



the SCAnner

SCA NEWSLETTER

© 1990 Southern California SCA Intergroup
ISSUE NO. 3 MAY-JUNE, 1990

BIG APPLE BECKONS SCA CONFERENCE JUNE 8, 9 & 10

Call your airline and get your tickets for **THE BIG APPLE**, send in your registration, pack a carry-on and get ready to participate in the Second SCA National Conference. The Conference, "**FOCUS ON RECOVERY == TAKING STEPS**", marking the 8th anniversary of the founding of SCA, will take place June 8, 9 and 10 at the Gay and Lesbian Community Center, 208 West 13th Street, New York City.

Registration and the kick-off meeting will start at 6:00 PM, Friday evening, the 8th. Pre-registration, via the forms which will soon be available from your GSR's, will cost \$10; registration at the door will be \$12.

Saturday will be a day of workshops, as well as the concurrent ISO meeting, from 9:00 AM to 5:30 PM. A full rundown of the workshops, not available at this writing, will be distributed at the Conference. If they're anything like the workshops which took place at the Los Angeles February Convention -- and why shouldn't they be -- they'll be very meaningful and well received.

The Conference will wind up on Sunday with a gratitude meeting, pot-luck supper, entertainment and dancing from 5:00 PM to 10 PM. Then it's time to say goodbyes until the next conference in Los Angeles.

Members in New York can provide housing for out of town attendees; information regarding this is on the registration form. For additional information and answers to your questions, please call Marv P., the Conference Chair, at (212)

ISO MEETS DURING NEW YORK CONFERENCE

SCA's newly formed **International Service Organization**, mercifully dubbed "ISO", will have its second meeting at the New York City SCA Conference June 8, 9 & 10. The delegates, as at its formation meeting in Los Angeles last February, will be: Hunt B, Maciek K and Marshall L from the Southern California Intergroup, and Frank H, Robert K and Bob M representing the New York Intergroup.

At this meeting, the delegates will be working on SCA literature in general, and, specifically, the revised, combined SCA Recovery Booklet, as well as the ISO Statement of Purpose, and numerous other matters concerning the ISO and the growing SCA.

Although voting at this meeting will be limited to the six delegates, members at large are urged to attend and participate in the discussions as they did in Los Angeles. With new intergroups forming, it is anticipated that representation will come from these, as well as groups in "isolated" locations, in future meetings. This will be an item of discussion at the June meeting also.

The ISO is very important to the solid growth of SCA. It is equally important that it receive the input and support of every member. So if you're in New York, please attend; if not, give it your support when matters come to your groups for Group Conscience. It works, when you work it!



Question & Answer Pamphlet Proposed

The Southern California Intergroup 12-Step Committee is embarking on yet another outreach project -- a question and answer pamphlet which will be sent, along with the yellow information pamphlet and the recovery booklet, to those asking for information on SCA. The Committee needs help in formulating the pamphlet so that it will be as meaningful as possible to potential new members.

This is where newcomers to the Fellowship, especially, can really make a great contribution. Send in questions which you had in mind before you attended your first meeting. If you've discovered answers on your own since then, go ahead and put those down too, otherwise the Committee will do its best to work up appropriate answers. An idea of what we have in mind appears in the "Dear Gabby" column in the **Meetings** section of this issue.

Send your material to SCA, 4470-107 Sunset Blvd, Suite 520, Los Angeles 90027. Your submissions will be sincerely appreciated.

SCA INVADES CENTRAL COAST

You may have noticed in the SCA MEETINGS section that there are two brand new meetings in the California Central Coast area -- one in Santa Maria on Tuesdays, and one in San Luis Obispo on Saturdays. Dave E. and Bob L. (who recently moved to the area from Long Beach after valuable service with Intergroup and its 12-Step Committee) report that these open meetings have regularly had an attendance of three, with at times the number climbing to five. This may seem like a very small start, but it is a start. Two at each meeting are regulars. The others are many times different persons. So, that means that the word is getting out, the seed has been planted and the bush will be in full bloom in no time!

