

# The Twelve Steps

*“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, P. 20

1. We admitted we were powerless over addictive sexual behavior - 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 God as we understood God, 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 other sex addicts and to practice these principles in our lives.

The Greater Vancouver Sex Addicts Anonymous® (SAA) Intergroup is an autonomous fellowship, registered with the International Service Organisation of SAA, and composed of like registered groups of recovering sex addicts in the greater Vancouver area, who follow the Twelve Steps and Twelve Traditions of SAA

SAA is a fellowship of men and women who share their experience, strength, and hope with each other, that they may solve their common problem and help others to recover from their sexual addiction. The only requirement for membership is the desire to stop addictive sexual behavior. If you are new to Twelve Step recovery and/or to S.A.A., we encourage you to attend one of our meetings.

[www.saavancouver.org](http://www.saavancouver.org)

GVSAA Intergroup  
PO BOX 4941, STN Terminal Vancouver, BC,  
V6B 4A6

604.653.2555 (Voice Mail)

MEN: [men@saaVancouver.org](mailto:men@saaVancouver.org)  
WOMEN: [women@saaVancouver.org](mailto:women@saaVancouver.org)



## Greater Vancouver Sex Addicts Anonymous SAA Group Meetings Schedule

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Area SAA Intergroup

## Are you a Sex Addict?

*“Before coming to Sex Addicts Anonymous, many of us never knew that our problem had a name. All we knew was that we couldn’t control our sexual behavior. For us, sex was a consuming way of life. Although the details of our stories were different, our problem was the same. We were addicted to sexual behaviors that we returned to over and over, despite the consequences.”*

— SEX ADDICTS ANONYMOUS, P. 3

Although sex addicts may act out sexually in many different ways, there are common elements that seem to characterize our addiction:

- Powerlessness over addictive sexual behavior.
- Resulting unmanageability of his/her life.
- Feelings of shame, pain, and self-loathing.
- Failed promises and attempts to stop acting out
- Preoccupation with sex leading to ritual.
- Progressive worsening of negative consequences

Recovery was possible for most of us only when we accepted the fact that we were powerless over our addictive sexual behavior and that we were incapable of changing without help from outside ourselves. Many of us came to this realization when we started attending SAA meetings. In that setting we heard stories similar to ours and realized that recovery from our malady was possible. We learned through the SAA Fellowship that we were not hopelessly defective.

We discovered that, when we began applying the Twelve Steps consciously in our lives, we could abstain both from obsessive mental pre-occupation with sex and compulsive sexual behavior. We found faith and courage to change our way of thinking and acting. We began accepting daily problems as stepping stones to spiritual growth. As we continued working the Twelve Step Program, we experienced the return of personal integrity and found a new sense of purpose in our lives. We discovered the joy of freedom from addiction.

### MONDAYS

\*FRESH START GROUP  
Mixed/Closed Meeting  
Mon. 12:00 pm - 1:00 pm  
Roundhouse Community Centre 181 Roundhouse Mews,  
Vancouver

\*GENESIS GROUP  
Mixed/Closed Meeting  
Mon. 7:30 pm - 9:00 pm  
Seniors Adult Day Care  
3076 East 49th Ave.  
Vancouver  
Annex Bdg. on SW Corner,  
Entrance from parking lot  
behind building

\*NORTH VANCOUVER  
Mixed/Closed Meeting  
Mon. 7:00 pm – 8:00 pm  
Club Alano - 176 East 2nd St,  
North Vancouver (Grd. floor of  
highrise. Lower Lonsdale area,  
short walk to Seabus terminal

### TUESDAYS

SHAME TO GRACE GROUP  
Mixed/Open Meeting  
Tues. 5:30 pm - 6:30 pm Qmunity,  
Rm. G,  
1170 Bute St. Vancouver

VANCOUVER & AREA  
INTERGROUP MEETING  
Mixed/Closed Meeting  
3rd Tuesday of every month  
7:00 pm - 8:30 pm  
Qmunity, Board Room  
1170 Bute St. Vancouver  
*Intergroup supports local  
meetings on an administrative  
level.  
Interested in volunteering with  
SAA? Join us at the Intergroup  
meeting!*

\*LANGLEY TUESDAY  
NIGHT MEETING  
Mixed/ Open Meeting  
Tues. 7:30 pm - 9:00 pm  
Douglas Recreation Centre,  
Games Room, 20550  
Douglas Cres, Langley  
Info line: 604-290-9544

\*RECOVERY ON THE  
INLET  
Mixed/Closed Meeting  
7:30 pm – 9:00 pm  
St. Andrews United Church,  
2318 St. Johns Street  
Port Moody

