame involved in being sexually compulsive and homosexual — the first piece of SCA literature to do so.

The committee has been month after month going over every phrase and sentence of the draft to ensure that it reflects the consciousness of the group at large. It's hoped that the pamphlet will be ready to present at the next Intergroup meeting here. Once approved, the International Service Office will decide the best way to get this new piece of literature disseminated to all SCA groups.

Delegates for L.A.

New York Intergroup is hoping to send delegates from New York SCA to the Los Angeles Convention in February, and is trying to think up some fund-raising ideas for the purpose. All treasurers of New York meetings are humbly requested to send in any contributions they may be in arrears with.

The inner child in New York

After three interesting years, the Sunday night "Men and Women Who Love Too Much" meeting has disbanded, perhaps because members felt

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MY STORY

"I think that there needs to be better communication and better love and understanding of one another...."

By Scott H.

The purpose of me sharing my story is to let you know that I'm somebody who is out of control, and that I need to admit—to own—my powerlessness; that my addiction has caused some pain in my life, and the pain was enough to make me want to change. And I also hope that the pain that I continue to feel, and the things that I continue to feel that are not healthy for me, will motivate me to want to change. I'm alive for the very purpose of growing; I believe that we're always growing and I want to continue to learn. True learning is growth.

In reference to the thirty-two years of my life, I like the words, "They were the best of times, they were the worst of times."

The very subject of sexual addiction seems to bring back much of the "worst of times" of my life. Sex as a drug may not have direct expenses always related to it, but it definitely has costs.

Sexual addiction's highest cost is pain; pain for myself and for those I love. It has cost me my self-esteem, relationships, a marriage, the ability to be with my three children on a day to day basis, and, while it, fortunately, hasn't cost me my life yet — through AIDS or violence — it has threatened.

I believe an example of my compulsivity was continuing to act out in a place where I had previously been threatened by a person with a switchblade, and, on another occasion, where I had received a "martial arts" kick to the side of my head by someone I had just "gotten off" with. I have seen people arrested and hauled away for doing the same things I do, and in the same places. I am really amazed that all of these negative "consequences" (costs) still couldn't keep me from my drug!

When my wife told me that she needed me to move out for her, and our children's, safety, I decided then it was time to get real help. I contacted and checked into Golden Valley Sexual Dependency Unit in Minnesota. I had, prior to that, been involved with therapists and social workers, as well as a Twelve Step Program (SA). I hadn't hit bottom—I hadn't admitted my powerlessness over my addiction! I now see so much of the insanity of my life and I am still, today, "powerless over my addiction."

I learned, in Minnesota, some tools to use to help myself. I also learned that the "addict" within me whom I'd been trying to conquer and kill for years, is really the abused child inside of me.

"Sex as a drug may not have direct expenses always related to it, but it definitely has costs. . . ."

When I, as an adult, continue to take myself to act out, I am often reliving the abuses I was dealt as a child. I even tell myself, deep down inside, some of the ugly things I was told, such as, I am "unworthy", or "bad," "undesirable," "dirty," etc.

I've learned that I need to stop trying to "conquer and kill" my addict as well; because by such a "power" attitude, or "closed fist-fight" attitude, I would only continue to be suicidal. I was wanting to kill myself because "I am bad, unworthy, etc." So I thought! I was wrong!!

Today, I tell myself I am capable of loving and being loved. I am really a good person who is intelligent, healthy and handsome. I am fun to be with. . . and gentle. I am also sensitive. I am, most of all, a child inside who is all of these things plus many more.

Today, I am loving and nurturing the abused child of my past by treating myself with tough, but real, love. The way I should have been, and deserved to have been, treated as a child.

I am ashamed of the pain I've caused my ex-wife, my children, my ex-lover, myself and anyone else I've hurt through my addiction. I am sorry. . . .

I love life today! I'm glad I'm alive because it gives me the day to day opportunities to learn. Learning, and application of what we've learned, is growth. I'm glad I'm growing. I feel the "inner child" growing up in a healthy way. It doesn't happen without slips and falls—but I also can learn from those if I stop to see WHY I fell, then figure out a better way to deal with that situation in the future. Or, even more important, to "better deal with that situation" when it comes again into my present.