San Luis Obispo also has an SCA meeting on Thursdays. There is a move toward getting a meeting

BITS & PIECES HERE & THERE

The SCA Recovery Booklet -- newly revised and combining the input of the New York and

Southern California Intergroups -- should be ready to issue in late June or early July after review and approval by both bodies. Keep an eye out for it!..... Atlanta, GA, will change the location of its meetings as of June 1. If you need the information, which we don't have as yet, call the MEETING CONTACTS listed in the MEETINGS section of this issue, a little before that date....

The Montreal meeting is temporarily suspended. There's been interest in a French speaking meeting there. We'll keep you up to date.... Rumor has it that there will be an SCA meeting starting up in Amsterdam. When it does, we'll be listing it in the SCAinner....

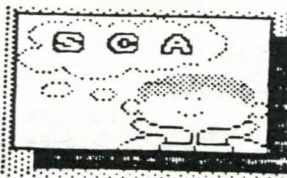
Good news! The five Chicago groups have formed their own Intergroup. Let's hear it from you guys and gals. We'd like news of your happenings for the SCAinner!.... Check out the MEETINGS section for new

locations for the San Diego meetings. George M. is the Chair for the San Diego Intergroup which coordinates the three meetings in that beautiful city.... New York has several new meetings, and these are listed in our current MEETINGS section.... We

understand that the focus of the Santa Fe, NM, meeting is "love addiction"; a problem for many of us around here, too.... New York is holding a seminar meeting May 16th on the subject of "SHAME". It is anticipated that the outcome will be included in a future edition of the Recovery Booklet.... That's all the Bits and Pieces for this issue. Send us yours and we'll include it next issue of the SCAinner.

going in Paso Robles, probably on Wednesdays. This could either be SCA or SAA -- the important thing is that people with our problem will have another safe meeting to go to, so we wish them good fortune. Let us know how it goes.

Any of you who are traveling to the Central Coast, drop in. The meetings are open to all. If you have friends in that area who might find our meetings beneficial, let them know about them. We all know that it works, when we work it



FOOD FOR THOUGHT

Choices

One of the most precious gifts available to us from our Higher Power is choice. The knowledge that there are always choices in everything we do slipped away from us somewhere in the past for whatever reasons, to be slowly, and stealthily, replaced by addictions and compulsions -- one-way tracks which became a circle of shame and guilt and despair and further fuel for our dis-ease; one-way tracks to death.

Somewhere along the line, we bottomed out and realized, with the sometimes subtle, sometimes not so subtle, prodding of our Higher Power -- whether we recognized it or not -- that we did indeed have choices. Well, at least one or two, now and then. We could go to a meeting or stay at home and prime ourselves to act out with the aid of a little pornography, or even a hot underwear ad in the newspaper, or a pair of binoculars, or a piece of used clothing or other ways not appropriate to mention here. Now and then we took the choice of going to meetings -- and started growing.

We found there were a few more choices: picking up the phone and making a Program call -- a call for help or to give support to someone having a hard time or just to see if someone was there -- or dialing a 976 number. More and more we made those calls Program calls.

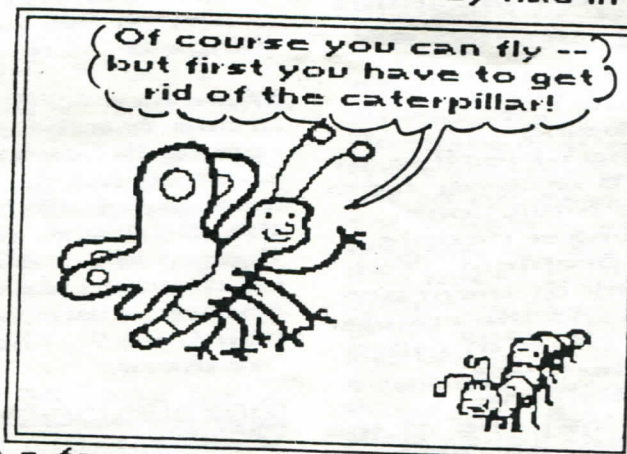
We found there were streets to drive and places to visit other than the one or two which added fuel to our compulsions, and more and more we chose those which were healthy for us.

We found there was a lot of reading material around which entertained us, or gave us more insight as to our problems, or helped us get a feeling for spirituality; and we chose

those more and more rather than the sex books and titillating ads.

