



THE SCANNER

SCA NEWSLETTER

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ISO INTERFELLOWSHIP MEETING

SCA's Gay Identity Dominates Discussion

By Bob M., New York SCA

SCA's International Service Organization (ISO) delegates met in New York Sept. 27-29. New delegates Bill H., Chicago, and Jerry C. and Jerry A., Rochester, joined Marshall L. and Maciek K., Los Angeles, and Frank H., Brian K. and Bob M. of New York. Walter V., NY Intergroup Chair, and Neil G., who took minutes, also attended the sixteen hours of meetings which dealt with SCA business, including finances, by-laws and organization, "the SCANNER" and literature. But the topic that engendered the most heat was that of going public with the fact that SCA is predominantly gay.

The subject of SCA's gay identity came up in connection with our consideration of a statement to be used in an interfellowship document to be developed by SCA, Sex Addicts Anonymous, and Sex and Love Addicts Anonymous at an October interfellowship meeting in Chicago. The purpose of that document is to give a newcomer to sexual recovery an idea of how the "S" fellowships differ from each other. This new document would serve to guide those taking calls from newcomers who ask about the differences among the three.

It was proposed that SCA's description of itself indicate at the very beginning that its membership is comprised predominately of gay men and lesbians. The main reason for this is to let gay folks know that there is a place where they will be comfortable working on their sexual issues. In our culture, the presumption is that any institution is predominately straight unless stated otherwise. Jerry C. and Jerry A. indicated that SCA meetings in Rochester got started because gay men felt uncomfortable in another "S" fellowship.

Frank H., ISO Chair, made the point that if we are not willing to declare the gay aspect of SCA there is not much reason for us continuing to be a separate fellowship. We have no other important features which distinguish SCA from SAA.

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SCA ATTENDS SAA CONFERENCE

By Bob M., New York SCA

Isn't it great that sexual compulsives and sex addicts are such good friends? Friendly relations between our Fellowship and Sex Addicts Anonymous go back quite a few years when one of our founders, Frank H., established telephone contact with SAA's Marve in Minneapolis. More formal relations developed when John B., SAA Board member, came to our second ISO meeting in June, 1990. Since then, we have attended several of each others' service organization meetings.

In our relations with SAA, we have made it quite clear that SCA is a fellowship founded by and composed mostly of gay folks; even though we do, of course, welcome people of all sexual preferences. SAA, a much larger fellowship concentrated in the midsection of the country, has no designs on "marrying" or merging with us. We have both agreed, however, that we need to have close, friendly relations with each other to exchange meeting lists, to refer people to each other when appropriate, and to learn as much as possible from each other about helping those who suffer from our disease.

In June, I went to SAA's annual conference and convention—"Having Had a Spiritual Awakening"—in Grand Rapids, Michigan. I attended all of their board meetings and several of the workshops.

SAA is well ahead of SCA in organizing its National Service Organization, and observing it at work has been helpful in creating SCA by-laws.

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Enjoy Sobriety During the Holidays!

With the sometimes difficult holidays coming up, we need to remember that our finest gift to ourselves is our Sobriety! Knowing that our Higher Power is with us all the way, we can go into the holidays with a new sense of esteem. We are Really Great People! We Know It... We Feel It... We are It...

RECOVERY RUMINATIONS...

WORDS OF RECOVERY TO A FRIEND

Thank you for your unconditional love and honest sharing of your feelings, pain, hope and recovery... I acknowledge that part of me that feels akin and safe around you. With these words, I sense more to follow.

I live in the moment today and I can draw light and love from the recovery I know we share. I acknowledge and celebrate your relationship of many years, as I celebrate my own relationship with each person in my recovery.

Last night, as I watched a splendid lighting show across the sky, I reflected. I know and accept that this, too, is the work of God. Can it be possible that I doubt His ability to understand and totally love me. Even as I say I have turned my will and power over to God, I still know there's a part of me that distrusts and holds back. And for this, too, I pray the willingness to surrender.

