



yearning & learning to stand upright

a Christian self-help, group-support program to assists men wanting to overcome unwanted sexual compulsions.

Whether fantasy, lust, masturbation, pornography, affairs, phone sex, anonymous encounters, hetero or homosexual. Salti is a safe group to face these issues.

Biblically based, ministering God's forgiving, transforming grace thru the fellowship of mutual support, Salti helps men, serious about overcoming, to find freedom.

Each week the meeting consists of reflection on Scripture, confession and accountability, discussion of the course manual, ***Sexually Free***, and prayer.

Between meetings men are encouraged to keep daily inventory of their thought patterns, temptations and actions, and to read and do the exercises of a chapter in the manual. A minimum 3 month commitment to the group is required, after an initial visit to the group. Confidentiality and anonymity is assured.

Thursdays, 6.30-9pm, Ramsgate Uniting Community Church.

Donation: \$15 per night. All men are welcome.