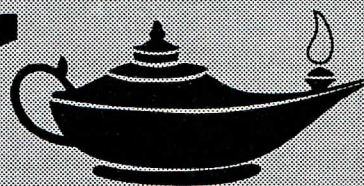


# The SCAnner

SCA NEWSLETTER

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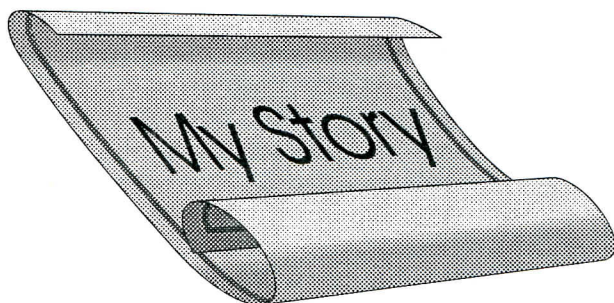


Volume 6, No.2

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2nd Quarter 1995

**Realizing that AA just wasn't enough to solve his sexual compulsion, a member from Chicago makes the leap to SCA, and learns why his relationships were so limited and fragile.**



*"Suddenly I realized that there had to be another way to relate to people other than the process I had just completed....I wasn't sure what that method could possibly be, but I was sure that the way I was trying to connect no longer worked."*

suggesting to me that my relationship issues may have something to do with how and where I was spending the greatest amount of my time. I was unable to hear him and somewhat resentful about his suggestions. I felt that my issues certainly could not involve addictive behaviors, since I was already recovering from drugs and alcohol. I had always judged this friend because it seemed he had to recover from everything through a different 12-Step program. I didn't want to be that neurotic about relationships.

That year my employment situation also changed. I received a promotion to Chicago. Although I was scared, I realized that I was sober, I had a program and that Alcoholics Anonymous would provide me with all that I needed to make this transition in my life. Yet my move opened up a new world of addiction and a very dark world at that. Suddenly my acting out escalated to different places, activities and behaviors than I had experienced in the past. What was particularly upsetting to me was that I was attending AA meetings, yet still unable to connect with people or make new friends. My life continued to feel pretty empty and seemed to be getting worse.

I remember when the shift finally occurred in my life. I was at the baths and had just finished acting out in a particularly disgusting manner. Suddenly I realized that there had to be another way to relate to people other than the process I had just completed. No big revelation, just a clear understanding that there had to be something else out there. I wasn't sure what that method could possibly be, but I was sure that the way I was trying to connect no longer worked.

The next day I resistantly wandered into my first SCA meeting. Ironically enough the chairman of the meeting was someone I recalled acting out with many years prior. This alone peaked my curiosity enough to stay through the whole meeting. Somehow I kept coming back. At times my sexual recovery has been very difficult and painful. I can remember feeling once, that if I didn't act out I would die. In fact I once considered suicide as an alternative to the pain I was experiencing. But God's grace and the support of other recovering sex addicts helped me through that pain and has continued to provide me with that support time and time again.

Once I decided to ask someone to be my sponsor, wrote out a bottom line, and made a commitment to my home group to attend meetings, I began to experience the relationships I had always hoped for in my life. There were often challenges in these new friendships. Frequently I confused my emotional needs with my physical needs. However, by using my sex plan and by discussing my feelings with these individuals and other recovering sex addicts, my relationships were able

I had been sober from drugs and alcohol for a couple of years when I realized that I was still unable to grow in areas where I had felt the greatest amount of despair, although my life was changing for the better.

My relationships at this point in my recovery were limited and fragile at best. My friendships were usually with people whom I had met at the baths, parks or bookstores while acting out. Ironically they were usually the same people, just in different places.

My best friend kept

## EDITOR'S NOTE

Greetings, brothers and sisters in recovery! Fall is finally here! I would like to repeat that **The SCAnner** will now be distributed on a subscription basis by Chicago-SCA, which has graciously offered to undertake this task. You can now subscribe to **The SCAnner** at \$.50 per issue, or \$2.00 a year. Big cities, like New York, Chicago & Los Angeles, will still have their Intergroups order **SCAnners** and then distribute it on the meeting level. But for everyone else, and for anyone who just wants his/her own subscription, look for the order form in this issue. Or write to: S.C.A., Pennsicola Place, P.O. Box 138455, Chicago, Illinois 60613. Our major stories in this issue are a "My Story" from Bob C., in which he discusses his dual addiction, a "Food For Thought" column by Richard K. about strength, hope and experience, and "HIV/SCA" by Joe F. in which he discusses being HIV+ and sexual sobriety. Two major fellowship-wide efforts will be addressed in this issue: 1) Our 12 traditions (which like many other 12 step programs are based on AA's) are being discussed. Should we maintain the traditions, as currently stated, or should they be changed to better fit our program. 2) An SCA member is working on a new piece of literature based on the 14 Characteristics and is compiling short anecdotal experiences and reflection on them. Finally, if you are interested in submitting articles or information for **The SCAnner's** use, we invite you to do so by sending them to:

