



THE SCANNER

SCA NEWSLETTER

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ISO LABORS LONG DURING LOS ANGELES CONVENTION

Delegates to SCA's year-old International Service Organization (ISO) put in about 16 hours of intensive meeting work during the February Convention in Los Angeles. Going home somewhat bleary-eyed, the delegates were enthusiastic over their accomplishments. Following is a brief overview of what went on.

In order to conduct day to day ISO business, in lieu of a full board, Frank H. (NY) was appointed Chair, Bob M. (NY), Treasurer, and Maciek K. (LA), Secretary.

The delegates reconfirmed the one meeting, one vote concept of representation in ISO; each Intergroup may send delegates to represent its number of member meetings, and each non-Intergroup meeting may send its own delegate. The task of identifying delegates is now underway in order to get the flow of information as efficient as possible.

Regarding literature, the delegates approved a piece on Shame, and will research methods to distribute it. For beginners, another piece with questions and answers about SCA's Program will be presented for approval soon. A revised national 4-fold brochure is also in the works. The ISO is looking to workshops, seminars, and individual members, including *the SCanner's* "My Story" articles, to get the process for new literature started.

Fund raising for ISO activities (see December's *SCanner* for background) will begin with a contribution request letter directed to SCA members. Intergroups will be asked to make regular contributions, and other sources are being investigated.

Distribution of literature, including the Little Blue Book (LBB), was discussed. The distribution and accounting system is set up, and orders for the LBB are flowing in. It was decided to put *the SCanner* on a 4-page, quarterly basis to reduce costs and get it out to more SCA groups and members. The improved communications between ISO and the groups will help in this respect.

With input from attendees Alison P. (SLAA), and Karl H. (SAA), ISO declared an intent to produce a single sheet containing the characterizations of each Fellowship for use, especially, by SCA phone volunteers.

5TH ANNUAL NEW YORK SPRING CONFERENCE SET FOR MAY 31-JUNE 2

The Lesbian and Gay Community Center at 208 W 13th St, New York City, will be the setting for the 5th Annual SCA Spring Conference, "Surrender to Serenity." The Conference gets underway with a kickoff meeting at 6 PM, Friday evening, May 31.

The real work begins on Saturday at 9 AM, with the opening meeting celebrating the 9th anniversary of the founding of SCA. That will be followed by a full day of workshops, including topics on shame, women's issues and sponsorship. SCA-Anon (for partners of sexual compulsives) will fully participate with workshops during each of the four segments.

Sunday's activities will start at 5 PM with a gratitude meeting followed by a potluck buffet, entertainment and dancing. Then, as with all good things, the Spring Conference will come to an end.

A \$10 registration fee is required by May 20, with checks made out to SCA, and sent to SCA Conference Registrar, PO Box 1585, Old Chelsea Station, NY, NY 10113-0935. Registration at the door will cost \$12. The Conference Committee will help arrange for housing for out-of-town residents upon request.

The Conference Co-Chairs, Ariel S and Stuart C, say, "Come celebrate, recover and touch the spirit of serenity. We look forward to seeing you!"

SUPPORT YOUR ISO!

Send individual and group contribution checks (made out to SCA/ISO) to SCA/ISO, PO Box 1585, Old Chelsea Station, New York, NY 10113-0935.

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Food For Thought...

One of the biggest obstacles for newcomers to the Program is its reliance on a Higher Power, or—shudder—God. Many of us had had religion crammed down our throats when we were young, and we didn't want any more of that. Or, perhaps, we didn't have any religious background at all. We kept hearing that the Program was a spiritual one, not a religious one, but most of us didn't know there was a difference.

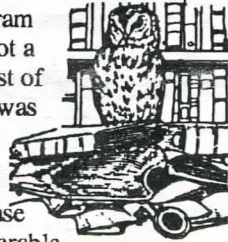
But, we kept coming to meetings because our lives were so miserable and somehow going to meetings really helped. We started feeling human again. We probably didn't realize it at the time, but just that fact—going to meetings—was believing that something other than ourselves could help us, and turning our lives over to something bigger than us, even if only for an hour or two a week, was of great benefit. We were actually beginning to work the Second and Third Steps just by the process of going to meetings! And God wasn't involved at all—well, at least not in so many words.

