

ATLANTA 12-STEP S-MEETINGS - 2019

SUNDAY:

- 7:00-8:00 pm **SLAA** – Roswell UMC, 814 Mimosas Blvd, Roswell 30075. Bldg C, Rm 201. **Women Only**. Contact 678-718-5876 or serenitysistersslaa@gmail.com.
7:30-9:00 pm **SAA** – Marietta Adventist Church, 1330 Cobb Pkwy, Marietta 30062. In Conf. Room. SerenityOnSundays@gmail.com or call 978-706-0132.
7:30-8:30 pm **SA** – Covenant UMC, 4336 King Springs Rd, SE, Smyrna 30082. Educ. Bldg, Searchers Rm. Contact 770-540-6465 or encourageatl@comcast.net.
7:45-8:45 pm **SAA** – Chabad Intown, 730 Ponce de Leon Place NE, Atlanta 30306. Mtg. room is directly to the right once inside the rear entrance. Contact Ken L. at 678-472-4342 or info line at 404-576-8610. **Open Meeting**.

MONDAY:

- 7:15-8:15 am **SLAA** – St. Mark United Methodist Church, 781 Peachtree St., NE, Atlanta 30308. Park in back off 5th Street. Go up steps, across courtyard, and into meeting room. Contact mmmofslaa@gmail.com.
7:30-8:30 am **SA** – Trinity Anglican Mission, 2270 Defoor Hills Road, NW, Atlanta 30318. First door on the left, follow the signs. Contact Matt A. at 404-594-3125 or satrinityam@gmail.com.
12:00-1:00 pm **SLAA** – St. John's Lutheran Church, 1410 Ponce De Leon Ave, Atlanta 30307. Enter parking lot off Oakdale Road, NE. Meeting is in bldg. attached to church, enter under portico, first room on right. If late, you can see the mtg. room to the right from door under portico. Wave thru window to be let in.
12:00-1:00 pm **SA** – All Saints Episcopal Church 634 West Peachtree Street, Atlanta 30308. From parking lot, enter through gates and follow outdoor path to Tate Hall, a two-story red brick bldg. to far right with Scout Troop sign. Take stairs to second floor. Contact 678-561-0720 or atlmidtowngroup@gmail.com.
7:00-8:00 pm **SA** – Peachtree Presbyterian Church, 3434 Roswell Rd., NW, Atlanta 30305. Room 4311. Entrance is in rear of church, use double-doors in drive-thru breezeway marked "Fellowship Commons," take elevator to 4th floor. Contact Alan M. 404-590-2978 or buckhead4satum@gmail.com.
7:00-8:00 pm **SCA** – Galano Clubhouse, Room 4, 585 Dutch Valley Rd, Atlanta 30324. Contact Todd P. at 678-842-4687.
7:00-8:30 pm **S-ANON** – Kennesaw Methodist Church. 1801 Ben King Rd, Kennesaw 30144. Room 142 of Education Building, back of church campus, Entrance G. Contact 770-847-0315 or KennesawSanonFamilyGroup@gmail.com.
7:30-8:30 pm **SAA** – Talbot, 5355 Hunter Rd., SW Atlanta 30349. Turn right after gate for pkg. Mtg room directly thru double doors. Contact Tony M. 404-285-0286.
7:30-8:30 pm **SAA** – Holy Cross Catholic Church, 3773 Chamblee Tucker Road, Tucker 30341. From rear parking lot walk to center of courtyard. Enter Faith Formation door to Education Building on right. Room 16. Contact Chuck S. at 678-640-7832 or chucksaa1@gmail.com.
7:30-8:30 pm **SA** – Christ the King Lutheran Church, 5575 Peachtree Pkwy, Norcross 30092. Rm. 156. Contact Andrew at 404-946-3383 or norcrosssa@gmail.com.

