

The Positive Side of the Plan



Is your recovery plan too emphatic about the people, places & things you *can't* do? Join us for a **workshop** in which we explore the **Actions** we can take, and discuss the **Vision** we can develop for our new life of recovery. Let's have fun!

**SATURDAY,
December 1st, 2018**

**-10:00 a.m.: Regular Meeting
-11:30 a.m. to 12:30 p.m.: Work-
shop on "The Positive Side of the
Plan"**

LONG BEACH

Atlantic Alano Club
600-1/2 Redondo Avenue
Long Beach, CA 90804
(Above the Pet Store)

Donation: \$5.00 to \$10.00

Suggested donation to pay for expenses.
None turned away for lack of funds.
Net proceeds go to SCA-LA Intergroup.

Contact: Workshops@scalosangeles.org

More Info: www.scalosangeles.org

This gathering is for the SCA Newcomer, or
Members of any 12-Step Fellowship struggling
w/ Sexual Compulsion or Love Addiction.

Santa Ana Sexual Compulsives Anonymous members are welcomed to Long Beach, to facilitate this special workshop on "The Positive Side of the Plan".

Many of us have already written down what makes our lives unmanageable, and named this as our *Bottom Line*. We've developed a list of the people, places and things we consider unhelpful to our recovery, or tough to define and measure. Those are in what we call the *Gray Areas*, and we want to stop, avoid or minimize these.

This workshop will explore the *Action Plans* we want to make in our new life of recovery, as well as explore the life these actions will sketch out. In other words, we will attempt to envision the person we hope to become as a result of taking these actions.

-"SCA's Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life can expel the obsession to act out and enable the sufferer to become happily and usefully whole.

"More sobriety brought about by the admission of sexual compulsion and by attendance at a few meetings is very good indeed, but it is bound to be a far cry from permanent sobriety and a contented, useful life. That is just where the remaining Steps of the SCA program come in. Nothing short of continuous action upon these as a way of life can bring about the much-desired result."

(AA 12 & 12)