

# The SCAnner

SCA NEWSLETTER

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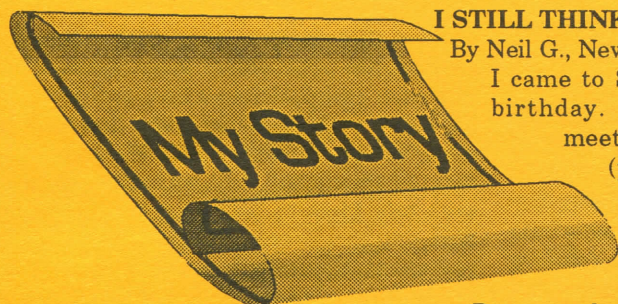
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## WE NEED FAITH TO SURVIVE

**WE NEED FAITH TO SURVIVE** We hit our bottoms and something happened. We began to see that there was a new path for us; a path which led to our truly believing that we were really worthwhile...



### I STILL THINK I AM HEROIC...

By Neil G., New York SCA

I came to SCA one month before my 30th birthday. I had never been to a 12-step meeting before. I had amyl nitrate (poppers) burns under my nose, and I was still depleted from the MDA, cocaine, special K, marijuana, beer and vodka I had consumed two days before.

Drugs and alcohol are clearly a part of my story. I used chemicals to help me to "lose my inhibitions" (i.e., suppress my shame), and I was addicted to them. Escape into sex, however, felt like the core of my compulsion, my confusion and my problems.

The meeting was at The Gay and Lesbian Community Center in the Village. I had only been to The Center before to go to the Community Health Project located there - for treatment of VD. Most of the gay community I met hung around in the bars, baths, porno movie theaters and bookstores that I went to looking for sex. The rest of my world, gay and lesbian included, I kept "compartmentalized" (as our characteristics suggest) away from my life of compulsive sex and drugs.

When I went to my first meeting I had just had my "bottom." This bottom was really no different than many of my forays into New York's gay drug and sex culture. I was working as a waiter at the time, which was not the career I had chosen, and I had plenty of anger, resentment and shame that I was "forced" to wait tables (no "worker among workers" for me). That night after my shift my boyfriend met me at the restaurant for a going-away party for one of the other waiters. I probably made up some lie, which perhaps I half believed, in order to justify to my boyfriend and myself that we should not go home together that night. Once he had left, I continued drinking, started drugging, and parted from my restaurant friends (probably with another lie - "I have to go home now and get some sleep") and went to an after-hours backroom gay bar.

There I purchased cocaine and went home with a guy I had acted out with before. We did more drugs - including hallucinogens, which I hadn't done for a few years and had sworn I would never do again. I guess I really felt a need to escape that night - and a need to hurt myself. I didn't tell the guy I was with that I had a boyfriend. I remember some kind of romantic intrigue at work with him - I think I let him and myself believe that we would start a "hot" sexual relationship. Every time I would see how late it was getting I would take more drugs and escape into more sex.

I finally got myself to go home around 6 or 7 in the evening - about 20 hours after my boyfriend had left me at the restaurant. I don't know how I managed to navigate the streets and get a cab home, drugged as I was. By the time I got home I had missed plans my boyfriend and I had to attend a wedding shower for one of my close friends, and missed a show in which another of my friends was performing. I returned home to a note from my boyfriend expressing his great worry about me. Soon after, he came over to my apartment.

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## SCA and 12 STEPS

### WHAT'S GOING ON IN SCA GROUPS AND INTERGROUPS

#### LOS ANGELES REPORTS

**THE GARAGE SALE** held in July to support the 1994 Convention was a great success and even though there were no large furniture items donated, a total of \$969 was taken in! Another yard sale was held on October 23rd to raise additional money for the Convention. The \$1000 loaned to last year's convention committee by intergroup has been repaid.

**THE LABOR DAY WEEKEND** retreat in Santa Barbara was completely filled, and a lot of recovery resulted for the attendees. The next retreat will be the annual New Year's Eve event which will be held Dec. 31st, and Jan. 1st and 2nd. For information, call Doyle S. at (213) 669-0163. The traditional Memorial Day retreat was booked to another group by the retreat house for 1994, so the committee is looking into another date - possibly Palm Sunday weekend.

**A HOLLOWE'EN COSTUME PARTY** was held at the home of Phil H. A Thanksgiving potluck and a possible raffle are in the wind as well.

