

Day	Time	Name	Address	Notes
All Area Phone Meetings				
Sunday	7:00 pm EST	Focus on Anorexia - Men and Women	712-432-0150 Pass code: 232562#	Tel. & code are subject to change. Check web: www.localslaa.org/node/17
Monday	2:00 pm EST	Step Meeting	712-432-0150 Pass code: 232562#	
Wednesday	9:00 pm EST	Women's Anorexia	218-339-2611 Pass code: 343434#	
Thursday	8:30 pm EST	Focus is on Cross Addictions	712-432-1600 Pass code: 399544#	
Saturday	8:30 am EST	Focus is on Cross Addictions	712-432-0150 Pass code: 232562#	
Saturday	12:00 am EST	Phone Meeting	218-339-2611 Pass code: 32587#	
Saturday	3:00 pm EST	Phone Meeting	712-432-0150 Pass code: 232562#	
All Area Online Meetings				
7 Days a week, 365 days a year	12:00 pm EST 4:30 pm EST 10:00 pm EST	http://webchat.stalink-irc.org/daily	Website: www.slaaonline.org	Note: First you will need to email slaonline@yahoo.com for instructions on how to enter a meeting.

Meetings are CLOSED unless specifically noted as 'open'

Brooklyn

Wednesday	7:35-9:05 pm	The Solution is Spiritual Women's SLAA Meeting	First Unitarian Church, 50 Monroe Place, Brooklyn Heights	Use side entrance. #2 or 3 Train to Clark St. or #2, 3, 4, 5 to Boro Hall or R to Court St.
Friday	5:30-6:30 pm	Women's meeting in Williamsburg	Our Lady of Mount Carmel Church 275 North 8 th Street	Basement (Between Havemeyer St. & Meeker Ave.)
Saturday	1:00-2:15 pm	The Solution is Spiritual Women's SLAA Meeting First Unitarian Church, 50 Monroe Place, Brooklyn Heights	First Unitarian Church, 50 Monroe Place, Brooklyn Heights	Use side entrance. #2 or 3 Train to Clark St. or #2, 3, 4, 5 to Boro Hall or R to Court St.

Manhattan

Sunday	3:00-4:30 pm	Women's Meeting	St. Francis Education Center, 139 W. 31 St., 2FL, Room #3	
Sunday	4:00- :30 pm	Men's Qualification	Our Lady of Ascension Church 221 W. 107 th St.	btw. Broadway & Amsterdam; enter through the alley way on 107th St. Second Floor Music Room.
Sunday	7:45-8:45 pm	Women's Meeting - Fantasy/Anorexia Focus	St. Francis of Assisi Adult Education Center 135 W. 31st St.	Step meeting. We will focus on the solution not the problem. Btw 6th & 7th. Rm 5 (3rd flr)
Monday	6:00-7:30 pm	Sexual & Emotional Anorexics	St. Francis Education Center, 139 W. 31 St., 3FL, Room #5	Second Floor Music Room.
Monday	7:45-9:15 pm	Women's Step Writing Workshop	Realization Center, 19 Union Square West, 7FL	See receptionist for room number. Please do not arrive early.
Monday	7:30-9:00 pm	Men's Step Meeting	GMHC, 119 W. 24 St.	Check schedule in lobby for room/floor.

Tuesday	6:00-7:30 pm	Withdrawal	St. Francis Education Center, 139 W. 31 St., 3FL, Room #5	
Tuesday	7:45-9:15 pm	Women's Meeting	Soldiers', Sailors', Marines', Coastguards' and Airmen's Club, 283 Lexington Ave., @ 37 St., 2 nd FL	
Wednesday	6:00-7:30 pm	Men's Meeting	Our Lady of Ascension Church, 221 W. 107 St.	In basement.
Wednesday	6:00-7:30 pm	Midtown Men's Meeting	St. Francis Education Center, 139 W. 31 St., 3FL, Room #5	
Wednesday	6:30-7:30 pm	Westside Women's Meeting	Universalist Church, 160 Central Park West.	Enter on W. 76 St., ask security which room.
Thursday	7:15-8:45 pm	Women's Meeting	Soldiers', Sailors', Marines', Coastguards' and Airmen's Club, 283 Lexington Ave., @ 37 St., 2 nd FL	
Thursday	7:30-9:00 pm	Thursday Men's Step Meeting	GMHC, 119 W. 24 St.	Check schedule in lobby for room/floor.
Friday	4:30-6:00 pm	Becoming Unaddicted to a Person	St. Francis Education Center, 139 W. 31 St., 1FL, Room #2	
Friday	6:15-7:45 pm	Sexual and Emotional Anorexics	St. Francis Education Center, 139 W. 31 St., 3FL, Room #5	
Saturday	10:30- 1:45 am	Living in the Principles (OPEN)	Soldiers', Sailors', Marines', Coastguards' and Airmen's Club, 283 Lexington Ave., @ 37 St., 2 nd FL	Emphasis on the principles of the 12 steps. Co-ed. Anorexics and addicts welcome. Call 773 343 9613 for info.
Saturday	6:00-7:30 pm	Beginners Meeting (OPEN)*	St. Francis Education Center, 139 W. 31 St., 1FL, Room #2	