**The SCAnner** c/o SCA P.O. Box 1585  
Old Chelsea Station, New York, New York 10011

Yours in recovery, Joe F., Editor

## THE 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.

continued on Page 8



# and PIECES

by John F., NY-SCA

**[Editor's Note:** A reminder to Intergroup secretaries: I need your Intergroup meeting minutes if you want any information about your group to go in **The Scanner**. Please send them to me at: **The Scanner**, c/o S.C.A. New York, P.O. Box 1585 Old Chelsea Station, New York, NY 10113-0935.]

## INTERNET CORRECTION

The Usenet newsgroup for recovering sex addicts was listed incorrectly in the last **Scanner**. The correct site is alt.recovery.addiction.sexual.

## MIDWEST RETREAT

Two Midwest Intergroups are looking into the possibility of holding a joint retreat in April 1996. For more information, please contact Chicago Intergroup at 312-589-5856 or St. Louis Intergroup at 314-569-7702.

## ATLANTA

### ON THE MOVE

Charles H. reports that the Wednesday night meeting has started up again in a new location. It is Atlanta's only specifically gay/lesbian meeting dealing with sex addiction.

People looking for a meeting might want to try the Atlanta Area Service Group ("AASG"), an umbrella organization for various "S" fellowships, which meets on the last Sunday of every month. The phone number is 404-239-8048, and they ask for several days' notice. AASG reports more than 30 meetings of various "S" fellowships in the Atlanta area.

### RETREAT PLANNED

AASG is sponsoring a retreat the weekend of Nov. 10-12 at a lakefront monastery.

### CHICAGO, CHICAGO

### CONFERENCE SET

"A Fellowship Day of Sexual Recovery," a one-day conference, took place Oct. 28 from 10 a.m. to 4 p.m. The event is sponsored by SCA Intergroup and open to all "S" fellowships. The conference included various workshops and a keynote address. Gordon M. and Susan S. are the organizers of the event.

### SPONSORS SOUGHT

Kim M. created a list of temporary sponsors that can be given to newcomers. Suggested guidelines including having:

at least 9 months on a sex plan; a sponsor; done a 4th & 5th step; something to offer sponsees. The Sunday meeting now has a temporary sponsor list. For other meetings, Kim suggests that chairs provide a chance for those willing to be temporary sponsors to raise their hands.

## PARTY TIME

Frank T. hosted a pizza and video party in the spring, and John P. held a party later. Greg D. and Tom C. volunteered their home for an event as well. . . . Richard W. hosted a patio BBQ in August. Jarvis F. offered his home for a social in September. . . . There was be a Halloween party after the conference on Oct. 28.

## NEW PHONE CHAIR

Larry B. is the new phone line chair. He will respond to messages left on the line.

## MODEL BYLAWS

Bob C. circulated the bylaws used by San Diego SCA Intergroup for possible use as a model. It reads, in part, "The purpose of the Intergroup Association shall be service to the individual groups of SCA, the administration and coordination of SCA's activities common to the various groups comprising its membership and to further the SCA program in accordance with the twelve traditions of SCA." A new meeting, a one hour round robin, has adopted this format: one week a Tool is discussed; the next week a Characteristic.

## ATTENDANCE BLUES

Intergroup discussed ways of improving attendance at meetings. Greg O. will compile a list of meeting chairs and treasurers; Bob C. will contact each Intergroup representative regarding attendance; Frank T. will contact each treasurer to discuss contributions; Tom M. will contact each chair to discuss literature.

## MONEY, MONEY, MONEY

Intergroup is not covering its expenses through contributions from the meetings. The bank balance is less than \$300, and it is technically earmarked for literature. Frank T. said the funds dipped significantly over the summer. To pay for the conference rent, Intergroup voted to ask meetings for a second passing of the basket.

## MEET ME IN ST. LOUIS

### EDUCATION COMMITTEE

A new education committee called Twelfth Step Within was formed. This committee will assist the growth and development of current SCA members. Co-chairs are Larry M. and Eddie G. Duties include: conventions, seminars, retreats, temporary sponsors, program anniversary ceremonies. Michael K. said he would consider doing a workshop on Men and Fathers issues.

### NEWCOMERS WORKSHOP

Because of the large influx of people into the program, it was decided to hold a workshop for them. Eddie G., Larry M., Phillip B. and Jim M. did the planning.