—Richard W., San Diego SCA

"IT"

"It"—A word that the dictionary states is a "third person singular neuter pronoun" as well as "a reference to some matter expressed or understood, or some thing or abstract idea not definitely conceived."

I found, with the help of my therapist, that I used "it" for everything and found that my vocabulary was limited due to "it," as well as my feelings. I discovered most of my sentences began with "it" because that was easier than explaining or sharing, and I was able to let other people guess at what I felt or let them form their own opinion about my topic. May your reflection of this very misused word help you in becoming aware that when you use "it" as an expressed or understood idea, the person you are expressing this to may not really know what you are expressing. I have tried the word "it" out on my friends and family, letting them continue their sentence with the word "it" and forming my opinion of what they were trying to convey. I then asked them to explain in detail what they were using "it" for, and many times I had a different observation and saw the need for clarification when "it" was used.

I have found for myself that my family taught me a vocabulary of words that shows no feelings or action. I have also found I didn't know the true and real meanings of many FEELINGS words and find it challenging to look each word up in the dictionary to clarify and identify if I had a true definition.

I thank God that I have found recovery and now am growing and learning to be able to express myself better. I hope that you will also be able to do the same.

—Peggy M., Odessa, TX,
in "Reflections"

IT'S CHIP TIME!

By Jeffrey C, New York SCA

Every Friday night, at the New York Beginners' Meeting, I had the pleasure of handing out the chips. August 30, 1991, ended my nine months as Treasurer.

I absolutely LOVED this position! I felt a part of every person's sobriety when he/she came up for his/her chip and a big congratulatory hug from me. I favored the hugs most! They're wonderful to give... and get. In fact, it was Robert, a previous Treasurer, who announced at an election that the hugs were the best part of the job. I thought, "That job is for me!"

I was nervous the first few times as I fumbled with what to say and getting the chips out of their slot. Once I couldn't get the chips out, so I turned the box upside down to loosen them. People were giggling, which got me embarrassed, because I didn't understand why everyone was laughing—I'm hard of hearing. Later, Tom, a program friend, told me that at the time I turned the box upside down, someone shouted, "Turn it over."

In my term, I introduced the golden-yellow 60-day, the black 5-year, and the gray 6-year SCA chips. I lobbied for the 60-day chip because I felt cheated when I didn't get one. I knew AA had a 60-day chip, and had heard of "unofficial" ones given by sponsors to sponsees, so I felt everyone should get one and took the necessary action. The 5- and 6-year chips were introduced because in June, 1990, I was present when a member came to the meeting, announced 5 years, and there wasn't a chip for him. Therefore, I wanted to be ready, if, God willing, he came back for his 6-year chip. He never came, and I've often wondered if he and/or others know there's a chip waiting for them.

I cannot recommend this job enough, and I could go on doing it for a long time. Starting September 6, Keith will be our new chip-giver. I wish him a great time, and I'll be sitting there green with envy!

Committee Seeks Member Input on Masturbation

New York Intergroup's Literature Committee has been working on a literature project regarding masturbation as it affects sexual compulsives/addicts and is seeking input nationally from SCA members. If any of you wish to help by responding, please do so in as much detail and openness as possible. Mail your responses to the following questions to: SCA New York Literature Committee, PO Box 1585, Old Chelsea Station, New York, NY 10113-0935.

- Do you masturbate?
- Do you enjoy it?
- When do you masturbate, and why?
- Do you feel it's compulsive?
- Do you try to regulate it?
- Does it have to be fast?
- Do you feel it wastes your time?
- Do you regard it as a drug or a pleasure?
- Does it lead you to acting out?
- Has it ever been a positive experience?
- Does it help you stay on your recovery plan?
- If you've put masturbation on your plan, has it changed since?
- Does it help you with intimacy problems?
- Does it help or hinder you in trusting other people sexually?
- What are some of the feelings that occasion masturbation?
- What do you think about when you masturbate?
- How do you feel after compared with before?
- Are you aware of your body when you masturbate?
- Does masturbation help broaden your understanding of the physical nature of your body?
- Have you ever experienced masturbation as self-love?
- Do you experiment with ways to increase the pleasure?
- Is the pleasure difficult for you to tolerate?
- Do you ever use "sex toys?"