Dutchess, Orange, Ulster and Westchester Counties

Monday	6:30-7:45 pm	Mid-Hudson Men's	St. Lawrence Friary, 182 Sargent Ave., Beacon, NY	Knock to enter. <i>*Newcomers can call 917-214-4532 for more info.</i>
Monday	6:00 pm	Dignity of Self	Christ the King Church	3021 Rt. 213 Stone Ridge, NY
Wednesday	7:00 p.m.		Greenville Community Reformed Church Room 17 270 Ardsley Road Scarsdale, NY 10583	Contact: Kathryn, 914-843-3231
Wednesday	7:30 pm	Orange County	First Presbyterian Church of Hamptonburgh, Route 207, Campbell Hall, NY.	9-10 miles West of Stewart Airport on Rt. 207, past Otterkill Golf Course, before the RR tracks.
Saturday	9:00-10:00 am	Orange County SLAA	First Presbyterian Church of Hamptonburgh, Route 207, Campbell Hall, NY.	9-10 miles West of Stewart Airport on Rt. 207, past Otterkill Golf Course, before the RR tracks.

Long Island

Sunday	4:15-5:15 pm	Women's Step/Tradition	House Adjacent to People's Church	Delaware Ave/Park Ave <i>*Begins March 7, 2010</i>
Monday	8:00-10:00 pm	Melville Regular Meeting	Sweet Hollow Presbyterian Church	95 Old Country Road(between Rt. 110 and(between Rt. 110 and Round Swamp Road).Take Northern Parkway to Rt. 110 South.Make first right on Old Country Rd. Church is 1/2 mile on right.
Tuesday	7:30-9:00 pm	Long Beach Meeting Men's		
Wednesday	1:00-2:30 pm	Melville Mid-Day Men's	Sweet Hollow Presbyterian Church, 95 Old Country Rd.	btw. Rt. 110 and Round Swamp Road: first right on OCR, half-mile, church is on right.
Wednesday	7:30-9:00pm	Long Beach Women's Meeting	House adjacent to Peoples Church on Delaware Ave. and corner of Park Ave.	Candlelight meeting

Thursday	7:45-9:15 pm	Serenity for Womem	Sweet Hollow Presbyterian Church 95 Old Country Road	Btw Rt 110 and Round Swamp Rd. Take Northern Pkwy to Rt 110 S. First right on Old Country Rd.
Friday	1:00-2:00 pm	Serenity for Women	95 Stewart Avenue Hicksville	
Saturday	10:00-11:30 am	East Hampton Meeting	East Hampton Senior Center 128 Springs Fireplace Road.	
Saturday	12:30-2:00 pm	Deer Park Step Meeting	Ascension Lutheran Church, 33 Bay Shore Rd.	Near intersection with Deer Park Ave. (Rt. 231); one mile North of the Southern State Parkway.

Day	Time	Name	Address	Notes
New Jersey				
Sunday	7:30-8:45 pm	Montclair Step Meeting Contact: Rob S. 201-401-7995	First Lutheran Church 153 Park Street, btw. Chestnut & Watchung Ave.	Montclair HS is on both corners. The church is just beyond the HS on the right side of the street. Enter through rear entrance.
Sunday	8:00-9:00 pm	Bound Brook Sunday Meeting Revolving Format Contact: Steve I 908-413 2470	Bound Brook Presbyterian Church, 409 Mountain Ave. @ Union Ave.	Meeting is held in sanctuary in the cemetery across the street from Bound Brook Church.
Monday	6:30-7:30 pm	Men's Possibility Group (Men only) Revolving Format Contact: Larry W. 201 803 0281	Edgewater Recreational Center, River Road, near Rt. 5	
Monday	7:30-8:45 pm	Montclair Revolving Format Contact: Rob S. 201-401-7995	First Lutheran Church 153 Park Street, btw. Chestnut & Watchung Ave.	Montclair HS is on both corners. The church is just beyond the HS on the right side of the street. 2 nd FL.
Tuesday	7:30-9:00 pm	Morristown Revolving Format Contact is: Lee 908-876-4018	Morristown Memorial Hospital, 100 Madison Ave., Rt. 124 just off 287.	Take Franklin elevators to 5 FL, Room #571.

