

Resources for Women in SA

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You are not alone. There are many of us who are addicted to lust. We have found a solution in SA. If you think you have a problem with lust, you are welcome at our meetings. Most SA meetings are open to all genders (see p.178 of the SA White Book). In addition to regular attendance at meetings, you are encouraged to contact other women in SA. We often support each other with sponsorship, daily phone calls, and arrangements to attend meetings together.

Women are currently a small percentage of our membership, but this does not reflect an accurate percentage among sexaholics in general society. The density of men in SA means that women sometimes find themselves at meetings where they are the only female present. While this can be challenging at first, we have also found great recovery in mixed meetings. It is important to remember that there are many sober women in SA, and that you will certainly meet many of us on your journey to recovery.

Some tips for getting into SA recovery & making connections with women in SA:

- **Learn & Practice Safe Boundaries.** *Common sense and some other precautions can help maintain a safe & healthy environment for all members of SA. Your sponsor & other experienced, sober members (which include brothers in your local meeting) can educate you about boundaries appropriate to your length & quality of sobriety.*
- **Keep Coming Back to Your Local Meetings.** *www.sasacramento.org provides a daily & weekly schedule. Even if you're the only woman in your local meeting, you're not the only woman with the disease of sexaholism. Many of us have found it helpful to attend at least six to eight SA meetings, and begin working the Twelve Steps with a sponsor, in order to experience the benefits of SA meetings. So keep coming back!*
- **Attend Phone Meetings.** *There are numerous calls throughout each day of the week attended by SA members from all over the world. Women are usually present. Visit www.sa.org/meetings_phone for complete information about meeting times, phone numbers, type of meeting, and access codes.*
- **Connect with Women.** *Supplementing local connections, these resources unite women in fellowship & recovery. For more information, please call SA International Central Office (SAICO) at 615-370-6062 or toll free at 866-424-8777.*
 - *Women-Only Virtual Meetings: accessible by phone/online.*
 - *Women-Only Internet Communities: social media & other online platforms where women in SA support, inform, & connect with each other.*
 - *International Sponsorship: if you encounter difficulty finding a local female sponsor, you can work with a sponsor from outside your local area over the phone or online video chat.*
- **Attend SA Events.** *The SA International Conventions held every January & July, and regional events in your area, are an excellent place to find sponsors, meet other women in recovery, participate in women-only meetings, and share stories & contact information. Events are announced on the sa.org website, your local website(s), and/or the Essay newsletter. Female members often arrange to attend so that they can meet with their long-distance sisters.*
- **Read SA literature.** *Literature is available for sale at face-to-face meetings or at the SAICO Online Store. The brochure, "SA is for Women," the quarterly publication "Essay," and the books, "Members Stories" and "Step Into Action," contain numerous stories from women.*

SA works if you work it, and you are worth it! You are welcome here!