We found more in people than just hot buns or gorgeous legs or great, but short-lived romance or sex; we found compassion, support, love, trust -- TRUST! And, more frequently, we found ourselves choosing those who were healthier for us.

As we progressed in the Program and in our growth and in our spirituality, we found that life was nothing but choices, and the choices were totally up to us, in concert with our Higher Power; that for every choice we made there was a consequence, and we were totally responsible for that consequence -- "good" or "bad". More and more we learned that as we surrendered and let go to our Higher Power, healthy choices became more apparent to us; the voice inside became stronger and stronger; our choices for ourselves became healthier and built and strengthened our self-esteem rather than tear it down and grind it into the crap of the gutter, as they had in the past.



We started taking loving care of ourselves and began to be able to look in the mirror in the morning and see beauty and love instead of ugliness and shame. We started showing others just how many choices there were and how making the right choices for ourselves became

easier with the love and guidance of our Higher Power.

We started living. We chose to see that no matter how dark and hurtful the past had been, we could now live and breathe in the light of love and health. What other choice could there be?

PLEASE SHARE YOUR THOUGHTS WITH US

SERENITY PRAYER

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

MORE FOOD FOR THOUGHT

SCA Young Adults Meetings

We noted an interesting item in the March issue of the FWS NEWSLETTER. A group calling itself "Young Adult Co-dependents and Sex Addicts" (YA-CO-SA), within the SLAA Sacramento Intergroup, is now active in Northern California. In the words of Rick S., "We have discovered that there is sex addiction and co-dependency among young adults ages 14-21 stemming from dysfunctional families like our own. We also discovered that because of our age, it became difficult for us and others to share within the context of the regular Sex and Love Addicts Anonymous meeting. So we did the only thing that seemed logical -- we started our own group in October, 1989. We have found that YA-CO-SA is a safe and loving environment for young adults to work our programs one day at a time."

There is food for thought here for SCA, and we doubt that SLAA would accuse us of being "copy-cats", since the objective of both fellowships is to recover from our compulsions and addictions. Many of us know younger people who have the same problem. Yet, we suspect that many of them are very reluctant to attend the regular meetings with those of us of more advanced age, for whatever reason. One of our helpline answerers reported that one of the callers, who is 20 years old, was worried about how "safe" he would be as a sex addict in a roomful of sex addicts.

So the time may be ripe for young adult sexual compulsives to form an SCA group of their own and get going on their recovery. Perhaps younger members of the existing meetings could provide a core to get things started. If not, the SC SCA 12-Step Committee (213-656-3293) has materials for getting meetings going, suggestions for meeting places, and the like.

As we said above -- FOOD FOR THOUGHT!

It Works... When You Work It!

Logo For SCA?

Logos seem to be the thing these days for government agencies, companies and organizations to hang their hats on. Something a little unique for users and workers and members to identify with. We don't really have a logo as such for SCA as yet. At least not an official one. The recovery booklet has a logo of sorts on the cover. This newsletter has been using a lamp -- lamp of knowledge or self-recognition or illumination? -- in its banner; but this is only because it was about the only one anywhere near appropriate in the clip-art files of our little computer.

So how about scratching your heads and discussing this situation in your meetings. Would an SCA logo be desirable? If so, what should it be? There must be a lot of professional or budding artists out there who could come up with something. Something which would be unique to our Fellowship and would reflect awareness, responsibility, healthfulness, support, fellowship, love..... the things SCA is all about.

We'd like to get your individual and group feedback on this. Please relate these thoughts, and maybe even a design or two, to your Intergroup GSR or send them into the SCANNER and we'll take it from there. We believe a meaningful logo would be an important contribution to our unity. What do you think? Thank you, sisters and brothers.

Applause vs "Thank You"

It might seem like a small point -- a little nit-picky. But, one of the things that at first puzzled, then bothered us somewhat, when attending meetings, was applauding when a member finished a reading or, even moreso, when a member finished sharing. Somehow applauding when a member had just spilled his guts out, maybe even crying, didn't seem all that appropriate. But it seems to be a tradition.

A few weeks ago, we had the privilege of attending a meeting of the newly formed SCA group in Santa Maria. That meeting seems to have formed a little different

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More CONFERENCE from Page 1

799-3147, or the SCA New York Helpline at (212) 439-1123, leaving a message for the Conference Registrar.