TUESDAY:

- 7:00-8:00 am **SA** – Peachtree Presbyterian Church (See Monday for directions to meeting.) Contact Alan M. at 404-590-2978 or buckhead4satum@gmail.com.
7:15-8:15 am **SLAA** – St. Mark United Methodist Church (See Monday for directions)
12:00-1:00 pm **SA** – All Saints Episcopal Church (See Monday for directions and contact info)
7:15-8:15 pm **S-ANON** – St. Brigid Catholic Church, 3400 Old Alabama Road, Johns Creek 30022. Contact 865-551-9120 or johnscreeksanon@gmail.com.
7:30-8:30 pm **SAA** – Keystone Group, 150 Stanley Ct., Lawrenceville 30046. Conference room. Contact Michael L. at 404-909-9328 or Michael@discreteologic.com.
7:30-8:30 pm **SAA** – Midway United Methodist Church, 5025 Atlanta Hwy, Alpharetta 30004. Meeting held in scout hut next to new Sanctuary. Contact Matthew P. at 770-883-9254 or mjp1947@comcast.net.
7:30-8:30 pm **SAA** – Trinity-Eastside Parish Anglican Church, 630 East Lake Drive, Decatur 30030. Contact Tom L. at 404-821-8063.
7:30-8:30 pm **SA** – Holy Family Catholic Church, 3401 Lower Roswell Road, Marietta (East Cobb) 30068. Room 202 (enter Education Bldg. behind flagpole and meeting room is 2nd room on right). Contact Gil at 770-401-8190 or saeastcobbgroup@gmail.com.
7:30-8:30 pm **SA** – Roswell UMC, 814 Mimosas Blvd, Roswell 30075. Bldg C, Rm 201 (Rm 206 on the 3rd Tuesday). **Women Only**. Contact Sarah A. at 770-686-7503 or atlwisa@gmail.com.
7:30-9:00 pm **SAA** – Pilgrimage United Church of Christ, Next Generation House, 3755 Sandy Plains Rd., Marietta 30066. Contact Mike B. at 404-825-0400 or 12stepsontuesday@gmail.com.
7:45-9:00 pm **SLAA** – Ridgeview Institute, 3955 S. Cobb Drive, Smyrna 30080. Right at stop sign, go up hill to Day Program Building on right, Room 11. Contact Rich T. at 678-665-4247. **Open Meeting**.

WEDNESDAY:

- 7:15-8:15 am **SLAA** – St. Mark United Methodist Church (See Monday for directions)
12:00-1:00 pm **S-ANON** – The Day Building, 4725 Peachtree Corners Circle, Peachtree Corners 30092. 3rd floor, Suite 395. Contact 770-317-7351 or peachtreecorners.anon@gmail.com.
12:00-1:30 pm **SAA** – Atlanta Vineyards Church, 1493 Dresden Drive, Brookhaven 30319. Use front entrance. Meeting is in Fellowship room at the back of the church. Contact Matthew P. at 770-883-9254 or mjp1947@comcast.net.
7:15-8:15 pm **SA** – North Atlanta Church of Christ, Genesis Cnslg. Ctr. (behind church), 5676 Roberts Dr, Dunwoody 30338. Contact sadunwoodywed@gmail.com.
7:30-8:30 pm **SA** – All Souls Fellowship Church, 647 E. College Avenue, Decatur 30030. Use the Entrance on New Street. Enter through the glass door beneath metal staircase. Turn right at the first hallway. The meeting room is at end of hall. Contact Chris N. 404-931-8507 decatursa@gmail.com
7:30-8:30 pm **SA** – Ridgeview Day Hospital, Room 11, 3995 South Cobb Drive, Smyrna 30080. Upon entering driveway, take first right turn. Day Hospital is up the hill. Enter thru first door. Room 11 is at end of hall. Contact 404-532-9838 or ItWorksIfIWorkIt@gmail.com. **Open Meeting**.
8:00-9:00 pm **SCA** – St. Mark United Meth. Ch., 781 Peachtree St., NE, Atlanta 30308. Go up steps from pkg lot at rear of bldg (enter lot from 5th St.), turn left at landing, at top of stairs, enter gate on right, room is straight across courtyard. Add'l gravel pkg lot off Juniper. Contact MidtownAtlantaSCA@gmail.com.

