

## **Freedom *from* Homosexuality**

### **HOMOSEXUALS ANONYMOUS**

#### **A Christian Fellowship**

If you are a person in conflict with homosexual feelings, or a parent, relative or friend of someone struggling with homosexuality who needs help; if you are a minister, counselor or therapist looking for a support group for a counselee wanting freedom from homosexuality then please read on. You will gain insight into Homosexuals Anonymous (H.A.)--who we are and how we can help you.

#### **How did Homosexuals Anonymous begin?**

Homosexuals Anonymous began in November 1980 as a result of two men, Colin, a former minister, and Doug, a former school principal, pooling their ideas in how to pass on to others what they had experienced in recovery from homosexuality. Colin, who had kept a five-year journal of his growth, analyzed the principles of that growth with helpful evaluation from Doug. From this analysis the 14 Steps of H.A. were born. Nine of the steps come from Colin's journals and five of them are modified from Alcoholics Anonymous.

#### **What is the purpose of Homosexuals Anonymous?**

Homosexuals Anonymous (H.A.) is a Christian fellowship of men and women who have chosen to help each other to live free from homosexuality. The purpose of H.A. is to support individuals seeking that freedom. Group support is available through weekly H.A. meetings. Guidance is received through the shared experiences and growth of others. Strength is acquired by training the faith response through the 14 Steps.

H.A. is non-sectarian and works inter- and non-denominationally. It does not endorse or oppose any political causes, nor does it wish to engage in any controversial issues that would draw members' energies away from the goal of maturing in their relationships with those around them and rediscovering their true identity through a restored relationship with God through Jesus Christ.

#### **What is the purpose of anonymity?**

Because the social stigma of homosexuality is often a factor in a person's decision whether or not to seek help, H.A. members recognize that a firm assurance of confidentiality is imperative if they are to succeed in attracting and helping other people wishing to find freedom from homosexuality. H.A. promises personal anonymity to all who attend its meetings. First names only are used. Personal information shared during any meeting is treated as confidential.

While the privacy of each member is highly regarded, some people experiencing freedom from homosexuality are eager to share the good news of their H.A. affiliation with family, friends, and other support groups. Such disclosure is their own choice.

**How is Homosexuals Anonymous organized?**

Local H.A. Chapters are a part of a nation-wide network of chapters that function under the guidance of Homosexuals Anonymous Fellowship Services (HAFS). Local chapters are committed to the philosophy and guidelines of HAFS. H.A. chapters are developed as interested persons receive leadership training and accreditation through HAFS sponsored seminars.

**Who directs the local H.A. Chapter?**

Because H.A. is a self-help group, the members themselves, who have experienced significant growth, accept responsibility for different aspects of the chapter's organization and meetings. In addition, the responsibility of helping an H.A. member work through the 14 Steps, outside the framework of the H.A. meeting, is taken on by a step coach who, having found ways of successfully applying the steps in his own life, now helps other members in the application process through example, guidance and prayer.

**Is there any cost?**

There is no charge for membership in an H.A. chapter. However, because each chapter is financially independent, members are given the opportunity to make contributions at each meeting. These contributions are used to meet the expenses incurred by the local group.

**What is the requirement for membership?**

The only requirement membership in an H.A. group is a desire to be and remain free from homosexuality.

### **What is an H.A. meeting like?**

Each meeting is structured around an hour-and-a-half time frame. The meeting opens with prayer, introduction of members by first names only, and a reading of the 14 Steps. Next come the major parts of the H.A. meeting and are as follows:

- 1) **Histories**—When new members are present, senior members tell of what led them to face their homosexuality, how God led them to H.A. and how they have grown in their understanding of God, of themselves and the world around them. New members are given the opportunity to share their history, too, but only if they choose to do so.
- 2) **Step Talk**—The step guide for the evening presents a short talk on one of the steps giving insight into how the principles found in the step are being worked out in his own life and how the step might apply to those in the group.
- 3) **Discussion**—Discussion sometimes focuses on the step and at other times on growth or struggle that a member may be experiencing. This is a time when members rally round to encourage each other. Meetings are characterized by friendliness and openness. There is no uncomfortable intensity and leadership is rotated so that there are no attempts to control. Many discover that an H.A. meeting provides the best Christian fellowship they have experienced in years.

The meeting then closes with the sharing of needs and prayer.

### **If I change from homosexuality will I still be me?**

Recovery from homosexuality is not so much a question of change as it is of self-discovery. Homosexuality is the self-limiting of your personality. As you discover the Grace of God your true selfhood will be gradually released to enable you to become the person you always knew you could be, but feared you never would be.

### **Is H.A. likely to perpetuate the homosexual subculture?**

H.A. believes that there is no such thing as “a homosexual,” only men and women, created by God heterosexually, who because of the broken world we live in, are confused over their sexual identity. H.A. members do not introduce themselves by saying, “Hello, I’m George and I’m a homosexual.” It is the paradox of Homosexuals Anonymous that people who become members discover in time that by God’s grace they are not what they thought they were. The discovery of this Grace ensures their restoration, as dignified people, to the Christian community. Thus, H.A. Fellowship, rather than perpetuating the homosexual subculture, contributes to its decline.

### **How can I get involved with H.A.?**

If you want to be free from homosexuality you may begin attending an H.A. chapter at any point in the 14-Step series. Meeting places and times are not announced publicly, however. Contact with your local H.A. chapter is made by telephone only. To learn more about H.A. Fellowship and your local chapter, go to our website: [www.homosexuals-anonymous.com](http://www.homosexuals-anonymous.com).



***Homosexuals Anonymous: Offering Guidance, Fellowship, Care and Freedom.***

## **THE FOURTEEN STEPS OF H.A.**

1. We admitted that we were powerless over our homosexuality and that our emotional lives were unmanageable.
2. We came to believe the love of God, who forgave us and accepted us in spite of all that we are and have done.
3. We learned to see purpose in our suffering, that our failed lives were under God's control, who is able to bring good out of trouble.
4. We came to believe that God had already broken the power of homosexuality and that He could therefore restore our true personhood.
5. We came to perceive that we had accepted a lie about ourselves, an illusion that had trapped us in a false identity.
6. We learned to claim our true reality that as humankind, we are part of God's heterosexual creation and that God calls us to rediscover that identity in Him through Jesus Christ, as our faith perceives Him.
7. We resolved to entrust our lives to our loving God and to live by faith, praising Him for our new unseen identity, confident that it would become visible to us in God's good time.
8. As forgiven people free from condemnation, we made a searching and fearless moral inventory of ourselves, determined to root out fear, hidden hostility, and contempt for the world.
9. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs and humbly asked God to remove our defects of character.
10. We willingly made direct amends wherever wise and possible to all people we had harmed.
11. We determined to live no longer in fear of the world, believing that God's victorious control turns all that is against us into our favor, bringing advantage out of sorrow and order from disaster.
12. We determined to mature in our relationships with men and women, learning the meaning of a partnership of equals, seeking neither dominance over people nor servile dependency on them.
13. We sought through confident praying, and the wisdom of Scripture for an ongoing growth in our relationship with God and a humble acceptance of His guidance for our lives.
14. Having had a spiritual awakening, we tried to carry this message to homosexual people with a love that demands nothing and to practice these steps in all our lives' activities, as far as lies within us.