The February meeting in Los Angeles was a rousing success. We are confident that the New York Conference will be even moreso. SCA is growing, thanks to meetings such as these, to the many individuals who give time and effort unselfishly in service to the Fellowship, and to the support of the hundreds of individual members.

So if you possibly can, fly off to New York and attend the conference and mix with our brothers and sisters from throughout the Fellowship. This is truly a fantastic way to work out of our isolation!

And don't forget there's a full moon that weekend, so pack lots of moonburn lotion!

More APPLAUSE

tradition in starting up. When a member shares, or does a reading, he/she is acknowledged with a warm, quiet "Thank you, Dave", "Thank you, Sheryl". From our viewpoint, that acknowledgement, rather than applause, seems far more appropriate and meaningful. We noted the same thing at an ACA meeting in Templeton after a member shared.

We lay that out here as food for thought, and for your consideration. Traditions do change with the times. Thank you, brothers and sisters.

NEXT SCANNER

Here's a rundown of some of the news we hope to have for you in the next issue -- due out in late July if Richard's move to Atascadero doesn't screw things up too much:

- Coverage of the New York Conference and ISO meeting;
- Personal account of the Santa Barbara Retreat;
- Story about the New York SCA-Anon meetings for partners of sexual compulsives;
- Updated MEETINGS section;
- SCA news from all over;
- Your stories, poems, news and

SANTA BARBARA RETREAT FILLED UP

Many of you probably heard about an SCA Retreat coming up in Santa Barbara over the Memorial Day weekend. It was announced at the last SC Intergroup meeting in March, and fliers were to be distributed.

Well, the initial word got out before the fliers were put together, and the Retreat "sold out". Full house! Not even standing room!

So, the next issue of the SCanner will have coverage of the Retreat. We are confident that it will be a great success. Read about it in the next issue and get behind having another Retreat later on this year.

What About the SCanner's Print Quality?

We really appreciate the support members have given the SCanner. About the only criticism we've heard is the quality of the printout, or, rather, the lack of it. We certainly agree.

The program we're using on this Commodore system is PaperClip Publisher. It's very flexible, but, as we said, the print quality leaves a lot to be desired. We can't spring for a new system like IBM or Macintosh, as much as we'd like to. We might buy the GEOS system, including their GeoPublish, but we don't know if it would print any better or not. Anyone out there seen the output of one of these? Would it be an improvement? We also recall that there is a program which can convert Commodore's BASIC to IBM's WHATEVER. Any comments on that?

Meanwhile, we'll keep plugging along with what we have, such as it is. We're working it and it works, but we'd sure like to come up with something better. Let's hear from you computer-ites out there! Write to the SCanner at the LA SCA address, or call Richard K, at (714) 536-4477 in Huntington Beach.

comments -- please send them in; our ESP isn't all that good! the SCanner is your newsletter!

See you then! In the meantime, keep up the good work on your RECOVERY!

MY STORY

It's our intention to make this "My Story" section a regular feature of the SCAinner. As with dumping at meetings, dumping here is one more way to rid ourselves of the guilt and shame of our compulsion; one more way to air out the laundry.

Each one of us has his or her very own story. May we encourage you to share it with the rest of us; to help each of us to get better in touch with our own feelings. We'll use only your first name, or not even that if you wish. Please send it in to SCA -- the SCAinner, 4470-107 Sunset Blvd, Ste 520, Los Angeles, CA 90027. Don't worry about typing it, or making it fancy -- just so it's readable and has your heart in it. We're looking forward to sharing it.

We're also looking for your poems, experiences of growth, sharing of your emotions and feelings. This is your page and your newsletter. Please become a part of it.

PERSONAL STORY

On the 5th of May, 1989, I was anything but thankful that I had been arrested in a tearoom for being overly chummy with a vice officer and having to spend an afternoon in the slammer. But a year later, after nearly 12 months in the SCA Program of Recovery, and 11 months of sobriety, I am truly thankful for that arrest -- my "bottom". I honestly believe that God grabbed me by the ass and said, "OK Richard, it's about time for you to get your act together!"