### NEW MEETING

A new meeting has formed. It is a book study using the book Intimacy Between Men.

### ANONYMITY PIECE

Phillip B. would like to collect written feedback from the group for a new piece of literature on anonymity, as discussed at the last meeting of

the ISO.

## PARTY HEARTY

Jim M. held a Memorial Day party at his home. The party began at 1 p.m.; food was served at 3 p.m.; an SCA meeting was held at 6:30 p.m., and entertainment at 8:30 p.m. . . . An open SCA party was held in August from noon to 6 p.m. Neil G., chair of the Social Committee, was working on a movie night. . . . John H. organized a five-hour float trip on the Courtois River in September. No hotel, all camping. The rental fee was \$13.50 per person, and the event was open to SCA members and their guests.

## OUTREACH

Matthew F., committee chair, proposed changing the telephone access numbers for the hotline. He is considering putting together training for the hotline volunteers and doing another mailing to counseling professionals and the legal profession.

## LOS ANGELES

### NEW MEETINGS

A new Sunday night meeting was started in Camarillo. . . . A new panel-type meeting was begun at the Orange County Community Hospital. Gary S. is handling details of this meeting.

### SCA EN ESPANOL

Intergroup has established a Spanish-language hotline: (213) 368-4814.

### LITERATURE

Intergroup voted \$500 for publication of literature on masturbation. Doyle said that Michael S. was willing to take on the Literature Committee service.

### OUTREACH

Michael V. is handling distribution of Court Letters. Court clerks will be on the mailing list to get a literature package. SCA's Phoenix Intergroup requested a copy of the Court Letter to adapt for its use.

### RIVER RAFTING

A river rafting trip was held over the Fourth of July.

### CONVENTION PLANNING

A kickoff party was held in June to start making plans for the 1996 Convention, "Into the Light." The co-chairs of the planning committee are Jimmy G. and Craig W.

## NEW YORK, NEW YORK

### NEW MEETINGS

SCA en Espanol, the Spanish-language meeting, is now held each Sunday night. . . . Meetings are now being held in Brooklyn (Sunday nights) and Queens (Saturday nights). . . . A new beginners' meeting, "Sharing Towards Recovery," has as a goal that all who attend may share. . . . New topic meetings include "Men Loving Women" (Friday nights) and "Diversity" (Saturday nights).



# HIV/SCA

Joe F./NY

When I first came to SCA over 10 years ago, AIDS was not an issue for me personally. And yet, AIDS became the issue that finally pushed me into the rooms, the straw that broke this addict's back.

For some of us, it was the inability to have safe sex. For others it was being sick and tired of the dread of catching (or having caught) this illness. At that point I didn't know my status, a fact which played a big part equally in my life and addiction.

AIDS both fueled my desire to act out and my need to recover. Acting out, because I was so afraid of being positive that I just wanted to obliterate my fear. Recovery, in that I felt if I was positive, I had better get my act together. I felt that I had the sword of Damocles hanging over my head about to drop. Not knowing my status, I thought that the very act of sex proved that I was alive and functioning, people wanted me, that I was immortal.

After a few years in SCA, and after a few years on my plan, I finally decided to get the AIDS test. I was living in Europe at the time, in the midst of a long-term relationship, and about to go on a holiday to Greece. I had practiced safe sex for five years at that point. I had shingles a few

months prior and had finally decided that the fear of not knowing my status was worse than the fear of knowing. At least if I knew, I could do something about it. Well I was still taken aback by my test results: they were positive.

I had a range of feelings: sheer terror, anger, sadness, numbness. I was quite lucky that a number of people in the rooms were positive. They walked me through the fear of being tested, and supported me after I got my results. I didn't know what to do. I asked my doctor, my sponsor, my Higher Power, my program buddies. The answer was: relax, go on your vacation, go on with your life, you have more time than you think. Someone recommended Bernie Siegel's Love, Medicine & Miracles, which gave me a lot of hope. And I had one of the best vacations I have ever had.

Coming back to the States, I decided, upon good advice, to give myself a year to deal with the shock. I needed to find out as much information and get as much support as I could. But then came the anger: This wasn't fair! I had been a good boy, been on my plan in SCA for years, been sober in AA for years, I was in a long-term monogamous relationship and had practiced safe sex for over 5 years. I realized that I probably

was infected in the late 70s or early 80s. It all seemed so long ago. Why did this happen to me? As a program friend said to me in another context about a man who ranted at God, Why me? God responded: Why not me? I wasn't being punished. These were just the issues I had to deal with. Nobody said life was easy or fair. I realized God did not stop bad things from happening in my life, but he did give me the strength to deal with whatever came along. He never gives me more than I can handle. I remember a woman at an AA meeting who had lost her child on Christmas day and had wondered also, Why me? The answer that came back to her was: Because this is your life.