As I've learned to love and accept myself, I've learned to get rid of the childhood-formed mind-chatter that tells me that I'm not acceptable as I am. WE ARE ACCEPTABLE AS WE ARE—as gay people, and as addicts. As I've learned to become more comfortable with myself, I can share my life with people who aren't even part of the SCA Program; who love me and accept me as I am. They don't always understand, but they do love me and accept me as I am.

I hope that there have been some things in here which have been helpful to someone out there. That's the purpose of me sharing my story—as well as helping me to be "present" in my life. If you need help, contact places of help; continue to come to the Program. Share what you're REALLY feeling with other people in the Program and give them a chance to validate you and let you know that your feelings are real; that your feelings are valid and that you're loved just as you are. We're all in here together; let's strive to make our lives more healthy.

May we all be blessed by our Higher Powers to help us get our needs met in healthy, honest ways. As a friend in my Group says — "Happy Sexuality, everybody!" Thank you.

— Scott H. *

Food for Thought PROGRAM BUDDY

A lot is said in meetings and in the SCA literature about the value of having a Sponsor—no disputing that at all! But sometimes getting a Sponsor isn't all that easy. Many Sponsors are so much in demand that they just can't take on any more Sponsees. Or perhaps some of us in the Program are a little reluctant to make the commitment of getting a "formal" Sponsor for whatever reason. Or maybe we have a Sponsor, but need a little something else, especially if our Sponsor has a schedule which makes contact difficult when the need might be the greatest.

One solution is as simple as it is obvious. One might call him/her (we'll use "him" from now on for simplicity only) a "Program Buddy"—a person we connect with particularly well in a meeting. Our Higher Power has a way of setting up just such connections, although sometimes we choose to ignore Him and miss out on a great opportunity. But once such a connection is made, there comes a mutual opening-up on the part of each person—slowly—a building up of mutual trust.

Of course, building up of trust in others (and in ourselves) is one of the

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THE MAKING OF OUR INTERNATIONAL SERVICE ORGANIZATION

*How it was, what happened, and
how it is now*

by Bob M., SCA New York

In the fall of 1989, SCA was more than seven years old and there were full schedules of meetings in New York and Southern California. Meetings had been held in, or were being planned for, Atlanta, Montreal, Paris, Chicago, Mexico, Rome and London and Manchester, England.

SCA also had two similar books of very substantial recovery literature. New York Intergroup's Literature Committee had created and professionally published everything that we had written since the Fellowship was founded. Southern California Intergroup adapted what we had written, added some material of its own, and, shortly after our book came out, published its "Blue Book."

To some of us in New York, it didn't seem right that there should be two similar compilations of SCA literature, and we started meeting as a committee to figure how to standardize literature for all of SCA. Frank H., a founding member of SCA in NY; Brian K., functioning as clearing house for information on out-of-town groups; Robert Ku., NY Literature chair; Robin B., then NY Intergroup chair; Michael R., Conference co-chair; Robert N., an early Literature committeeman; Eric D., legal advisor; and myself, past Intergroup and Literature chair, were some of the regulars at these informal gatherings. We made contact with SCAers in Southern California and found ready agreement that we should publish consolidated literature when stocks ran out.

It didn't take us long to see that if we were to have standardized literature, we would have to have an entity of some kind to publish it. New York Intergroup was informed about everything that our loose committee had been up to and elected Frank,

Robert Ka. and myself to go to the SCA Conference in Los Angeles in February, 1990, to meet with delegates from Southern California. Our mission was to form an international service organization and to come to an agreement on publishing standardized literature.

Many telephone calls and fax transmissions later, an agenda was agreed upon and the three of us from NY arrived in LA, where delegates Maciek K., Hunt B. and Marshall L., with the help of Intergroup chair Doyle S., had organized our sessions in a very professional fashion. Michael L. served as the meeting facilitator, and Bob L. as the recording secretary.

At our very first session, we formed the International Service Organization (ISO) of SCA. I believe it was a very significant step in the development of our Fellowship and program of recovery—and it felt momentous to me! Surely our Higher Power was with us for that weekend as we waded through SCA literature line by line—mostly agreeing, but, when necessary, resolving our differences in a spirit of humor and good will.