I had just turned 57, and had been in a "monogamous" relationship for nearly 19 years -- most of those living a dual life. A life of lies and excuses, pushing him and others away out of guilt and shame, grovelling on filthy tearoom floors and bookstore stalls, grabbing a quickie with a fellow addict in my van, exposing myself to whatever disease might be around. Before I met him, it was the baths -- three or four tricks a night -- and orgies, and bars, and parks and beachside glory holes and multiple "relationships" which lasted anywhere from 2 hours to 2 years -- always leering over his shoulders

at the hunk across the way. Nothing to be proud of. But, thanks to the Program and the support and acceptance of those real people at the meetings and my Sponsor, the shame and guilt are finally gone -- a whole lot of it anyway -- and I'm progressing in my recovery quite nicely, thank you.

My attorney, who was expensive, but with an expansive heart, suggested that I might just be a sexual compulsive (A WHAT??), and I might consider getting to an SCA meeting. That first time, I waited in my car in the parking lot, watching the guys going into the meeting, saying to myself something like, "Oh shit! How can I get up enough guts to walk through that door!" But somehow I did, and the first one who greeted me was the guy who would shortly become my Sponsor (and who still is). And I felt at home! How many times have you heard that? Many, many, I'm sure. And true.

I listened to all the stories, put members up on pedestals and, with their help, took them back down, shed more than a few tears, got love and support and encouragement and hugs from my Sponsor (including "being there" for me when I finally told my Partner about my arrest and the activities leading up to it) and all the others. Finally, after several weeks, I did my first long share, and for the first time in my life was honestly able to go over my early history with myself, and dump it safely at a meeting. That was the real, firm beginning of my recovery, I think. Getting that stuff out into the light, laundering the shame and guilt, getting it out there for me and others to see and feel and hear has been so very, very important toward getting the self-esteem built up and thinking and acting healthily in my sexuality.

Not all sunshine and roses; not at all! The pain has been tremendous, but I know that the pain, resulting from self-awareness, soul-searching, or whatever you want to call it, has been necessary for healing my disease. There's still a lot there -- there's a blank spot or two in my

MORE OF MY STORY

early childhood to shed some light on -- but I'm finally seeing myself as a loving, worthwhile human, instead of a pile of crap.

As an agnostic, just this side of being a full-fledged atheist, I had a very hard time with the 2nd and 3rd Steps. Not alone there, either, I found. As a compulsive, I pushed and tugged and grunted and gnashed my teeth. "Higher Power, God, Jane, Sam, whatever you call Yourself, where are You? It says right here in the Steps that You're around here somewhere -- come on out so I can turn all this mess over and be cured!" Well -- and there are no accidents, ever -- I eventually made the mind-blowing "discovery" that He was right here in and around me all this time. But I had been looking out there for this Guy in the long beard and white bathrobe lounging around in the clouds with a bunch of fairies, zapping people with lightning now and then, scaring the hell out of most everyone -- just like what's his name painted up there on the ceiling of the Sistine Chapel. No wonder I couldn't find Him!

I've actually joined a Church! A wonderful one -- at least for me it is. And I've been really dosing up on classes and workshops there, while working the Program, finding out more about myself, exploring and nurturing my "little guy" inside, tearing more of my guts out, crying like mad, getting spirituality, love, caring, support.... becoming a human being, forgiving myself, liking myself, loving myself.

We each have our own way in dealing with our dis-ease. And Higher Power/ God/ Jane/ Sam is right in there with us all the way. All we have to do is realize He/She/It is here inside, ready for each of us to understand and accept, and the battle is well on its way to being won. I don't think I'll ever be "cured", but with my Higher Power working right here with me, I've sure got it knocked! I can let it go. And that's what's important.

There's a lot of heavy stuff ahead. My relationship is badly wounded, and may not survive, although, at this writing, it looks like it is rebuilding. A new home is underway 250 miles north of here, and the present home is now in escrow. There's the uprooting, the

turmoil, leaving the familiar faces at meetings and church and classes. And the flea season is upon the dogs again! Stress! Stress! Stress! But, I'm getting my act together, Program meetings are getting started in the area I'm moving to, and I intend starting a small meeting in my new hometown with a couple of other guys -- straight guys, which is absolutely fine with me; they've helped me to realize that although they're hooked on women, and I'm hooked on men, we're all hooked on sex, and we can help each other in our recovery.

