

Local S.L.A.A. Meetings

ABOUT MEETINGS

Our meetings give us a safe place to be honest about our sexually compulsive actions and our problems of emotional dependency. At our meetings we tell what we used to be like, what happened, and what we are like now. Meetings provide an open environment where we talk about our addictions with people who understand.

S.L.A.A. is very protective of the anonymity of its members. Accordingly, all of our meetings are closed to outsiders and those who are merely curious. Anyone, however, who believes that they may have a problem with sex and love addiction will be welcome, as long as the anonymity of the persons attending is respected.

Although each individual's recovery within S.L.A.A. is highly personal, an extended period of sobriety inevitably leads to increased self-acceptance, self-respect, and dignity. We find that a key to sobriety is the development of self-love. For many of us, this newfound self-love carries over beneficially into other areas of our lives.

Contact us:

412 - 441 - 0956

wpaslaa@gmail.com

<http://wpaslaa.weebly.com>

Rev. 01/17

All meetings are closed. Only those seeking their own sexual sobriety, please. Those who think they might have a problem with sex and love addiction are welcome to attend provided they respect the anonymity of others. It is not necessary to contact us to attend a meeting. Please try to arrive early and introduce yourself to other members before the meeting beings.

Sunday 7:30 PM	Squirrel Hill Self-Care Sundays Meeting Aleph Institute—up ramp, ring bell 5804 Beacon Street Pittsburgh, PA 15217
Monday 12 Noon	Monday Noon Beginners (Topic Discussion) St. Andrew Lutheran Church—enter thru back door 304 Morewood Ave. (at Center) Pittsburgh, PA 15213 (Shadyside)
Monday 7:00 PM	East End Beginners (Topic Discussion) Calvary Episcopal Church 315 Shady Avenue at Walnut Street Pittsburgh, PA 15206 (Shadyside) Meeting room location is verified by referring to TV screen in the lobby under Augustine Fellowship.
Tuesday 7:30 PM	West View Tuesday Beginners (Topic Lead) West View United Methodist Church—Townsend Hall 146 Cornell Ave (enter from Princeton Ave door) West View, PA 15229
Wednesday 6:00 PM	Wednesday Evening Step Study Saint Peter's Church—Basement (steps on right) 720 Arch Street (one block west of Allegheny Center Mall) Pittsburgh, PA 15212 (North Side)
Thursday 12 Noon	Thursday Noon Beginners (Step/Tradition Study) St. Andrew Lutheran Church (see Mon. noon listing)
Thursday 7:30 PM	E.A.S.T. Meeting (Step & Topic Discussion) Good Shepherd Lutheran Church—Parish Hall 4503 Old William Penn Hwy. (at Mossides Blvd.) Monroeville PA 15146
Friday 12 Noon	Friday Noon Anorexia Focus (Topic Discussion) St. Andrew Lutheran Church (see Mon. noon listing)
Friday 7 PM	Stepping Together (Step Study) Hillman Cancer Center (Front ground floor entrance, Cooper Conference Room C) 5115 Centre Ave Pittsburgh 15232 (Shadyside)
Saturday 11 AM	Twenty-four Hour Group (Topic Discussion) Carnegie Library, Mt Washington Branch—basement 315 Grandview Ave Pittsburgh, Pa 15211 (Mt. Washington)



THE AUGUSTINE FELLOWSHIP OF SEX AND LOVE ADDICTS ANONYMOUS

An Introduction
and
Meeting List
for the
Western
Pennsylvania
Intergroup

412 - 441 - 0956

<http://wpaslaa.weebly.com/>



THE PREAMBLE OF S.L.A.A.

Sex and Love Addicts Anonymous is a Twelve Step, Twelve Tradition oriented fellowship based on the model pioneered by Alcoholics Anonymous. The only qualification for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. S.L.A.A. is supported entirely through contributions of its membership, and is free to all who need it. To counter the destructive consequences of sex and love addiction we draw upon five major resources:

- (1) **Sobriety:** our willingness to stop acting out in our own personal bottom-line addictive behavior on a daily basis.
- (2) **Sponsorship:** our capacity to reach out for the supportive fellowship within S.L.A.A.
- (3) **Steps:** our practice of the Twelve Step program of recovery to achieve sexual and emotional sobriety.
- 4) **Service:** our giving back to the S.L.A.A. community what we continue to freely receive.
- (5) **Spirituality:** our developing a relationship with a Power greater than ourselves which can guide and sustain us in recovery.

As a fellowship S.L.A.A. has no opinions on outside issues and seeks no controversy. S.L.A.A. is not affiliated with any other organizations either religious or secular. We are, however, united in a common focus: dealing with our addictive sexual and emotional behavior. We find a common denominator in our obsessive/compulsive patterns which transcends any personal differences of sexual orientation or gender identity.

We need protect with special care the anonymity of every S.L.A.A. member. Additionally, we try to avoid drawing undue attention to S.L.A.A. as a whole from the public media.

THE TWELVE STEPS OF S.L.A.A.

- (1) We admitted we were powerless over sex and love addiction - that our lives had become unmanageable.
- (2) Came to believe that a Power greater than ourselves could restore us to sanity.
- (3) Made a decision to turn our will and our lives over to the care of God, as we understood God.
- (4) Made a searching and fearless moral inventory of ourselves.
- (5) Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- (6) Were entirely ready to have God remove all these defects of character.
- (7) Humbly asked God to remove our shortcomings.
- (8) Made a list of all persons we had harmed and became willing to make amends to them all.
- (9) Made direct amends to such people wherever possible, except when to do so would injure them or others.
- (10) Continued to take personal inventory, and when we were wrong promptly admitted it.
- (11) Sought through prayer and meditation to improve our conscious contact with a Power greater than ourselves, praying only for knowledge of God's will for us and the power to carry that out.
- (12) Having had a spiritual awakening as the result of these steps, we tried to carry this message to sex and love addicts, and to practice these principles in all areas of our lives.

THIS SPACE LEFT BLANK TO RECORD SOBER MEMBERS' TELEPHONE NUMBERS.

Online and Teleconference Meetings

There are many online and teleconference meetings. For the most up-to-date listing please refer to www.slaafws.org and look under the "Meetings" tab.

The Serenity Prayer

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

SLOGANS

- One day at a time
- First things first
- Live and let live
- Easy does it
- Progress, not perfection
- Keep it simple
- Think!
- Let go & let God
- H.A.L.T.—don't allow yourself to become too Hungry, Angry, Lonely or Tired
- How important is it?
- Meeting makers make it
- Stick with the winners
- Take you message to the meeting and your mess to your sponsor
- This, too, shall pass