When we returned to NY, we continued to meet regularly once a month. We started talking much more about the practicalities of rights and permissions, design, production, financing and distribution for SCA literature. We also focused on the eventual structure of ISO and how the members of the Fellowship would be represented. The first issue of *the SCanner* had been put out by Richard K during the LA Conference as a California newsletter, but it quickly established itself as a vehicle of expression for all of SCA. Encouraging editorial input, production and distribution was discussed at our monthly meetings.

Maciek, Hunt and Marshall represented Southern California, and Brian K. took Robert's place as a New York delegate at the next full

session of ISO during SCA's 8th Anniversary Conference here in New York last June. John B., from Sex Addicts Anonymous, had been sent by that Fellowship to establish "diplomatic relations" with SCA. He was a very welcome presence at our deliberations. Michael R. facilitated, and Bill Y. took notes.

We continued working on what we began referring to as "THE LITTLE BLUE BOOK". Southern California agreed to contribute several additional pieces and we discussed how to get approval from the overall membership for what we had agreed on as the final version of our Literature. We also decided that we would try to sell The Little Blue Book through bookstores.

There was one significant difference between New York and California literature: The original New York preamble referred to sexual SOBRIETY as our goal; California had changed this to sexual RESPONSIBILITY. I saw many good reasons for the West Coast's version; one being that the word "sobriety" was much too closely related to Alcoholics Anonymous, and that even in AA the word carried too large a burden of meaning for it to have any meaning at all. Most New Yorkers were all for "sobriety". We had a forum one Sunday afternoon to discuss this and other differences between New York and Southern California literature, and we kept our contacts in LA up to date on everything we were doing.

At our Los Angeles meetings, we had reached agreement that we would refer to "sobriety" rather than "responsibility" as our goal. We certainly had no quarrel with the value of sexual responsibility, but felt that sobriety represented a loftier, more spiritual ambition. In the interim, between the February and June sessions, the Southern California groups had rejected this decision and sent their delegates to NY to try to work something out. The majority of them, and all of us, voted to try for "sobriety" once again. Southern California subsequently agreed.

Richard R., from Chicago, and Leigh H., from Atlanta, attended some of our June meetings, and we

discussed how to get new SCA groups involved in ISO. Brian, in NY, and Marshall in LA, have been doing a lot of work along these lines and they were encouraged to continue. All along, their phone and mail expenses have been paid for by local intergroups. We look forward to ISO, at some point, being able to take over these costs.

One of the most important subjects dealt with was the gay aspect of SCA. I have always felt very strongly that it is important to SCA to be known as a program founded by gay men. This, in order to make it clear to those gay men still "out there" that there is a place where they will be welcome to work out how to integrate sex into their lives as a healthy element. The discussion was lively on this subject, but it did in fact convince John B. (SAA) that SCA should continue as a separate Fellowship rather than merge with another sexual recovery program—and lose our largely gay identity.

At these June meetings, we also started putting together a "Mission Statement" for ISO. This document will put forth what purposes ISO hopes to serve, and may include such objectives as publishing literature (and actively encouraging the writing of more recovery literature on the local level), affirming our gay and lesbian members, producing and distributing *the SCanner*, helping get new groups started, encouraging relations with other sexual recovery programs and maintaining a meeting list clearing house for travelers.

Since June, we have continued to have regular meetings of the NY ISO delegates, along with anyone else who wanted to come. Maciek keyboarded all the copy for The Little Blue Book in California, and Grant K. designed and prepared it for the printer in New York. Frank H. worked out the details of getting an ISBN number on it to facilitate bookstore handling. Other practical details we've been dealing with are financing and distribution for the book. It went to the printer on November 13, and it is soon to be available.

Walter V. joined our meetings this fall and has already made sig-

nificant contributions toward drafting the Mission Statement and preparing a press release about The Little Blue Book. We've also discussed getting office space and phone line, and setting up a bank account, as well as putting on demonstration meetings for people in the helping professions.

All of these projects and the fulfillment of our goals will cost money. Pre-publication sales to Southern California and New York Intergroups will cover most of our printing bills, but not all. If you have missed past opportunities to contribute to the funding of SCA literature, NOW IS YOUR CHANCE! But we also need cash now to help achieve the ISO goals, which can be summarized as: Making SCA known to those who are still suffering. We have not yet worked out a structured system for contributions from intergroups and groups, so we need your individual and collective help.