I've gotten involved in the Southern California Intergroup, and it's 12-Step Committee. I was one of those who suggested, a couple of months ago, that the time had come for an SCA newsletter to aid in ending our isolation and getting the word out. Guess who's doing a lot of work on it. And I love it. I'm working and talking with people who are well into their recovery, and it's rubbing off on me. And I'm returning, in small way, something to the Program which has provided me with so very much!

It truly works..... if you work it! If that sounds a bit glib and corny, try working it even harder; it's all there for you as it has been -- and still is -- for me.

- Richard K

AND FROM JOE

I feel it is important to recognize that there can be suffering in life and acknowledge there is a problem. We do not want to deny fear and pain. After this recognition, we can take the steps to be healed and freed. We know that at our core there is God and that power is there for us to unify with to heal our lives. I am learning to trust this power to transform and that God's will for us is our good.

- Jodi

I demolish my bridges behind me. Then one loses no time in looking behind when one should have quite enough to do looking ahead. Then there is no choice but forward.

- Fridtjof Nansen

SCA MEETINGS



This is the current listing of SCA meetings around the world. For **[CONTACT]** numbers, additional information, additions or corrections, please write **SCA New York**, PO Box 1585 Old Chelsea Station, New York, NY 10011, or **SCA Southern California**, 4470-107 Sunset Blvd., Ste 520, Los Angeles, CA 90027; or call Brian K. (212) 873-8168, Marshall L. (213) 656-3293, or Richard K. (714) 536-4477. Remember, meetings are a major tool for our recovery.

HELPLINE NUMBERS

New York City:
212-439-1123
Los Angeles:
213-859-5585
Orange County, CA
714-664-5105
San Diego, CA
619-528-9888

MEETINGS

LOS ANGELES - ORANGE COUNTY

[Open to all unless otherwise indicated]
Location legend:

- [1]: Methodist Church, Fountain & Fairfax.
- [2]: Atlantic Alano Club, 1936 E. 4th St.
- [3]: AT Center - Terrace Room, 1773 Griffith Park Bl., near Fountain & Hyperion
- [4]: Gay & Lesbian CS Center, 1213 N. Highland Ave.

MONDAY

7:00 PM - West Hollywood: [1] street-level meeting room

8:00 PM - Pomona: Pomona Valley Alcohol & Drug Treatment Center, 1910 Royalty Dr., Room F

TUESDAY

6:00 PM - Long Beach: [2]
8:15 PM - Hollywood: [4], Room 205
8:00 PM - Garden Grove: GLCSC, 12832 Garden Grove Blvd., Ste A
8:15 PM - West Hollywood: [1], Second floor meeting room

WEDNESDAY

7:30 PM - Atwater: St. Francis & St. Mary of the Angels Chapel, 3621 Brunswick, off Glendale Bl.

THURSDAY

10:00 AM - West Hollywood: W. Hollywood Drug & Alcohol Center, 8939 1/2 Santa Monica Bl.
8:00 PM - Silverlake: [3] [Chips]
8:00 PM - Santa Ana/Tustin: NCA - OC, 2110 E 1st St., Ste 120

FRIDAY

6:00 PM - Silverlake: [3] [Gay & Bi Men Only]
8:00 PM - West Hollywood: [1] Street level meeting room

SATURDAY

11:00 AM - Long Beach: [2]
Noon - Hollywood: [4], Room 205 [Chips]
8:15 PM - Hollywood: [4], Rear street level room 117

SUNDAY

5:00 PM - Pasadena: Throop Memorial Church, 300 S. Los Robles, entrance on Del Mar

7:00 PM - Huntington Beach: Seacliff Village, Room 16R, Goldenwest/ Yorktown/ Main [SCA Identified Members Only]
7:30 PM - West Hollywood: Plummer Park Multipurpose Room, 7377 Santa Monica Bl.