Perhaps the larger question of these questions is: "Can masturbation find a place in a healthy sexual recovery plan?"

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

HEALING FAMILY RELATIONSHIPS IN RECOVERY

By Peter C., Los Angeles SCA

I grew up in a family with many painful issues. My sexual addiction sheltered me from this pain during childhood and adolescence. Later, it estranged me from my family and isolated me from lovers and friends.

My mother was an alcoholic, driven by fear, anger and control issues. Her constant shaming and rage made me think that nothing was ever good enough, that doom and destruction were imminent and that my feelings were to be mercilessly ridiculed if they didn't conform to her rigid view of reality. This created a reservoir of unresolved anger that kept us at each other's throats until I was 30.

My father coped with her demands and oppressive intensity by escaping into his work. He had difficulty showing his feelings. He expressed his care primarily through financial support. We had one intimate conversation in the 27 years before I joined SCA. When I was 11, I gave him a copy of a song about a father and son. When he asked me about it, I couldn't express my desperate yearning to be close to him. All I could do was cry for about 5 minutes while he held me. We promised to get closer, but we never really connected again until I was 29.

In second grade, my school called and told my family that I was masturbating during class. They sent me to a child therapist who assured me I was safe to tell him anything in total confidence. I told him that our gardener had molested me weekly between ages 5-7, and he immediately told my mother. I was ashamed of the sex with the gardener, but I was more afraid to tell my parents because of the total chaos that I knew it would cause.

From then on, my mom and I played a cat and mouse game about masturbation. I would do it 10 to 15 times a day, and she would sneak around, check my bed sheets and underwear, pick my door lock and spy to catch me. Whenever she got upset about my behavior, she'd lecture the family about the gardener and verbally crucify my dad for not putting him in jail. I felt more shame from the constant verbal abuse than from the memory of being molested.

At 15, I was arrested in a tearoom on Christmas Eve, while shopping with my dad. The police officer read me my rights while his partner found my dad and told him what had happened. That Christmas was spent listening to my mom drink, cry and scream about the gardener and the arrest. The rest of the family tried to avoid the subject as much as possible. The court sent me with my father to a program for juveniles. A woman met with us for about 10 minutes. She told me to stay out of trouble and said I didn't belong in counseling.

After my arrest my mom's drinking got worse, and my sex and food addiction expanded to drugs and alcohol. I was arrested again at 16, for alcohol and hashish, resulting in another 10-minute trip with my dad to the same woman in the same program. Again she admonished me to stay out of trouble and said I still didn't belong in counseling.

Over the next few years, things got crazier, and we all got much better at avoiding our feelings. My mom and I had vicious fights each day. I went to the refrigerator to eat, and she ran to the bar to drink. At 17, I was up to 357 pounds, and her drinking was continuous day and night. When I wasn't fighting with my mom, I was in tearooms or getting stoned. My dad escaped into 12-hour days at the office.

We once went for family counseling. When the therapist suggested that my mom might be part of the problem, she stormed out of the secession, and we never went

game when I tried to sneak them out. Once, I made an abortive attempt at suicide over a lost lover, but called my dad before passing out. He came over, got my landlord to let him in and gave me help. I couldn't tell him why it had happened, and he didn't know how to ask.

At 27 I found SCA. I got a sponsor and tried to work a program. After two years, I was still acting out with hustlers and porno, so I decided to go into treatment at Golden Valley. I was terrified to discover that my family needed to attend family week. I had no idea how to ask them.

My sponsor said "act as if." With his support I set up a dinner with my dad. The next night my sponsor, my dad and I met at a coffee shop. After a few deep breaths and a prayer or two, I told him that I was gay, that I was a sex addict, that I was going to a treatment center and that I wanted the family to fly to Minnesota to take part in family week. When he got over the initial shock he said he would discuss it with my mom. That was the last time we really talked until treatment.