Think of how much you may have spent on sex phone calls, hustlers, going to the baths and pornography, and make a contribution to ISO -- a powerful tool of recovery and symbol of SCA international unity. Make your check out to SCA/ISO and send it to PO Box 1585, Old Chelsea Station, New York, NY 10011-0935.

But, we need more than money. Please get involved in ISO service. We need a strong central organization in order to spread the word of recovery to fellow sexual compulsives—not just in the big cities where there are gay men in large numbers, but also to those in small towns, rural areas and abroad, where being gay and compulsive can be very lonely and hopeless. *

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."*

A WORD FROM YOUR SERVANT

By Richard K.

The past several weeks have witnessed a lot of happenings which, without the Program, might have caused a lot of commotion and consternation in my life. . . . A few days in San Francisco, taking in the uniqueness of that wonderful city, and being around and near many scenes of the beginnings of my addictive acting out; bringing up feelings of fear, longing for the "good (read: shitty) old days", as well as peace and appreciation for the present. . . . The very emotional experience of helping to set up and dismantle more than 500 panels of the AIDS Memorial Quilt in San Luis Obispo; thanking my Higher Power that one of those panels was not mine, and yet checking out all the hunks walking around that sacrosanct room, but not acting out on them. . . .

Hearing the voices and laughter of the men building a house across the revine from ours, but not being able to see them for the trees; fantasizing what they might look like, what their bodies are like; fearing to go over to have a look, yet knowing that the only way to dispel the addictive power they unknowingly have over me is talking it over with others, and going over and making them real rather than fantasies. And doing just that—with the support of my Higher Power, my Partner and my Program Buddy. . . .

Revisiting the house where I grew up and laying awake at night trying to remember if there was ever any happiness in that place, and remembering very little; all the more reason to work toward it now. . . . Experiencing a professional massage in our home given by a gay brother, and not feeling at all sexual with this physical intimacy; just soaking up the total luxury of it all. . . . Discussing with my Partner, over and over, the matter of trust, or the lack of it, on his part toward me in view of my past addictive activities; wondering WILL I EVER GET BETTER; knowing that I certainly have, and certainly will continue to do so. . . .

Receiving a welcome visit from my Program Buddy from Orange County; sharing our Little Guys inside; laughing and crying; climbing a tree to get some mistletoe for him to take home—him grabbing me, as I slipped, to keep me from falling 10 feet to the ground; revealing sexual feelings toward each other in order to defuse a situation which likely would destroy the healthy relationship we are building. . . . Sensing that there is "something missing" in my life; knowing full well that I'll find out what that is when my Higher Power feels I'm ready. . . .

It gets very painful and discouraging at times—all this stuff we go through. But I am GETTING BETTER; all of us in the Program are. It takes so very long; we don't want it to take that long, but it does. But as long as we realize that we aren't alone—we have our Higher Power, the Program, EACH OTHER—then we've got it knocked! Keep coming back; it's a lot of work, but when we work it, it DOES work. *

SCAnning New York

Continued from page 2
the issues discussed were being handled adequately at the Wednesday night Romantic Obsession meeting. The seven o'clock time slot was taken over November 21 by a new meeting devoted to "The Inner Child," an inspiration of Ariel S.

"The inner child is that pure-hearted, spontaneous part of ourselves we lose touch with through the compulsive cycle of shame and acting out," says Ariel. "By re-establishing contact, we're able to deeply affirm ourselves and build our self-esteem."

The meeting will experiment with various ideas from Golden Valley and from John Bradshaw's new book, *Homecoming: Reclaiming and Championing the Inner Child*.

"Inner child work was an important part of my stay at Golden Valley, and it's been an important part of my recovery ever since," Ariel says. "I hope to share that with other members, and I think we'll all learn a lot from working together." *

LITTLE BLUE BOOK HITS THE PRESSES

SCA's revised recovery booklet, becoming known as the Little Blue Book (LBB), has gone to press and should be about ready for distribution by the time you read this. A joint effort of the New York and Southern California Intergroups, the LBB includes material—some revised—from the separate booklets earlier distributed by each group, plus new material.

