

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.

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The S.L.A.A. Preamble*

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 the contributions of its membership and is free to all who need it.

To counter the destructive consequences of sex and love addiction, we draw on 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 / Meetings.** 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 opinion on outside issues and seeks no controversy. S.L.A.A. is not affiliated with any other organizations, movements or causes, 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.



Sex and Love Addicts Anonymous©

Santa Cruz County Meeting Schedule

slaasantacruz.org

info@slaasantacruz.org

Voice mail and Meeting Referral Line:
(831) 425-3353

PO Box 775
Santa Cruz, CA 95061

Updated 1/30/14

MEETING LOCATIONS

Some meetings have requested their location be withheld from the general public. They are listed here as a courtesy and can be located by calling the phone number on the front of this pamphlet.

Key:

Men – Meeting requests only men attend

Women – Meeting requests only women attend

Open – Members of the public are allowed to attend

Closed – Open only to those who share a desire to stop living out a pattern of sex and love addiction

Telephone Numbers:

Program Slogans:

- **Live and Let Live**
- **Easy Does It**
- **But for the Grace of God**
- **Think**
- **First Things First**
- **One Day at a Time**
- **Let go and Let God**

Sunday

6:00 – 7:15 PM

CANDLELIGHT MEDITATION MEETING

(Closed)

First Congregational Church, 900 High St., Santa Cruz, in the Music Room below main Sanctuary Hall. 10 minute meditation starts around 6:10 pm

Monday

7:00 – 8:30 PM

MONDAY MEN’S FREEDOM GROUP

(Men, Closed) - For location, please call.

Wednesday

6:00 – 7:00 PM

FOCUS ON THE STEPS

(Closed)

First Congregational Church, 900 High St., Santa Cruz, downstairs in the uppermost (Education) building at the upper parking lot all the way at the north end of the building.

Thursday

7:30 – 8:30 PM

MEN’S FEEDBACK DISCUSSION MEETING

(Men, Closed) – This meeting suggests participants attend 4 or more other SLAA meetings before attending this one.

Barn Studio (Behind 104b Park Way South, Santa Cruz, at the end of Agnes St. Look for odd “Barn-Studio” style meeting room building behind personal residence.)

Friday

7:00 – 8:15 PM

FOCUS ON SOCIAL, EMOTIONAL, AND SEXUAL ANOREXIA

(Women, Open)

Porter Memorial Library, 3050 Porter St, Soquel (just above Soquel Dr.)

Saturday

7:30 – 8:45 AM

MEN’S MORNING FEEDBACK MEETING

(Men, Closed) This meeting suggests participants attend at least 3 other SLAA meetings before attending this one, but newcomers welcome.

Call for location.

6:00 – 7:15 PM

SATURDAY NEWCOMERS MEETING

(Closed)

Sutter Maternity & Surgery Center, 2900 Chanticleer Avenue, Santa Cruz

Ask at front entry for 12 step meeting room

Santa Cruz Intergroup

Area-Wide Business Meeting

First Sunday of Even Months (February, April, June, August, October, December)

4:00 – 5:30 PM

(Closed)

First Congregational Church, 900 High St
Upstairs at the end of the Education Building in the “Sun Room” overlooking Santa Cruz and the Pacific Ocean