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NEED HELP FOR COMPULSIVE SEXUAL BEHAVIOR?

Identifying the Problem, Finding a Solution:

A message of Hope for sex addicts in the GLBT communities

“In Sex Addicts Anonymous we are a fellowship of men and women who share our experience, strength and hope with each other for the purpose of finding freedom from addictive sexual behavior and helping others recover from sex addiction. Local meetings offer an accepting, non-threatening environment where we can share our common struggles and learn how to apply the principles of the Twelve Steps to our everyday lives.”

(from www.saa-recovery.org)

“Our fellowship is open to women and men, regardless of age, race, religion, ethnic background, marital status, or occupation. We welcome members of any sexual identity or orientation, whether they are gay, lesbian, straight, bisexual or transgender. “

(*Sex Addicts Anonymous*, pg. 2-3)

“The only requirement for S.A.A. membership is a desire to stop addictive sexual behavior.”

(*Sex Addicts Anonymous*, pg. 81)

DO I HAVE A PROBLEM?

Expression of our sexuality can be self-affirming. Addictive behaviors have been generally described as “continued compulsive usage despite negative consequences.” Our experience with compulsive sexual behaviors, is that we often felt overwhelming urges or mental obsessions, resulting in compulsive behaviors, which we were ultimately powerless to stop or control with any degree of consistency. Consequences resulting from compulsive sexual behaviors affected many areas of our lives, and were progressive, becoming more frequent or more severe, the longer we persisted in the compulsive behaviors. Many of us have experienced such consequences, which had negatively affected many areas of our lives, including:

- **PHYSICAL:** exposure to sexually transmitted diseases; violence or assault from sex partners or violence in areas where we searched for sex.

- MENTAL: preoccupation with sexual acting-out fantasies or behaviors, resulting in lost productivity or inappropriate behaviors; anxiety or depression; suicidal thoughts or attempts
- EMOTIONAL: chronic fear of discovery, resulting in stress and anxiety; guilt and shame over behaviors which transgress our own or society's moral values; fatigue, despair, desperation.
- LEGAL: arrests for public sex, voyeurism, exhibitionism, using or engaging in prostitution, sexual harassment, abuse of minors or elderly, or other illegal sexual activities.
- FINANCIAL: using money from our living expenses to pay for sex clubs, escorts, phone sex, or affairs. Going into debt to continue our compulsive behaviors, stealing money from family or business to continue our addictive behaviors
- SOCIAL: preoccupation with sex behavior lead to isolation, diminished relationships with family, friends, partners or business contacts
- SPIRITUAL: isolation, fear, suffering from low self-esteem, estrangement, feelings of lack of purpose or fulfillment; our lives seemed ever more unmanageable or out of control.

Not every person will experience every negative consequence noted above. Many of us have experienced enough of them, to recognize a pattern emerging—a hopeless and chronic pattern of increasingly unsatisfying sex behaviors and adverse consequences, coupled with increasingly unsuccessful attempts to change or control our sex lives. Our sense of identification began to grow, with people who had been enmeshed in these same abusive systems of uncontrollable behaviors and the resulting negative consequences.

Addictive sexual behaviors within the GLBT communities may be influenced by the same factors which affect many non-GLBT persons such as ostracism, shame, fear, guilt, and isolation. Growing up Gay, Lesbian, Bisexual or Transgender into a society that lacks acceptance of our sexual orientations or preferences, may heighten these factors, yet they cannot be used as a valid excuse for continuing in self-destructive conduct.

Some of our addictive sexual behaviors included:

Anonymous sexual contacts—backroom bars and strip clubs—adult bookstores—compulsive use of pornography websites---internet “hookups” and chatrooms—cruising bars, parks, or beaches for sex contacts--repeated exposure to sexually transmitted diseases—feelings of hopelessness and isolation--compulsive masturbation with or without fantasy and pornography—inappropriate sexual behaviors toward co-workers, family members or strangers—money spent on pornography or phone sex instead of necessary living expenses—illegal activities, including escorts and prostitutes, or sex in public places—multiple or repeated affairs—deception of spouse, partner, employers, family, friends—guilt, shame and fear of discovery—ignoring social relationships or basic health needs of rest and food—frequenting unsafe neighborhoods for sexual

purposes--using drug/alcohol during sexual activity which lowered inhibitions to unsafe sex-- mental obsessions with cruising/objectifying and fantasy—exhibitionism—voyeurism—going to the bars looking for love, but settling for sex—having sex with partners of friends.

