

We admitted that we were powerless...

After professional counseling and therapy for compulsive sexual self-destructive thinking and behavior, what comes next? Where does one turn for continued relapse prevention and how does one sustain recovery? How does one find peer assistance to help stop acting out?

Sexaholics Anonymous is a 12 step, 12 tradition self directed program of recovery for men and women who want to stop their sexually self-destructive thinking and behavior. Sexaholics Anonymous is for those who know they have no other option but to stop, and their own enlightened self-interest must tell them this.

Founded upon the principles of Alcoholics Anonymous, Greater Kansas City Sexaholics Anonymous currently offers three closed meetings per week. Peer support is offered through both a sponsorship and a fellowship program. Sexaholics are encouraged to "work" the 12 step & 12 tradition program by attending step study group meetings. Our program is spiritually (but not religiously) based, and works from a specific sobriety definition.

What is a Sexaholic? We can only speak for ourselves. The specialized nature of Sexaholics Anonymous can best be understood in terms of what we call the sexaholic. The sexaholic has taken himself or herself out of the whole context of what is right or wrong. He or she has lost control, no longer has the power of choice, and is not free to stop. Lust has become an addiction. Our situation is like that of the alcoholic who can no longer tolerate alcohol but is hooked and cannot stop. So it is with the sexaholic or sex drunk, who can no longer tolerate lust, but cannot stop.

S-Anon family group is allied with, but not associated with Sexaholics Anonymous. S-Anon is a fellowship of spouses, relatives, and friends of sexaholics who share their experience, strength and hope with each other that they may solve their common problem of coping with a sexaholic. S-Anon has two meetings a week.

Help for the addict or co-dependent is simply a telephone call away. Confidentiality and anonymity are guaranteed, always. Please take a moment to read the enclosed brochure. Inquiries can be directed to our "hotline" number at (913)-599-9858 for both Sexaholics Anonymous and S-Anon family groups. Also by contacting: SA International @ P.O. 111910, Nashville, Tn. 37222 (615)331-6230 saico@sa.org or S-Anon International Family Groups @ P.O.Box 111242 Nashville,Tn.(615) 833-3152 sanon@sanon.org

For meeting times and locations, requests for additional S A materials or any questions, please call 913-599-9858, or write to us at: P.O. Box 4469 Shawnee Mission, Ks. 66204

Memorandum

To: Concerned Professional
From: RR
Date: 7/24/99
Re: Meetings of Sexaholics Anonymous in Columbia, Tennessee

I want to announce and inform you of the regular meetings of Sexaholics Anonymous (SA) held every Tuesday at 7:00 p.m. at First Presbyterian Church at the Corner of 7th and High Street in Columbia, Tennessee. Interested parties are requested to enter on High Street through a door covered by a green and white canopy. Once inside, walk and turn left upon reaching the first hallway. Going past a Sunday School classroom, a nursery, and a men's bathroom enter a door with anonymous frosted glass door on the right where involved individuals will be meeting.

Sexaholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover. The only requirement for membership is a desire to stop lust and become sexually sober. There are no dues or fees for SA membership; we are self-supporting through our own contributions. SA is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sexually sober and help others to achieve sexual sobriety. Sexaholics Anonymous is a recovery program based on the principles of Alcoholics Anonymous and received permission from AA to use its Twelve Steps and Twelve Traditions in 1979.

You may ask **"What is a Sexaholic and what is Sexual Sobriety?"** We can only speak for ourselves. The specialized nature of Sexaholics Anonymous can best be understood in terms of what we call the *sexaholic*. The sexaholic has taken himself or herself out of the whole context of what is right or wrong. He or she has lost control, no longer has the power of choice, and is not free to stop. Lust has become an addiction. Our situation is like that of the alcoholic who can no longer tolerate alcohol and must stop drinking altogether but is hooked and cannot stop. So it is with the sexaholic, or sex drunk, who can no longer tolerate lust but cannot stop.

Thus, *for the sexaholic*, any form of sex with one's self or with partners other than the spouse is progressively addictive and destructive. We also see that lust is the driving force behind our sexual acting out, and true sobriety includes progressive victory over lust. These conclusions were forced upon us in the crucible of our experiences and recovery; we have no other options. But we have found that acceptance of these facts is the key to a happy and joyous freedom we could otherwise never know.

This will and should discourage many inquirers who admit to sexual obsession or compulsion but who simply want to control and enjoy it, much as the alcoholic would like to control and enjoy drinking. Until we had been driven to the point of despair, until we really wanted to stop but could not, we did not give ourselves to this program of recovery. Sexaholics Anonymous is for those who know they no other option but to stop, and their own enlightened self-interest must tell them this.

Please assure anyone who turns to SA that his or her anonymity will be protected as much as humanly possible. We are, however, NOT a counselor-led therapy group, thus do not have confidentiality protections of Tennessee State Law. We are a support group and encourage each individual to seek his or her own confidential treatment from a licensed professional. Each meeting is a non-smoking meeting.

Please tell individuals who would benefit from our love and support of our fellowship. The only requirement for membership is a desire to stop lusting and find their own sexual sobriety. One does not have to label himself or herself as a sexaholic. This meeting is not for curiosity seekers, to find sex partners, or for those who want control and enjoy lust. Each newcomer will have his or her own initial informational meeting and then can judge for him or her self whether SA is appropriate for them.

For more information contact us at:

SA

P.O. Box 111910

Nashville, TN 37222

Email: saico@sa.org

Web Site: <http://www.sa.org>

Phone: (615) 331-6230, FAX: (615) 331-6901

Thank you very much for your attention to this memorandum.