The eagerly awaited booklet will be on sale at the individual SCA meetings, as well as made available to bookstores, wholesalers and direct mail houses such as Hazelden. A price of \$2 to Intergroups and non-Intergroup affiliated meetings, and \$4 for general public sales is being proposed.

Distribution considerations are now under discussion so that an efficient system may be set up from the beginning. A general public press release is also being prepared.

The LBB is a very important tool toward recovery from sexual compulsion, and making it available to the general public will help to get SCA's message out there where it's so greatly needed. *

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Blair S., (213) 851-9635, is planning a white water rafting trip for next July. The cost will be \$185.00 per person. Members who participated in the 1987 trip resolved a lot of their control issues.

In January, SCA members in the financial and real estate professions will get together to discuss the possibility of an SCA club house. It probably won't be in someone's backyard, but something along the lines of the AT Center. Conceivably other programs and organizations would also rent rooms to defray the facility costs.

This project is only in a conceptual phase. Legal, insurance and Traditional considerations are all to be thoroughly evaluated. *

PROGRAM BUDDY

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main reasons for going to meetings, but sometimes a deeper intimacy is also very beneficial. Especially if this intimacy results in a non-addictive, non-sexual relationship, even though a strong sexual attraction might be there just waiting to screw the whole thing up. Our addict has a way of setting up smoke screens of just such attractions, but we can choose to fight that. One way is by talking to our Buddy about these feelings openly; sometimes more than once. Most of the time, that will defuse the addict in us and let us see the spiritual, non-sexual, physical side of him.

This relationship can have all the advantages of a Sponsor/Sponsee relationship, but on an even more intimate basis, and, probably, on a more available basis. And availability is crucial many times to avoid a slip, or to keep from beating ourselves up over a slip, or to be able to dump our feelings when those feelings are right there—not something which was there a couple of hours or days ago.

SOUTHERN CALIFORNIA RETREATS 1991

The Southern California Inter-group has arranged for three retreats to be held at the Mount Calvary Episcopal Monastery Retreat House in Santa Barbara. These very valuable tools toward recovery from sexual compulsion/addiction will be held as follows: March 23-25; May 31-June 2; and August 31-September 2, 1991. The total cost of each retreat is \$85, including lodging (usually double share room) and 6 meals. A \$20 non-refundable deposit, per retreat, is required to hold space, which is limited to 30 persons. Make checks payable to SCA, and send them along with your name, address and phone to: SCA, 4470-107 Sunset Blvd., #520, Los Angeles, CA 90027, indicating which retreats you wish to attend.

Be prepared for a lot of emotion, a lot of sharing, a lot of recovery, tears, laughter, joy, a lot of fellowship with "our family of choice." *

A Program Buddy might be able to really let loose and cry with his Buddy, when he just can't with others. They both might have Little Guys who need to come out and play—climbing trees, building sand-castles, singing. . . . Each Buddy gains an ever growing knowledge of what makes the other one tick, what his triggers are, what his beautiful points are; and each can build on that together. Many times, they might just find, maybe to their amazement, that there is tremendous love in that relationship, without them "being in love" with each other; without sex entering into it at all. For a sex addict, what could be healthier? That's what most of us have been missing all our lives. That missing intimate love is one of the main reasons we've gotten into the addiction—we've spent so much of our energies grasping for the love we should have gotten in a healthy manner early in our lives.

Nothing earth shaking here. Maybe not even "something new". Some of you may have a Program Buddy without having called him that. No matter. Just whatever works for you. This writer suddenly found himself with a Program Buddy without even trying, and it's a great experience; one which will very likely enhance the recovery process tremendously! *

LITERATURE NOW AVAILABLE FOR SOUTHERN CALIFORNIA MEETINGS

Need Literature for your meeting? Then call Gene T., Southern California's new Intergroup Literature representative, at (213) 656-7150.

Gene has *Hope and Recovery*, and *Out of the Shadows*, in paperback and on audio tape, the new companion *Hope and Recovery Workbook*, the meditation book *Answers in the Heart*, and various other publications of interest for your literature table.

Gene will also have a supply of the new *SCA Program of Recovery* pamphlets delivered from New York by the end of December. *

MEETINGS

Below is a generalized listing of SCA meetings. For additional details—locations, times and contacts—or for listing a new meeting with SCA Outreach, please write:

SCA New York
PO Box 1585
Old Chelsea Station
New York, NY 10011

or
SCA Southern California, 4470-107
Sunset Blvd., Ste 520, Los Angeles,
CA 90027

Or call
Brian K (NYC) at (212) 873-8168
or
Marshall L (LA) at (213) 656-3293.