**THE TWELFTH STEP COMMITTEE** is working up a list of attorneys and courts to contact and send a letter and literature on SCA. Additional starter kits are being assembled. The "Frontier" is being contacted about adding information regarding the SCA Program.

**VOLUNTEERS ARE NEEDED** to help answer messages left on the SCA line. Contact Doyle S. if you wish to help out...

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## ISO TO HOLD ITS ANNUAL FEBRUARY MEETING IN SAN DIEGO

The SCA ISO delegates will gather on the 4th, 5th and 6th of February, 1994, in San Diego, CA, to discuss and decide on issues vital to the growth and health of SCA. A great deal of time will be spent covering SCA literature, including three new pieces which are going through the process of birthing (see the accompanying article). In addition, topics to be discussed are:

- Regional problems and specific support for smaller groups lacking intergroup structures;
- 12-step outreach - what is being done regionally and how regional efforts might either be expanded or benefit from the experience of other regions;
- The SCA Public Service Announcement (PSA) for radio stations;
- A discussion of ISO voting, representation and consensus, including the idea of a structure based on regions;
- SCA's referral statement - its definition of itself and the characterization of its membership;
- Interfellowship and identity;
- Direction of "The SCanner";
- Literature - in addition to the new pieces mentioned above, discussions will cover pieces in Spanish and French, registering literature with the Library of Congress, problems in the process of literature generation, and subjects such as the Little Blue Book reprint, presentation of the Q&A booklet, the 14 Characteristics, the Group Guide and the Long Form of the Twelve Traditions;
- A "national" phone service - collect call-back;
- ISO office space;
- Women in SCA, a report from the women and women's groups.
- Lots to do in the small amount of time available... but, somehow, the subjects always manage to get a thorough airing. Our Higher Power seems to make sure of that.

### CHECK OUT OUR SCA PUBLICATIONS

SCA literature is one of the tools toward our recovery - our meeting away from meetings. It's always there for you when meetings or the phone might not be available. Order for yourself and as thoughtful gifts for your friends in the Program.

The following SCA/ISO publications are now available (prices include shipping and handling):

**SCA: A PROGRAM OF RECOVERY** (The Little Blue Book), including SCA history, sample meeting format, recovery plans, slogans - single copy: \$5.50; two or more \$3.00 each

**SECRET SHAME** - Sexual Compulsion in the Lives of Gay Men and Lesbians - \$1.50 each

**The SCA "FOUR-FOLD"** informational brochure, especially useful for outreach - \$16.00 per 100 (minimum order is 100)

**The "QUESTIONS & ANSWERS" (Q&A)** Pamphlet for newcomers and outreach - \$1.50 each (minimum of 2 per order)

To order, or for information on these pieces, write SCA/ISO Literature, PO Box 931181, Hollywood, CA 90093.

## NEW SCA LITERATURE IN THE MAKING

SCA literature is one of the very important tools that help us get better. There are three pieces of proposed literature now in various stages of review which should be available in the not-too-distant future.

One of these is a piece on masturbation which was written by SCAer ANDREW C. of New York. It focuses, in a very non-judgmental manner, on the feelings and thoughts involved in masturbation, and features a suggested 4th Step approach to the practice. The piece was recently forwarded to ISO delegates for input, with the goal being to have it in final form for ISO review and approval at its February meeting in San Diego.

The second piece is a guide toward starting one's own SCA meeting. It would be included in a "starter kit" - along with a copy of each piece of SCA literature - for those compulsives who live in areas which don't have any sexual recovery groups. It was written by TONY R. of New York SCA, who has been doing service by being the ISO phone contact for people outside of the New York area. He says, "... I felt a sadness and loss every time someone called for an SCA meeting in their area, and there weren't any remotely nearby. What's worse is when people call asking for help, and there aren't any "S" fellowship meetings in their area at all. So I thought instead of wishing for more SCA meetings, why don't we make it easier for people to start their own meetings in their communities." This piece has also been sent to ISO delegates and contacts across the US for input towards reviewing it at the San Diego meeting. SCOTT C., of San Diego SCA, has been working on a Group Guide there, and it is hoped that sufficient time can be allotted in February to go over both pieces and come up with a very meaningful piece to work with.