At Golden Valley I processed a lot and formed a real bond with the other addicts in my core group. Even so, I was terrified when my family walked through the door three weeks later. My mom held it together until our first therapy group, then all hell broke loose. During the next week every family secret from incest to pregnancy came out. After 29 years of "No Talk Rules" nothing was held back. It was scary, but the fact

"If I choose to let go and turn it over to a higher power, I can maintain an environment where slips are not required."

back. From then on, the family just fell apart. My brother and I moved out. He buried himself in work and relieved the stress with drugs and alcohol. I lost weight, discovered gay bars and got totally enmeshed in serial addictive relationships. My dad spent all day at work or hid in his den and watched television until my mom drank herself to sleep. Each of us exiled ourselves to separate worlds and did not communicate. Each year we would act like a family at holidays, but her alcoholism, my sexual addiction and the family estrangement progressed to the point that even limited contact became difficult.

Occasionally, evidence of my sexual addiction would break through and affect my family. I would temporarily move home and smuggle boys over the balcony at night. Each morning my mom and I would play a

that every other family was going through the same thing provided a lot of support.

Each member of my family came away from Golden Valley with something different. Until treatment, I always saw myself as the black sheep of the family. I thought that if I had just done "it" better, we wouldn't have had so many problems. "It" was everything from my weight, education, career, friends and social skills to my homosexuality and self identity. Since I couldn't change the failures of the past, I felt irreparable, with no hope for the future. I felt responsible for the family's problems and alienation.

In treatment, I learned that my mom's alcoholic enmeshment and my dad's work-alcoholic detachment had thrown the family out of balance. An orgasm offered me escape from all that turmoil. I discovered that I wasn't intrinsically a bad person, but a

normal human being who had learned to cope and survive through dysfunctional behaviors. Today, those behaviors don't work for me any more. I now have boundaries. If I choose to let go and turn it over to a higher power, I can maintain an environment where slips are not required.

My father changed a lot during family week. He arrived very skeptical and judgmental of the entire process. When he discovered Patrick Carnes wasn't available for private counseling, he stood up and lectured the entire staff during a workshop. (I almost died). By the end of the week, however, he had bonded with the other fathers, broken through his denial and identified with the addicts. He made an honest amends for the past and a sincere commitment to really work at healing our relationship in the future.

My mother approached treatment with a closed mind. She saw herself as the sacrificial lamb who would save her son, through chastisement for the sins of the family, from the affliction of homosexuality. She deemed that we were wrong, that she was right and that, if we had just listened to her and done everything she had said, none of this would have happened. She scolded us daily for airing our dirty laundry in therapy group. She disavowed most of the information that came out. She left Minnesota in total denial of her part in our family process and was resentful of everyone for subjecting her to what she saw as unjustified persecution.

At the advice of my therapist, I set a boundary of no contact with her after treatment. She was still too toxic, then, for my recovery. She tested this boundary by calling my office, listening in on phone calls with my dad and manipulating other family members. I simply hung up if she called or answered the phone. I told my family that I had to do it to take care of myself.

After Golden Valley my dad realized he was co-dependant to my mom's drinking, and he decided to try Al-Anon. He found a sponsor, went to meetings, took a service commitment and started working the Twelve Steps. He came to SCA with me, and I went to Al-Anon with him whenever possible. It was a thrill when he got stuck on the Third Step and called me for help. I felt closer to him than ever before.

With the support of his Al-Anon group, my dad began to consider treatment for my mom. One year after Golden Valley, the family arranged an intervention with her. She agreed to go to Hoag Hospital. Although she stayed in denial throughout treatment, the second family week was beneficial for everyone.

