



# THE SCANNER

## SCA NEWSLETTER

© 1991 SCA International Service Organization

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## ISO CONFERENCE TO BE HELD DURING LOS ANGELES SCA CONVENTION

SCA's International Service Organization, the communications committee linking SCA groups from various cities, states and countries, will hold a conference in Los Angeles during the Presidents' Day weekend, February 15-17. New York's delegates, Frank H., Brian K. and Bob M., will gather around the table with Maciek K., Michael L. and Marshall L., the Southern California delegates, to discuss a long list of items proposed by those two Intergroups, as well as by SCA groups around the country.

Delegates from other cities, including San Diego, Chicago, and, possibly New Mexico and Hawaii, are also expected to attend. All SCA groups and intergroups have been invited to send delegates and letters or position papers on issues which are important to them. This is a very important way to represent a cross-section of views at the ISO meetings. And, of course, all will be there in spirit.

The meetings will take place Friday afternoon, February 15, all day Saturday, including working meal sessions, up until the evening entertainment, and on Sunday. Sessions are open to all SCA members, although only the delegates may vote. A generalized agenda for the meeting includes: ISO representation; literature approval process; a national approach to fund raising; ISO officers and their rotation; refinement of the Mission Statement; the concept of an ISO headquarters; *the SCANNER*, its sale and distribution; ISO structure and bylaws; Little Blue Book distribution; a unified four-fold literature piece; distinguishing between an ISO business board and convention delegates;

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## SECOND ANNUAL LOS ANGELES CONVENTION

President's Day Weekend, Friday, February 15 through Sunday, February 17, will see the gathering of members of SCA and other sexual recovery programs and interested others for *Reclaiming Our Lives*, the second West Coast edition of the SCA National Convention. The scene is Los Angeles City College Student Center, 855 N. Vermont Avenue. The Convention will be kicked off Friday evening with the keynote address by Patrick Carnes, Ph.D., noted psychologist in the field of sexual dependency, and author of *Out of the Shadows*, *Contrary to Love*, and *A Gentle Path Through the Twelve Steps*. Fellowship will follow.

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*First Anniversary Issue!*

*Grow With Us. . .*



## Little Blue Book Now in Bookstores for \$4

SCA has published a newly-revised edition of its Little Blue Book (the LBB), *SEXUAL COMPULSIVES ANONYMOUS: A PROGRAM OF RECOVERY*, for sale nationally via general interest, 12-step recovery, and lesbian and gay specialty bookstores. Suggested retail: \$4.00. Gene T. (SCA LA) is handling the distribution, and orders may be placed by sending a check or money order to SCA/ISO Literature, PO Box 931181, Hollywood, CA 90093.

The discount structure for all 12-Step groups (including SCA): 1-24 copies, 25% off the \$4 list; 25-49 copies, 35%; 50 or more copies, 50%; all plus shipping and handling. The latter cost has not yet been firmed up. Discounts are different for bookstores, wholesalers and direct mail houses. For up-to-date information, write to the above address, or call Gene at (213) 656-7150. Orders by individuals may also be placed by sending a check for \$5.25 (S&H included), but it is more economical to go through your group, and Gene is already becoming swamped as it is.

The 54-page booklet, becoming known as *The Little Blue Book*, is divided into 18 sections.

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## TWELFTH STEP COMMITTEE REACHES OUT FOR SCA

*"Having had a spiritual awakening. . . we tried to carry this message to sexually compulsive people. . ."*

So states SCA's Twelfth Step. Now, this doesn't mean that once we pick up some recovery in the Program, we can go up to the first sexual compulsive we run into, grab him by the arm and say, "Come on, Honey, I know just the place for you!" No! It isn't done that way! Remember, our Eleventh Tradition says that our dealings with the outside are "...based on attraction rather than promotion. . ." So listen up, and we'll tell you about SCA Southern California Intergroup's outreach group, the Twelfth Step Committee—formed in early 1988 with these simple goals: To respond to those people who have reached us through word-of-mouth attraction; to reach out and carry the message to the sexually compulsive person who still suffers; to carry our message in a responsible and dignified manner; to disseminate information about SCA principles; and to lay the foundation for hospitals and institutions panel networking.

Up a little valley off Laurel Canyon, in a charming house climbing up the side of the hill, resides the famous—if not infamous—Marshall L., the first, and only, Chair of the Committee. About every two months, members of the Committee gather here to work on outreach ideas, address and seal envelopes, laugh a lot and maybe cry a little. Standing members of the Committee, besides Marshall, the persistent, are the SC Intergroup Chair and the Literature Chair. The rest of the Committee consists of SCA members doing service without the need for a lot of recognition. The "qualifications" are minimal: at least a year in the Program; some sobriety; and a desire to help themselves by helping others.

A rundown of its past accomplishments reads like a workaholic's diary, but will give you an idea of

the varied activities it gets itself into. It has worked up starter kits to help new groups get going smoothly; set up a speakers bureau to get our message out; developed and printed the yellow newcomers' brochure. It got the concept of SCA's newsletter, the SCAnner, going and did the initial publishing of it. Twelfth Step set up the Entertainment (now Fellowship) Committee as an aid in breaking our isolation through member social events, and gets involved in helping specialized new meetings, such as HIV+, Spanish-speaking, etc.. get started. And then it wrote—actually, with the help of many—produced the Southern California SCA Blue Book, which is now being combined with New York's Little Book, into the Little Blue Book.