Anyone who has moved to an area with no "S" fellowship meetings knows the feelings of frustration and loneliness that go with such a move. So starting one's own meeting is a tremendous help for one's own recovery, and great service to the sexual compulsives out there who long for recovery for themselves.

A third piece is in its very formative stages. For years, SCAers have talked about producing SCA's own version of "Hope and Recovery", formatted in such a way as to best serve most SCA members' somewhat unique situation — that of being gay. The subject was brought up at a meeting of some "oldtimers" at the Labor

Day Retreat in Santa Barbara. RICHARD K., the outgoing "SCanner" editor, has worked up a rough sample draft incorporating some of the ideas which were discussed at that gathering. This will be included on the ISO meeting agenda for discussion and setting editorial policy. This one will likely take considerable time, since the focus will be on the stories and short shares and vignettes of individual SCAers. It will need a great deal of participation by everyone... and that's as it should be. SCA is a fellowship made up of a diverse group of human beings who share common problems and a common desire of recovery. Participation in a fellowshipwide project such as this is a logical extension of our participation in our meetings.

SCA is growing, and will continue to do so... in that we have great faith. We have reached the point where there is a need for our own unique literature, rather than having to rely on adapting the literature of other 12-step organizations. We urge all of you to participate. And we look forward to each new piece to help us and guide us on this long recovery road each of us is traveling. Contributions of literature by individual members, groups and intergroups is invited and sincerely encouraged.

### THE SCANNER IS YOUR NEWSLETTER

The SCanner is published and distributed quarterly by the International Service Organization of SCA as a means toward unifying the Fellowship and getting the SCA word out. The opinions expressed here are of those who made them and do not necessarily reflect the principles and traditions of SCA. Take what you like and leave the rest.

The SCanner depends on the input of the SCA membership to provide a meaningful means of communication and support within the Fellowship. We need your help. We need your recovery stories, news of your groups, comments and criticisms.

Please send your submittals to: "THE SCANNER", c/o SCA, P.O. Box 1585, Old Chelsea Station, New York, NY 10113-0935. Don't worry about fancy typing; just so it's readable — and from the heart! Your anonymity is assured. The SCanner is YOUR newsletter — dedicated toward promoting the common welfare and unity of SCA and getting the word out. Thank you for your support over the past years.



## RECOVERY IS....

Recovery takes on many forms; each of us experiences it differently. We've voiced our feelings about recovery, and about the sobriety which is a part of it, at SCA retreats, and at our meetings, at Fellowship, and with our friends. Some of the things we've thought about and chewed over with others and talked to God about we present here; not as textbook material, but just to think about, and, hopefully to add your own unique experiences to. Just keep in mind: Recovery is ours! No one can take it from us!

Recovery is...

...building up trust — sitting back and listening to others' stories at meetings, then letting out our feelings and stories and hurts a little at a time, experiencing the positive feedback and love of those around us...

...letting go of our shame by openly discussing our problems and our hidden history with those around us who understand... and by building up a healthy pride in the magnificent WHO that we are...

...being gentle with ourselves — we've beat ourselves up enough in our lives; we need to know we're OK where we are at the moment and just do the very best we can for today...

...picking up the phone rather than acting out — beginning to break the isolation which feeds our dis-ease...

...sharing our feelings and problems with others — a shared problem is a solved problem...

...getting in touch with our "little guy" inside — listening to him, nurturing him, loving him, letting him out of his cage...

...knowing we have a choice in each and every thing we do — always — and taking full responsibility for the outcome of each choice we make...

...living in today, this moment, rather than in the expectations of the future — no expectations means no disappointments...

...seeing the spiritual in a person, rather than — or in addition to — the physical... acknowledging their attractiveness for a few moments and then getting on with our lives...

...knowing we are NEVER alone — even when we are by ourselves...

Recovery is...

...feeling comfortable about being by ourselves, not driven to get out there amongst them, especially when that fuels our compulsion...

...being honest — with our Higher Power, with ourselves, with our significant others and with each and every one we come in contact with...

...knowing there truly is a Higher Power who is with us all the way — even when we might turn our backs on It...

...being willing to be willing — willing to listen, to be there for someone, being accepting of a person even though we might now particularly "like" them, to come to meetings when we don't want to, to evaluate our choices, to postpone acting out until another time, to love ourselves...

...remaining sober and responsible because we know it is in our best interests; not just because losing our sobriety will violate our Recovery Plan and we'll have to fess up to it...