THURSDAY:

- 7:15-8:15 am **SLAA** – St. Mark United Methodist Church (See Monday for directions)
12:00-1:00 pm **SA** – All Saints Episcopal Church (See Monday for directions to mtg. and contact info)
7:30-9:00 pm **SAA** – Pilgrimage United Church of Christ, Next Generation House, 3755 Sandy Plains Rd., Marietta 30066. Contact Don D. at 404-626-1025 or 12stepsonthursday@gmail.com.
7:30-8:30 pm **SA** – St. Brigid Catholic Church, Room 146, 3400 Old Alabama Rd, Johns Creek 30022. Contact Andy G 770-913-6650 or johnscreeksa@yahoo.com.
7:30-8:30 pm **SA** – Peachtree Presbyterian Church, Room 4311 (See Monday for directions to meeting.) Contact 404-590-2978 or buckhead4satum@gmail.com.
7:30-8:30 pm **SA** – Kennesaw United Methodist Church, Room 142, 1801 Ben King Road, Kennesaw 30144. Take a right and park in the back. Enter door G and take a left. Room 142 is the last room on the left. Contact Tom L. at 770-377-7581 or Kennesaw.SA@gmail.com.
7:30-8:30 pm **SLAA** – Roswell UMC, 814 Mimosas Blvd, Roswell 30075. Bldg C, Rm 201. **Women Only**. Contact 678-718-5876 or serenitysistersslaa@gmail.com.
7:30-9:00 pm **RCA** – Christ the King Lutheran, Room 240, 5575 Peachtree Pkwy, Norcross 30092. **Couples Only**. Call Matt 404-849-2190 or Tami 404-849-2189.
7:30-9:00 pm **SAA** – First Christian Church of Atlanta, 4532 LaVista Rd., Tucker 30084. Enter by back door, turn left to auditorium. Contact Jim C. at 770-653-9842 or jimcooper2@bellsouth.net; Irene at 678-508-8329; or Larry G. at 770-934-4058.
9:30-10:15 pm **S-ANON** – Call-in Phone Meeting. Dial 712-775-8972 and enter code: 933898. **Women Only**.

FRIDAY:

- 7:15-8:15 am **SLAA** – St. Mark United Methodist Church (See Monday for directions)
12:00-1:00 pm **SLAA** – St. John's Lutheran Church (See Monday for directions)
12:00-1:00 pm **SA** – All Saints Episcopal Church (See Monday for directions to mtg.). Contact Jerry M. at 678-561-0720 or atlmidtowngroup@gmail.com.
7:30-8:30 pm **SA** – Christ the King Lutheran Church, Room 156, 5575 Peachtree Pkwy, Norcross 30092. Contact Andrew 404-946-3383 or norcrosssa@gmail.com.
7:30-9:00 pm **SAA** – Iglesias de Dios (rear entrance, basement) 3878 Chamblee Dunwoody Road, Chamblee 30341. Contact Larry G. at 770-934-4058.

SATURDAY:

- 9:30-10:30 am **SA** – Peachtree Presbyterian Church, Room 4303. (See Monday for directions to mtg.) Contact Alan at 404-590-2978 or buckhead4saturn@gmail.com.
 9:30-11:00 am **SLAA** – Oakhurst Presbyterian Church, 118 2nd Avenue, Decatur 30030. From back parking lot, enter double doors, go to 2nd floor, turn right, then proceed to room at end of hallway. Contact Richard at 404-790-1367 or slaadecatur930@gmail.com.
 9:30-10:30 am **S-ANON** – Peachtree Presbyterian Church, Room 4311, 3434 Roswell Rd, Atlanta 30305. Enter through back doors of church. Contact 678-607-5364 or sanonbuckhead@gmail.com.
 10:00-11:30 am **SAA** – Atlanta Vineyards Church, 1493 Dresden Drive, Brookhaven 30319. Use front entrance. Meeting is in Fellowship room at the back of the church. Contact Matthew P. at 770-883-9254 or mjp1947@comcast.net.
 10:00-11:00 am **SAA** – First Baptist Church of Decatur, Room S-205, 308 Clairemont Avenue, Decatur 30030. From parking lot off Clairemont, entry is thru double doors under drive-thru portico. Proceed to 2nd floor. Church keeps doors locked; member will be available to allow entry 10 minutes prior to meeting and by posted cell phone after that. Text posted number for door code. Contact Steve at 404-565-4613 or decaturrecovery@gmail.com.
 10:30-11:45 am **S-ANON** – First Baptist Church of Decatur, 308 Clairemont Avenue, Decatur 30030. Enter door under drive-through portico. Text or call number on rainbow sign for door code. Proceed upstairs to Room 214. Look for rainbow sign. Contact decaturaturdayrecovery@gmail.com.
 5:30-6:30 pm **SCA** – Galano Clubhouse, Room 3, 585 Dutch Valley Rd, Atlanta 30324. Contact Steve L. at 770-312-0852 or CatDaddy770@yahoo.com.