Many of the sexual behaviors noted above produce negative consequences. No one person has all of these characteristics, but many of us shared some of them. These behaviors are not gender-specific, and many cross lines of sexual orientation or preference. In recent decades of liberation, some of these venues or activities may have been seen as “gay-positive”. Yet for us, chronic abuse of these behaviors ultimately backfired and left us discouraged, isolated, and demoralized.

WE REACHED A TURNING POINT...

Compulsive sexual behaviors became a problem, not the solution we hoped it would be. The addictive use of sex had all but crowded out our attempts to have a healthy sexual life. Even when this realization began to slowly sink into our consciousness, we kept trying to make our sex lives “work” with more sex, better sex, different sex, and on and on. Our attempts to fix or control our sex lives and our feelings by the mis-use of sex became less and less successful, even though we spent more and more time, money, energy and preoccupation with it.

Negative consequences of sexual behaviors can become the motivation for change, but often it is an impending crisis that breaks through our sense of denial: break-up of a relationship, arrest or legal actions, or disease. Just as often an internal crisis motivates our search for help: desperation, the futility of years of trying and failing to change our addictive behaviors, with all our promises to stop resulting in nothing but failure and the loss of hope. Either way, we begin to recognize a life pattern of compulsive, destructive behaviors and obsessive thinking. We realized we must change if we are to regain sanity and health, and grow into happy and fulfilling lives. Recognizing and admitting our patterns of addictive sexual behavior and thinking is our first step toward recovery.

We begin to use our sense of surrender in a healthy manner. Previously, we surrendered to the compulsive, destructive behaviors that caused great damage in our life. Now, we start to surrender and become teachable, to a more healthy way of life filled with hope, growth and change.

THERE IS A SOLUTION...

There is a solution to this progressively worsening spiral. Many of us in the fellowship of Sex Addict Anonymous (SAA) have found a way out of the compulsive destructive behaviors of sexual addiction.

“When we start attending meetings of Sex Addict Anonymous, many of us are surprised to meet people who are enjoying life and experiencing freedom from the painful, compulsive behaviors that had brought them to SAA.”

(Sex Addicts Anonymous, pg. 20)

“Attending SAA meetings starts us on a new way of life. But while the SAA fellowship supports our recovery, the actual work of recovery is described in the Twelve Steps. Meetings are forums for learning how to integrate the steps into our lives. Working the Twelve Steps leads to a spiritual transformation that results in sustainable relief from our addiction.”

(Sex Addicts Anonymous, pg. 20)

“Our message is simple and profound: that recovery from sex addiction is possible through working the Twelve Steps of SAA, and that following this program results in a spiritual awakening.”

(Sex Addicts Anonymous, pg. 59)

“We are not experts, only sex addicts sharing honestly with one another. Our authority comes from our experience. We share what we know: how we got here, and how the SAA program has worked for us.”

(Sex Addicts Anonymous, pg. 59)

When we grew sick and tired of the consequences of our compulsive sexual behaviors, when our efforts at self-control have repeatedly failed to produce the desired improvements in our lives, our desperation produced a willingness to seek help for our damaging behaviors. We were compelled to admit that our best efforts to control and manage our lives and behaviors had failed. When we found we could not depend on our own self-will or thinking to solve our problem, we looked for help outside ourselves. We observed that people who want recovery badly enough, can and do change through the SAA Twelve Step program of recovery. Following the examples and suggested actions of recovering addicts who came before us in SAA, we, too, were able to begin a period of abstinence from addictive sexual behaviors.

In addition to SAA meetings, face to face or by telephone, we benefit from the guidance and experience of other recovering sex addicts, as transmitted through our SAA literature. Working one-on-one with a sponsor (a more experienced member) and a self-chosen support group (home group) of recovering SAA members, we learn how to apply the principles of the recovery program, the Twelve Steps of SAA.