Recovery is...

...forgiving ourselves when we get caught up in obsessions, or ogling a sharp number a little too long, a little too hungrily, or even for acting out...

...singing songs at the top of our voices while walking through the hills with a group of friends and not feeling ashamed, but being caught up in the joy and freedom of it...

...being of service to the Fellowship and to the community — in small ways and in larger ways...

...being able to talk to a person about the obsessions or fantasies we have about them — face to face, openly, honesty — without acting on them, and experiencing the freeing "defusing" of a compulsion...

...sitting on the top of a hill when the sun is rising and feeling the tears well up in our eyes and thanking our Higher Power for all the beauty around us... there is always beauty around us, and now we take the time to actually see it rather than darkness and ugliness...

...laying on our backs on a rock at night and looking up at the stars and the moon and feeling the feelings, whatever they might be, and not even really noticing how hard and sharp the rock is...

...being totally free to laugh and to cry and to laugh again — in sequence or even at the same time — openly, without fear or shame, at a meeting, over the phone, with a friend, by ourselves...

Recovery is...

...sitting in a meeting, while across the courtyard men and women are rehearsing a musical in various stages of dress and undress, and continuing with the business at hand — pretty well, anyway...

## "THE SCANNER" WELCOMES ITS NEW EDITOR

For its fourth anniversary edition in February, "The SCanner" will be under the reins of its new Editor, Joe F., of the New York SCA. I am very excited about the fresh breath of life that I'm confident Joe will bring to our newsletter, to say nothing of something of a Brooklyn accent!

These past four years of bringing "The SCanner" into being and seeing it grow from a wobbly, hardly readable production into a polished publication have been very satisfying. More importantly to me, they have contributed immeasurably to my own recovery. And I am very thankful for that.

I would like to take this opportunity to express my gratitude for the support "The SCanner" and I have received from the membership of SCA, from the Southern California Intergroup, and from the ISO. There were many times when I wondered if there was anyone out there reading it, and if it was worth all the trouble. Then so many of you came through with encouragement and article contributions and phone calls. All that made it very much worth while to me — and, I think, to the Fellowship. All that made it obvious that we were getting through with "The SCanner" and getting the SCA word out.

I am confident that you, our readers and contributors, will continue to support "The SCanner" and Joe F. in the coming years. I intend working very closely with ISO literature projects and with other aspects of SCA recovery work. I certainly don't plan on fading away by any means!

Once again, thank you for your support. Don't ever forget... we're all in this business of recovery together. IT WORKS WHEN WE WORK IT!

- Richard K.

- San Luis Obispo SCA

...getting in touch with our bodies — not just our genitals, but our whole selves — lovingly caressing ourselves all over, realizing and accepting just how beautiful our bodies are...

...letting go — a little at a time — of being in control, being critical and manipulative, being judgemental; allowing room in our consciousness for compassion, acceptance, respect and love — for all those around us, and, so importantly, for ourselves...

...loving ourselves, knowing that we are really so very worthwhile, worthy of the love of others, worthy of giving our love without fueling our dis-ease, worthy of the absolute love of our Higher Power...

Recovery is... KNOWING THERE'S A ROSE GARDEN OUT THERE — out there past all the thistles and cactus and rattle snakes and poison oak and weeds; it may seem a lot like climbing Mount Everest to find it, but it's there.



## FOOD FOR THOUGHT

### WE NEED FAITH TO SURVIVE

Faith... Trust... What a difficult time many of us have with those words, or, more particularly, with the feelings behind them. Somewhere along the line, we lost faith in God, or that in deity we were told amounted to God. After all, He did seem to be away on vacation or out to coffee just when we needed Him most. And we tired of feeling that when things went wrong, or when we got sick or got fired from our job, that it was God punishing us for acting out our addiction or some other "sin."

And we lost faith in many of those around us. Some of them abused us in our early years... sexually, maybe... emotionally, certainly... physically, sometimes. So it wasn't difficult to just say to hell with everyone and pull into our shell and isolate. At least no one would hurt us that way... or so we thought. But it was so lonely living that way. So lonely!