ALBANY**SA** – Contact Eric N. at 229-639-4598.**ATHENS****SA** – Call Ken for meeting location and directions. Contact Ken at 706-354-0074 or saathensga@gmail.com. **Monday** 7:30-9:00pm.**SA** – Covenant Presbyterian Church, 1065 Gaines School Road, 30605. Park to right of main entrance and walk around back to enter wooden double doors. Meeting is down the hall on the left. Contact Isaac at 706-510-6944 or saathensga@gmail.com. **Wednesday** 7:30-8:30pm.**SAA** – Emmanuel Episcopal Church, 498 Prince Avenue, 30601. Rear of brick building between church and thrift store. Contact 706-395-5322 or athensdowntownsaa@gmail.com. **Monday** 7:00-8:00pm.**SLAA** – For location information, call 762-499-4053. **Women Only. Sunday** 11am-12pm.**SA** – Cornerstone Church, 4680 Lexington Rd. Come in thru main entry, turn right, go down hallway, and meeting room is on the right. Call Isaac at 706-354-0074. **Monday** 7:30-8:30pm.**AUGUSTA****SA** – Unity of Augusta Church, 2301 Central Ave, 30904. Contact Danny at 410-934-4929 or augustagasa@gmail.com. **Monday** 7pm, **Wednesday** 8:00pm, and **Saturday** 9:00am.**BLUE RIDGE****SA** – Contact Steve at 706-455-7629.**BRUNSWICK****SA** – Contact Walt D. at 912-269-6351 or dnddecor@darietel.net. Alternate contact: 262-726-1159.**BUFORD****SA** – Office bldg at 2160 Morningside Drive, 30518. Parking lot at bottom of hill. Call or text John M. at 678-234-2793. **Wednesday** 7:30-8:30pm.**S-ANON** – Buford First UMC, 285 East Main Street, 30515. Room 309 of Christian Life Center. Contact 404-433-6375 or bufordsanon@gmail.com.**CANTON****SA** – Hopewell Baptist Church, 78 Ridge Road, 30114. Exit 11 off I-575. Contact Mr. Ashley S. at 678-514-9529. **Wednesday** 7:30-8:30.**CARROLLTON****SA** – Hope Fellowship Church, 306 Burns Road, 30117. Go in back door on left side of church. Contact Joe L. at 770-490-2343 or SAc Carrollton@hotmail.com. **Monday** 5:30-6:30pm and **Wednesday** 12:00-1:00pm.**COLUMBUS****SA** – St. Anne Catholic Church, 200 Kay Circle, 31907. St. Joseph Room. Contact Ed. R. at 706-317-7300 or sacolumbusga@yahoo.com. **Monday** 8:00-9:00pm, **Thursday** 8:00-9:00pm, and **Saturday** 9:00-10:00am.**SAA** – Contact columbusgasaa@yahoo.com or 706-317-7333. **Tuesday** 6:30pm/**Tuesday** 7:30am.**CUMMING****SA** – North Lanier Baptist Church, Modular 102, 829 Atlanta Hwy, 30040. Modular 102 is a portable classroom located on the south side of the main church. There are 2 portables. Enter the one closer to the road. Contact Pete D. at 404-414-7370. **Tuesday** 8:00-9:30pm.**DALLAS****SA** – Dallas First Assembly of God, 64 Holder Road, 30132. Come to the door by the playground. **Men only**. Contact Roger S. at 404-341-8540 or Robert L. at 678-848-1891 or sadallasga@gmail.com. **Saturday** 8:00-9:00am.**DALTON****SA** – The Serenity Club, 720 N. Hamilton Street, 30720. Contact Joey at 706-483-5535. **Wednesday** 6:00-7:00pm and **Saturday** 8:00-9:00pm.**DOUGLASVILLE****SAA** – First Presbyterian Church of Douglasville, 9190 Campbellton Street, 30134. Mtg. held in Strawhand Educ. Bldg. library on 2nd floor (1st room on left). **Tuesday** 7:30-8:30pm. Contact Josh Q. at 404-667-6552 or douglasvillesaa@gmail.com.**EVANS****SA** – Lewis Memor. Meth. Church, 5555 Hereford Farm Rd, 30809. Contact Larry 410-934-4929 or augustagasa@gmail.com. **Thursday** 9 - 10pm.**FAYETTEVILLE****SA** – Grace Evangelical Church, Room 215, 164 Flat Creek Trail, 30214. Drive around to back left of main bldg. Use entrance on back left of building next to playground. Text 404-666-9801 to come inside door and go upstairs. Contact Justin C. at 404-666-9801 or safayetteville@gmail.com. **Sunday** 7:30-8:30pm, **Tuesday** 7:30-8:30pm, and **Thursday** 7:30-8:30.**GAINESVILLE****SA** – Gainesville First United Methodist Church, Room S12, 2780 Thompson Bridge Road, 30506. Enter main door next to bell tower, take stairs past office to lower level, straight ahead on left. Call or text John M at 678-234-2793. **Thursday** 7:00pm.**LOOKOUT MOUNTAIN****SA** – Contact 423-651-0205 or salookoutmountain@gmail.com.**MACON / WARNER ROBINS****SA** – Contact Art B at 478-733-1665 or mid_ga_saa@yahoo.com.**MILTON****SA** – Stonecreek Church, 13540 Hwy 9 North, Room 103, 30004. Contact Bob A. at 770-686-7750. **Wednesday** 7:30-8:30am.**RIVERDALE****SA** – Riverwoods Hospital, 233 Medical Center Drive, 30274. Park in front of main building. The receptionist will show you where the meeting is. Please call Terry before you attend. Contact Terry C. at 678-414-5696 or terrycole33@gmail.com. **Tuesday** 6:00-7:00pm.**SAVANNAH****SA** – Contact Loren at 912-220-5428. **Tuesday** 6:45-8:15 pm, **Thursday** at noon, and **Saturday** 10:30am-noon.**SAA** – Contact saasavannahgroup@gmail.com or call 731-412-0183. **Monday** 7:00pm.**SNELLVILLE****SA** – Snellville United Methodist Church, 2428 East Main Street, 30078. Heritage Hall, Room 102. The building is located just west of the Sanctuary between the church and the Krystal restaurant. Contact Nathan at 706-680-0905. **Tuesday** 7:00-8:00pm.**VALDOSTA****SAA** – Call for meeting location. **Men only**. Contact Fred at 229-563-7876. **Monday** 5:30pm.