Wednesday	7:30-8:45 pm	Montclair Wednesday Topic/discussion/g etting current Contact: George 973-481-5267	First Lutheran Church, 153 Park Street, btw. Chestnut & Watchung Ave.	Montclair HS is on both corners. The church is just beyond the HS on the right side of the street. 2 nd floor
Thursday	7:30-8:45 pm	Morristown Step Meeting Contact: Phil P. 551-486-0373	Morristown Memorial Hospital, 100 Madison Ave., Rt. 124 just off 287.	Take Franklin elevators to 5 FL, Room #571.
Friday	7:30-8:30 pm	Montclair (OPEN) Beginners Meeting Contact: George 973-481-5267	First Lutheran Church, 153 Park Street, btw. Chestnut & Watchung Ave.	Montclair HS is on both corners. The church is just beyond the HS on the right side of the street.
Friday	8:45-9:45 pm	Montclair Revolving Format 973-481-5267	First Lutheran Church, 153 Park Street, btw. Chestnut & Watchung Ave.	Montclair HS is on both corners. The church is just beyond the HS on the right side of the street.
Saturday	3 p.m. – 4 p.m.	Higher Power Group Lisa S 973 778 9322 for more info.	First Lutheran Church 153 Park St. Montclair, NJ.	
Saturday	7:30-8:45 pm	Morristown Characteristics/ Signs of Recovery/Promises /Tools Contact: Rob S 201-401-7995	Morristown Memorial Hospital, 100 Madison Ave., 5 FL, Rt. 124 just off 287.	Take Franklin elevators to 5 FL, Room #571.

(To update or correct meeting information, please email info@slaany.org.)

***All meetings are closed meetings unless noted (OPEN).**

Suggested Format for SLAA Meetings

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 renders any personal differences of sexual or gender orientation irrelevant. 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.

S.L.A.A. Twelve Steps (©1985 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.

The Twelve Traditions of S.L.A.A. (©1985 S.L.A.A.)

1. Our common welfare should come first; personal recovery depends upon S.L.A.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as this Power may be expressed through our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for S.L.A.A. membership is the desire to stop living out a pattern of sex and love addiction. Any two or more persons gathered together for mutual aid in recovering from sex and love addiction may call themselves an S.L.A.A. group, provided that as a group they have no other affiliation.
4. Each group should be autonomous except in matters affecting other groups or S.L.A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the sex and love addict who still suffers.
6. An S.L.A.A. group or S.L.A.A. as a whole ought never to endorse, finance, or lend the S.L.A.A. name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions.
8. S.L.A.A. should remain forever nonprofessional, but our service centers may employ special workers. S.L.A.A. as such ought never to be organized; but we may create service boards or committees directly responsible to those they serve.
9. S.L.A.A. has no opinion on outside issues; hence the S.L.A.A. name ought never to be drawn into public controversy.
10. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, film, and other public media. We need guard with special care the anonymity of all fellow S.L.A.A. members.
11. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

STEPS & TRADITIONS REPRINTED FOR ADAPTATION BY PERMISSION OF A.A. WORLD SERVICES, INC.

Suggested Announcement Regarding Crosstalk, Feedback and Triggering Language

In sharing during S.L.A.A. meetings, we proceed in an orderly, respectful manner. The chairperson, speaker, or last person who shared will call on people to share. We do not interrupt one another or engage in discussion—this is called “crosstalk.” While we encourage expressions of identification with, and appreciation for speakers, we also do not judge or comment on what people say, or tell them what to do—this is called “feedback.” It should be noted that we encourage open, honest discussion of the various ways in which the disease of sex and love addiction has manifested itself within our lives. However, we avoid naming specific persons, locations, publications, etc., related to acting out. Please be aware that some of us can be triggered by the use of sexually explicit and/or abusive language, and aggressive behavior. Our recovery depends upon safe rooms and a spirit of unity. If for any reason you feel unsafe, please raise your hand and ask the chair to read these guidelines again.

Suggested Closing Statement

In the spirit of recovery from sex and love addiction, we suggest that sex between members not be treated lightly. Sex between people new to the fellowship and other members is discouraged. Talk to each other, reason things out with someone else. Let there be no gossip or criticism of one another, but only love, understanding, and companionship. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. Who you see here, and what you hear here, when you leave here, let it stay here.

Service Guidelines

It is suggested that individuals filling group service positions (e.g., Co-Chair, Treasurer, etc.) possess at least 1 month free from bottom-line addictive behavior, or, preferably, 3 months of sobriety and six months of S.L.A.A. attendance, although sobriety requirements are determined by individual groups, per our Fourth Tradition.

Keeping Meetings Safe

In order to provide a place where recovery from sex and love addiction can occur, it is essential that all meeting participants practice and observe the First Tradition of S.L.A.A.: “Our common welfare should come first; personal recovery depends on S.L.A.A. unity.” Individuals unwilling or unable to conduct themselves in accordance with this Tradition may be asked to leave a meeting.

Additional Information

This Meeting List is produced by the Greater New York Intergroup (GNYI) of S.L.A.A., www.slaany.org, 212-946-5298, info@slaany.org. Contributions and correspondence are mailed to: GNYI of S.L.A.A., P.O. Box 8086, New York, NY 10116-4650. More information about S.L.A.A. may be found at www.slaafws.org, 210-828-7900, info@slaafws.org, 1550 NE Loop 410, Ste. 118, San Antonio, TX 78209.