With its encouragement, Jose O., has been translating SCA core literature into Spanish. The group recently completed the major task of working up and sending out over 600 informative letters about SCA's Program to attorneys, judges, district attorneys, probation departments, clergy, therapists, doctors, counselors and various organizations having hot-lines appropriate for listing SCA. It has also been, and will continue to be, involved in developing literature for the Fellowship and assisting in its distribution, as well as preparing and distributing press releases. Making SCA's Program available to those in hospitals and institutions who can't attend the regular meetings is another on-going goal.

Now underway is a brochure of Questions and Answers About SCA for newcomers—that'll hit the stands soon. Future possibilities include: setting up a group for straight court-mandates who might not feel particularly comfortable at meetings where members are predominantly gay; starting up a Southern California SCA-Anon group, similar to New York's and Albany's, for lovers, families and friends of

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## Where Does Your Money Go?

**T**he 7th Tradition states, "Every SCA group ought to be fully self-supporting, declining outside contributions." You all know that SCA meetings pass the basket, hat, paper cup or whatever, to collect money for expenses. But, perhaps, you've wondered where the money goes; and, of course, you have every right to know.

In most meetings, the lion's share of the money goes to meet their own expenses: meeting room rental, literature, possibly xeroxing and refreshments. The remainder, after holding a prudent reserve, usually is donated to their Intergroup if they are so affiliated. (Individual "isolated" meetings often make their contributions to ISO) This article primarily addresses what the Intergroup uses these donations for. It is written largely from the standpoint of the Southern California Intergroup, but it generally applies to all of the SCA Intergroups.

First of all is the cost of the telephone information line(s); usually a recorded message—leave a message—call back by volunteers arrangement. There is also the rental of the post office box. Both of these are very important for SCA outreach activities.

Over the past year, Southern California and New York Intergroups have supported the publication and distribution of SCA's newsletter, *the SCanner*. This particular matter will be up for discussion during the coming Convention in the hope of making it more self-supporting. There is also the cost of the newcomers yellow brochure, known in New York as the four-fold edition, as well as SCA stationery and postage. Speaking of the Convention, Intergroup fronts the setting up of that important get-together, although it is usually paid back by fund-raisers associated with it. The cost of getting its delegates to a Convention at the other end of the country is another Intergroup expense. There will likely soon be a small office set up to help meet the

growing demands made on, and by, the Fellowship.

Recently, the Intergroups had the major cost item of fronting the printing of the Little Blue Book for ISO. This money will eventually be returned as the books are sold, but, in order to obtain minimum printing prices (ie, print lots of them at one time), we had to come up with the money now. There are, and will continue to be, other literature printing and distribution costs. Intergroup also provides literature, such as *Hope and Recovery* and *Out of the Shadows*, on a consignment basis, for groups which can't afford it up front.

Then there is SCA's outreach group, the Twelfth Step Committee, which requires considerable funds to keep its work going (refer to the accompanying article on this Committee). The Committee supplies information and starter kits for those inquiring about SCA's Program, and those wanting to start new meetings. There are the ongoing expenses for copying, telephoning, and postage; we all know how this mounts up! And there are special projects, such as the upcoming brochure of questions and answers about SCA to be distributed to inquirers and new members.

There's no profit involved in SCA; all the actual work is done by volunteers. But there is so much of what we do that requires cold, hard cash—and the only place that comes from is YOU. If you possibly can, dig a little deeper when the 7th Tradition collection is taken up; encourage your meeting to make regular contributions to your Intergroup or to the ISO. Remember how much it used to cost to buy pornography, sex toys, hustlers, gas for acting out, phone calls, fines, lawyers, doctors? Contributing to your Fellowship helps with your recovery from all that, and helps others too.

*It works when you work it!*



## Food For Thought...



### GRIEVING AND LETTING GO

*"Grief, honestly felt and expressed, is a healing experience." —Answers in the Heart*

**M**any of us during various stages of our recovery in the Program experience almost overwhelming bouts of sadness, with tears flowing easily, or right there at eye level, ready to spill. Sometimes, we're at a loss to explain just what the particular cause might be; we just feel it.

At a recent meeting, a member, who's been in the Program for well over a year, shared that he was feeling just that way. . . then went on to relate how the night before, being alone, he had entertained himself with his sex "toys" and video pornography for the first time in months. . . and just how empty that activity had left him. It finally dawned on him that he was actually grieving the loss of one more "sexual crutch" that he had relied on so heavily over the years. He'd lost another "old friend". He reported to a Program buddy next day that once he realized that, the sadness left him and he felt a lot lighter! And a week later, he boxed up his toys, brought them to his meeting, and dumped them in the trash, with the full support of the others; his LAST secret. One step closer to freedom!

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### 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.*



## My Story

# "CROSS ADDICTED"

*by an Anonymous Member*

**A**t 9 AM, on New Year's Eve of 1986, I asked the two hustlers to clean up and leave my apartment. I was finally exhausted from the combination of six hustlers and seven drugs I had had over that last 24 hours of acting out.

I had spent \$1,000 on this binge; the same amount I had spent on each of the two preceding nights I had gone out.