NEW YORK CITY

[Closed, unless noted otherwise by *]

Location legend:

- [A] Ansonia, Apt 16-137, W 73rd St & Broadway
- [B] 92 St. Nicholas Ave, Suite 1B (Near 115th St)
- [C] The Center, 208 W 13th St
- [H] St. Clare's Hospital, 426 W 52nd St.
- [L] St. Jean Baptiste Church, 76th St, east of Lexington (Stairs to basement, ring bell #5)
- [M] Cabrini Hospital, Room 340, 227 E 19th St
- [N] Lambs Club, 130 W 44th St
- [R] 242 E 14th St, 3rd Floor
- [S] St. Peter's Vicarage, 346 W 20th St
- [V] St Vincent's, 130 W 12th St, Cronin Rm 806
- [W] Washington Sq. Methodist Church, 135 W 4th St
- [X] Dempsey Center, St Augustine's Church, 61 Park Place, Brooklyn

SUNDAY

5:00 PM - Dating Workshop [C] *
5:00 PM - Higher Power Workshop [C]
5:00 PM - Brooklyn Meeting [X]

More MEETINGS From Previous Page

6:30 PM - Sexual
Recovery Workshop [C]
7:00 PM - Women/Men
Who Love Too Much [C]
8:30 PM - Meeting [C]

MONDAY

Noon - Round Robin
[A]
Noon - Midtown 4th
Step Workshop [N]
6:00 PM - Challenges In
Sobriety [A]
6:30 PM - Meeting [W]
7:30 PM - Beginners'
Step Meeting [A]

TUESDAY

6:30 PM - SCA-Anon
(for partners of Sexual
Compulsives) [C]
6:30 PM - Topic
Meeting [B]
6:30 PM - Meeting [C]
7:00 PM - Steps 1,2,3
[R]
8:00 PM - 4th Step
Meeting [C]

WEDNESDAY

Noon - Round Robin
[C]
6:30 PM - Romantic
Obsession [C]
7:00 PM - Step Meeting
[H] *

THURSDAY

12:15 PM - Midtown
Round Robin [N]
4:00 PM - 2nd Step
Round Robin [C]
6:30 PM - Topic
Meeting [C] *
7:30 PM - Relapse &
Recovery (for
Repeaters) [L]
8:00 PM - Step Meeting
[C]

FRIDAY

Noon - Step Round
Robin [A]
12:15 PM - Midtown Step
Round Robin [N]
6:00 PM - Beginners/
Interim Sponsor
Program [C]
6:00 PM - Topics in
Recovery [C]
8:00 PM - Topic: Anger
[C]

SATURDAY

2:00 PM - SOS Meeting
[S]
4:00 PM - HIV+ Meeting
[V]

4:00 PM - Women in
Recovery [R]
5:00 PM - Incest/ Sexual
Abuse Survivors [C]
6:00 PM - 1st Step
Meeting [C]
6:30 PM - Meeting [M]
7:30 PM -
Characteristics Meeting
[C]

OTHER U.S. MEETINGS

ALBANY, NY

Suite 206, 1 Pinnacle
Place [Closed Meetings]
[CONTACT]

TUESDAY 7:30 PM -
Discussion Meeting

THURSDAY 7:30 PM -
Romantic Obsession
Meeting

THURSDAY 7:30 PM -
SCA-Anon (for partners
of Sexual Compulsives)

ATLANTA, GA

[Locations change June
1] [CONTACT]

SATURDAY 8:30 PM -
O.A. office, Lindberg
Plaza near Piedmont &
Lindberg (Next to Radio
Shack)

SUNDAY 5:30 PM -
Same location; must
alert [CONTACT] to
attend

CHICAGO, IL

[Closed meetings,
unless noted otherwise]

MONDAY 7:30 PM - New
Town Alano Club, 4407
N. Clark (Northside)
[CONTACT]

THURSDAY NOON -
Same location
FRIDAY 7:15 PM - Same
location

SATURDAY 6:00 PM -
Same location

SUNDAY 7:30 PM - 2nd
Unitarian Church, back
of basement, 656 W.
Barry (Northside)
[Lesbian, gay & straight]
[CONTACT]

GLEN RIDGE, NJ

WEDNESDAY 8:00 PM -
Meeting, Congregational

Church of Glen Ridge,
Ridgewood & Clark
[Closed]

MIDDLETOWN, NY

TUESDAY 8:00 PM -
Meeting, Unitarian/
Universalist Church
Parish House, 6
Orchard St, at East
Main [Closed]
[CONTACT]

MONTCLAIR, NJ

SUNDAY 7:30 PM -
Meeting, Unity Center,
84 Orange Rd.