We suggest you contact the location or designated person before attending a meeting for the first time to ensure the information is current.

***NOTE: When choosing a meeting, be aware that SLAA and SAA allow members to define their own bottom lines, i.e. sex only within a committed, monogamous relationship, while SA has a set bottom line definition of sex only between a man and a woman within a legally recognized marriage. SAA, SLAA, and SCA are inclusive of all sexual orientations, however, SCA is more oriented toward the LGBT population. S-ANON meetings are meetings for the spouses, partners, and family members of sex addicts. RCA is for couples.

This meeting list is provided by:

Anne S. Mayfield, LPC, CSAT

Trauma and Sex, Love, & Relationship Addiction Counseling

Psychotherapy, Hypnotherapy, EMDR, RRT

www.AtlantaSexAddictionHelp.com

404-664-7223 ~ AnneMayfieldLPC@gmail.com

Updated 3/26/19

FELLOWSHIP WEBSITES

SLAA – Sex and Love Addicts Anonymous: www.slaafws.org

SAA – Sex Addicts Anonymous: www.saa-recovery.org

SA – Sexaholics Anonymous: www.sa.org and www.SAatlanta.org

SCA – Sexual Compulsives Anonymous: www.sca-recovery.org

COSA – Codependents of Sex Addicts: www.cosa-recovery.org

S-ANON – Codependents of Sexaholics: www.sanon.org

RCA – Recovering Couples Anonymous: www.recovering-couples.org

PHONE MEETINGS

SAA: <http://saa-recovery.org/Meetings/ElectronicMeetings>

SCA: <http://www.onlinesca.org/telephoneaccess.htm>

SA: http://sa.org/meetings_phone.php and <http://www.saphonemeeting.org/index.html>

COSA: <http://cosa-recovery.org/cosacall.html>

SLAA: <http://www.slaafws.org/meetings> (scroll past Australia to Telephone Meetings) S-ANON: Contact S-Anon World Service Office at (800) 210-8141

For more information on sex addiction, visit www.SexHelp.com.

Characteristics of Sex & Love Addiction (from SLAA Literature)

1. Having few healthy boundaries, we become sexually involved with and/or emotionally attached to people without knowing them.
2. Fearing abandonment and loneliness, we stay in and return to painful, destructive relationships, concealing our dependency needs from ourselves and others, growing more isolated and alienated from friends and loved ones, ourselves, and God.
3. Fearing emotional and/or sexual deprivation, we compulsively pursue and involve ourselves in one relationship after another, sometimes having more than one sexual or emotional liaison at a time.
4. We confuse love with neediness, physical and sexual attraction, pity and/or the need to rescue or be rescued.
5. We feel empty and incomplete when we are alone. Even though we fear intimacy and commitment, we continually search for relationships and sexual contacts.
6. We sexualize stress, guilt, loneliness, anger, shame, fear, and envy. We use sex or emotional dependence as substitutes for nurturing, care, & support.
7. We use sex and emotional involvement to manipulate and control others.
8. We become immobilized or seriously distracted by romantic or sexual obsessions or fantasies.
9. We avoid responsibility for ourselves by attaching ourselves to people who are emotionally unavailable.
10. We stay enslaved to emotional dependency, romantic intrigue, and compulsive sexual activities.
11. To avoid feeling vulnerable, we may retreat from all intimate involvement, mistaking sexual and emotional anorexia for recovery.
12. We assign magical qualities to others. We idealize and pursue them, then blame them for not fulfilling our fantasies and expectations.