As we continue to work this recovery program, a healthy balance to our feelings, thinking, relationships and behaviors begins to be restored. We witness positive changes in people's lives, as evidenced by our friends in the SAA meetings, through their stories and their actions. We learn to express our gratitude for our recovery in service to others in need.

“Our program is based on the belief, confirmed by our experience, that a Power greater than ourselves can accomplish for us what we could not do alone.”

(Sex Addicts Anonymous, pg. 1)

“Without needing to completely understand our Higher Power, we can accept and use this Power in order to find freedom from our addiction.”

(Sex Addicts Anonymous, pg. 28)

“Freedom from the delusion that destructive behaviors are appropriate expressions of our sexuality, we begin to explore new ways of being intimate that are nurturing, respectful and spiritual. We learn that we can weave intimacy and sexuality back into our lives in a self-enhancing way.”

(Getting Started in Sex Addicts Anonymous, pg. 16)

Our results in recovery are expressed as a “spiritual awakening”. We can abundantly affirm that we have been granted a life free from the bondage of sex addiction and filled with gratitude, joy, and service to others. This is our experience, which we have found through recovery in the SAA fellowship: improved connection to our inner strengths, as well as reliance on the resources and support outside ourselves, to effect healthy growth in our lives. We invite you to join us!

Answer these twelve questions to assess whether you may have a problem with sexual addiction.

“QUESTIONS FOR SELF-ASSESSMENT

1. Do you keep secrets about your sexual behavior or romantic fantasies from those important to you? Do you lead a double life? Yes _____ No _____
2. Have your desires driven you to have sex in places or with people you would not normally choose? Yes _____ No _____
3. Do you need greater variety, increased frequency, or more extreme sexual activities to achieve the same level of excitement or relief? Yes _____ No _____
4. Does your use of pornography occupy large amounts of time and/or jeopardize your significant relationships or employment? Yes _____ No _____
5. Do your relationships become distorted with sexual preoccupation? Does each new relationship have the same destructive pattern which prompted you to leave the last one? Yes _____ No _____
6. Do you frequently want to get away from a partner after having sex? Do you feel remorse, shame, or guilt after a sexual encounter? Yes _____ No _____

7. Have your sexual practices caused you legal problems? Could your sexual practices cause you legal problems? Yes_____ No_____
8. Does your pursuit of sex or sexual fantasy conflict with your moral standards or interfere with your personal spiritual journey? Yes_____ No_____
9. Do your sexual activities involve coercion, violence, or the threat of disease? Yes_____ No_____
10. Has your sexual behavior or pursuit of sexual relationships ever left you feeling hopeless, alienated from others, or suicidal? Yes_____ No_____
11. Does your preoccupation with sexual fantasies cause problems in any area of your life—even when you do not act out your fantasies? Yes_____ No_____
12. Do you compulsively avoid sexual activity due to fear of sex or intimacy? Does your sexual avoidance consume you mentally? Yes_____ No_____

If you are uncomfortable with your answer to any of these questions, we encourage you to consider the following options:

- *Contact the International Service Organization of SAA for more information,*
- *Visit the SAA website to find a contact person in your local area,*
- *Read additional materials about recovery from sex addiction,*
- *Attend an SAA meeting to learn more about the Twelve-Step Program and the Fellowship of SAA.” ***

** “Questions for Self Assessment” excerpted from pamphlet “Sex Addicts Anonymous – A Pathway to Recovery”, copyright 2009 by ISO of SAA, Inc.

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FOR FURTHER INFORMATION, PLEASE CONTACT:

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SAA & the Gay, Lesbian, Bisexual or Transgender Member:
FAQ's (Frequently Asked Questions)

"FOR ALL SAA MEMBERS"

DRAFT PAMPHLET – Version 1.0 – October 2009

"In Sex Addicts Anonymous we are a fellowship of men and women who share our experience, strength and hope with each other for the purpose of finding

freedom from addictive sexual behavior and helping others recover from sex addiction.”