With the obstacle of a Higher Power diminished, we were able to get on with our goal of recovery—a goal we'd lost sight of for awhile while we were worrying about this spirituality business. And with that goal clearly in focus we slowly started to live in the very real concept of spirituality—it just came as we opened ourselves to healing. We started realizing just what the Second and Third Steps were all about. Painlessly! . . . RK

SCANNER'S SLIM AND TRIM LOOK

Discussions at the February ISO meeting led to conclusions that: keeping the SCanner going is very desirable for the unity of the Fellowship and getting our word out; it is not effectively getting out to the overall SCA membership; it is necessary to reduce the costs of producing and distributing it in order to accomplish its goals. So the SCanner is slimming down to four pages per issue, and trimming back to four issues per year—February, May, August and November.

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MY STORY

by John

(Submitted through the Rochester, NY, Intergroup)

Other than the usual sexual experimentation that most kids have, the most memorable experience that I had had was with this 17-year-old kid. He was really strong. He put his thing in my mouth. At that time I didn't know what it was . . . and I was on my knees crying. As he held my head really hard, he proceeded to urinate in my mouth. I will never forget this really weird laugh that was coming from him. I never told anyone about this.

Growing up in a large family, I didn't get to be alone in the house very much. When I did, it was a treat. At first, I would go downstairs to the family room. Ritrually, I would slowly take my clothes off. This was exciting! I would masturbate quickly, as I did not want anyone to know what I had done.

One day, while in the family room naked, I walked up to, but not out of, this door which leads to the back yard. While standing there, I felt this powerful excitement—stronger than anything I had ever felt before. I was trembling. It was not long before I began to venture outside; at first rather quickly, then a little further each time. By now, I started to slow down—I wanted this good feeling to last; I liked it too much to hurry. Even though I did not want to be seen, I was walking around my back yard totally naked. Finally, I was seen.

I had this one friend I saw every day. I really liked his body, but he didn't have much of a brain. We did the usual kid stuff like bike riding, but I always seemed to be thinking of how I could get his clothes off, and what I would like to do. It seemed a victory when I would get him to do what I wanted him to do!

I always had this inescapable longing feeling. People always told me being GAY was a terrible way to be. I knew I liked boys and was not real pleased with myself for that. I would masturbate thinking about another boy's body. Then I would feel this shame. I felt as if I had done something wrong; that I was less—not as good as the other kids. I began to hate myself. I had to be secretive. Nobody could know about me. Whenever

I saw a body that I really wanted, I became frustrated. I WANTED IT BADLY! If I asked, which was rare, they would know that. I also began to get depressed. Masturbation seemed to be the only thing that took this stuff away. When I was 17, my little brother introduced me to this friend of his. We liked each other, talked, held on to each other's PP, then hugged. He asked me to call him. When I did, his sister, who did not like me, somehow found out that we touched. I was arrested. They locked me in this cement closet for over two hours. I was chained to the wall. It was about a week before Christmas and I felt alone. My Mom was the only one to know. She said it was a phase I was going through. I knew there was not going to be a change.

It was not long after that my parents got divorced. Mom sold the house and moved to Florida. I moved into my first apartment with my friend. It was not working out. I started going to the bookstore a lot. I started having sex with complete strangers quite frequently. Afterwards, I felt DIRTY! But, it finally got so that I could black out these feelings. I began to masturbate before, as well as after, work. Always looking for a new way to get that high. I idolized people and gave them power that they did not have. I was doing things to get put down and laughed at. Yet, I got this strange satisfaction from those experiences.

I met someone who was interested in me. I seemed to focus all my energies on this person. I stopped going out for awhile. Then, something happened. I was walking down these railroad tracks when I heard boys' voices. My heart started to beat wildly—out of control. When I was about forty feet away, I could see they were around 14. I pulled my pants down and masturbated; I pretended that I did not see them. It took only a second, and I pulled them up and left. I thought to myself, HOW COULD I HAVE DONE THAT!