Ultimately it didn't really matter so much when I was infected, as the fact that I was infected. What was I going to do about it? AIDS was no longer the issue du jour at 12-step meetings. I was glad that there were so many HIV meetings of all sorts in New York. And boy was I pissed off. I was hurting, but I was also healing. And I didn't act out, which was certainly a miracle.

*"Somedays I don't even want to hear the word AIDS, somedays I'm convinced I'm about to die, somedays I can spend a week obsessing about spots on my legs (that usually disappear). Somedays I'm positively positive, I don't see my illness as a death sentence, somedays I want to live life to the fullest."*

There were definitely times when I felt that I might as well act out since I was going to die anyway. What was the point of recovery? It was a question I had to think about a lot. And I wasn't always convinced that it was worth it. But one thing I was certain of: if I had still been acting out and drinking and smoking, I would be dead now. I could make things worse. God had put me in recovery for a reason. I now see my program recovery is as important to my actual physical health as all my vitamins, medicines, and therapies.

Well, my lover and I broke up (yes, life goes on despite AIDS). I got a few opportunistic illnesses which have placed me in the category of having AIDS. Yet, I still work full time, I have projects, I edit the SCANNER, I've written and performed in SCA conference shows, I sponsor and am sponsored, I go on vacations. I actually feel much better physically now in the last few years than I had felt in the years when I first found out about my status (though I have less t-cells). The program has taught me to take care of myself. And I have learned to ask questions. I can not just sit back and expect my doctor to cure me. As with my SCA recovery, I have to take an active role, even though I certainly do not always feel like it.

And so now, I face the world of dating in sobriety. HIV certainly adds another complication. I feel desperate sometimes: I'd better rope in a hostage before I become so ill that no one will want me. Last dance, last chance, last boy before the freeway. I have a catheter in my arm to take intervenous medicine, and it constantly reminds me of my status. It also forces me to be upfront in my dating about my status which is hard and I haven't had a lot of experience. And there are HIV positive people who do not want to date men they perceive as sicker than they are. It's hard. But I'm out there and I'm trying.

And I'm not unique. I shared about my catheter at a meeting, about how I felt that nobody would want me now. Well, many people then shared about their "secret" that made them undesirable and unloveable. We all have something. If God wants me to have a boyfriend, he'll put one in my life. It won't matter if I have green skin or two heads!

There are times when I think it would be so much easier if I went to a backroom. I wouldn't have to tell anyone about my status and my catheter. I could get sex without strings. But I know I can't do that, because that for me is acting out. It's not going to give me what I'm looking for.

HIV has forced me to grow. It's been a tremendous gift, as well as a burden. I certainly don't sit around each day thinking, oh my God, I'm going to die, I might as well crawl back into bed, or act out. With the help and support of my friends, my program and my Higher Power, I'm able to live each day as fully as I can. Every day I'm healthy, I'm grateful and realize I have just as big a chance at having a productive happy day as anyone else. And those days when I've been ill, I take care of myself as best I can, and look to others for support. This is certainly progress for this addict, who was always convinced he had to solve everything himself, and who never asked for help—unless backed in a corner.

Somedays I don't even want to hear the word AIDS, somedays I'm convinced I'm about to die, somedays I can spend a week obsessing about spots on my legs (that usually disappear). Somedays I'm positively positive, somedays I don't see my illness as a death sentence, somedays I want to live life to the fullest. This past year I've gone through a rough time emotionally with this illness. Feeling very sorry for myself, I didn't want to go to my support groups. I didn't want to go deeper. No matter how well people "worked their program" in these support groups, some people still got sick and died. And yet, now that I'm going back to support groups, and dating,



## SCA NATIONAL COORDINATOR

Joe S.

The big news for this issues that we now have an updated SCA International Meeting List available for sale at a cost of \$.75.

New York Intergroup decided to print 200 copies and offer them for sale at their various meetings. The list can also be ordered from SCA/ISO Literature, P.O. Box 931181, Hollywood, CA 90093.

Two other items of note: Our SCA contact in Paris is available again. His name and number are listed in the new meeting list. Also, SCA meetings are available again in Atlanta. The name of the contact person there can be obtained by dialing our 800 Information number.

## READY TO WRITE ?

New York Intergroup is looking for SCA members who would like to correspond with sex addicts who live too far from a meeting to attend.

For these isolated "loners", this may be their only regular contact with recovering sex addicts. For those of us in SCA who correspond with them, this Twelfth Step work can help strengthen our recovery.