(from www.saa-recovery.org)

“Our fellowship is open to women and men, regardless of age, race, religion, ethnic background, marital status, or occupation. We welcome members of any sexual identity or orientation, whether they are gay, lesbian, straight, bisexual or transgender. “

(*Sex Addicts Anonymous*, pg. 2-3)

“The only requirement for S.A.A. membership is a desire to stop addictive sexual behavior.”

(*Sex Addicts Anonymous*, pg. 81)

“Sex addiction is a disease affecting the mind, body and spirit. It is progressive, with the behavior and its consequences usually becoming more severe over time. We experience it as compulsion, which is an urge that is stronger than our will to resist, and as obsession which is a mental preoccupation with sexual behavior and fantasies.”

(*Sex Addicts Anonymous*, pg. 3)

This pamphlet is designed for every member of SAA, not just for sex addicts in the Gay, Lesbian, Bisexual and Transgender (GLBT) communities. Walking into the rooms of SAA is not an easy task. There are many question and problems in recovery, and in the following pages, we share some of our experiences with them. Remember, you are not alone. If you are a member of the GLBT communities, or have GLBT members in your Fellowship, this pamphlet is a guide to help you through some of the common issues of walking the path of recovery toward a more happy and useful life. After reading this, you may have additional questions, comments or an issues that are not addressed here. Be open to discuss them with your Fellowship, Home Group of SAA, local Intergroup, or contact the ISO office below by phone or email. Every effort will be made to protect your anonymity.

FAQ's (Frequently Asked Questions)

- **Does SAA welcome GLBT persons?**

As stated in our SAA literature:

“Our fellowship is open to women and men, regardless of age, race, religion, ethnic background, marital status, or occupation. We welcome members of any sexual identity or orientation, whether they are gay, lesbian, straight, bisexual or transgender.”

(Sex Addicts Anonymous, pg. 2-3)

Sexual addiction does not discriminate and neither does the SAA fellowship. Our fellowship is a diverse group of recovering sex addicts who share their experience, strength and hope in order that they may solve their common problem and help others to recover from addictive sexual behavior.

“The path is wide enough for everyone who wishes to walk it.”

(Sex Addicts Anonymous, pg. 21)

- **What if I can't find an SAA meeting for GLBT members?**

Not every area has SAA meetings for GLBT members. Most SAA meetings are “gay-friendly”. Call the meeting contacts listed on www.saa-recovery.org for additional information. Seek local SAA members who are GLBT as a support system and perhaps this will develop into a new SAA meeting for GLBT members. Attend GLBT telemeetings and gain support from GLBT members via email/phone.

Many of us have found wonderful support outside the GLBT community. Please be open to those members who are warm and willing to support your recovery. Please continue to go to meetings, until you find support and the unconditional love that the Fellowship of SAA can offer. Keep coming back—don't leave before the miracle happens!

- **What should I do if I experience homophobia or feel I do not belong?**

Prejudice exists in our culture, and attaining sobriety from sexual addiction may not instantly remove such character defects from everyone. SAA members who are GLBT can participate in the SAA fellowship with confidence that the principles upon which SAA is founded, welcome all who wish to recover from sexual addiction. We can practice “principles before personalities” in acting as an example of and sharing our recovery program. Consult trusted SAA members, sponsors, local intergroup or the ISO to share your experiences, or take these issues to group conscience if possible.

Try a variety of local meetings to find those in which you feel most comfortable. Connect with other SAA members who are GLBT through local meetings or intergroups, telemeetings or phone contact lists. See www.saacall.com for a list of telemeetings.

- **Does my sponsor need to be the same gender/orientation?**

Many SAA members find identification is easier with members of the same gender or sexual orientation. However, many other members favor having sponsors who are not of the same gender or orientation. It can be a joy to relate to persons different from ourselves, and experience their understanding and acceptance. An important

qualification is whether the member is successful in SAA sobriety, and has the time and ability to guide newcomers through the Twelve Steps of SAA. In most 12 Step fellowships, it is recommended that sponsees not choose sponsors to whom they are physically attracted. The same recommendation applies to sponsors. Our experience has shown that sexual or romantic attractions within a sponsorship relationship can interfere with growth and recovery. If these issues cannot be discussed openly and resolved, it may be best to work with a different sponsor or sponsee.