If I heard a boy's voice, I had to see him. I would wait by the windows for hours; waiting for a chance to expose myself. I finally got my license and began using my car in the same way. I knew they only needed my plate number and I would get in trouble. I didn't care; even about the most important thing in the world to me—MY FREEDOM. . . .

My relationship was not working. No matter what I did, I was always wrong or not good enough.

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SCAnning New York

by Bob R.



INTEGRATING LITERATURE INTO OUR LIVES

SCA-NY's Literature Committee recently met to celebrate the acceptance by Intergroup of its latest pamphlet, *Secret Shame: sexual compulsion in the lives of gay men and lesbians*. ISO is currently raising money to print and distribute this piece.

The Committee also made plans for an ambitious booklet as its next effort. It's inspired by the popular meeting recently founded by Robin B., "Integrating Sex Into Our Lives as a Healthy Element," and will focus on the many problematic aspects of this subject, dating, romantic obsessions, sexual anorexia, relationships, etc. devoting a chapter to each. If you have a relevant topic you'd like discussed, write to the *SCanner*.

As in the past, the Committee will sponsor a series of seminars for the purpose of taking notes for this new piece of literature. The first, to be held at the Gay Community Center on May 14, will deal with Masturbation. As each chapter for this new booklet is completed and approved by New York Intergroup, it will be made available in xeroxed form to the Program at large.

SCA-ANON at the Anniversary Conference

A new departure at the May 31 weekend Conference will be the prominent participation of SCA-Anon. This sister program has been growing steadily since its founding, three years ago, by people in relationships with SCA members. They wanted to do something about their own compulsion to obsess about their lovers' sexual problems. As with Alanons and AAs, this related disease can often be more destructive than sexual compulsion itself.

The Conference theme, Surrender to Serenity, is as applicable to SCA-Anon as to SCA, and an SCA-Anon member will be one of the three speakers at the opening meet-

ing. Many of the twenty scheduled workshops will be led by SCA-Anons.

Spring Retreat

The weekend of April 20, 68 SCA members descended on idyllic Holiday Hills, in Pawling. In a lush woodland getaway tucked beside a lake, they enjoyed a marathon exchange of experience, strength and hope.

The theme for the weekend was "The Promises." Meetings, workshops, meditations and visualizations were punctuated with walks, naps, reading in the woods, ball games, impromptu get-togethers around the lounge fireplace, and country drives. A highlight was a midnight meeting in the woods, culminating in the group singing "Amazing Grace." It's virtually impossible to avoid emotional intimacy in such a setting, and by the end of the final meeting—with members standing to share their feelings about the weekend—most participants were feeling very close to each other and the Program.

Due to the popularity of the traditional SCA-NY spring and fall retreats, members are discussing the

SCA'S LITTLE BLUE BOOK SELLING

Sale and distribution of SCA'S new recovery Little Blue Book is well underway. Orders may be sent, with a check, to SCA/ISO Literature, PO Box 931181, Hollywood, CA 90093. Single copies are \$4, plus \$1.50 Shipping and handling. Volume discounts are available to booksellers and SCA groups. Contact Gent T. (213) 656-7150 for details. The Little Blue Book is a great tool toward our recovery; no SCA member should be without one.

SCA WEST COAST CONVENTION RECLAIMING OUR LIVES BIG SUCCESS

The second annual SCA West Coast Convention, Reclaiming Our Lives, took place over Presidents' Day Weekend, Feb 15-17. About 350 SCA members, partners and friends attended the opening meeting's keynote address by Patrick J. Carnes, Ph.D., who spoke on the Second Step. Carnes' warmth and humanity infused everyone in the audience. He was speaking not TO us, but as one OF us.

Saturday's four-segment session included sixteen intensive workshops, including topics on intimacy and self esteem; love addiction; abandonment, emotional abuse and boundaries; and incest and recovery from sexual abuse. After a day like that, everyone was ready for something lighter in the evening, so after the closing meeting, led by Frank H. (NYC), with Bob M. (NYC) as Speaker, the entertainment, In Gay Company took over. And, take over it did. The musical numbers evoked a few tears as well as lots of belly laughs. Dancing afterward helped everyone to let their hair down after the exhausting day.