The New York Twelfth Step Committee is Coordinating this effort in the Eastern United States, pursuant to the ISO initiative approved in February. We will provide some guidelines for letter writers.

We plan to ask pairs of SCA members to do this work, rather than "going it alone." If you want a letter-writing partner, we will pair you with one. As Hope and Recovery says: "We make a point of not going on Twelve Step calls alone because we don't want to place ourselves in situations that might set us up to act out again.

If you are interested in this work, please write to:

**SCA 12-Step Committee**  
**Box 1585, Old Chelsea Station**  
**New York, NY 10113-0935**

## NYC Conference: Building a Bridge Together June 2-4, 1995

by Vito A., Conference Chair

On a cold and overcast Sunday afternoon in February some concerned members of SCANY got together at a meeting that would decide the fate of the annual conference held at the Lesbian and Gay Community Center. Who knew that, by the end of this meeting, nearly all chair seats would be filled, commitments would be made and an incredible journey of service would be beginning? Building a bridge to what would be one of SCA's most successful and daring conferences yet. Here are some of the highlights:

The Steering Committee consisted of the various committee chairs:

Chair .....	Vito
Secretary .....	Phideaux
Treasurer .....	David N.
Program .....	Aaron & Phillip
Graphics .....	Alex F. & John
Publicity .....	Joe S.
Registration/Hospitality .....	Larry
Food .....	Joseph
Entertainment .....	Robert & Seana
Decorating .....	Craig
Dance .....	Ross
Conference Chair Emeritus .....	Armando

And included as well: Jim U., Bill, Charles B. and Warren who were part of the committee at large.

One of the first things we decided on was a theme: Building a Bridge Together. From here we moved on weekly to larger and often controversial subjects such as: raising the admission price; having the dance on Saturday evening (instead of Sunday); a non-traditional "reflections" meeting; workshops on Saturday and Sunday; a guest speaker who was not an SCA member; a workshop for workshop leaders; and some innovative themes. Talk about letting go!

This year our friends (from Chicago, St. Louis, Pennsylvania and Florida) had more of a visibility and participation in the weekend than ever before. At the opening meeting we had three speakers: Bill from D.C., our own Joe S. and Bob C. from Chicago. After these inspiring qualifications we had a chance to hear shares from many of our visitors. On Saturday after a full day of workshops we congregated in the Network Room for a Fellowship Serenity Prayer led by the New York Intergroup Chair, Merle. Workshops included a range like "Integrating Sex...uh-oh!", "Tools Time", HIV positive & negative issues, loss & bereavement, a workshop for straight & bisexual members, body image, 40 plus in recovery.

The Network Room served as a general congregating space with literature for sale and a fun table with crayons, drawing paper and play-dough. There was also an ongoing exhibit in the Network Room of historical SCA

literature/archives from our early days. Food and beverages were provided virtually round the clock including watermelon hand-served at the dance! Our guest speaker, Dr. Mary Beth McClure, was warmly received on Sunday and the weekend ended with a bang as the show, (a spoof on television shows like Bewitched, Designing Women & Absolutely Fabulous) provided non-stop entertainment complete with slide projections, a small band and what seemed like a cast of hundreds. Out of the conference surveys that were returned the overwhelming rating of the weekend was "excellent" and many suggestions were offered for next year's. Financially the Conference was also a success. The donation to Intergroup was \$1,500.

For me personally, this was an incredible experience drawing me ever closer to the program, my fellows and God. I would like to thank everyone for their hard work and determination. I would especially like to thank Intergroup for their "banner" investment: throughout the weekend a proud blue and gold banner hung for all to see that read: "SCA-Sexual Compulsives Anonymous." A member looking at it said to me, "I feel like we've arrived." And so our work continues.

See you at the L.A. Convention in '96.



# FOOD FOR THOUGHT

by Richard K., SCA-San Luis Obispo, CA

## THE ADDICT WILL BITE YOU IF YOU DON'T WATCH OUT!

One of the major tools of SCA is sharing our experience, strength and hope in order to further our recovery. I'd like to share some of mine based on some recent occurrences — read that, SLIPS.

### EXPERIENCE

I have been in the program for 6 years now. I had racked up a fair amount of what I looked as sobriety (now, I wonder). And then something started falling apart.