Somehow, as a result of all this loss of faith in God and others, we also lost faith in ourselves. We felt shameful about who and what we were. And we did things which were harmful to us physically and emotionally and spiritually... things we seemed to have very little control over. Many of us put our entire lives and souls into showing others that we were PERFORMERS, by golly, and we wore ourselves out proving it. And, at the same time, we couldn't even trust ourselves to take care of our own needs in the smallest of ways. We came to feel that we just weren't worth it.

Then something happened. Some call it hitting bottom, and that's as good a description as any. Something happened — maybe traumatic, like an arrest or a serious illness; or something subtle like a tiny realization that this just wasn't the way we were intended to be — and whatever that something was, it started us on a new path. Through our Program and meetings and the new friendships we formed, we started realizing that we were worthwhile as divine creations just as we were. The feeling that we were crud on the ground gradually began leaving us, to be replaced by a realization of our perfection and goodness in the Universe.

And we started realizing that those around us were divine creations living as beings in the Universe as well, and, even though some of them might have rankled us a bit now and then, they were who and what they were, and that was just fine. If we seemed at cross purposes with some, we became able to detach and bless them with love and let them go. But, for the most part, we began to build a trust in those around us, and accepted their support without those old feelings of "what are they after from me?" or "are they going to end up hurting or abandoning me?"

And — surprise, surprise — we began to realize that there is a Higher Power who put everything together and keeps things going. We came to know that this Higher Power — some of us even called It God — was an inner Presence which was always with us no matter how much we might try, now and then, to turn away from It. We began to know that this Higher Power didn't punish us for what we did; that It was loving and all-forgiving. It did set up the laws of the Universe that took care of things, and if we lived our lives according to them, we were fine. If we didn't, we created our own hell of sorts, but we always knew that we had unending chances to straighten up and do the things that were right for us. And our Higher Power was always there to guide us along the way; all we had to do was shut up and be still and listen.

There are situations and people and things which we don't understand at all. Why do these things happen to us? Well, we begin to realize that maybe we aren't meant to understand EVERYTHING, and we began to accept that whatever happened was meant to happen and to be thankful for that. We were building FAITH and TRUST in the way things work. And we realized that we needed that in order to survive and prosper and live... - RK -

RK

## "BUILDING OUR FUTURE"

### THEME OF LOS ANGELES CONVENTION

The weekend of February 18, 19 and 20, 1994 is the date for Southern California SCA's annual Convention at the Universal Sheraton Hotel in Universal City, CA. With the theme, "BUILDING OUR FUTURE: SPIRITUALITY - INTIMACY - SEXUAL RECOVERY," the Convention promises to be a "fellowship of the spirit," a safe, protective space where we can share with one another, strengthen our resolve, and honor our recovery.

The Convention will begin Friday evening at 7 PM with official registration, when attendees will receive their personal packet and guide for the three days. The guest speaker will be PATRICK CARNES!

Saturday, from 8 to 5, will be a day of 20 workshops, facilitated by members of the Program, focusing on the tools we use to build our future, to enhance our spirituality and intimacy, and to honor and maintain our sexual recovery. Saturday evening, things will lighten up with a time of fellowship and entertainment at the hotel. If the past conventions' entertainment can be used as a guide, this year's will be gang-busters!

Sunday, fellowship begins at 8:30 AM with workshops beginning at 9 and closing ceremonies at 11 AM.

Fliers announcing the Convention have been sent to all SCA groups, including London, and 1000 mailed out to members of the National Council on Sex Addiction. So the attendance should be phenomenal and diverse!

Reduced accomodation and parking rates are being made available by the Sheraton, and shuttle service is available from LAX and Burbank airports.

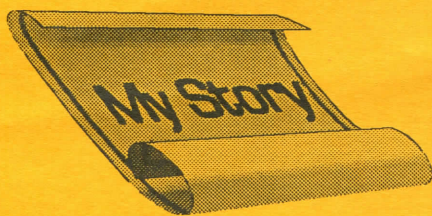
Non-refundable registration fees are: \$20 if postmarked by Nov. 30; \$25 if postmarked by Jan. 15 and \$30 at the door. A charge of \$5 will be made for the evening of entertainment and fellowship. No credit cards will be accepted. To register, obtain a form at your meeting, or mail in your check or money order for the fees made payable to "SCA 1994 Convention," along with your name, address and telephone number to: SCA 1994 Convention, 4470-107 Sunset Blvd, #520, Los Angeles, CA 90027. You may call (310) 859-5585 for further information.