Alone, on the floor, I sat listening to people going to work in the "real world" just outside my windows. I never felt more degraded, empty, unworthy of existence.

At that moment, I deeply realized that one hustler was too many and a hundred not enough; that my disease was a thirst that couldn't be quenched—an itch that I could never scratch—and that my bottom was bottomless. I was ready to stop.

I had used sex for twenty eight years to escape from painful feelings—for the most part, a titanic sense of low self worth, fear and shame of being gay. From age thirteen to twenty one, I engaged in compulsive masturbation. I came out as a gay man in the late '60's, after college. The message from my gay peers was that lots of anonymous sex was OK because that affirmed our gay identity. At first, this helped to make it feel like acceptable behavior to me.

I started my own business under the crushing weight of feelings of

low self esteem and incompetence. I turned to alcohol and to more and more compulsive sex for relief. In fact, I became cross addicted to both alcohol and sex. I rarely used one without the other. The alcohol acted as a disinhibitor for sexual behaviors I would never have engaged in without its influence. And once I had "done it", it became behavior that would be repeated. And so the next twenty years were a descending spiral of acting out behavior.

Though I preferred meeting people in bars and bringing them home, I also acted out in parks, baths, theaters, bookstores and rest stops. My estimated body count is certainly over 3000.

Early on, my reasons for acting out became lost in the behavior itself, since acting out took on a life of its own and became self perpetuating. I often couldn't identify what I was feeling before having compulsive sex, though, afterwards, I felt remorse, guilt and shame, which often led to alcohol and more compulsive sex to expunge the feelings.

Once, after an uncomfortable dinner with a friend, during which I couldn't get in touch with my feelings of anger, I tried to pick up a car full of straight young men. They took me to a deserted marsh near the Philadelphia airport. I was held at gun point, bludgeoned and almost gang-raped when I broke free, running through the marsh with blood pouring into my eyes. After getting stitches at a hospital, I compulsively

masturbated all night and, soon after that, went out looking for a similar situation. That was fourteen years before I found SCA.

I was involved in serial relationships, often to retreat or rest from my compulsive behavior, remaining monogamous for brief periods, then permitting myself to have sex outside the relationship. Almost all ended badly. Filled with self-loathing and near suicide, I dove into my last relationship pledging monogamy, convinced that the relationship would save me. I was faithful for nearly two years, but, as it always had, alcohol pushed me over the edge one night while alone on a vacation. Once I started again, I couldn't stop.

I became involved with hustlers, feeling that what I did with them was play-acting out old high school fantasies of the sort that I wouldn't do with my lover. Because I didn't extend any affection to them, I thought I could protect my relationship. I quickly saw that I was out of control.

The first week, I tried to stop by setting monetary limits. Initially, I allowed myself a \$1,500 ceiling—the cost of a vacation. At \$3,000, I set a \$5,000 "for life" ceiling. At \$9,000, I was looking for a new therapist. At \$15,000 and eight months into my spree, I tried hypnosis and cognitive therapy. At \$25,000, I actually gave up alcohol, but substituted Antabuse



## **"When I wasn't drinking, I used cocaine, grass, Xanax and poppers to abandon myself to compulsive sex."**

and Xanax, a powerful tranquilizer to which I became addicted.

I continued to buy hustlers, spending many thousands more. My therapist prescribed a combination of drugs which, when taken, would cause me to pass out in about forty minutes. Often, after twenty minutes, I was in a taxi on the way to my hustler service where I would purchase cocaine to counter the effect of the sedatives and be able to act out. When I wasn't drinking, I used cocaine, grass, Xanax and poppers to abandon myself to compulsive sex.

I kept all this hidden from my lover for fear of losing him. Maintaining this double life was one of the most painful aspects of the disease for me. Sometimes, I would lie about having an evening freelance job. I'd check into a seedy hotel and go off to score a series of hustlers. I would always carry my own soap so that my lover wouldn't detect the scent of cheap hotel Ivory.

I became suicidal and was hospitalized for a month in 1986. This experience was the beginning of my recovery. It was there that I first sensed that a power greater than myself could restore me to sanity. Upon discharge, it was suggested that I find a group like AA for sex addicts. Two weeks later, I found SCA.

After my first meeting on June 17, 1986, I deeply sensed that I had found something that would finally

work. I stayed sober for a week. I slipped. Contrary to what I felt I deserved, I was not asked to leave, but, rather, supported and given guidance. I got a sponsor and devised a recovery plan which stated that I would not have sex outside of my committed relationship. Alcohol and drugs were not addressed.

I stayed sexually sober for four and a half months while trying to control or limit my drinking. It was hard work! Finally, one night during a very stressful period, I had a little alcohol to relax.

Suddenly, I felt myself losing the willingness to stay on my plan. I was with my lover that night, but all I could think about was acting out. The desire to stay sober didn't return in the morning, but I DID make a phone call at 7 AM, and was having breakfast with a Program friend at 7:15. I met with two other Program friends during the day and by the evening SCA meeting my willingness had returned.

I vowed not to drink anything for at least a week. One week later, I picked up a drink, lost my willingness again, DID NOT make a phone call, and went out on a month and a half binge. My sponsor took me to an AA meeting. I started to go to those rooms daily, but when I acted out, I drank. When I drank, I acted out. My acting out was worse than it had ever been. As they say, my disease had been doing push-ups in the

hall while I sat in the meeting rooms. I finally bottomed out on that New Year's Eve.

