

You are not alone.

Sex and Love Addicts Anonymous is a Twelve Step, Twelve Tradition-oriented fellowship based on the model pioneered by Alcoholics Anonymous. One of the resources we draw on is our willingness to stop acting out in our own personal bottom-line behaviors on a daily basis; those behaviors which have gotten us in trouble in the first place. In addition, members reach out to others in the fellowship, practice the Twelve Steps and Twelve Traditions of S.L.A.A., and seek a relationship with a higher power to counter the destructive consequences of destructive behaviors related to sex, love or Internet addiction, dependency on romantic attachments, emotional dependency, and sexual, social and emotional anorexia. We find a common denominator in our obsessive, compulsive patterns which renders any personal differences of sexual or gender orientation irrelevant.

The only requirement for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction.

We are restored to sanity, on a daily basis by participating in the process of recovery.”

Welcome to SLAA

1. These are the suggestions for Newcomers Define your bottom-line behaviors.
Don't act out - just for today, this hour, this moment; no matter what!
IT WILL PASS.
2. Ask for help on a daily basis. Set aside a time of prayer each morning and ask, "Help me to say away from acting out for today."
3. Set aside a time of thanks each night and express gratitude for the help received by saying,
4. "Thank you".
5. Attend SLAA meetings regularly.
6. Join a group.
7. Get active in your group and in SLAA.
8. Get a sponsor or talk to an SLAA member on a daily basis during your withdrawal.

Phone List: Name and Phone Number

Sex and Love Addicts Anonymous of Memphis

Meeting Schedule



Recovery is possible from sex and love addiction.

WEBSITE: [HTTPS://SLAA-MEMPHIS.ORG](https://slaa-memphis.org)

EMAIL: MEMPHISAREASLAA@GMAIL.COM

Revised: 03/24/2024

MONDAY

Monday Morning 6:30 AM-7:30 AM In-Person Meeting

Shady Grove Presbyterian Church
5530 Shady Grove Road 38120

Monday Morning 6:30-7:30 AM Zoom Meeting

Meeting ID 822 1348 5496

Password Email:

memphisareaslaa@gmail.com

TUESDAY

Noon Hybrid 12:00 PM – 1:00 PM In-Person Meeting & Zoom (Hybrid)

Central Christian (Christ City) Church
531 South McLean Blvd. 38104

At the corner of McLean Blvd. & Peabody Ave.

The entrance faces McLean and follow the hall to the basement.

Join via Zoom:

Meeting ID 729 4234 1948

Password Email:

memphisareaslaa@gmail.com

Women Only Meeting 7:00 PM-8:00 PM In-Person Meeting

Shady Grove Presbyterian Church
5530 Shady Grove Road 38120

WEDNESDAY

Olive Branch Meeting 7:00-8:00 pm

In-person: Pleasant Hill United Methodist Church
3711 Pleasant Hill Road Olive Branch MS (Held in the white house on the south end of the church property, park in the church lot and follow the roofing shingles to the meeting place.)

THURSDAY

Thursday 8:30 pm

(formerly at Grace St. Luke's)

In-person: Mullins United Methodist 4 N
Mendenhall Rd 38117 in the gymnasium

Also via Zoom: Meeting ID: 239 633 6104

PW: Email to memphisareaslaa@gmail.com

FRIDAY

Friday Book Study 6:30 AM-7:30 AM

Zoom Meeting:

Meeting ID: 814 2941 1414

Password Email: memphisareaslaa@gmail.com

Crossroads – Hybrid 7:00 PM – 8:00 PM

In-person: First Congregational Church
1000 S. Cooper 38104 (North Building - Enter the red door under the awning in the back parking lot, and ring the doorbell for entry.)

Hybrid via Zoom:

Meeting ID 849 1955 7923

Password Email: memphisareaslaa@gmail.com

SATURDAY

Saturday Women's Meeting 10:00-11:00 AM

In-Person Meeting:

Shady Grove Presbyterian Church
5530 Shady Grove Road

Hybrid via Zoom: (Must use video)

Meeting ID: 895 0965 6691

Password Email:

memphisareaslaa@gmail.com

GSL Weekend Warriors Noon-1 PM

In-person: Grace Saint Luke's Episcopal Church 1720 Peabody Avenue (Use Peabody entrance, up the ramp on the south side of the building. Ring the doorbell, someone will let you in.)

SUNDAY

Crossroads – Hybrid 4:00-5:00 PM

In-person: First Congregational Church
1000 S. Cooper 38104 (North Building - Enter the red door under the awning in the back parking lot, and ring the doorbell for entry.)

Hybrid via Zoom:

Meeting ID 849 1955 7923

Password Email:

memphisareaslaa@gmail.com