### WEDNESDAYS

WEDNESDAY MORNING  
STEP MEETING  
Mixed/Closed Meeting  
7:00 am - 7:45 am  
St. Andrew’s-Wesley United  
Church, 1012 Nelson St.  
Vancouver.  
meeting held in Marnie’s  
Room (first door on the right)

\*BOWEN ISLAND  
MEETING  
1:00 PM Rivendale Retreat  
Centre  
Call Greg at (604) 340-8056

WEDNESDAY EVENING  
SAA GROUP  
Mixed/Closed Meeting  
Wednesdays 7:30 pm - 9:00  
pm St. Vincent Room  
Holy Rosary Cathedral  
650 Richards St.  
Vancouver.  
Enter from Richards St  
through the door marked 650  
(not 648). The St. Vincent  
Room is the first door on the  
right.

WEDNESDAY EVENING  
SAA ABBOTSFORD  
GROUP  
Wednesdays at 6:30 p.m.  
Men Only/Open  
Fresh Wind Centre.  
31726 South Fraser Way.  
Abbotsford.  
The door is half- way down  
the east side of the building.

\*WEDNESDAY EVENING  
SAA SURREY GROUP  
7:00 pm – 8:00 pm  
Mixed/Closed Meeting  
City Centre Library, 10350  
University Drive, Surrey  
Room 306

WEDNESDAY NIGHT  
PROGRESS  
Mixed/Open Meeting  
7:00 pm – 8:00 pm  
The Russel Residence &  
Housing Centre,  
740 Carnarvon Street,  
New Westminster  
Carnarvon & Alexander  
Street intersection (use side  
entrance)

### THURSDAYS

\*SERENITY AT NOON  
Mixed/Closed Meeting  
Thurs. 12:00 pm - 1:00 pm  
Roundhouse Community  
Centre, 181 Roundhouse  
Mews. Vancouver

\*ANSWERS IN THE HEART  
Mixed/Closed Meeting  
7:30 pm - 9:00 pm Seniors  
Adult Day Care  
3076 East 49th Ave.  
Vancouver  
Annex Bdg. on SW Corner,  
Entrance from parking lot  
behind building

THURSDAY NIGHT  
WHITE ROCK GROUP  
Mixed/Closed Meeting  
Thurs. 7:30 pm - 9:00 pm  
First United Church  
15385 Semiahmoo Ave  
White Rock,  
Dogwood Room

### FRIDAYS

FRIDAY NIGHT  
FELLOWSHIP  
Mixed/Closed Meeting  
Fri. 7:30 pm - 9:00 pm  
St. Andrew’s-Wesley United  
Church, 1012 Nelson St .  
Vancouver.  
meeting is held in Marnie’s  
room (Side entrance, first  
door on the right).

\*SOLUTIONS GROUP  
Mixed/Closed Meeting  
Friday 12:00 pm – 1:00 pm  
Roundhouse Community  
Centre, Music Room, 181  
Roundhouse Mews,  
Vancouver

### SATURDAYS

SATURDAY MORNING  
AWAKENING GROUP  
Mixed/Closed Meeting  
Sat. 10:30 am - 12:00 pm  
St. Paul’s Anglican Church of  
the West End  
1140 Jervis St  
Vancouver  
Lower Hall. Enter on  
Pendrell St, NE corner of  
building, downstairs.

\*HOW IT WORKS GROUP  
Mixed/Closed Meeting  
Sat. 7:30 pm - 8:30 pm  
St. James Cottage Hospice  
650 North Penticton St.  
Vancouver.  
Enter on ground floor around  
back. North side of building,  
off the park. Please do not  
park in Hospice parking lot  
**SUNDAYS**

STEP ELEVEN PRAYER  
AND MEDITATION  
Mixed/Closed Meeting  
Sun. at 10:00 am - 11:30 am  
Please arrive before 10 am or  
be prepared to wait outside  
during the meditation period  
of the meeting, which is from  
10:00 to 10:15 (and we must  
keep the door locked, sorry)  
Qmunity, Room G  
1170 Bute St. Vancouver

OUT OF THE SHADOWS  
Mixed/Closed Meeting  
Sun. 7:30 pm - 9:00 pm  
Spanish Rm. 2775 Sophia  
St Vancouver.

### LEGEND:

\* means wheelchair accessible.

“Mixed” means open to both men and women.

“Closed” means open to sex addicts only AND newcomers who think they may have a sexual addiction.

“Open” means open to both sex addicts AND people who do not necessarily identify as sex addicts.

**Newcomers are welcome at all meetings**

If you would like to speak to someone in our fellowship before attending your first meeting, please call our phone line at: 604.653.2555 leave a message and someone will get back to you.

Please visit our website at:  
[www.saavancouver.org](http://www.saavancouver.org)

This meeting list is accurate as of April 2016