That night, the champagne that I had counted on to relieve my guilt and shame only depressed me. By Grace, I was finally able to admit that if I continued to drink and drug, I could never stay sexually sober. I stopped acting out and took my last drink on that same day.

The withdrawal from compulsive sex—the feeling of always being on the edge of slipping—took almost two and a half years to abate. With each choice of sitting with a feeling, instead of avoiding it, I get stronger. The more time that passes since my last slip, the safer I feel. I ask for daily strength and guidance from my Higher Power and continue to work on myself, using the Steps as a guide. If I don't continuously work the Program, I believe I'll slip again. I go to meetings daily (either SCA or AA), and I give away what I've been given through a lot of service.

A prayer, a phone call, a meeting, and service are the powerful tools that keep me sober.

Today, my life is filled with promise. Continued sobriety and working the Program has helped to raise my self esteem. The relationship with my lover is flourishing. I'm happier than I've ever been and I believe that if I stay on this path, I'll continue to experience the happiness which I believe is God's will for me.





I went to this retreat with the intention of taking the time to acknowledge the miracle of making it through another year. I had survived getting fired from a job, breaking up a four-year relationship, moving out, going on AZT, beginning to date and experience the program as a single man. I also had achieved a year and six weeks of sobriety, which I broke on the day I went to the doctor's and the decision was made about AZT. And still I came back to program. I did not let go.

What I was able to learn from the retreat was that my Higher Power was the one who had not let go. I got a clear sense that I may have turned away from God's light in my shame, but that light was still surrounding me and guiding me. I got a lot of support from my sponsor and others that weekend. Clearly, taking the time to be with others in program allowed my Higher Power to touch me and call me to follow along the path once more.

The opening workshop, led by Jim R., allowed us to do some relaxation exercises and get present to our new surroundings. The greatest gift was the exercise with eye contact. Moving out from the isolation we had brought up with us, and feeling safe to connect to one another, was a warm welcome. The hugs were very sincere at the close of that workshop.

The theme of the retreat, *Recovery Through Simplicity*, brought with it a new level of consciousness about our individual recovery plans. Steve C. shared how his program had become less complicated by using a new slogan: "No Drama." Knowing H.P. is in charge at all times, and doing a reality check on our role in situations that bring up emotion and drama, can help maintain sobriety. When we are clear about our lives, there is less need to cover over feelings with sex.

There was plenty of free time to spend talking with people, going on long walks, playing games and socializing in general. This experience for me was essential. I had

## New Year's Retreat 1991:

# A Personal Reflection

By Michael N.

always felt slightly removed and disconnected at previous retreats. This time I was able to interact in a healthy way, and it made me feel good about that level of recovery in my life. Playing charades in the library until two in the morning on New Year's was the healthiest celebration I've had in a long time. And meeting with 20 other sex addicts, adorned with party tiaras, to sing Happy Birthday to 1991 on a mountaintop in Santa Barbara is just further proof of my new life in recovery. It is so wonderful to feel free to just "be myself" and not feel intensely self-conscious.

Another workshop focused on visualization as a means to improve our conscious contact with God. Doyle led us through two guided meditations. One in particular, adapted from the *Course in Miracles*, had us focus on our entering a new way of life and being empowered to continue on as a vital part of the world. I am all for meditation experiences that support efforts to grow in a positive attitude.

I was late for the workshop on Steps 3, 7, and 11, but the main focus was on turning over our lives at different levels, following the direction of the steps. Jane N. made a point that stuck with me in explaining a bit about Step 11. In trying to maintain our conscious contact with our Higher Power, and discovering God's will for us, there is an easy clue to tell what is going on. When we are confronted with a potential

sexual situation, if the energy coming from inside says, "I have to have this NOW," then it is probably just my will. Whenever there is that sense of urgency it is time to call for support and a reality check.

We even did some work on doing New Year's resolutions. For someone who tries to live "one day at a time," it was a stretch to write about goals, but Mark S. had us write down goals with time limits. This helped us not to feel so overwhelmed by the idea. (Perhaps I can take some new steps to help myself). We also identified some of our strengths and weaknesses surrounding one specific goal. Instead of focusing on what might get in our way, we saw that we also had "the power to carry out" some of our goals. This was a good self-esteem builder.

Finally, it was nearing our time to leave. We had one last workshop on "Sex and Sanity". We re-affirmed that one of the purposes of the program is to integrate sex as a healthy element into our lives. Much was spoken about trials and errors, and the hope of making progress, not getting hung up with perfection. It was a clear sign to me of the progress made by SCA in the last five years I have been involved. I think as a group we are moving through the steps and recovering on greater and deeper levels.

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# SCA ISO DELEGATE VISITS SAA BOARD MEETING

By Frank H., SCA New York

Last summer, at our invitation, the Board of Sex Addicts Anonymous (SAA) sent one of its members, John B. of Minneapolis, to the meeting of the SCA International Service Organization (ISO) in New York. The ISO delegates enjoyed his warm and loving presence, and learned a lot from his SAA experience. Since that meeting, we have remained in contact with John and are sending copies of *the SCanner* to the SAA Board members.