Signs of Recovery (from SLAA Literature)

1. We seek to develop a daily relationship with a Higher Power, knowing that we are not alone in our efforts to heal ourselves from our addiction.
2. We are willing to be vulnerable because the capacity to trust has been restored to us by our faith in a Higher Power.
3. We surrender, one day at a time, our whole life strategy of, and our obsession with, the pursuit of romantic and sexual intrigue and emotional dependency.
4. We learn to avoid situations that may put us at risk physically, morally, psychologically, or spiritually.
5. We learn to accept and love ourselves, take responsibility for our own lives, and take care of our own needs before involving ourselves with others.
6. We become willing to ask for help, allowing ourselves to be vulnerable and learning to trust and accept others.
7. We allow ourselves to work through the pain of our low self-esteem and our fears of abandonment and responsibility. We learn to feel comfortable in solitude.
8. We begin to accept our imperfections & mistakes as part of being human, healing our shame & perfectionism while working on our character defects.
9. We begin to substitute honesty for self-destructive ways of expressing emotions and feelings.
10. We become honest in expressing who we are, developing true intimacy in our relationships with ourselves and others.
11. We learn to value sex as a by-product of sharing, commitment, trust, and cooperation in a partnership.
12. We are restored to sanity, on a daily basis, by participating in the process of recovery.

The Problem (from SA Literature)

Many of us felt inadequate, unworthy, alone, and afraid. Our insides never matched what we saw on the outsides of others. Early on, we came to feel disconnected -- from parents, from peers, from ourselves. We tuned out with fantasy and masturbation. We plugged in by drinking in the pictures and the images and pursuing the objects of our fantasies. We lusted and wanted to be lusted after. We became true addicts: sex with self, promiscuity, adultery, dependency relationships, and more fantasy. We got it through the eyes; we bought it, we sold it, we traded it, we gave it away. We were addicted to the intrigue, the tease, the forbidden. The only way we knew to be free of it was to do it. "Please connect with me and make me whole!" we cried with outstretched arms. Lusting after the Big Fix, we gave away our power to others. This produced guilt, self-hatred, remorse, emptiness, and pain, and we were driven ever inward, away from reality, away from love, lost inside ourselves. Our habit made true intimacy impossible. We could never know real union with another because we were addicted to the unreal. We went for the "chemistry," the connection that had the magic, because it by-passed intimacy and true union. Fantasy corrupted the real; lust killed love. First addicts, then love cripples, we took from others to fill up what was lacking in ourselves. Conning ourselves time and again that the next one would save us, we were really losing our lives.

The Solution (from SA Literature)

We saw that our problem was three-fold: physical, emotional, and spiritual. Healing had to come about in all three. The crucial change in attitude began when we admitted we were powerless, that our habit had us whipped. We came to meetings and withdrew from our habit. For some, this meant no sex with ourselves or others, including not getting into relationships. For others it meant "drying out" and not having sex with the spouse for a time to recover from lust. We discovered that we could stop, that not feeding the hunger didn't kill us, that sex was indeed optional! There was hope for freedom, and we began to feel alive. Encouraged to continue, we turned more and more away from our isolating obsession with sex and self and turned to God and others. All this was scary. We couldn't see the path ahead, except that others had gone that way before. Each new step of surrender felt it would be off the edge into oblivion, but we took it. And instead of killing us, surrender was killing the obsession! We had stepped into the light, into a whole new way of life. The fellowship gave us monitoring and support to keep us from being overwhelmed, a safe haven where we could finally face ourselves. Instead of covering our feelings with compulsive sex, we began exposing the roots of our spiritual emptiness and hunger. And the healing began. As we faced our defects, we became willing to change; surrendering them broke the power they had over us. We began to be more comfortable with ourselves and others for the first time without our "drug." Forgiving all who had injured us, and without injuring others, we tried to right our own wrongs. At each amends more of the dreadful load of guilt dropped from our shoulders, until we could lift our heads, look the world in the eye, and stand free. We began practicing a positive sobriety, taking the actions of love to improve our relations with others. We were learning how to give; and the measure we gave was the measure we got back. We were finding what none of the substitutes had ever supplied. We were making the real Connection. We were home.