Sources for sponsorship are; local meetings, telemeetings, contact lists available through ISO at www.saa-recovery.org, service committees such as GLBT@saa-recovery.org, men4saa@saa-recovery.org or www.saa-women.org.

“A sponsor is a person in the fellowship who acts as a guide to working the program of SAA, a fellow addict that we can rely upon for support.”

“Our sponsor can help explain program fundamentals, such as how to define our sexual sobriety. Most importantly, sponsors guide us through the Twelve Steps.”

(Sex Addicts Anonymous, pg. 13)

“We can maintain a long-distance sponsoring relationship, by phone, e-mail or letter.”

“Once we have worked the SAA program ourselves, gained abstinence from sexual behaviors that were addictive for us, and experienced some degree of spiritual growth, we are ready to consider sponsoring other members who ask us to do so.”

“We simply share the knowledge and experience we have gained from working the Twelve Steps and using the tools of the program, and we pass on the wisdom we’ve learned from our own sponsor and others in the fellowship.”

(Sex Addicts Anonymous, pg. 14)

- **What is sexual sobriety in SAA?**

Sexual sobriety is something that is defined individually, usually with the help of a sponsor. Please refer to the SAA literature concerning the “Three Circles” for a more complete description of how to define your own sexual sobriety.

“Our goal when entering the SAA program is abstinence from one or more specific sexual behaviors.”

“Our program acknowledges each individual’s dignity and right to choose his or her own concept of healthy sexuality.”

(Sex Addicts Anonymous, pg. 14-15)

“Inner-circle behaviors are the addictive sexual behaviors that brought us to SAA, the things that made us hit bottom in our disease.”

“Sexual sobriety, then, means abstaining from these inner-circle behaviors.”

(Sex Addicts Anonymous, pg. 16-17)

“SAA empowers individuals to choose and create a program that will lead to a self-affirming expression of sexuality.”

(Getting Started in Sex Addicts Anonymous, pg. 3)

“If we remain abstinent and practice the principles of the program in our lives, we may find our attitudes towards our sexuality and our ways of experiencing sex changing as well.”

“We can explore this realm whether we are single, dating, or in partnerships.”

“Many of us describe our sexual behavior as healthy when we are present, intimate, flexible, nurturing and appropriate during sex.”

(Sex Addicts Anonymous, pg. 70)

“Sexual sobriety is living without engaging in addictive sexual behavior, behaviors which are destructive to ourselves or others.. Sobriety in SAA does not refer to the elimination of sexuality from our lives...sexual sobriety means not engaging in addictive sexual behaviors which are destructive to ourselves or others.”

(Getting Started in Sex Addicts Anonymous, pg. 8)

- **What if I have problems other than sexually addictive behaviors?**

Other needs exist, such as issues outside of the realm of sex addiction, including relationship addictions, substance abuse, depression or other medical conditions. Qualified professionals should be consulted for such outside issues. Resources may be found in separate 12-Step fellowships or through qualified mental health and medical professionals. Recovery resources for partners, families or friends of sex addicts can be found through 12-Step fellowships such as www.cosa-recovery.org .

- **How do I connect with other SAA members who are GLBT?**

Often, SAA members will share their stories in recovery, including identification of their sexual orientation. Frequently, members find support and understanding in relating to other members of the same sexual orientation or gender. Just as often, supportive fellowship and encouragement can come from members in different lifestyles or orientations. We take advantage of all the healthy support we can experience. In relating to other members, we seek honest, open relationships, and avoid sexual or emotional entanglements, which can interfere with our growth in recovery.

- **How do I find support for my sobriety in SAA?**

The Twelve Steps of SAA are a program of recovery from sexual addictive behaviors. Support for our recovery also comes from many of the “Tools for Recovery” listed elsewhere in our SAA literature, including meetings, sponsors, SAA literature and service. Take advantage of as many as you can! Maximize your recovery efforts to attain maximum results!

“Sexual sobriety is living without engaging in addictive sexual behaviors which are destructive to us or others.