At Golden Valley just getting the truth out into the light was all we could do. After a year of digesting that truth, Hoag enabled us to actually resolve some of the issues. My mom remembers Hoag as the worst time in her life, but her raging and drinking diminished afterwards. She became much more respectful of boundaries, and I gradually felt safe to reopen communication with her.

My family has come a long way in the 2 years since Hoag. Bonding with my dad has progressed to daily contact and a level of honesty and intimacy I hadn't dreamed possible. We've had wonderful talks about his father, my mom and his true feelings about me and our relationship. We've explored sensitive topics, like fear of death (I'm HIV+ and he's 78, with a heart condition), my sexuality, SCA slips and problems with my lover. It was not easy. We both had to face our fear of intimacy. The program gave us support and the tools to communicate.

Progress with my mom has been slower, but today we have an ability to talk that we never had before. The level of disclosure is still "public information only," but I am closer to risking more intimate thoughts and feelings. She has made a genuine attempt to let go of running my life and judging my feelings and behavior. She even made amends for the past and admitted that her actions may have hurt more than helped. Once, we couldn't complete a conversation without arguing or hanging up. Today we talk weekly and are even thinking of a retreat together to Mt. Calvary.

My feelings about myself and my family have evolved throughout my recovery. First I was in denial of their effect on my addiction. Then I moved into a "victim stage" where I let myself experience long-buried anger and hurt. Finally, I discovered to separate my parents as people from their behavior. Today I accept them just the way they are—as flawed human beings exactly like myself. Once we learned to communicate, I was able to examine their relationships with their own families. They were doing the best they could with the skills they were given for intimacy and acceptance.

The Promises say, "We will not regret the past, nor wish to shut the door on it." SCA gave me the strength to face my family and our relationship. The program taught me how to let my boundaries down, trust, take risks, reach out to my dad and accept my mom. It helped me release secrets, walk through my shame, and let go of my family's reaction to my truth. Most of all it gave me back the love of a family I had always wanted to have but had never dreamed to hope for.

Food For Thought...

The other evening, Jane Pauley hosted Oprah Winfrey on her program—two very real people sharing a half hour together. Two or three times during the program, Oprah's childhood sexual abuse was highlighted and discussed and cried about. Each time, this powerful upwelling of feelings came over me—right up from my center—and the tears started flowing fiercely. A chord had been struck and my Little Kid was really acting up!

In my own history, there is strong evidence that I was raped by my older cousin when I was about 5. I'd pretty well accepted that. Yet, with strong feelings coming up like this in similar situations, it seems there must have been other instances of abuse. Why else would these hurts come back so strongly?

So, I'm wondering if it's really important to my recovery for me to try to find out just what else might have happened. I know the Program advises us to bless the past with love and let it go—to get on with recovery and with life. The Promises say that we'll neither regret the past nor wish to shut the door on it. Live in the present moment! I keep hearing that, and more and more I am believing it. And yet.... Is there yet another clue, another traumatic experience which led me to being the sexual addict that I am? Something I should really know about in order to understand myself better and heal more completely? Something tells me that I am meant to check into it a little further, painful as it might be. Something is on the verge....

I know there is certainly an answer out there. There is always an answer to everything. It's just that I haven't found this one yet. Sometimes it seems I never will. Yet, I'm coming to believe that in the proper time, God will provide an answer to everything in His own way. It may not be totally clear to me at the time, but He will.

This recovery business can be very confusing at times. Confusing and depressing and hurtful and frustrating... and also gratifying and euphoric and just plain great! I've experienced all these at times, and more, and I'm certain all of you have in one way or another.

So, the only thing for me to do is to keep having faith... faith in the God I understand, and in the Program—and the people in it—and in the answers that are bound to come, and in the serenity which I am beginning to experience more and more often; the serenity which comes with the realization, as The Promises say, that God is doing for me what I could not do for myself... RK

INTERFELLOWSHIP MEET

(Continued from Page 1)

Maciek K. argued against a declaration of the gay aspect of SCA, saying that we cease to be universal and seem to exclude straight folks. He indicated that there are straight people in SCA and that they would take offense at the proposed statement. He reported that one longtime straight member in Los Angeles has registered strong disapproval of the ISO mission statement which was distributed last spring. It reads in part: "Affirm and support our lesbian and gay members as well as people of all sexual orientations."