This winter, the SCA ISO was invited to send a representative to the SAA National Board meeting in Louisiana. In accordance with our goal of establishing and maintaining contact with other sexual recovery programs, I attended that meeting.

Although there are a few ways in which the SAA Program is somewhat different from SCA's, I seldom felt that I was on completely new terrain. For the most part, I felt like I was at an ISO national meeting. Issues were mostly decided by consensus. The production and approval of literature, structure of the service organization, finances, prison outreach, nomination committees for NSO members were among the matters under discussion. And the fellowship was equally embracing, loving and intent on recovery.

I must say, with a touch of guilt, that I felt so at home at the meeting that I probably participated as much as if I had been at an ISO meeting.

But my feeling is that SAA and SCA share so many of the same concerns in helping both the still-suffering and the recovering sex addict that we have a lot to contribute to one another if we can open new forums for this sharing. I believe that this commonality of interest was shared by the Board members.

The meeting took place in an old farm house surrounded by live oaks and camellias in a small village 150 miles west of New Orleans. The Chair opened the meeting by praying that we infuse the spirit of the Program into the business proceedings. We were able to share not only the meeting itself, but also meals, informal discussions, and news about the war in the Gulf. We were also able to enjoy a potluck cajun supper with SAA members from the surrounding towns and have a meeting where we could share not only our experience, strength and hope, but also the great enthusiasm generated by the National Board making the journey to Louisiana.

Of course nobody knows what the benefits of a dialogue between the sexual recovery programs might be. I'd like to do a little speculating, however. SCA could learn from the experience of older groups in solving problems it is just now encountering. We could share the successful solutions we've experienced with the older programs. Together, we can also think through thorny problems such as group and individual response to ongoing

felonious acts by a member, how best to encourage a loner to start a meeting, and the problems of having meetings in private spaces.

We can also help one another in more practical ways. We can provide information about one another's meetings to members who are traveling; perhaps eventually generating an interfellowship meeting list. We may also see ways in which each of the sexual recovery programs provide unique tools in dealing with sexual compulsion/addiction and ways in which the approaches are essentially the same.

There are several cities where interfellowship cooperation is already a fact; where the intergroup may represent several of the recovery programs. We may want to see what the benefits of such an approach might be, and if there are any drawbacks.

I extended an invitation to the SAA Board to send a representative to our February Convention in Los Angeles, and they invited us to attend their Board meeting and Convention in June in Grand Rapids.

Our traditions say that personal recovery depends upon SCA unity. I wonder if personal recovery might not also depend on the cooperation of all the sexual recovery programs.

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## NY INTERGROUP ANNOUNCES APRIL RETREAT

Following in the footsteps of its very successful November, 1990, Retreat, NY Intergroup announces that its Spring Retreat will take place Friday, April 19 thru Sunday, April 21, 1991. Henry S., Retreat Committee Chair, reveals that it will be held at Holiday Hills Conference Center, located on beautiful Green Mountain Lake at Pawling, New York. The Retreat theme—SCA: *GIFTS OF THE PROGRAM* ("The Promises")—gives just a hint of what might be realized from a

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## SOUTHERN CALIFORNIA SCA FELLOWSHIP COMMITTEE

**D**edicated to helping end our isolation through socializing, Peter C. chairs the Southern California SCA Fellowship (formerly Entertainment) Committee. He recently announced plans and intentions for 1991 social events in and around the Southern California area. At the same time, he's looking for ideas from Fellowship members, so that the calendar will be well-rounded and fit the needs of as many members as possible.

The first event was the January 19th ski trip to Snow Summit, where bunnies and experts alike streamed down the not-too-snowy slopes or gathered around the lodge fire. Reports are that it was a great success.

In March, the event planned is an SCA group evening to view the play *Shattered Secrets*. April is not yet firm as to date, but Peter is planning a day of golf at a local course. FORE! He hopes for May to set up a museum visit so as not to conflict with the Santa Barbara Retreat.

June will see a horseback ride through Griffith Park—a healthy visit to this at times somewhat “unhealthy” area. For July, Peter is working on a river rafting trip down the American River, above Sacramento.

August: the *piece de resistance* (pardon our French)—a back-packing and beach camping trip to the secluded, and very private, north end of Catalina Island. For those with no desire to carry their goodies on their backs for the 2 to 3 mile trek, a Forest Ranger will cart them in his truck for a small charge. The camping area is near Emerald Cove and has only water and a pit toilet. No worry about checking in motel style, or hoardes of people! This is a place to end our isolation *in* isolation.

Watch for flyers at your meetings for details of these events. For more information, or to give Peter your ideas and suggestions, call him at (213) 461-2446. \* \* \*

## ISO Conference

*Continued from Page 1*

SCA identity; timing of international ISO meetings. Sounds like a lot of things to discuss—items vital to the growth of SCA in a healthy manner.

We salute the delegates and wish them all the wisdom and grace made available to them, and to us, by our Higher Power. \* \* \*

*Hunt B.*

### In Memoriam

**S**CA members were deeply saddened when Hunt B. passed away in early January after a lengthy illness.

Hunt was one of the early members of Southern California SCA, and will be remembered for a long list of attributes, including his undying faith in the SCA Program, his contribution to the growth of SCA, both in Southern California and nationally, his efforts in the formation of ISO, unifying all SCA groups.