Sobriety in SAA does not refer to the elimination of sexuality from our lives...”

(Getting Started in Sex Addicts Anonymous, pg. 8)

Suggestions for defining sexual sobriety and achieving freedom from sexual addictive behavior are contained in our SAA literature, including the book *Sex Addicts Anonymous* and numerous pamphlets, all available from your local meeting or intergroup, or from the SAA website www.saa-recovery.org.

- **How do I disclose my addictive behaviors to my partner, family or friends?**

Many of those around us, sensed there was a problem in our behavior, even if they were not aware of specific examples. To persons we have harmed, SAA's 12-Step recovery program has ample suggestions for repairing the damages we may have caused through our addictive behaviors. Often, these actions will need to be performed only after we have established a firm foundation of recovery through working the 12 Step program. Disclosure is a very sensitive event. Please ask for experience from your sponsor and other members of SAA who have walked through this process. If it is especially troublesome, sometimes an outside therapist or spiritual director can be useful for disclosure issues.

Resources for partners, families or friends of sex addicts are available through the COSA fellowship, at www.cosa-recovery.org . . Additional resources may be found in other 12-Step fellowships or with qualified mental health and medical professionals for such issues.

Other issues may arise, which can impact our recovery process, such as HIV status and disclosure or “coming-out” / closeted issues around our sexuality. These may not fall within the scope of addictive sexual behaviors, yet can be produce negative consequences and unmanageability in our lives. As we learn to be honest and grow spiritually, many of these issues work out on their own.

While the principles of 12-Step recovery can be applied, qualified professional guidance from outside medical or mental health professionals may be needed to successfully deal with such issues.

- **What if I get “triggered” by other people at meetings?**

The spiritual transformation available in recovery through working the Twelve Steps of SAA, will moderate my reactions to outside events, sometimes quickly sometimes slowly! Each event can be a learning experience, and an opportunity to grow by practicing the principles of recovery and using spiritual tools we have learned. Some helpful methods we have tried include:

- avoid placing myself in triggering or difficult situations
- share my feelings with a sponsor or trusted friend
- keep my focus on my own recovery by practicing the spiritual solution described in the Twelve Steps of SAA
- Find another meeting that you feel safe

- **If I get sexually sober in SAA, will I become “less gay or turned straight”?**

“Sexuality is a fundamental part of being human. It can bring great pleasure and deep satisfaction in our lives. And yet, non-addictive sexuality has seemed elusive for us.”

(Sex Addicts Anonymous, pg. 69)

Our recovery in SAA allows freedom from addictive sexual behaviors, and is not aimed at changing our sexual orientation or preference. We used sex as a means of escape from reality, to cope with anxiety, or deal with emotions we didn't want to face.

We reclaim our healthier sexuality that was lost in addiction, healthier sexuality that was distorted and warped in our addiction. When we are sexual with love, grace, gratitude and generosity, we become authentic and an expression of our spiritual ideals, no matter what our sexual orientation.

“Our program offers freedom from addictive sexual behavior.”

“Many of us recognize healthier sexuality when we experience something very different from what we knew in our addiction. We notice this by the difference in our feelings. We don't feel compulsive, driven, or off in another world. Instead, we are emotionally present during sexual activity.”

(Sex Addicts Anonymous, pg. 71)

“Being in recovery doesn't erase our personalities. On the contrary, most of us experience our personal qualities as becoming more special, colorful and vibrant

as we gain abstinence and grow spiritually, and our individual strengths help us to carry a message of hope.

(Sex Addicts Anonymous, pg. 96)

Recovery in SAA is a way of life, and is not related only to our sexuality. Recovery is to be lived and experienced, not simply read about in a pamphlet or book. Everyone who has decided they want recovery will have hesitation, questions, and road blocks. SAA is there for you, offering a solution.

“We have had to work at staying sexually sober, as well as rebuilding our lives and relationships.”

“This is how recovery has been for us. Each of us has taken steps of courage and leaps of faith. Each of us has contributed, not only to our own recovery, but to the recovery of other suffering sex addicts as well.”

(Sex Addicts Anonymous, pg. 98)

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