PHILADELPHIA, PA

FRIDAY 8:00 PM -
Private Home
[CONTACT]

POUGHKEEPSIE, NY

WEDNESDAY 8:00 PM
- Christ Episcopal
Church, Parish House,
Carroll & Montgomery
St. [Closed]

ROCHESTER, NY

MONDAY 8:00 PM -
Private home
[CONTACT]

SAN DIEGO, CA

[Open Meetings]
[CONTACT]

TUESDAY 8:00 PM -
Stepping Stones, 3425
5th Ave.

SATURDAY 8:00 PM -
GLCSC, 3780 5th Ave.,
Downstairs

SUNDAY 8:00 PM -
GLCSC, 3780 5th Ave.

SAN LUIS OBISPO, CA

SATURDAY 6:00 PM -
1957 Santa Barbara St,
back of "H.P. & Co."
[Open] [CONTACT]

SANTA FE, NM

SUNDAY 7:00 PM - 109
St. Francis Dr., Room 1
[Love addiction]
[CONTACT]

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DEAR GABBY

Dear Gabby: I've heard about SCA's 12-Step recovery program for sexual compulsives. I know I have that problem, but I'm really reluctant to go to a meeting where there's a roomful of sex addicts like me. Any suggestions? - Robert F.

Dear Robert: There are no guarantees in life. Now and then a member "comes on" to another at a meeting, or outside of one. SCA suggests careful consideration by members before entering into any sexual relationship with another member. It could be very harmful to the recovery of both. I believe you'll find that the vast majority of the meeting attendees are there for their own recovery and for the fellowship associated with that, and not to "make out". And remember, if something like that does occur when you attend a meeting, there's a very powerful tool you can always use: it's a word called **"NO!"** So take it with you to your meeting. It works. Try it. - Gabby

Dear Gabby: I'm really a mess sexually. Will I get cured from my sex addiction by participating in SCA? - Mary L.

Dear Mary: Most members accept as reality that they will always have the addiction -- they will never be "cured". But they're not discouraged. Through participation in and working the Program, each reaches a state of mind where he/she can express his/her sexuality in a healthy and responsible manner and let the addiction go. Many have found it really does work -- when they work it. - Love, Gabby

Dear Gabby: I'm thinking about joining the SCA 12-Step Program. Do I have to stick to a list of "rules" in making up my sexual recovery plan? - Morgan F.

Dear Morgan: SCA has no such rules and regulations. Its recovery booklet has some examples of sex plans; the group may have some suggestions; a Sponsor also. But it's up to each one to set his/her own boundaries for responsible sexuality -- ones he/she can be comfortable with. And if your first plan doesn't work for you, there's nothing wrong with changing it. - Gabby

Still More **MEETINGS** From the Previous Page

SANTA MARIA, CA

TUESDAY 8:00 PM - 500 S. Broadway, Ste 245A [Open]
[CONTACT]

FOREIGN MEETINGS

GUANAJUATO, MEXICO:
[CONTACT]

MANCHESTER, ENGLAND:
[CONTACT]

PARIS, FRANCE

TUESDAY 7:00 PM - St. Joseph Church (Basement) 50 Avenue Hoche, Paris 17

WEDNESDAY 7:00 PM - 2, Blvd D'Aurelle - De-Paladines (Port Des Ternes) Metro: Porte Maillot
[French Speaking]

FRIDAY 5:30 PM - [CONTACT]

ROME, ITALY: [CONTACT]

For countries where there are no SCA meetings, New York Inter-group will provide you with a list of SLAA and SAA meetings in the country or countries you wish to visit. Write to the SCA New York address at the beginning of this column, or call 212-439-1123 with your request.

MEETINGS WANTED

Would you like to find a meeting in your area that may not be listed in the SCanner? Would you like to start a meeting? Let us know.... we'll list your request in the next SCanner due out in mid-July. There could well be a lot of people out there looking for the same thing! Or there may be "isolated" small meetings which are looking for a way to get their word out. Well, here 'tis!

Write to the SCanner at the Los Angeles SCA address, or call Richard K at (714) 536-4477

The sooner we accept that life is difficult, the easier life becomes.... M. Scott Peck