The fellowship, workshops and entertainment available at the Convention form a very valuable recovery tool. We hope you'll join us there.

### SERENITY PRAYER

GOD... Grant me the serenity  
to accept the things I cannot change,  
The courage to change the things I can,  
And the wisdom to know the difference.  
Thy will, not mine, be done...





He saw me as I had so often been before - I was so high I felt as if my eyeballs were spinning in their sockets. I had horrible poppers burns under my nose. I was deep in the shame part of the cycle Patrick Carnes writes about. I was a wreck. No one had ever seen me like that before; at least no one I cared for.

I think what made this experience different from so many I had in the past was that I saw myself this time - saw myself mirrored back in the eyes of someone I loved. I had never let this happen before. I had set a strict rule that I hide my acting-out from my boyfriend, and before I had a boyfriend, I hadn't had anyone close enough to me whom it would have mattered to me if I saw myself mirrored in their eyes. I broke this rule that night (just like I had broken my rule about hallucinogens) and the result was I saw myself, and started to feel my pain.

My boyfriend said I had to do something about this. I said I would. I looked up SCA in the phone book the next day and went to my first meeting the day after that. That was over four years ago.

In the last four years I have learned a tremendous amount about myself, my history and my world view, and I have changed and grown a lot. I have learned that I am an addict, and, though I'm addicted to many things, sex is one of my most powerful and insidious addictions.

I feel this is because my sexuality was very injured when I was a child. I am and have always been gay, but I got the message very clearly that this was not acceptable, that this was wrong and disgusting, and that therefore I was wrong and disgusting. This became one of my faulty core beliefs. Through a mechanism I don't really understand, when feelings of being wrong and disgusting became so overwhelming that I had to escape them, I escaped into the very area that was most injured, often acting out sexual scenarios that were humiliating to me.

I have also come to see that my honest sexual expression was so shameful to me that the only way I could be sexual was to be so in a nearly unconscious state, because when I was conscious and present my shame was paralyzing.

In SCA I have done a lot of work around healing this shame and learning that I was not and am not wrong for being who I am sexually, but that the messages I received

were wrong. I have found that this is the way out of my compulsive sexual behavior into incorporating sex into my life as a healthy element. My goal is to accept and express my sexual energy.

When I was an active sex addict I used to call my acting-out forays "odysseys." I thought this sounded heroic (and certainly the creatures I met were not unlike some of those written about by Homer). It has now been a long time since I have had to go on one of these "odysseys." I still think I am heroic. I am very grateful, however, that now my heroism is not about trying to escape from the ever-present and inescapable shaming voices living in my head, but that today's heroism is about sitting in a circle with other recovering sex addicts and voicing and confronting the shame head-on. I wasn't capable of this before SCA, but, together with other men and women in recovery, this is what I'm doing now.

Thank you for my recovery.

Each of us has their own story... please share yours with us. Send it to "The SCanner", c/o SCA, PO Box 1585 Old Chelsea Station, New York, NY 10113-0935. Sharing ourselves is a big part of our recovery!

## Bits and Pieces

### SANTA MARIA MEETING CLOSSES...

The Santa Maria/Orcutt, CA meeting, which has been going for about three years, has closed. This leaves the San Luis Obispo Saturday evening meeting to serve Central Coast SCA members. There are also SAA and SLAA meetings in Atascadero, San Luis Obispo and Arroyo Grande for those who can't make the SCA meeting. In actuality, the meetings of the three "S" fellowships are attended essentially by a core of the same people - the important issue being recovery rather than organization...

**THAT'S ALL** for Bits and Pieces for this issue. From this distant standpoint it is so gratifying to hear the news from SCAs all over the country, and from England. The news is of dedicated service by so many members, and of recovery, and of tears and laughter. Our aim in this column, and in "The SCanner" as a whole, is to share this news with the entire membership so that each of us knows we're not alone; that we're all pulling for each other. Please send your news items on your groups and intergroups - scribbled, typed or however - to: "The SCanner", c/o SCA, PO Box 1585 Old Chelsea Station, New York, NY 10113-0935. LET US HEAR FROM YOU!

**DEADLINE FOR THE MID-FEBRUARY ISSUE IS JANUARY 20, 1994...**

And... a sincere wish for a happy, responsible holiday season for all of you!

