

To be enclosed in the Women's Welcome Pack or as a separate document on literature tables.

Dear Women,

Welcome to SAA UK.

The other letter enclosed in the Women's Welcome pack is from the WOSC (Women's Outreach Subcommittee) in the USA.

Whilst the literature and the online resources are all entirely relevant to us in the UK, we wanted to let you know what we offer to women here to support you in your recovery journey:

- Women's welcome pack (available from our Literature Secretary)
- Women's page on the website
- Women only telemeeting (contact details on the website)
- Strong network of women (however you identify), gay men and those of us who don't subscribe to the gender binary available for support and sponsorship: no-one needs to feel isolated.
- Annual Women's Recovery Day
- Women's Outreach Committee working on improving the experience for women in SAA.

Most of us also attend mixed meetings and telemeetings and in some cases may be the only woman attending. It is absolutely possible to get good recovery in these meetings by following some simple guidelines about boundaries.

A Special note about safety

As a newcomer in SAA please be aware that this is an individual 12-step programme with no governing authority except our Higher Power. This is a group of sex addicts. If any person you encounter within our fellowship tries to behave sexually with you, this is inappropriate. You may end the conversation or contact immediately. Our 5th Tradition states that our primary purpose is to carry the message of recovery to the sex addict who still suffers. Exploiting a new member is not in keeping with our Traditions and is inappropriate.

This behaviour is rare but unfortunately does happen.

Here are some suggestions some of us have found helpful for discerning and preventing this behaviour:

1. Shake hands rather than hugging, even if a hug is offered. However, if you don't wish to shake hands you don't have to.
2. Read our literature on Safe and Sober Meetings. Do not share your number or spend one-on-one time with or seek sponsorship from anyone you could potentially act out with.
3. Have a wide range of support. Reach out to several people, not just one or two. If something doesn't feel right, question it. Do not hesitate to turn to another sober member for support if necessary.
4. Above all sobriety is the goal. Surround yourself with people who support your recovery.

There may be fewer women than men in the fellowship, but we have found the miracle of recovery in SAA as it currently exists, and you can too.

If you would like to contact me for any support or with any further questions about the 12 Steps of SAA I would love to hear from you. Please email me at women@saauk.info. I can also put you in touch with a network that is safe for you in SAA.

Good luck on your Recovery journey!

UK Women's Representative