

DEAR GRACE

Tradition One and “specialty” meetings

BY WOMEN'S
OUTREACH
COMMITTEE

Grace supports the existence of women-only meetings because we continue to hear stories of their success in carrying the message, the primary purpose that unites us all.

Dear Grace,

I thought Tradition One was all about Fellowship Unity. How do “specialty” meetings uphold this tradition without creating division?

Unity

Dear Unity,

Grace supports the existence of women-only meetings because we continue to hear stories of their success in carrying the message, the primary purpose that unites us all. Like this one:

Hello, my name is Evah, and I'm a sex addict. When I was first confronted with the statement, "You are a sex addict and you need a program," I was terrified. I was told by my marriage counselor that I needed women-only meetings. With my life on the line, I spent the first few weeks of my sobriety trying to find a women-only meeting that I could access. I live in a rural area, and there weren't any women-only meetings within a five-hour drive from me. I needed something that I could access over the phone or internet without triggering my compulsions.

I searched many different S-group fellowships until I found what I was looking for: women-only meetings that I could access over the phone. I called the meeting contact for the newcomers' meeting, and I found compassion and empathy immediately. I was told that I should try to go to a meeting a day for the first ninety days, and that I could start that very night! The telemeeting intergroup made this very doable. I was able to access two or three different women-only telemeetings a day very quickly. These meetings made my recovery possible.



Mixed meetings weren't an option for me. I would not have been able to practice rigorous honesty or to have vulnerability in a mixed meeting, not because of the men in attendance, but because of my own inner-circle behaviors and character defects. Now that I have over twenty months of sobriety and am about to work Step Twelve, I am able to give back to the SAA fellowship which gave me the tools to gain and maintain my sexual sobriety. I am the secretary of the Women's Outreach Committee, and I plan to start sponsoring soon. I am also planning on attending my first ISO convention this year as well as volunteering in the Women's Room. To be included in the fellowship of SAA, I needed a specific set of rooms, and

within those walls, I found hope, freedom, and safety. Because of the diversity of the communities within SAA, I can serve the still-suffering addict, maintain my sexual sobriety, and enjoy the loving embrace of my Higher Power.

In service,
Grace

*Statement of Purpose for Dear Grace: to reach out to all women with a desire to stop addictive sexual behavior through this printed medium and share with the fellowship the types of questions the Grace e-mail (grace@saa-women.org) receives. *Names have been changed to protect anonymity.*

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