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

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

SCA Meetings are located as follows:

New York Metropolitan Area
(32 meetings);

Los Angeles - Orange County
Metropolitan Area (19)

Albany, NY (3); Atlanta, GA (2);
Chicago, IL (5); Glen Ridge, NJ;
Palm Desert, CA; Palm Springs, CA
(2); Paso Robles, CA;
Rochester, NY; San Diego, CA (4);
San Luis Obispo, CA; Santa Fe, NM;
Santa Maria, CA; Paris, France.

Meetings are our major tool of recovery; attending regularly will do wonders. When you're traveling, don't leave home without knowing where one is! *

SEASON'S GREETINGS!

We, at the SCanner wish for you, in this sometimes difficult Holiday Season, health, sobriety, responsibility and love. For the coming New Year, more of the same, an hour, a day, a week, a month at a time.

Healthy, responsible sexuality is our birthright, given us by our Higher Power. . . lovingly. We all deserve that. . . lovingly.

— Richard K.



Bits and Pieces

HERE AND THERE

HEARD at a meeting: "The future is friendly", and "The difference between religion and spirituality — religion is for those who wish to avoid Hell; spirituality is for those who have been there." **Brian K.** (NYC), who sent these in, suggests putting an occasional section in *The SCanner* for similar pieces; little slogans, etc., heard at SCA meetings around the country. How's about it? Let's hear yours. . . .

NEW YORK still needs a list of West Coast members willing to receive late night (NY time) Program calls. Phone in your name, number and latest calling time to **Marshall L.**, (213) 656-3293. Marshall, Chair of the SC Twelve Step Committee, says the Committee always needs help from SCA members with experience in the Program. Remember, service is one of the valuable tools of recovery... and you work with a lot of dedicated people! . . .

LEIGH H. (Atlanta) reports that their Saturday night meeting is now a Step Study, and Sunday's has one meeting per month devoted to a mem-

ber sharing his/her story, followed by discussion. We're happy to hear from the land of magnolias and peaches; keep up the good work. . . .

ALTHOUGH not an SCA "official" publication, there is a little daily meditation book out for those recovering from sex addiction called *Answers in the Heart*, which is getting a lot of attention from Fellowship members. Published by Hazelden, the daily readings have a way of being there just when they are most needed. This book has been added to the So. Cal. SCA literature stock. You might want to have a look. . . .

SAN DIEGO Intergroup Chair, **George M.**, informs us that that beautiful city now hosts four SCA meetings. It's been less than a year ago that San Diego formed its own Intergroup from a couple of fledgling meetings. Keep up that good RECOVERY work! . . .

WE HEAR that a group of people in Baltimore were getting together for a "ground-breaking" meeting on December 1 to decide whether to adopt the SCA Program, or be non-affiliated. **Brian K.** has been doing some lobbying for SCA. We should know the outcome by next issue.

Whatever the result, recovery is the important thing. We also hear of a similar situation in **Mansfield, OH**, and people in **Washington, DC**, are looking for meeting space. . . .

NEW YORK Intergroup is scheduling its **Spring Retreat** for April 19-21, 1991, to be held, tentatively, at Holiday Hills. More details in upcoming issues. We also hope to receive news of its November 16-18 Retreat. How about it, **Henry?** . . .

ALBANY, Santa Fe, Rochester — we know you're out there with expanding meetings. How about letting us in on what's going on! . . .

TWO NEW MEETINGS have started up in the desert paradise of **Palm Springs, CA**. Contact person is **Jeff** (619) 770-3630. Welcome! . . .

NISO (the New York Branch of ISO) met on December 3 to continue discussions of the promotion campaign for the **Little Blue Book**, to propose an ISO agenda for its meeting in Los Angeles in February, and to review the ISO history to be used in a fund-raising campaign. . . .

ALTHOUGH this was covered in the last issue of *the SCanner*, it bears repeating: **Jose O.**, LA SCA, has translated some of the SCA core literature into Spanish. For information, contact Jose at (213) 654-2764. *