

THE ADAPTED TWELVE STEPS OF SIA

1. We admitted we were powerless over the abuse, the effects of the abuse, and that our lives had become unmanageable.
2. Came to believe that a loving Higher Power, greater than ourselves, could restore hope, healing and sanity.
3. Made a decision to turn our will and our lives over to the care of a loving Higher Power, as we understood Her/Him.
4. Made a searching and fearless moral inventory of ourselves, the abuse, and its effects on our lives. We have no more secrets.
5. Admitted to a loving Higher Power, to ourselves, and to another human being our strengths and weaknesses.
6. Were entirely ready to have a loving Higher Power help us remove all the debilitating consequences of the abuse and became willing to treat ourselves with respect, compassion and acceptance.
7. Humbly and honestly asked a loving Higher Power to remove the unhealthy and self-defeating consequences stemming from the abuse.
8. Made a list of all the people we may have harmed (of our own free will), especially ourselves and our inner child(ren), and became willing to make amends to them all.
9. Made amends to such persons whenever possible, except when to do so would result in physical, mental, emotional or spiritual harm to ourselves or others.
10. Continued to take responsibility for our own recovery and when we found ourselves behaving in patterns still dictated by the abuse, promptly admitted it. When we succeed, we promptly enjoy it.
11. Sought through prayer and meditation to improve our conscious contact with a loving Higher Power as we understood Her/Him, asking only for knowledge of Her/His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to others and to practice these principles in all our endeavors.

The Twelve Steps of SIA are adapted from the Twelve Steps of AA, and reprinted with permission of Alcoholics Anonymous World Services, Inc.

PHONE MEETINGS

Sunday

10-11pm EST (Women Only)

Dial (218) 936-7979

Access Code: 319835#

Tuesday

8:30-9:30pm EST (Women Only)

For phone number and access code please contact:

Sharon (810) 278-1624

Thursday

9-10pm EST (Men & Women)

Dial (218) 936-4700

Access Code: 673296#

(PRO SURVIVORS WELCOME)

THE TWELVE TRADITIONS OF SIA

1. Our common welfare should come first; personal progress for the greatest number depends on SIA unity.
2. For our group purpose there is but one authority – a loving God as S/He may express her/himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership is that you are a victim of child sexual abuse and that you desire to recover from it.
4. Each group should be autonomous except in matters affecting another group or SIA as a whole.
5. Each SIA group has but one primary purpose – to carry its message to the incest survivor who still suffers.
6. Our SIA group ought never to endorse, finance or lend the SIA name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary spiritual aim.
7. SIA strives to be fully self-supporting and will not accept contributions that compromise SIA's autonomy or mission.
8. SIA work should remain forever non-professional, but our service centers may employ special workers.
9. SIA as such ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Survivors of Incest Anonymous has no opinion on outside issues; hence the SIA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; We need always maintain personal anonymity at the level of press, radio, films and television.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Although SIA has strong roots in the twelve steps created by AA, SIA has chosen to modify the AA Twelve Steps to reflect the unique needs for recovery from the effects of sexual abuse and incest in our childhoods. The Adapted Twelve Steps are listed in our literature, followed by the Twelve Steps of SIA. For those of you who are steeped in the traditions of AA and other twelve-step programs, you will note some change in virtually all of the steps, but may wish to focus on the changes of emphasis in Steps Four, Six, Seven, Eight and Ten. The modification of Step Six is particularly significant as we learn self-respect and acceptance for ourselves in our adult lives. We also list the Twelve Steps of AA below the Twelve Steps of SIA, so that you may understand the differences and strike your own course. –SIA World Service Office

ONLINE MEETINGS

www.groups.yahoo.com/group/one-step-at-a-time

No Perpetrators, Pro-Survivors Welcome.

www.groups.myspace.com/SIAMIA

Women Only, No Perpetrators

Primarily Gays/Lesbians

www.groups.msn.com/SIAREcovery

There are three SIA 'Live Journal' meetings available, for more information, please see the following website:

www.leaves.fabqlitter.org/sia/online

For more information about these and other online or phone meetings, please see www.siawso.org and click on "SIA Meetings", email info@sianewyork.org or call SIA NYC at (212) 501-HEAL.

SURVIVORS OF INCEST ANONYMOUS

of Greater New York City

Meeting List (Updated April 2010)

SURVIVORS OF INCEST ANONYMOUS is a self-help, 12-step support group of women and men, 18 years & older, who know, suspect, or wish to further explore that they are survivors of sexual abuse. SIA defines incest very broadly, as the use of a minor child to fulfill the sexual or emotional needs of a trusted authority figure.

We believe we were affected by the abuse whether it occurred once or many times since the damage was incurred immediately. By "abuse" we mean any sexual behavior imposed on the child. Sexual contacts may include a variety of verbal and/or physical behaviors; penetration is not necessary for the experience to count as incest.

SIA is a 12-step, self-help recovery program modeled after Alcoholics Anonymous. There are no dues or fees. Confidentiality is essential to our program. You will not be rejected because you think your abuse was "too horrible," and you will not be discounted because you think your abuse wasn't "bad enough to count."

The SIA membership has decided that current perpetrators of child sexual abuse are not allowed in any SIA meeting. Our best wishes to you in your recovery. Recovery is difficult, but at least we now know that we are not to blame and **we are not alone. Please be gentle with the child within.**

If you would like further information, would like to start a new group, want info on meetings outside the Greater NYC Tri-State area, or would like literature sent to you please call SIA World Services at 410-893-3322 or visit www.siawso.org.