Sunday, a spiritual service was held at Michael M.'s house, followed by a fundraiser brunch at the Old Spaghetti Factory. Then, it was time for goodbyes and returns home. If you missed it, you missed a fantastic experience—but there'll be another one next February! Here's a big JOB WELL DONE! to the many volunteers who labored to make this Convention such a success.

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

(Continued from Page 2)

There always seemed to be a reason for him to be angry with me. I had to leave, but could not. There was this force pulling me back. I realized I was addicted to this person's abuse.

I began to seek relief the only way I knew how—sex and my car. I began to obsessively drive around looking for adolescents. I looked for someone walking alone. I just wanted them to see me naked from the waist down, but sometimes I got carried away and touched myself in front of them. I did not feel bad, as I was blacking out all of my feelings by now. I could hide from everything this way. I drove until I could no longer drive, or stay awake, masturbating throughout.

ISO LABORS

(Continued from Page 1)

Interfellowship meeting lists and referrals are real possibilities.

It was agreed that the next ISO meeting, rather than being tied to a Conference, would be held separately, probably in New York in the Fall. Twice a year face-to-face meetings, with a lot of in-between teleconferencing should get the big job done.

This was when I realized I had a little problem. I was doing all these things which I did not want to do. I tried to control it; made promises to myself and others, but couldn't keep any of them.

By accident I found SCA. Through this Program I have learned that there is strength in numbers; people with common problems working towards a common goal. For the very first time in my life, I have ME. I think that I am worth something. I can make a promise and uphold it. I am making amends to all those who I have harmed by not endangering the emotional development of adolescent boys, by not exposing myself, and by continuing in my recovery programs.

SCanner's Trim Look

(Continued from Page 2)

We intend to keep up the quality with emphasis on recovery stories, feelings, and growth experiences of members, and news of the groups. You can help us by submitting your items to: *The SCanner*, c/o SCA, 4470-107 Sunset Blvd., #520, Los Angeles, CA 90027. *The SCanner* will be what you make it, so, let us hear from you. *The SCanner* is your newsletter.

"Our Higher Power, unlike our addiction, does not force us to do anything, but waits until we choose." —Answers In The Heart

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 information line nearest you:

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

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

Bits and Pieces

HERE AND THERE

Aloha to SCA's first HAWAII meeting! Starting right after Christmas, **BRANDEN B.** reports that there are four regulars and frequent visitors. For those visiting KAILUA-KONA, on the Big Island, the meeting is held Wednesdays, 6 PM, at St. Michael's Church, back room. Contact Branden at (808) 889-5011 for more information. A big welcome to our Hawaiian brothers and sisters!

CHICAGO now has seven SCA meetings aiding in sexual recovery in the Windy City. If you're headed there, check the Chicago information line, (312) 589-5856, for times and locations. The SCA Chicago Meeting Guide also lists SA, SAA, SLAA, COSAA and SANON meetings. **STEVEN B.** is the newly elected SCA Intergroup Secretary. Discussions are underway for a possible SCA fundraiser, a variety show, hopefully to hit the boards in June.

SAN DIEGO has added a fifth meeting, according to **GEORGE M.**, Intergroup Chair. It has the Characteristics as its theme, and is held on Fridays, 7:30-8:30 PM, at Cedar Center, 3041 University Ave, North Park. San Diego also has a new help line number: (619) 584-1974. George also tells us there's hope for a new group starting in Guerneville, CA. We hope right along with you.

We hear from **ROCHESTER, NY**, that all three meetings are still going strong. One had 11 in attendance on a recent Friday night. **JERRY B.**, Intergroup Chair, reports that to eliminate reproduction costs, their copy of *The SCanner* is circulated among their members. Great idea for smaller groups especially!

California's **CENTRAL COAST SCA** meetings (Paso Robles, San Luis Obispo and Santa Maria) held a picnic in San Luis Obispo April 28 in celebration of the founding of these three groups a year ago. Invitations went out to sexual recovery groups from Los Angeles to Santa Cruz.

Three **New York SCA** oldtimers made an informational presentation about the SCA Program to 30 professionals of the Smithers Substance Abuse Rehab Center in April. Judging by the many questions after the presentation, the program was a great success.