



**S**aint Louis GAMMA services the Missouri - Illinois Bi-State Region and the surrounding areas.

GAMMA -- SUPPORTS gay men in heterosexual marriages at every stage of their sexual self-recognition. No matter whether you are separated, divorced, bisexual, openly gay, or more typically, married and closeted, you are welcome at GAMMA.

GAMMA -- PROVIDES confidential environments wherein issues surrounding straight spouses, children, the workplace, health, male relationships, gay culture, and coming-out can be explored in an understanding, affirming atmosphere.

GAMMA -- FACILITATES meetings with its own members. While not meant as a replacement for therapy, many find that the wide variety of experiences shared in the group setting are as helpful as individual counseling.

GAMMA -- ADVOCATES no political or social agenda and is not a coming-out group although many do so. Each attendee is encouraged to find his own unique path.

GAMMA -- NETWORKS the member into a potential new group of friends.

GAMMA -- IS NOT a dating service.

GAMMA -- IS NOT a therapy group.

Scan this code for more information



## **GAMMA** *Saint Louis, MO*

**For more information about St. Louis GAMMA, its meetings or other functions, or just to talk, view our information on the Internet**

<https://www.stl-gamma.com>

or

<https://www.meetup.com/GAMMA-in-St-Louis-MO/>

or

<https://groups.io/g/GAMMAinSTL>

**e-mail us at:**

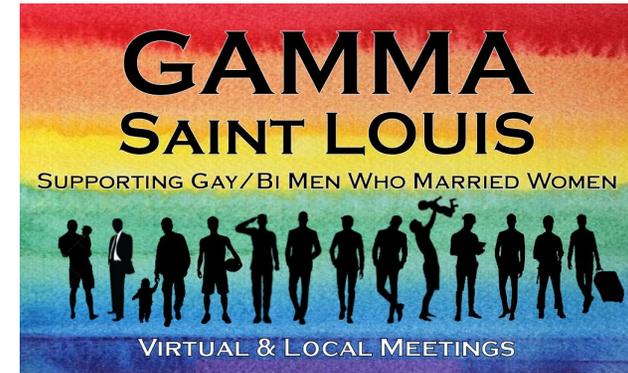
[GAMMA-in-St-Louis-MO@meetup.com](mailto:GAMMA-in-St-Louis-MO@meetup.com)

**For additional online information and stories about men like us try an Internet search at**

<https://www.google.com>

for

**Gay Married Men St Louis**



*Saint Louis, MO Metro Area*

for

**Gay or Bisexual Men**

whether

**Married, Separated, Divorced**

or

**Questioning**

*You are not the only one . . .*



## Who we are

We are a peer support group for men who identify themselves as gay, bisexual, or otherwise attracted to men and are now or have been in a relationship with a woman, are contemplating a relationship, or have related questions or problems

Some members are in satisfying, conventional marriages, some in less happy ones. Some are separated or divorced; some have lovers. Some have never had a sexual experience with a man, and some have worked out unique living arrangements. Some have had free and open discussions with their spouses and children. Others have never spoken to anyone about their feelings.

## We invite you

GAMMA meets the second and fourth Thursdays of each month from 7:30 p.m. to 9:30 p.m. Please see our website for details

<https://www.stl-gamma.com>

Meetings are typically open, sharing discussions facilitated by experienced members of the group. Typically, the meetings are attended by five to ten men so there is ample opportunity for each man to talk about the issues challenging him, if he so desires.

All are welcome and should find among us others who share their experience.

## Testimonials

### *Bob:*

I found out about GAMMA through a counselor I was seeing around ten years ago. It took me several meetings before a "truer" me started to emerge out of the confusion I was dealing with.

Finally, I was able to say to myself: "Yes, I AM gay."

I separated from my family, then about six months later, I came out to my 13 year-old daughter and then to everyone else.

Things were a bit rocky at first, but over the last seven to eight years my relationship with my wife has become very stable, and we are closer living apart than we ever were living under the same roof.

GAMMA helped me find a way to become honest with myself, and that helped me become honest with others.

### *Jerry:*

I knew I was "different" from as early as I can remember. Being different was both good and challenging. I eventually married a wonderful woman and we had two wonderful daughters. I realized in my late forties that I had to tell my wife the truth about who I was and still am -- a gay man.

We decided to remain married and several years ago I was able to tell my entire family about who I am.

I am still married. It is not easy for me or my wife, but the truth is powerful and rewarding.

GAMMA has been helpful to me in many ways. GAMMA is a source of friendships and a place where gay men like me can safely relate their stories.

### *Ralph:*

As I was growing-up on a mid-western farm, I knew that I had an interest in boys more-so than for girls. I dated in high school and some while in university, and never thought of myself as being "gay."

Nevertheless, before I got married, I began experimenting with contact with other men, but still didn't think of myself as being "gay."

At 32 I got married and my attraction to men seemed to

wane for several years. After about four years I realized that something was missing from my life and it was the closeness of another man. As I was exploring how to meet other gay men, while still being married, I discovered the existence of a support group named the "Gay Married Men's Association" (GAMMA). Almost immediately, I called the local GAMMA hotline and then attended my first GAMMA meeting within a week.

Prior to learning about GAMMA, I thought I must be the only married, gay man.

However, attending GAMMA meetings and hearing other guys tell their stories helped me understand that I am not alone. Talking with other guys who are in the same situation helped me develop the courage and "right words" to use in eventually telling my wife that I'm gay.

When I finally told my wife and later my children that "I am gay," it was not easy, at all, but I do think that I was better prepared and more confident because of my GAMMA experiences.



## Recommended Reading

- Coming Out An Act of Love by Rob Eichberg
- Uncommon Lives; by Catherine Whitney
- After the Affair - Healing the Pain & Rebuilding the Trust; by Janis Abrahms Spring
- What the Bible Really Says About Homosexuality; by Daniel A. Helminiak Ph.D.

## Resources

- **The Human Rights Campaign:**  
<https://www.hrc.org/>
- **LGBTQ+ allies (PFLAG) - Saint Louis MO:**  
<https://www.pflagstl.org/>
- **Belleville, IL - PFLAG:**  
<https://bellevilleilpflag.com/>