

“S” Recovery in St. Louis

The Second Annual Retreat is jointly sponsored by SCA, SLAA and SAA. It is our hope that this area-wide “S” recovery retreat can help members of all fellowships strengthen recovery and create greater unity as we trudge the road of happy destiny.

Recognition of and recovery from sex addiction arose in the late 1970s. People around the country recognized their powerlessness over sexual behaviors and romantic thoughts. Soon they formed groups following the 12-step model of Alcoholics Anonymous with a focus on recovery from out-of-control sexual behavior and romantic thoughts: Sex & Love Addicts Anonymous (1976, Cambridge, MA), Sex Addicts Anonymous (1977, Minneapolis), Sexaholics Anonymous (1979, California), & Sexual Compulsives Anonymous (1981, NYC).

In St. Louis, “S” recovery began with SA in the mid-80’s, SLAA in 1987, SCA in 1992, and SAA in 2009. Currently, there are approximately 30 “S” recovery meetings per week and several hundred men and women actively working “S” recovery programs in St. Louis. SCA has 11 weekly meetings & an active Intergroup Meeting, SLAA has 3 meetings per week, SAA has one weekly meeting, and SA has about 15 weekly meetings.

Retreat Schedule

Friday, August 27

4:00 – 6:00 pm: Arrival and Registration

6:00 – 7:00 pm: Welcome Dinner

7:30 – 8:30 pm: Speaker Meeting with Keith M.

9:00 pm: Candlelight Meeting

Saturday, August 28

7:00 – 7:45 am: Morning Meditation

8:00 – 9:00 am: Breakfast

9:00 – 10:30 am: Recovery Workshops

10:30 am – Noon: Free Time

Noon – 1:00 pm: Lunch

1:00 – 2:30 pm: Recovery Workshops

3:00 – 4:30 pm: Recovery Workshops

4:30 – 6:00 pm: Free Time

6:00 – 7:00 pm: Dinner

7:00 – 8:00 pm: Speaker Meeting with Bob C. (Chicago SCA & SAA)

8:00 – 9:30 pm: Social, “Rejoicing in Fellowship”

9:30 – 10:30 pm: Candlelight Meeting

Sunday, August 29

7:00 – 8:00 am: Morning Meditation

8:00 – 9:00 am: Breakfast

9:00 – 10:00 am: Speaker Meeting with Meg M.

10:00 – 10:30 am: Free time

10:30 – 11:30 am: Closing circle

Noon: Lunch, followed by Departure

The Second Annual Retreat

The Second Annual Retreat is a time for Recovery, Reflection and Rejoicing.

Recovery: The Retreat will offer many opportunities for extending the breadth and depth of our recoveries. Both mornings open with a Morning Meditation, and both evenings close with a Candlelight Meeting. Workshop topics include the Internet, women’s issues, Step 3, Steps 6 & 7, and meditation.

This year, we welcome two guest speakers: Bob C. of Chicago will speak Saturday night. He has 15 years of “S” Recovery via SCA & SAA. Chris Frey will lead a workshop. He is a St. Louis therapist with 20 years experience working with male sex addicts and sex abuse survivors.

Reflection: Reflection being an essential part of recovery, the Retreat offers time set aside for quiet introspection, as well as a workshop on meditation.

Rejoicing: As we rejoice in our recovery and our fellowship, in the growth of “S” Recovery in St. Louis and our own personal recovery in the program, the Retreat is a time of celebration. In particular, the Saturday night general session, “Rejoicing in Fellowship,” offers a lighthearted social opportunity.

Registration Form

Please Mail to:

Retreat Registration
5132 Waterman Blvd., # 307
St. Louis, MO 63108

Name: _____

Address: _____

Telephone No.: _____

E-Mail: _____

Registration Options (please check one):

All 3 days, w/6 meals, bedding and linen:
\$190.00 per person (\$210 if registration
received after 8/7)

Saturday only, w/ 3 meals:
\$90.00 per person (no scholarships)

*Limited scholarships will be available for
those unable to pay the full weekend tuition.*

Send registration form with \$100 deposit
(Saturday-only registrants send full
tuition) by August 7 for the discounted
rate. Full payment is due August 21.
Please make checks (*no cash*) payable to:
St. Louis Retreat Committee. You will
receive registration confirmation by mid-
August, which will provide directions and
all necessary details.

For more information, please contact:
Matt B.: 314-243-4942
Anthony L.: 314-440-8821

<http://www.stlouisrecovery.com/>

Freedom from the Bondage of Self

Whether you have been in recovery for a long time or are just beginning, you probably have experienced a lot of frustrated feelings that didn't just go away when you got abstinent or sober – problems with relationships, work, anxiety, depression, or feelings of emptiness. These feelings are natural for us no matter what our addiction and the amount of time in recovery we have. But we don't have to let them rule our lives. The 12 Steps offer us a solution! Join us in a joyful exploration of Recovery.

About The Marianist Center

Marianist Retreat and Conference Center
4000 Highway 109 / PO Box 718
Eureka, MO 63025-0718
<http://www.mretreat.org/>

The center sits on 120 acres of beautiful rolling hillsides with 3 miles of scenic hiking trails along the Meramec River. Accommodations include meals & private room w/private bath (bedding and towels provided).

From St. Louis: travel I-44 west to the Eureka exit, (Hwy. 109) turn right (north), and travel approximately 2½ miles to the Center, which is on the right side.

GATEWAY TO RECOVERY



The "S" Recovery Fellowships of St. Louis

Present

Promoting Healthy Sexuality & Intimacy Second Annual Region-Wide Retreat

*To stay sexually sober and help
one another to achieve sexual
sobriety one day at a time.*

***The Marianist Center
Eureka, Mo.
August 27-29, 2010***