When I started in the program I dove in compulsively head first and pushed to get through all the twelve steps as quickly as possible. The result was that I didn't really work any one of them all that well. I'm still stuck on the 4th step after all this time. I see now that much of my "sobriety" resulted from being scared of being arrested again, from being scared of my partner leaving me, from hiding behind service work (while entertaining the old fantasies in my head), from writing a lot of holier-than-thou pronouncements while not following them all that well, from just going along day by day in sort of a la-di-da fashion. In short, from doing a pretty good PR job on myself. Fortunately, I did develop a stronger tie with God, and my understanding and acceptance of God as my Higher Power. And I was doing service, both in SCA and in other fields. I still went to my meetings, though less and less. And I was able, most of the time, to 'fess up to some of my activities and talk about them in my meetings. I wasn't acting out in the public way that I had been before my arrest. But, things started falling apart. The addict was biting at me again.

My downfall was surfing cyberspace on my computer. It seems there are a lot of souls out there who get off on computer sex— wild fantasies, dirty talk, or whatever. I fell into this very easily and it really grabbed me. I guess I rationalized it by convincing myself that I was doing OK in the program. Since I wasn't getting any, I DESERVED at least some titillation (sound familiar?). Onward and downward it went. At times I put a stop to it — almost — but I always came right back again, and it got heavier and heavier. And I got increasingly closer to physical contact with one of the guys with whom I was "corresponding." I was sinking back into the white lies. I was leading a double life again. Not as bad as a few years ago, for sure, but it was there just the same and getting worse each day.

### STRENGTH

I despaired of having any strength at all. I realized what was going on, but was powerless to stop it. I just didn't want to stop it. I really got a lot out of it. Unfortunately, that included emotionally pulling away from my partner, friends and the program and having a painful gut-ache most of the time. I was miserable and felt more and more detached from reality.

Finally, though, a promise of strength showed through. I was all set to meet the guy. Who knows what would have developed? I know what my fantasies were, but in actuality, who knows? However, the night before the proposed meeting, I had this blinding realization of the obvious that I sometimes get. I guess I know just Who brings those about. This very strong feeling came over me: RICHARD... THIS JUST ISN'T RIGHT! Simple? You bet! And, for once, I listened to that message and canceled the meeting; but not the cyberspace fantasizing. After all, it was "harmless" fun. I shared it all at the meeting the next evening.

Next day, I was on the computer generating yet another fantasy, when my partner came in and saw what was on the screen. I realized then that I had allowed myself to get hooked by the addiction again, and had become powerless in the process. Just like when I had gotten arrested in a tea-room six years ago. Traumatic in a different way, maybe, but very traumatic just the same.

### HOPE

Needless to say, all hell broke loose here at home. Anger, hurt, threats, bashing, name-calling... you name it. And I totally understood that, and accepted it, and felt that I certainly deserved it. I had let him, and myself, down again.

I finally realized that I just could not get involved with that sort of thing anymore, whether my partner left me or not. It definitely would kill me — either physically or emotionally or both.

Next morning, during my meditation, another strong message came through loud and clear: DON'T GIVE UP! Don't give up to the addiction... don't give up on the relationship, no matter how dismal the situation appeared to be at the moment... don't give up on the program... don't give up on yourself.

And I don't intend to...



# SCANNER SUBSCRIPTIONS

The following is a letter from ISO to the fellowship at large:

ISO-International Service Organization of SCA

Dear SCA member/group and friend of the program:

The SCAnner is a quarterly newsletter publication compiled by members of our fellowship to carry our message of recovery from sexually compulsive behavior. Beginning with the Spring issue of 1995, annual subscriptions will be available. You may receive your annual subscription by completing the subscription form enclosed. Your SCAnner will be mailed to the address indicated, in a sealed envelope, to insure anonymity. Please indicate the number of copies of each issue you would like to receive, and verify your total payment amount. Payments may be received in check or money order made payable to: S.C.A. And mail your subscription to: S.C.A. Pennsicola Place, P.O. Box 138455, Chicago, Illinois 60613

As a tool of our program, The SCAnner provides experience, strength and hope combined with creativity and information. We encourage everyone to support The

SCAnner by subscribing now.

If you are interested in submitting articles or information for The SCAnner's use, we invite you to do so by sending them to:

THE SCAnner c/o SCA, P.O. Box 1585,  
Old Chelsea Station,  
New York, New York 10113-0935

In fellowship and sobriety,

Your SCAnner service committee

## THE SCANNER

(The Newsletter of Sexual Compulsives Anonymous)

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**SEND YOUR REQUEST TO:**

S.C.A.

Pennsicola Place, P.O. Box 138455,  
Chicago, Illinois 60613



# A NEW PIECE OF LITERATURE ABOUT THE 14 CHARACTERISTICS

Currently, Richard K., an SCA member in California, is working on a new piece of literature based on the 14 *Characteristics*. This project arose out the 1994 ISO meeting in San Diego. He is compiling short anecdotal experiences and reflections on the characteristics that appear in our four-fold.

