

ATLANTA 12-STEP S-MEETINGS - 2018

SUNDAY:

- 7:00-8:00 pm **SLAA – St. John’s Lutheran Church**, 1410 Ponce De Leon Ave, Atlanta 30307. Mtg. in bldg. attached to church, enter under portico, first room on right, knock on bldg. door to be let in. Contact Michael 770-715-8649.
- 7:00-8:00 pm **SLAA – Roswell United Methodist Church**, 814 Mimosa Blvd, **Roswell** 30075. Bldg C, Rm 201. **Women Only**. Contact Aubry at 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 United Methodist Church**, 4336 King Springs Rd, SE, **Smyrna** 30082. Education Bldg, Searchers Rm. Contact Mark K. at 770-540-6465 or encourageatl@comcast.net.
- 7:45-8:45 pm **SAA – Chabad Intown**, 928 Ponce de Leon Ave, Atlanta 30306. Park in back (it is ok to park in the two adjacent parking lots). Go up steps to door. Meeting is held right inside. Contact Robert M. at 843-364-6135. **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 **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.
- 12:00-1:00 pm **SLAA – St. John’s Lutheran Church** (See Sunday for directions and contact info)
- 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 Alex B. 404-946-8451 or buckhead4samn@gmail.com.
- 7:00-8:00 pm **S-ANON – Kennesaw**. For exact location, contact Sonia at 770-608-1119 or **KennesawSanonFamilyGroup@gmail.com**.
- 7:30-8:30 pm **SAA – Talbot Recovery Campus**, 5448 Yorktowne Drive, **College Park** 30349. Small conf. room on 1st floor. Contact Tony M. at 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. Room 156. Contact Dave at 404-946-3383 or norcrosssa@gmail.com.
- 7:30-8:30 pm **S-ANON – Christ the King Lutheran**, 5575 Peachtree Pkwy, **Norcross** 30092. Contact 765-997-8370 or norcrosssanon@gmail.com for room #.
- 7:30-9:00 pm **SA – Roswell United Methodist Church**, 814 Mimosa Blvd., **Roswell** 30075. Meeting is on top floor of bldg. C. Contact Dixie L. at 770-993-7253.

TUESDAY:

- 7:00-8:00 am **SA – Peachtree Presbyterian Church** (See Monday for directions). Contact Alan M. at 404-590-2978.
- 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)
- 12:00-1:00 pm **SLAA – St. John’s Lutheran Church** (See Sunday for directions). Contact Michael at 770-715-8649.
- 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.
- 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**, Room 202 (enter Education Bldg. behind flagpole and meeting room is immediately on the right), 3401 Lower Roswell Road, **Marietta (East Cobb)** 30062. Contact Scott at 678-878-5362 or saeastcobbgroup@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 **SLAA – St. John’s Lutheran Church** (See Sunday for directions). Contact Michael at 770-715-8649.
- 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.sanon@gmail.com.
- 12:00-1:30 pm **SAA – Atlanta Vineyards Church**, 1493 Dresden Drive, **Brookhaven** 30319. Use front entrance. Meeting room is at the back of the church auditorium. 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 Drive, **Dunwoody** 30338. Contact sadunwoody@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 decatura@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.**
- 7:30-9:00 pm **SA** – **Roswell United Methodist Church**. See Monday for directions. **Roswell.**
- 7:30-9:00 pm **S-ANON** – **Roswell United Meth. Church**, Bldg C (in back of pkg lot), 814 Mimosa Blvd., **Roswell** 30075. 770-609-5052 or roswellanon@gmail.com.
- 8:00-9:00 pm **SCA** – **St. Mark United Methodist Church**, 781 Peachtree St., NE, Atlanta 30308. Up steps in courtyard. Room 111. Contact Charles at 404-378-2504.