After substantial debate, the Interfellowship Statement (see text below) was accepted by the ISO, with eight meetings abstaining.

The delegates very carefully considered the ISO by-laws which Eric D., Bob M. and Frank H. have been working on over the past year. The draft by-laws, with some changes, were tentatively accepted. There was some discussion about the difficulty of having two ISO meetings a year, but it was decided to continue with them. Delegates also felt that the voting structure needed to be defined in more detail. This has been done (see text below), and delegates expect to vote on the final version at the Los Angeles ISO meeting in February, 1992.

Marshall L. and Brian K. are the delegates largely responsible for coordinating the establishment of new SCA meetings around the country. They put together a list of all known ISO delegates and circulated it. To help them keep the list current, new delegates should be sure to contact them.

Bob M., ISO Treasurer, reported \$2053 cash on hand, with anticipated expenses of about \$1600 in coming months. Expected revenues are from the new 4-fold give-away piece, and the Question and Answer brochure—both being produced in Los Angeles. It is also hoped that intergroups will continue to pass along 30% of their revenue to ISO.

The Question and Answer brochure for newcomers and prospects was reviewed and a few minor issues raised. The final ISO approval will take place as soon as SCA Los Angeles releases the revised manuscript. Among suggestions for new literature was Maciek's proposal for SCA's own "12 & 12" with personal histories reflecting our identities.

Richard K.'s accomplishments as "SCAnner" editor were lavishly praised by the delegates and it was decided to allow six pages per quarterly issue. The many difficulties of distribution were discussed in detail, but no real resolution was reached. Bill H. will discuss the problem with SCA Chicago to determine if that intergroup would

be willing to take on "SCAnner" distribution.

For more details about the issues discussed at the ISO meeting, get a copy of the minutes from your delegate, or write to Maciek K., ISO Secretary, c/o SCA Southern California, 4470-107 Sunset Blvd. #520, Los Angeles, CA 90027.

SAA Conference

(Continued from Page 1)

Seeing how it sets up goals and budgets will also help us as ISO takes on more and more jobs.

Literature creation in SAA is different from SCA's methods so far, but we could benefit from reviewing its system of trial publication first and "conference approval" a year later, after it has been read by the entire fellowship.

I also learned about new ways that SCA might reach out to those who are still "out there." Continued friendly relations with SAA is surely one of these. Sex addicts and sexual compulsives (is there really any difference?) are bound to benefit from our cooperative efforts.

"STEPPING INTO RECOVERY" SET FOR PRESIDENTS' WEEKEND

Plans are underway for the annual SCA West Coast National Convention, tentatively scheduled at California State University at Los Angeles on Presidents' Weekend, February 14-16, 1992. It will be a weekend of recovery workshops, social events and an SCA/ISO national conference. Peter C., Los Angeles SCA, is chairing the event this year. The theme is "Stepping into Recovery."

Barbara and Curly Monroe, a husband-and-wife team of therapists for the Sexual Dependency Unit at the Meadows Treatment Center in Arizona, will open the convention on Friday night, February 14. Saturday, February 15, will be filled with workshops, a musical written and performed by SCA members, called "Campalot," and a Saturday night dance.

The convention will close Sunday, February 16, with a fund-raiser addressed by Bob Earll, a nationally-recognized speaker in the twelve step recovery field, and a therapist with the Sexual Dependency Unit at Sierra Tucson Treatment Center.

Look for flyers in your meetings in January, or call the L.A. information line, (310) 859-5585, for details.

SCA DESCRIPTION FOR INTERFELLOWSHIP DOCUMENT

WHAT IS SEXUAL COMPULSIVES ANONYMOUS?