"No one can make you feel inferior without your consent." - Eleanor Roosevelt

"Waste not fresh tears over old griefs." - Euripides

"Paradise is where I am." - Voltaire

"We would often be sorry if our wishes were gratified." - Aesop

"We must free ourselves to be filled with God. Even God cannot fill what is full." - Mother Teresa

"A journey of a thousand miles must begin with a single step." - Lao-Tzu

"Oh Lord, don't move the mountain, just give me the strength to climb it. You don't have to move that stumbling block, but lead me, Lord, around it". - An old black spiritual

"Don't give up! It's never as bad as it seems. There is always a light; it just takes one more step, one more breath, one more willingness to hang in there." - Alan Cohen

"Can the joy of yesterday ever be repeated today? The desire for repetition arises only when there is no joy today; when today is empty, we look to the past or to the future." - Dr. Wayne W. Dyer

"Obstacles are what you see when you take your eye off the goal." - Source Unknown

### MEETINGS

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

#### SCA New York

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

#### SCA Southern California

4470-107 Sunset Blvd., #520, Los Angeles, CA 90027, or call the New York Information line.

#### SCA INFORMATION LINES

(recorded message and call-back):

New York .....(212) 439-1123  
Los Angeles .....(310) 859-5585  
Chicago .....(312) 589-5856  
Orange County, CA .....(714) 664-5105  
San Diego, CA .....(619) 685-8540  
Odessa, TX .....(915) 560-5240  
Milwaukee, WI .....(414) 963-1189  
St. Louis, MO .....(314) 921-6272

For information on SLAA and SAA meetings in the US and overseas, write to:

**SLAA**, PO Box 119, New Town Branch, Boston, MA 02258; Phone (617) 332-1845

**SAA**, PO Box 3038, Minneapolis, MN 55403; Phone (612) 339-0217



## THE 12 STEPS IN HUMOROUS FORM

By E.A. Messenger

1] I decided I could handle my emotional problems if other people would just quit trying to run my life.

2] I firmly believe that there is no greater power than myself and anyone who said otherwise was insane.

3] I made a decision to remove my will and my life from God, who did not understand me anyhow.

4] I made a searching and thorough moral inventory of everyone I know, so they could not fool me and take advantage of my good nature.

5] I sought these people out and tried to get them to admit to me, by God, the exact nature of their wrongs.

6] I became willing to help these people get rid of these defects of character.

7] I was humble enough to ask these people to remove their shortcomings.

8] I kept a list of the people who had harmed me and waited patiently for a chance to get even with them.

9] I got even with these people whenever possible, except when to do so would get me into trouble too.

10] I continued to take everyone's inventory and when they were wrong, which was most of the time, I promptly made them admit it.

11] Sought through the concentration of my will power to get God, who did not understand me anyhow, to see that my ideas were best and he ought to give me the power to carry them out.

12] Having maintained my emotional problems for years with these steps, I can thoroughly recommend them to others who do not want to lose their hard-earned status, but wish to be left alone to practice neurosis in everything they do for the rest of the days of their lives.

## SCA'S ISO NEEDS YOUR SUPPORT

SCA's International Service Organization coordinates literature generation and distribution, provides experiential support for SCA groups, interfaces with other sexual recovery fellowships, encourages and supports outreach projects, publishes "The SCanner" and the national meeting list - generally promoting SCA UNITY. All this takes time and money. So far, the time has been provided by SCAers doing service. The money has come from members, literature sales and fundraisers. As with all worthwhile activities, both are hard to come by, and more of both are needed.

Won't you consider participating in ISO activities. Donating time in service, working up suggestions and drafts for new literature, sending submittals to "The SCanner" keeps SCA going and growing AND are valuable tools for your own recovery. And send in a check! Remember all the time and money spent in your old sexual compulsive and addictive activities? Now that you're freeing yourself of them, that time and money can be put to a greater use.

Contact your meeting Secretary or Intergroup or ISO Rep about ISO service and send your check made out to SCA/ISO, to SCA/ISO, PO Box 1585, Old Chelsea Station, New York, NY 10113-0935. Your contributions will return to you in many ways!

## THE PROMISES

"If we are painstaking about this phase of our development we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves."

"Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them."

(Alcoholics Anonymous, pp. 83-84)

**MAY YOUR  
HOLIDAYS BRING  
YOU PEACE OF  
MIND AND  
SERENITY**