As Richard states: "As far as I know at the moment, the book will cover the **Characteristics** only, but there could be changes along the way. What I, and we, envision now is a "chapter" for each of the **Characteristics** consisting of: enumeration of each **Characteristic**; an introduction amplifying some of the pains and problems involved in each; and several **vignettes and short stories from members** pertinent to that particular **Characteristic**; and a closing statement, on a positive note, expounding on the Program's approach to that particular problem, and an overall offering of hope for recovery from it. . . . It needn't be polished, maybe even a xeroxed page out of a journal that is particularly meaningful."

The submissions he receives will be edited together in a new piece of literature aimed at helping newcomers and old-timers alike remember that we are not alone in our addiction nor in our experiences of this cunning and baffling disease.

Please take some time to look at the Characteristics again and if you would like to share your experience, strength, and hope with others in our fellowship, through this up-coming piece of literature, please write out a paragraph or two about a particular characteristic, and how it was related to your life or how your life has related to it. Please indicate which characteristic you are referring to.

**Note:** Please read the Release Statement at the bottom of the next page before participating in the creation of this piece of literature. Obviously if you can also submit your piece anonymously.

Please mail your contribution to The SCAnner c/o SCA, NY PO Box 1585, Old Chelsea Station, New York, NY 10113-0935, or you can e-mail it directly to Richard at [rakinz@aol.com](mailto:rakinz@aol.com). Thank you.

## THESE ARE THE CHARACTERISTICS MOST OF US SEEM TO HAVE IN COMMON

1. As adolescents, we used fantasy and compulsive masturbation to avoid feelings, and continued this tendency into our adult lives with compulsive sex.
2. Compulsive sex became a drug, which we used to escape from feelings such as anxiety, loneliness, anger, and self-hatred, as well as joy.
3. We tended to become immobilized by romantic obsessions. We became addicted to the search for sex and love; as a result, we neglected our lives.
4. We sought oblivion in fantasy and masturbation, and lost ourselves in compulsive sex. Sex became a reward, punishment, distraction and time-killer.
5. Because of our low self-esteem, we used sex to feel validated and complete.
6. We tried to bring intensity into our lives through sex, but felt ourselves growing steadily emptier.
7. Sex was compartmentalized instead of integrated into our lives as a healthy element.
8. We became addicted to people, and were unable to distinguish among sex, love and affection.
9. We searched for some "magical" quality in others to make us feel complete. Other people were idealized and endowed with a powerful symbolism, which often disappeared after we had sex with them.
10. We were drawn to people who were not available to us, or who would reject or abuse us.
11. We feared relationships, but continually searched for them. In a relationship, we feared abandonment and rejection, but out of one, we felt empty and incomplete.
12. While constantly seeking intimacy with another person, we found that the desperate quality of our need made true intimacy with anyone impossible, and we often developed unhealthy dependency relationships that eventually became unbearable.
13. Even when we got the love of another person, it never seemed enough, and we were unable to stop lusting after others.
14. Trying to conceal our dependency demands, we grew more isolated from ourselves, from God, and from the very people we longed to be close to.

Please submit your contribution on this form (at least the beginning), as it will serve as proof that you are aware that contributions will be kept anonymous, will be subject to possible editing, and that you freely contribute it's contents, and waive any and all rights to it. This is to avoid any conflicts due to copyright or authorship claims.



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.

National .....(800) 977-HEAL  
In New York or International call  
.....(212) 606-3778

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London, England .....44-81-914-7599

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

SLAA, PO Box 199, New Town Branch,  
Boston, MA 02258;  
Phone .....(617) 332-1845  
SAA, PO Box 3038, Minneapolis, MN 55403;  
Phone .....(612) 339-0217

## 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. Your contributions and comments are always welcome and are sincerely invited. Send them to:  
The SCAnner, c/o SCA, NY  
PO. Box 1585  
Old Chelsea Station  
New York, NY 10113-0935



# SCA and PIECES

## SCA ON THE NET?

Paul K. (Literature chair) and John F. (12 Step co-chair) have been discussing setting up an SCA resource on the Worldwide Web, a part of the Internet computer network. They are gathering material. Two major issues:

copyright (SCA literature belongs to ISO) and privacy (what level of detail on meetings may be presented). At some point they will need to decide if the site will be private or will be sponsored by Intergroup.

## OTHER "S" FELLOWSHIPS

Joe S. was chosen as SCA's representative to the Northeast Regional Inter-S Service Group. We are not affiliated with this group, but rather are cooperating. The mission is to promote sexual recovery in the Northeast.

## ISO CONTRIBUTION

Intergroup decided to reduce its contribution to the ISO from 30% of all revenue to 10%. It also asked for a more accurate accounting of its funds, which is now published in **The Scanner**.