His strong sense of humor, even during his last painful weeks in the hospice, his deeply moving and meaningful long shares, which have been heard by nearly every group in Southern California, his presence and untiring efforts at retreats, in committees, and at Intergroup will be missed.

Hunt will not be forgotten by those fortunate enough to have known him, worked with him, heard him, been sponsored by him. Those SCA members who were not so fortunate will be influenced, perhaps unknowingly, by his work for a very long time.

Thank you, Hunt, for being there for us.

\* \* \*

## L.A. CONVENTION

*Continued from page 1*

Numerous workshops dealing with issues concerning recovery from sexual addiction will take place all day Saturday, concurrent with marathon meetings of SCA's International Service Organization. After a dinner break, there will be evening entertainment, and a chance for attendees to get to know each other. Sunday, a fund-raising brunch will be held. If last year's attendance at this function is any indication, the hall will be bursting at the seams. Other than the brunch, there are no fees or charges for convention activities, and free parking is available, Saturday only, across the street from the campus. Non-SCA guests are welcome to attend. Fliers with more details are available at each group.

This is a great event in the growth of SCA, and well deserves your support. Our thanks to the many members who put in hours of their time organizing and planning the Convention. SEE YOU THERE!

\* \* \*

## The LBB

*Continued from Page 2*

including: the SCA Statement of Purpose; the 12 suggested steps for recovery; the 14 characteristics many sexually compulsive men and women have in common; the SCA tools (meetings, sponsorship, literature, sexual recovery plans, etc.); several sections explaining how to use the tools; and a brief history of SCA.

The Little Blue Book is published by SCA's International Service Organization (ISO), an umbrella communications committee linking SCA groups from various cities, states and countries. SCA was founded in 1982 by a group of gay men as a means of helping themselves and others recover from sexual compulsion. At the present time, approximately 100 weekly meetings of men and women, sharing their experience, strength and hope with each other, are active around the USA. \* \* \*



## A Word from your Servant

## HAPPY BIRTHDAY TO THE SCANNER!

By Richard K.

**I**t dawned on me right after New Years' that it was about this time last year that the three GSR's from Orange County suggested at an Intergroup meeting that the time had come for SCA to have its own newsletter. Marshall "The Persuader" L., well known for his nefarious ways of getting things done, looked me in the eye and blatantly said, "Why don't you do it, Richard?"

After a few days of thinking about it, I worked up some rough drafts of possible stories and brought them to the following week's Twelfth Step Committee meeting. After that it was damn the torpedoes and full speed ahead! Well, something like that. It was decided that Southern California SCA would produce a newsletter in time for the SCA Convention in Los Angeles in February. It went over like gangbusters, and the newly formed ISO soon adopted it as the official SCA newsletter.

I recently pulled out the file copies of the first six issues. How primitive the first few were! Remember having to squint to read them? The lead story in Issue No. 1 started off, "At long last, here it is.... Southern California SCA's first newsletter! We look at it as an aid toward promoting the common welfare and unity of the Fellowship and its members—and as a way to get the word out." That part is still our reason for existence, but look at us now! All dolled up with sharp layouts and laser printing—thanks to the great crew in Los Angeles—and ready for our second year.

A few weeks ago, I was talking to Frank H. (New York SCA), one of SCA's founders. He paid yours truly a compliment concerning the SCanner which modesty prohibits me from repeating, but it was sincerely appreciated. Talking and working with so many people well into recovery, as I have been in con-

nection with working up the SCanner, is rubbing off—really helping my own recovery in leaps and bounds!

Then a couple of weeks later we received a letter with a Golden Valley, Minnesota postmark, written by Dr. Patrick Carnes. Dr. Carnes expressed his admiration and appreciation of what we are doing in the SCanner. He also requested a large number of copies of each edition for distribution to his clients.

Well, that appreciation must be shared with the SCanner's production crew and the Southern California Twelfth Step Committee and Intergroup—they've sweated out the technical, cost and distribution problems; with those who gave me tremendous support when my controller (a real internal battle, believe me!) and martyr defects of character tried to take over; with our contributors—the list is growing, but we still need more of YOU; and with our Higher Power—Who's always right there with us. An undertaking like this one can't be done alone, nor should it.

We're all looking forward to a year of continued recovery for our members, and for a more representative SCanner. The only way to accomplish each is TO WORK IT! Send in your comments, your poems, your stories of recovery, your hurts and pains, joys and triumphs. Sharing these with others in the Fellowship is a most valuable recovery tool. Your anonymity will most certainly be respected. Send them to THE SCANNER, SCA, 4470-107 Sunset Blvd., #520, Los Angeles, CA 90027. Deadline for the next issue is March 20, 1991. Thank you Sisters and Brothers for your support over the past year. The next one will even be better—for the SCanner, and for YOU! ● ● ●

## 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

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

Or call:

Brian K. (NYC)  
at (212) 873-8168

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  
San Diego, CA - (619) 280-2571 (new)

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; Mansfield, OH; Milwaukee, WI; Palm Desert, CA; Palm Springs, CA (2); Paso Robles, CA; Rochester, NY (3); San Diego, CA (4); San Luis Obispo, CA; Santa Fe, NM; Santa Maria, CA; and Paris, France.