SCA is a 12-Step fellowship comprised primarily of gay men and lesbians, open to anyone with a desire to recover from sexual compulsion. We are not group therapy, but a spiritual program that provides a safe environment for working on problems of sexual addiction and sexual sobriety.

We believe we are not meant to repress our God-given sexuality, but to learn to express it in ways that will not endanger our mental, physical or spiritual health. Members are encouraged to develop a sexual recovery plan, defining sexual sobriety for themselves.

There are no requirements for admission to our meetings: anyone having difficulties with sexual compulsion is welcome.

SECTION OF PROPOSED SCA BY-LAWS DEALING WITH DELEGATE VOTING

The International Service Organization is comprised of delegates representing as many SCA meetings as possible. Meetings may choose to send their own special delegates or—where there is an intergroup—be represented by delegates selected by the intergroup. ISO delegates who are part of an intergroup delegation have as many votes as the number of meetings listed by the intergroup divided by the number in the delegation. For example, each of the three delegates sent by an intergroup which lists 12 SCA meetings has four votes. Delegates and their alternates serve for two calendar years. It is suggested that delegates and alternates have six months on their sexual recovery plan.

Bits and Pieces

Here and There . . .

Toward generating new literature for SCA, **BOB L. SAN LUIS OBISPO SCA**, is facilitating a workshop to work on adapting the "AA Tradition," in its long form, to the SCA Program. This is taking place on Sunday, December 8, at 1 PM at HP&CO, in San Luis Obispo. For information call (805) 772-0166.

Recovery is coming along just fine in **MILWAUKEE**. A new meeting on Wednesdays at 6:00 PM joins the original meeting on Sundays at 6:30. The place? The Galano Club, 2408 North Farwell Ave.

SAN DIEGO Intergroup's newly elected Chair, **RICHARD W.**, informs us that there are now SIX meetings there, including one which focuses on Masturbation. In addition, there is an "independent," non-affiliated group which welcomes SCA members... The **PUBLIC INFORMATION COMMITTEE**, chaired by **SCOTT C.** (who is also Intergroup Secretary), is getting geared up for its annual informational mailing to the legal and professional community... The **WORKSHOP AND RETREAT COMMITTEE** is reviewing potential retreat locations and getting a game plan set up so that this very important recovery tool can be made easily available to San Diego members... The **GROUP GUIDE TRAINING COMMITTEE** is compiling a group guide with formats and announcements from each of the meetings... The Intergroup now issues a one-page summary of its activities in newsletter format. It's called "Inter-Com," and its motto is, "Intergroup of San Diego—Doing together what we could not do alone." A great way to help members keep in touch with what's going on; and there's a lot going on in San Diego and all over SCA!

Ever mindful of SCA's **SIXTH TRADITION**, we offer the following to help our readers know what's out there; the choice is yours. *Easing the Ache—Gay Men Recovering from Compulsive Behaviors*, by David Crawford (Plume, \$9.95), is a recently released book written by a gay man recovering from compulsive addictions to sex and alcohol. It is written in "our" language and hits realistically, but lovingly, on the very problems and occurrences gay compulsives find in their own lives. It includes personal stories about the author and acquaintances, in and out of Twelve-step Programs, including SCA. Consider checking it out... it could be a helpful tool toward understanding your own compulsions; and it might be just the book for your partner to read to better understand you.

CHICAGO Intergroup's Secretary, **BOB H.**, reports that they, with **STEVE B.**'s footwork, are working up a set of by-laws for the group, using those of the Los Angeles Intergroup as a model... They are also working on publishing the objectives of Intergroup/ISO so as to inform SCA's Chicago members of what this organization does for SCA and to encourage local involvement in it... The SCA picnic was held on September 8 at the Park Tower Condos, and was a rousing suc-

cess... Intergroup is setting up a Literature subcommittee, to be organized by **JOHN G.**, to generate local and national literature for the Fellowship. We're looking forward to seeing good stuff coming out of Chicago!... The SCA ad is being continued in "GAY CHICAGO," and an additional one has been approved for "THE READER"... Consideration is being revived toward giving out medallions for periods of sobriety similar to some Los Angeles and New York Meetings... **TODD R.** is working toward getting a new meeting started in suburban **DES PLAINS**... Intergroup will soon consider ISO's request that Chicago handle all "SCAnner" distribution, except for New York and Los Angeles... Keep the good news coming, Chicago!