## SCA AUF DEUTSCH?

A person who lives in Berlin wants to start a meeting and translate SCA literature into German. This seems to be an ISO issue, since ISO holds the copyright.

## LITERATURE

Paul K. is coordinating an effort to get feedback on two issues. The first is whether ISO should change the Traditions, and if so, how? The second is for a proposed piece of literature on the Characteristics. Forms were distributed to Intergroup reps to bring to their meetings. A few people responded on the Traditions at the September Intergroup meeting. Paul said he would try again and explore other ways of getting input.

## RETREAT

The summer retreat sold out once again. It was attended by 74 people on Aug. 4-6 in Pawling, N.Y. It raised \$1,000, most of which is held in a separate Retreat Fund. Of the \$1,000, there was a direct gift of \$370 to the Intergroup General Fund. The next retreat will be held the weekend of Feb. 16-18, 1996.

## SAFE AT HOME

Pursuant to the discussion at the ISO convention in St. Louis, Intergroup representatives have expressed varying concerns about the safety of the rooms for sharing. It was noted that there are no legal protections for anything said in the rooms. If in doubt, talk to your sponsor, was one suggestion. Even the sponsor-sponsee relation is not legally secure, however. Further discussion awaits the anonymity literature proposed by the St. Louis Intergroup. Michael H. said there had been a misunderstanding of what ISO sought on this topic. He said ISO was asking the various Intergroups for their opinions, not to alarm the membership before a policy is decided.

## TWELFTH STEP

Frank C. was elected to co-chair the 12-Step Committee with John F. A notice appeared in the last **Scanner** seeking people for the "pen pal" project. Several people have volunteered to do service and are being matched with people who live in areas with no SCA meetings.

## SPECIAL EVENTS

Eddie V. reported a vacancy in the other co-chair position. Planning is under way for the Holiday Party, to be held in December 1995. Eddie is considering a late-winter fund raiser, possibly in March, to replace the Valentine's Day Dance, which was not held last year.

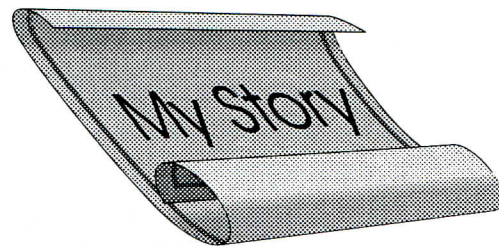
## SOBRIETY REQUIREMENTS

Orison noted that one meeting he attends lost its literature when the person doing service stopped attending. Money was lost as well. Joe S. noted that Intergroup had previously suggested a member be in SCA for six months before doing the service of treasurer, because money is involved. Because each group is autonomous, Intergroup can only make suggestions.

## ISO REPS APPROVED

Phillip E. and John F. were chosen as new ISO representatives replacing Michael H. and Joe S. Frank H. was chosen as alternate, to attend in case a regular representative cannot. The other representatives are Bill K. and Brian K.

Outgoing were Michael H., ISO Chair, and Joe S., National Coordinator. Thanks for your service!



to grow into healthy friendships.

Today I have been sober and abstinent for two years and nine months. I am currently in the first monogamous relationship of my life (two and a half years). We are planning a commitment ceremony this summer. Relationships and friendships continue to be constant challenges as well as continuing opportunities for growth in my life. Yet I am very grateful that I am available for these challenges and that I am present to experience my own growth.

There is no doubt in my that while Alcoholics Anonymous saved my life, Sexual Compulsives Anonymous helps me live my life in relationships *one day at a time*.

## HIV/SCVA

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and moving on in my life, I realize that I've seen miracles. I've seen people who have been at death's door and have come back and are thriving. I've also seen people who have given up and died. I realize it's not the length of one's life, but the quality. And if I improve the quality, I may improve the length. My attitude is everything.

I am so grateful to be sober in this time.

AIDS only magnifies what is already there. The lessons I learn in the program are even more precious to me. Because now they are a matter of life and death. Funny, I think they always were. It took AIDS to teach that to me. And perhaps I am a miracle.

*"To love . . . is to be vulnerable.  
Love anything, and your heart will  
certainly be wrung and possibly  
broken. If you want to make sure  
of keeping it intact, you must give it  
to no one, not even to an animal.  
Wrap it carefully around hobbies  
and little luxuries; avoid all entan-  
glements; lock it up safe in the cas-  
ket or coffin of your selfishness.  
But in that casket - safe, dark,  
motionless, airless - it will change.  
It will not be broken; it will become  
unbreakable, impenetrable, irre-  
deemable."*

— C.S. Lewis