Meetings are our major tool of recovery. When you're traveling, don't leave home without knowing where one is! ● ● ●



## NY Retreat

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weekend of fellowship, workshops, meetings, meditation, and communing with Nature.

The cost of \$150 includes double room and board, Friday's dinner thru Sunday's lunch. Add \$30 if you wish a single room. In order to register and guarantee a space, a \$35 (\$70 for a single room) deposit is required by Thursday, January 31. Final payment is due by March 1. Get your deposits in early; space is limited. Send your check, payable to SCA INTERGROUP/RETREAT, to: SCA RETREAT c/o Henry Sterling, P.O. Box LTS 20053, New York, NY 10011-9993. To register, or if you need more information, give Henry a call at (212) 627-0940.

SCA Retreats are important tools toward ending our isolation and furthering our recovery. We hope to see you there in April. \* \* \*

## **SOUTHERN CALIFORNIA 1991 RETREATS**

If the unique experience of being together in a living environment with other sexual compulsives for an intensive weekend of workshops, deep sharing, tears, laughter, fellowship and a lot of recovery sounds intriguing, then sign up for one or more of the four SCA Retreats to be held at the Mount Calvary Episcopal Monastery Retreat House high up in the hills above Santa Barbara. Southern California SCA announces the following dates for 1991: March 23-25; May 31-June 2; August 31-September 2; and New Year's, January 3-5, 1992.

The total cost of each Retreat is \$85, including lodging (two nights) and six meals. A non-refundable deposit of \$20 is required to hold space (limited to 30). Make your check payable to SCA, and send it, along with your name, address, phone and desired retreat dates, to: SCA RETREATS, 4470-107 Sunset Blvd., #520, Los Angeles, CA 90027.

## Food For Thought

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Many of us remember, when first coming into the Program, experiencing those feelings of sadness quite often as we let go of one acting out activity after another. Sometimes the feelings were so painful that we might have indulged an activity once more to ease the pain for a little while, but, again, the "highs" just weren't there. We were recovering! Might not have realized it, but we were recovering!

A lot has been written about how grieving is a necessary process in order to go on to healthier living. We read about it, but, like a lot of other things that others tell us about, it just doesn't sink in. Not until we go through such an experience ourselves—even though it might seem rather insignificant at the time—and suddenly a light comes on! Wow! Look what I just learned!

So what can we say but that when those kinds of feelings come over us, feel them, think about them, even savor them, talk about them, don't hide them. . . . and then, let them go! Whew!

A quote in Touchstones says, "The other side of grief is freedom." Enough said. \* \* \*

An SCA Retreat, whether in California, New York, or Timbuctu, is a fantastic experience on the road to recovery with "our family of choice." \* \* \*

*"Recovery teaches  
us how to flow  
with life, not how  
to fight against  
life."*

—Hope and Recovery, p. 24

## Twelfth Step Committee

*Continued from Page 2*

sexual compulsives; setting up an Southern California SCA office with a phone, files, etc.

As if all this weren't enough, the Committee maintains close contact with New York SCA and the ISO. Maciek K., having been instrumental in the development of the Blue Book, has been heavy—down to the nubs of his fingers—into the new Little Blue Book. Two of the three Southern California ISO delegates are Committee members. It is the model for the newly formed NY Intergroup's Twelfth Step Committee, chaired by Robin B.

And, when there's "grunt work" needing to be done for Intergroup and the Fellowship, you should, by now, have a good idea where it gets done!

All in all, the Southern California Twelfth Step Committee has gone well beyond the normal call of getting the word about SCA out, and helping new meetings and new and prospective members. Want to get in on it? The group always needs dedicated help and fresh ideas. In Southern California, contact Marshall L. at (213) 656-3293; in New York for work on its Committee, contact Robin B., via their information line at (212) 439-1123.

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## *A Personal Reflection*

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A sincere "Thank You," to Maciek K. and Jane N., for their service in coordinating this retreat. Also, thanks to those who led the various workshops and were involved in any part of the planning. I hope you received personal satisfaction in your work and your effect on the retreatants. I am sure each of these retreats builds up SCA as a whole every time. This is also one of the great tools of the program, moving us all forward in our recovery. \* \* \*



## Bits and Pieces

### Here and There . . .

**WELCOME TO** the two newest SCA cities: MANSFIELD, Ohio, and MILWAUKEE, Wisconsin! The Milwaukee meeting, running since September, meets Sundays 6:30 to 8:00 PM, at the Galano Club, 2408 North Farwell Avenue. The Club phone is 414-276-6936. . . . **RICHARD R.**, newly elected Chicago Intergroup Chair, reports that the Mansfield meeting, started by **WILLIAM R.** and **LYNNE S.**, has been running since mid-December with 4 to 5 people in attendance. It meets Thursdays, at 8:00 PM, at Resurrection Parish, 2600 Lexington Ave., is open to all, and is announced on 1-800-589-HOPE. Hope . . . and Recovery, that's what the SCA Program is all about. . . our very best wishes, Mansfield and Milwaukee! Welcome to the Fellowship.