SCA-ANON, for partners and friends of sexual compulsives now has two meetings—one in **MANHATTAN** and one in **BROOKLYN**. Check the information lines in these areas for times and locations. These groups are proving to be very valuable in helping those involved with sexual compulsives understand the nature of their problem and in dealing with it. For information on forming a group, write to "The SCAnner," and your letter will be forwarded to the New York contact.

NEW YORK Intergroup's Secretary, **NEIL G.**, tells us that Intergroup's 30%-of-income contributions to ISO began June 1... **HENRY S.** reports that **JIM R.** is the new Chair of the **RETREAT COMMITTEE**. The August retreat on Steps 8&9 had an attendance of 50 members. The next one, VI, "Living Our Lives—Maintaining Our Program" took place November 8-10 at the Holiday Hills Conference Center in Pawling... The New York SCA INFORMATION LINE is averaging 2 to 3 calls per day; most from out of town... **BRIAN K.**, National Coordinator, reports that the Farmingdale, Long Island meeting has dissolved, but that there will soon be a new meeting in **FAIRFIELD CITY, CT.** 500 copies of the new "SECRET SHAME" have been purchased from ISO. A free copy will be provided to each registered Meeting to generate interest. 2000 copies of the revised 4-FOLD are also to be purchased... A committee has been formed to study the ins and outs of Intergroup incorporation... The Secretary is responsible for compiling and keeping current a mailing list of one contact person per Meeting. "The SCAnner" will be distributed through the mail to each of these contacts... The Big Apple's SCA people are really keeping busy these days!

The two **ODESSA, TX**, meetings—affiliated with SCA, SAA and SLAA—are going great guns. If there's enough interest, another will be added soon. **MARK C.** says that there are now about 24 members, with 8 to 10 at each meeting; some travelling 200 miles each week (from Abilene, San Angelo and Lubbock, TX, and Hobbs, NM)! That is dedication—to the Program AND to personal recovery! They even have their own newsletter—"REFLECTIONS"—and hold monthly Group Conscience meetings to handle organizational details. We're looking forward to hearing more from you, Odessa.

For those with **COMPUTERS** and **MODEMS** needing meetings between meetings, or who are too far from SCA meetings, there are several BBS's around the country which serve 12-Step recovery programs, including sexual addiction. Some are networked nationally. Anonymity is preserved, as it is in meetings, by use of "handles" or first name, last initial log-ons. A few of these BBS's were listed in SAA's "PLAIN BROWN RAPPER," and these have been repeated in the SCA master meeting list which is sent to Intergroups and Secretaries of non-Intergroup individual Meetings. Check with them for numbers, or write to "The SCAnner."

SEND IN YOUR GROUP NEWS FOR BITS AND PIECES!

MEETINGS

SCA Meetings Information:

SCA New York
PO Box 1585
Old Chelsea Station
New York, NY 10113-0935

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

SCA INFORMATION LINES: (Recorded messages and call-back):

New York	(212) 439-1123
Los Angeles	(310) 859-5585
Chicago	(312) 589-5856
Orange County, CA	(714) 664-5105
San Diego, CA	(619) 584-1974
Odessa, TX	(915) 560-5240
Milwaukee, WI	(414) 963-1189
San Francisco, CA	(415) 863-3536
(Contact, Brian B.)	

For information on other sexual addictions programs:

Sex and Love Addicts Anonymous (SLAA)
PO Box 119, New Town Branch
Boston, MA 02258
(617) 332-1845

Sex Addicts Anonymous (SAA)
PO Box 3038
Minneapolis, MN 55403
(612) 339-0217