

12 STEP PROGRAM GUIDE | ST. LOUIS

ALCOHOLIC ANONYMOUS (AA)

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Local Contact Information:

Central Services Of A.A. (St. Louis Central Service Office)

14 Sunnen Dr.

Saint Louis , MO 63143

(314)647-3677

Site: <http://www.aastl.org> (includes meeting guide)

Basic Text: Twelve Steps and Twelve Traditions: AA World Service Organization

Originally published in 1952, Twelve Steps and Twelve Traditions is used by AA members and groups around the world. It lays out the principles by which AA members recover and by which the fellowship functions. The basic text clarifies the Steps which constitute the AA way of life and the Traditions, by which AA maintains its unity. This large-print version has been created for easier readability.

AL-ANON AND ALATEEN FAMILY GROUPS (CODEPENDENCY)

Al-Anon and Alateen members are people who are worried about someone with a drinking problem. In Al-Anon/Alateen, members share their personal experiences and stories, and invite other members to “take what they like and leave the rest”—that is, to determine for themselves what lesson they could apply to their own lives. Direction or advice to members is not given.

Local Contact Information:

Al-Anon Office (St. Louis Central Service Office)

14 Sunnen Dr.

Maplewood, MO. 63143

(314) 645-1572

Site: <http://www.stl-al-anon.org/> (includes meeting guide for Al-Anon and Alateen)

Basic Al-Anon Text: Al-Anon’s Twelve Steps and Twelve Traditions

Countless thousands of people around the world have been restored to joyful living by practicing the principles embodied in Al-Anon’s Twelve Steps and Twelve Traditions. The Steps outline a program of personal recovery from the often devastating effects of another’s alcoholism. The Traditions, which are the gentle guides used by Al-Anon groups, are readily adapted to healing personal relationships.

Basic Alateen Text: Alateen: Hope for Children of Alcoholics

Offers a straightforward description of alcoholism, what Alateen is, how Alateen works, and gives personal stories of teens with alcoholic loved ones. This is a good book for anyone with a family member or friend who is an alcoholic because it answers all the basic questions a person may have.

NARCOTICS ANONYMOUS (NA)

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

24 Hour Helplines:

St. Louis: 314-830-3232

St. Charles: 636-697-8406

Metro East: 618-398-9409

Mid East MO: 636-875-1001

Site: <http://www.stlna.org> (includes meeting guide)

Basic Text: NA Basic Text

NA's primary book of recovery containing "Our Program" explaining the NA Fellowship and "Our Members Share" that includes personal stories from members worldwide.

OVEREATERS ANONYMOUS (OA)

Overeaters Anonymous is a fellowship of men and women from all walks of life who meet in order to help solve a common problem – compulsive overeating, which includes obesity, anorexia and bulimia. The only requirement for membership is a desire to stop eating compulsively.

Local Contact Information:

St. Louis Bi-State Area Intergroup

9907 Gravois Rd. Suite E

St. Louis, MO 63123

314-638-6070

Site: <https://oaregion4.org/stlouisoa/> (includes meeting guide)

Basic Text: The 12 Steps and 12 Traditions of Overeaters Anonymous

Created specifically as a study of the OA Twelve Step recovery program, The Twelve Steps and Twelve Traditions of Overeaters Anonymous has been revised for clarity and inclusivity—with a restructured Step Four chapter to increase usefulness. Read how, through working the Twelve Steps and studying the Twelve Traditions, members have found "physical, emotional, and spiritual healing that we don't hesitate to call miraculous.

GAMBLERS ANONYMOUS (GA)

Gamblers Anonymous 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 a gambling problem.

Missouri hotlines:

Eastern Missouri/Southern Illinois Hotline Number: 855-2CALLGA (855-222-5542)

Kansas City Hotline Number: 855-2CALLGA (855-222-5542)

Site: <http://www.gamblersanonymous.org> (includes meeting locator)

Basic Text: Big Book - Sharing Recovery Through Gamblers Anonymous

Gamblers Anonymous is a voluntary fellowship of compulsive gamblers gathered for the sole purpose of helping themselves and each other to stop gambling. It is a program of 12 steps that provide a framework of hope, structure and friendship for those who have lived the program and successfully adapted to life. This book describes the routes on the road to this successful adaptation to a life without gambling.

SEXAHOLICS ANONYMOUS (SA)

A fellowship with a solution to the problems of lust, sex, and pornography addiction!

Contact Information:

Site: <https://www.sa.org> (includes meeting guide)

Basic Text: Sexaholics Anonymous Printed Cover Book

SA's basic text with original cover design. Called the white book or manual. The Problem, The Solution, The Fellowship of Sobriety. Basic recovery and meeting information.

SEXUAL COMPULSION ANONYMOUS (SCA)

Sexual Compulsives Anonymous 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 sexual compulsion. Our primary purpose is to stay sexually sober and to help others to achieve sexual sobriety. Members are encouraged to develop their own sexual recovery plan, and to define sexual sobriety for themselves. We are not here to repress our God-given sexuality, but to learn how to express it in ways that will not make unreasonable demands on our time and energy, place us in legal jeopardy — or endanger our mental, physical or spiritual health.

Contact Information:

Site: <https://sca-recovery.org> (includes meeting guide)

Basic Text: SCA The Little Blue Book

Describes the program of SCA. It is written by members and includes the 12 Steps/12 Traditions adapted from Alcoholics Anonymous, 14 Characteristics we have in common, The Tools that Help us Get Better and chapters on Sobriety / Recovery Plans, Sponsorship, Service, what happens at Meetings, how to avoid slips, masturbation, shame and a brief history of the program followed by some useful prayers and meeting formats.

S-ANON (AFFECTED BY SOMEONE ELSE'S SEXUAL ADDICTION)

The S-Anon Family Groups are a fellowship of the relatives and friends of sexually addicted people who share their experience, strength and hope in order to solve their common problems. Our primary purpose is to recover from the effects upon us of another person's sexaholism and to help the families and friends of sexaholics. We do this by applying the Twelve Steps of S-Anon to our lives and by welcoming and giving comfort to families of sexaholics.

Site: <https://www.sanon.org/> (includes meeting guide)

Basic Text: S-Anon 12 steps

A sharing of the collective experience of the S-Anon International Family Groups fellowship, this book offers hope for recovery to people whose lives have been affected by sexaholism by showing how members have put the principles of the Twelve Steps into practice.