**WE RECENTLY** received a copy of the January issue of SAA's newsletter **THE PLAIN BROWN RAPPER**, and a great issue it is! It includes the Thought For the Month, a recovery Letter From Linda, a thank-you letter called "Coming Home", a column on Tradition Eleven, a heart-stopper called "Lonely Victim", and a thought-provoking poem titled "The Boy In Me". Congratulations to **PBR**! We look forward to having similar member/reader participation in the SCanner. All it takes it **YOU**!

**GEORGE M.**, San Diego, CA, Intergroup Chair, says an inquiry recently came from **PORTLAND**, Oregon, requesting information on getting an SCA meeting going there. We hear from another source that that meeting has actually started up. So we look to hear from that fine city of the north soon; let us know how it's going and if we

can be of any help. George also says that the **SAN DIEGO INTERGROUP** is very busy with outreach work, particularly with informational mailings to local therapists, lawyers, clergy, etc. The SCA word is obviously getting around, and we all know just how much need there is for a recovery program such as ours. Keep it up, San Diego!

**ROCHESTER**, New York, now has three meetings—Tuesdays at 7:30 PM, Fridays at 5:30 PM and Sundays at 10:30 AM—and is thinking about starting a midnight meeting! If you're in Rochester, call Gay Alliance at (716) 244-8640 for meeting information. **JERRY B.** also says that Rochester has formed its own Intergroup, and is going through the throes of organizing and such. Jerry has been elected Chair. Way to go, Rochester!

**A NEW DAILY-READING** book for all who are healing from compulsive sexual behavior, published by CompCare, is now in the bookstores. Titled **OTHER VOICES OTHER SCRIPTS**, the readings are in the form of an inner dialogue, a "conversation with oneself", our healing self and those voices which have bombarded us most of our lives with negative AND positive things. In keeping with SCA's Sixth Tradition, we offer this only as an item of information in order that members might be informed of available recovery aids. The choice is yours.

**SCA CHICAGO** Intergroup is providing an SCA ad in "Gay Chicago", the SCA Hotline (312-589-5856), literature, including the new SCA Little Blue Book, at New Town Alano Club, and is in the process of forming a "bookstore" of SCA literature at the same location. The Intergroup meets at the New Town Alano Club at 9:00 PM on the first Monday of each month. An

Intergroup Bylaws Committee has been set up, and an additional meeting is being scheduled for planning and organization. The September Flea Market fundraiser netted \$135, and the December Chili Supper, \$50. Thanks to **SCOTT A.**, Secretary, for keeping us up on what's going on in SCA Chicago.

**IN A RECENT** Ann Landers column (LA Times, 1/14/91), **Dr. DOMEENA C. RENSHAW**, a professor of psychology and director of the Sexual Dysfunction Program at Loyola University in Chicago, related the sexual addiction problems of one of her patients, and flatly stated, "People tend to believe that wildly promiscuous behavior is an addiction in the way alcoholism is an addiction. This is entirely false. Alcoholism involves the abuse of a chemical, which categorizes the problem as physiological. There is no such component in out-of-control sexual behavior." Very interesting! Coincidentally, **Dr. JOYCE BROTHERS'** column on the same page goes into a lengthy description of promiscuous, excessive sexual activity as an addiction.

**GAY ORIENTED BBS's** receptive to the discussion of gay issues, rather than, or in addition to being dating services, abound across the country—even in a small city like San Luis Obispo, CA. A BBS there has a Community Forum sub-board, and a message announcing open SCA meetings in the area, and an offer to provide information, has been posted on it. Those of you with access to such BBS's in your area might consider, with prudence—remember, attraction rather than promotion—and with guidance from your Higher Power, posting similar messages as part of your 12th Step work.

**THE SCANNER** is the newsletter for all of the SCA Fellowship. . . not just for Los Angeles and New York. So, we want and need the participation of all of **YOU**. We look forward to your submittals. .

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*"Reclaiming Our Lives"*  
SCA West Coast National Convention

**FRIDAY, FEBRUARY, 16, 1991:**

KEYNOTE ADDRESS

by

**PATRICK J. CARNES, PH.D.**

LACC Student Center Auditorium 8:00-10:00 PM

(Registration Begins 7:00 PM.

Street Parking Only Available Friday Night)

**SATURDAY, FEBRUARY 16, 1991:**

**Workshop Session I**

9:30 AM

Co-Dependency  
The 12 Traditions

Came to Believe  
Intimacy and Self-Esteem

**Workshop Session II**

11:15 AM

Sponsorship  
Love Addiction

HIV and Recovery from Addiction  
Stage II Recovery

**Workshop Session III**

2:00 PM

Committed Relationships in Recovery  
Compulsive Masturbation

The 12 Steps  
Abandonment, Emotional Abuse  
& Boundaries

**Workshop Session IV**

4:00 PM

Dating  
Celibacy

Incest & Sexual Abuse  
The 4th Step

Closing Meeting

7:00 PM

Entertainment

8:00 PM

*"In Gay Company"*

Dance

8:30 PM

**SUNDAY, FEBRUARY 17, 1991:**

**Spiritual Service**

10:00 AM

Michael M.'s House  
6850 Sunny Cove

**Brunch**

11:30 AM

Old Spaghetti Factory  
5939 Sunset Blvd.

Book Signing

by

**Patrick Carnes**

(\$20.00 Donation Requested at the Door)