THURSDAY:

- 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 Sunday for directions and contact info)
- 12:00-1:00 pm **SA** – **All Saints Episcopal Church** (See Monday for directions 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** – **Saint Brigid Catholic Church**, Room 146, 3400 Old Alabama Rd, **Johns Creek** 30022. Contact Joe R 770-913-6650 or johnscreeksa@yahoo.com.
- 7:30-8:30 pm **SA** – **Peachtree Presbyterian Church**, Room 4311 (See Monday for directions). Contact 404-590-3094 or buckhead4sathn@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.
- 7:30-9:00 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 **SA** – **All Saints Episcopal Church** (See Monday for directions) Contact 678-561-0720 or atlmidtowngroup@gmail.com.
- 12:00-1:00 pm **SLAA** – **St. John's Lutheran Church** (See Sunday for directions) Contact Michael at 770-715-8649
- 7:30-8:30 pm **SA** – **Christ the King Lutheran Church**, Room 156, 5575 Peachtree Pkwy, **Norcross** 30092. Contact Dave at 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 4311. (See Monday for directions). Contact Mario V. at 404-590-5649 or buckhead4sasm@gmail.com.
- 9:30-11:00 am **SLAA** – **Oakhurst Presbyterian Church**, 118 2nd Avenue, **Decatur** 30030. On 2nd floor (from back parking lot). Contact Richard at 404-790-1367.
- 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 room is at the back of the church auditorium. 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. Take elevator or stairs 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. 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.
- 7:30-8:45 pm **SA** – **Women's Meeting, Roswell United Methodist Church**, 814 Mimosa Blvd, Bldg. C, Room 201, **Roswell** 30075. Contact Sarah A. at 770-686-7503 or atlwisa@gmail.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.

- ATHENS** SA – **Living Hope Church**, 2150 Lexington Road. Park in west lot toward back of Worship Center. Enter Center thru west side door toward back of long side of bldg. Meeting is thru door on back wall on right side of stage. Contact 706-510-6944 or saathensga@gmail.com. **Wednesday** 7:30-8:30pm.
- ATHENS** SAA – **Emmanuel Episcopal Church**, 498 Prince Avenue, 30601. Rear of brick building between church and thrift store. Contact athensdowntownsaa@gmail.com. **Monday** 7:00-8:00pm.
- AUGUSTA** SA – **Unity of Augusta Church**, 2301 Central Ave, 30904. Contact Larry at 410-934-4929 or augustagasa@gmail.com. **Wednesday** 8:00pm, **Thursday** 9:00pm, and **Saturday** 9:00am.
- BLUE RIDGE** SA – Contact Steve at 706-455-7629.
- BRUNSWICK** SA – Contact Walt D. at 912-269-6351 or dnddecor@darientel.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.
- 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 SAcarrollton@hotmail.com. **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.
- COLUMBUS** SAA – Contact columbusgasaa@yahoo.com or 706-317-7333. **Tuesday** 6:30pm.
- CONYERS** SA – **Egaba Building**, 935 Commercial Street, 30012. Contact Jerry M. at 678-469-0422 or conyerssa@gmail.com. **Monday** 8:30-9:30am.
- 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 Dan I. at 404-242-4250. **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 308-249-6681 or sadallasga@gmail.com. **Saturday** 8:00-9:00am.
- DALTON** SA – **The Serenity Club**, 720 N. Hamilton Street, 30720. Contact Tim N. at 706-260-9119. **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). Contact Rich at 770-568-1700 or DouglasvilleSAA@gmail.com. **Tuesday** 7:30-8:30pm.
- EVANS** SA – **Lewis Memor. Meth. Church**, 5555 Hereford Farm Rd, 30809. Contact Danny 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.
- MACON / WARNER ROBINS** SA – Contact Art B at 478-733-1668 or mid_ga_sa@yahoo.com.
- MILTON** SA – **Stonecreek Church**, 13540 Hwy 9 North, Room 103, 30004. Contact Dave B. 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.
- SAVANNAH** 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 Joe C. at 404-312-1964. **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.

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

This meeting list is provided by:
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 Trauma and Sex, Love, & Relationship Addiction Counseling
 Psychotherapy, Hypnotherapy, EMDR, RRT
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Updated 12/12/17

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

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.