**SIA of Greater New York City www.sianyc.org
SIA NYC, Murray Hill Station, PO Box 1603, NY, NY 10156
info@sianewyork.org 212-501-HEAL (4325)**

leave a message and someone will get back to you

Donations: Make checks payable to **SIA NYC** and mail to above address.

**SIA World Service Office 410-893-3322,
PO Box 190, Benson MD 21018 www.siawso.org**

SIA OF GREATER NYC INTERGROUP covers the Greater NYC, Westchester, Long Island, Connecticut and Northern New Jersey areas. Each group is encouraged to elect a representative to attend our monthly meeting however any SIA member may attend and participate. All SIA members in attendance at an Intergroup meeting may vote regardless of if they represent a group.

Our monthly intergroup meeting is held from 1:45-3:15pm on the 4th Sunday of every month in the Cafeteria of St. Vincent's Hospital, 170 West 12 Street (Btw 6th & 7th Avenues on the South Side of street), NYC.

All Survivors are Welcome to attend!

TO UPDATE MEETING INFORMATION ON THIS LIST CONTACT US AT

info@sianewyork.org or (212) 501-HEAL

leave a message and someone will get back to you

CONNECTICUT

FIRST THURSDAY OF EVERY MONTH

5:30-6:30pm Women's Meeting (Women Only)
Norwich
225 Main St. (Main office of Bethsaida Community)

NEW JERSEY

There are several other meetings in New Jersey!

For further information and directions to these meetings, please see: www.siawso.org and click on "SIA Meetings" or call SIA WSO at 410-893-3322.

FIRST THURS OF EVERY MONTH

7-8:30pm Toms River
United Church of Christ
1681 Ridgeway Ave (Rte 571) 08757

SATURDAY

9:30am Westmont
Starting Point
215 Highland Ave, Suite C

BI-WEEKLY SATURDAYS

(NEXT MEETING 2/6/2010)
1:30-3:00pm Fort Lee
Fort Lee Gospel Church
1625 Palisades Ave. Fort Lee, NJ 07024

NEW YORK CITY

SUNDAY

3:30-5:00pm Round Robin (Men & Women)
St. Vincent's Hospital - Spellman Room 132
170 West 12th Street (between 6th & 7th Avenue)

7:00pm Forest Hills/Queens (Women Only)

Church In The Gardens, Room 207
50 Ascan Ave, Forest Hills, NY 11375
Meeting Leader can provide a permit to park nearby.

WEDNESDAY (1ST WED OF EVERY MONTH – SEPT THROUGH JUNE)

7:30pm Brooklyn (Men & Women) OPEN MEETING
St. John the Baptist Parish Center, Room 108
75 Lewis Ave (between Hart and Willoughby) 11206

When coming to this meeting you do not have to identify yourself as an SIA member, just tell the guard you are here for the meeting with Anne Marie. To confirm that the center will be open that day please call (718) 455-6864. Directions: J/M/Z to Myrtle/Broadway.

THURSDAY

7:00-8:45pm Women Only
Blessed Sacrament Parish Office
152 W. 71st St., between Broadway & Columbus
Please Ring Rectory Bell

FRIDAY

6:15-7:45pm Incest and Sexual Abuse Survivors (Men Only)
LGBT Community Center
208 West 13th Street, btw 7th Ave. and Greenwich
LGBT Center Phone: 212-620-7310

SATURDAY

4:15-5:45pm Double Winners (Men & Women)
LGBT Community Center (See above for directions)
This meeting is also open to members of other 12 step programs who know, suspect, or wish to further explore that they are survivors of sexual abuse.

WESTCHESTER / UPSTATE NY

There are SIA meetings in upper and western New York State! Below is a partial list.

For information on and directions to those meetings not listed below, go to www.siawso.org and click on "SIA Meetings" or call SIA WSO at 410-893-3322.

SUNDAY

7:00pm Albany (Men & Women) No Perpetrators
Newtonville United Methodist Church, Room 27
568 New Loudon Road (Route 9 and Maxwell)
Latham, NY 12128

THURSDAY

5:30-6:30pm Rochester Group (Women Only)
St. Thomas Episcopal Church
2000 Highland Avenue, Rochester, NY 14618-1125

ONLINE AND PHONE MEETINGS

Please refer to the back page of this list.

MEETING LIST KEY

OPEN MEETING: Also open to non-SIA members such as pro-survivors or individuals in the community. Any meeting not listed as 'Open' is 'Closed', open only to those who know, suspect, or wish to further explore that they are survivors of incest or sexual abuse.

PRO-SURVIVOR: An individual such as a friend or family member attending in support of a survivor.

NO PERPETRATORS: The SIA membership has decided that current perpetrators of child sexual abuse are not allowed at any SIA meeting. Meetings listed as 'No Perpetrators' ask that past perpetrators also refrain from attending. Questions? Contact SIA NYC or read the commentary on Tradition 3 in the booklet *The 12 Steps and 12 Traditions of SIA*. **Additional information about SIA can also be found in the pamphlet *How to Survive Your First SIA Meeting*.**

To purchase SIA literature online please go to our online store at:
www.siawso.flyingcart.com

CHECK OUT OUR NEW INTERGROUP WEBSITE AT:
WWW.SIANEWYORK.ORG

****PLEASE VISIT THE INTERGROUP WEBSITE REGULARLY FOR UPDATES****