



[info@slaadvi.org](mailto:info@slaadvi.org)

**YOUR LOCAL INTERGROUP SERVES THE FELLOWSHIP. SO CAN YOU! HERE'S WHAT WE DO:**

- ◆ **Meeting Lists**—maintaining and distributing a lifeline to SLAA recovery
- ◆ **Literature**—SLAA pamphlets and Basic Texts available FAST
- ◆ **Website**—creating a bridge to SLAA for the newcomer in our area
- ◆ **Information Line**—215-731-9760—answering newcomers' questions, sending meeting lists
- ◆ **Inspiration Line**—215-574-2120—hear experience, strength & hope, 24/7/365; leave a message/get current *whenever* you need
- ◆ **Recovery Retreats**—bringing together SLAA's in all stages of recovery for mutual aid and support
- ◆ **Sober Social Activities**—Game Night, Annual Kayak & Canoe Trip; will *your* idea be next?!
- ◆ **Institutions Outreach**—reaching the sex & love addict who still suffers *while* in treatment for a chemical or another behavioral addiction



The Augustine Fellowship of SLAA—Greater Delaware Valley Intergroup (“GDVI”)

“Slogans are wisdom written in shorthand.” -Anonymous

# HEADLINE NEWS

NEWSLETTER DATE: **OCTOBER 2013**

PLEASE PRINT & SHARE AT MEETINGS, **OCT/NOV 2013**

## Reflections on Recovery

*The following is an actual letter, used with permission*

Dear Michael,

This letter comes to you on the eve of a very special day in my life: the celebration of my 25<sup>th</sup> anniversary of sobriety and participation in 12-Step programs. I am sharing this news with you because of the special significance you have in my life.

Today, thankfully, I am a different man than the individual who first entered meetings on August 28, 1988. When I started, I was a person who was deeply immersed in addiction and had created a long trail of regrets; I was seriously in need of support and grace. Fortunately, my Dad and stepmother Mary were there for me and I soon discovered the gifts of fellowship and understanding that are available from people in the rooms.

The last 25 years have been marked by several steps forward and a few steps back. I worked at a restaurant in Massachusetts for 9 years; getting off at 3 AM every morning was not a sane lifestyle. In 1991, I enrolled at community college and met several inspirational faculty members who recognized my potential. Over the next 3 years, I became the Student Government President, challenged the institution on its commitment to diversity, and started a mentoring program. When my advisor suggested I apply to Yale, Harvard, Tufts and Brown, I called him “an alcoholic.” It turns out he knew me better than I knew myself.

Yale and Harvard were transformative experiences educationally and interpersonally. So much healing took place as I internalized what others saw in me. I grew as a writer, thinker, and student of life. Upon graduation from Harvard with my Masters in Education, I was fortunate to be employed by one of the highest paying school districts in the country. In my 2<sup>nd</sup> year of teaching, I started a tutoring business and after 7 years had 2 fulltime jobs. Something had to give and I followed my dear friends, Jim and Jean, to a city in the southwestern United States. They had spent 10 years researching where to live after retirement; I benefitted from all their footwork.

Over the last 9 years, I have never been happier and more fulfilled. I cherish my new home: I have a strong affinity for the open spaces and mountains, the friendliness of the people, and the extraordinary cultural mix. I have found my family of choice. Jesse is 22 ½ and will soon be a college senior; he has maintained a 3.8 GPA and is determined to attend graduate school. With that vision, he recently cofounded a mentoring program for male youth that will serve individuals in 2 cities. Mikah will be turning 16 in 3 weeks. His mom recently passed away, but he has been consistent in sharing his thoughts and emotions. One of our favorite activities is practicing driving skills; I affectionately call Mikah “my driver.” The 3 of us will vacation together in San Diego in October and then in Connecticut and Florida over Christmas break.

One remarkable blessing over the past several years has been the phenomenal growth of my business. We no longer advertise; our expansion is entirely due to word-of-mouth. At the start of this school year, we have been inundated. I am currently working 12-14 hour days; that will change as we hire and train new staff. More significantly, we have just finalized an agreement with the guru of ACT prep to bring his course and materials to our locale. My business will likely double in size over the coming year.

I have shared the details of my journey so that you can understand the profound gratitude I feel today. When I began my recovery 25 years ago, I was incapable of envisioning where I am today. One day at a time, things have changed and improved. Through bountiful grace, years of footwork, dedication to the 12 Steps, and tremendous support, I have become a man I like and even occasionally admire. May the next 25 years be as abundant and prosperous!

Thank you for being a part of my life and my recovery.

Mark A.

August 27, 2013

### Put Intergroup Meetings in your Calendar:

**When:** Second Tuesday of every month, 7 to 8:30 pm.

**Location:** 444 North 3<sup>rd</sup> Street, Suite 307 (3<sup>rd</sup> Floor, PRO-ACT office) Philadelphia, PA 19123

3<sup>rd</sup> & Callowhill Streets in the Old City Section of Philadelphia

**PLENTY OF FREE PARKING.**

### **The Inspiration Line-Your 24/7 Sponsor- (215) 574-2120**

Call the Inspiration Line at any time to help you get through a difficult day. Twenty-four hours a day, every day, there is a message of experience, strength, and hope for Sex and Love Addicts.

## Meditation Book Project

SLAA-FWS is working on a project to produce a Meditation Book. Daily meditations are a part of many SLAA members' recovery. The Conference Literature Committee (CLC) is heading this project. If you would like to participate in this project: feel free to submit an un-copyrighted, original writing (with the acknowledgement that S.L.A.A.-FWS, Inc. may freely edit, combine, decline, or reassign material) to be published as: 1. Personal shares for meditations (max. 350 character count including spaces). 2. Positive affirmations/prayers (max. 100 character count including spaces). 3. Sourced quotes from S.L.A.A. conference-approved literature (max. 120 character count including spaces). Please email shares to [journaloutreach@gmail.com](mailto:journaloutreach@gmail.com) and/or the CLC chair [www.slaafws.org/contact/clc](http://www.slaafws.org/contact/clc)

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Next GDVI Meetings: **Tuesday October 8, 2013; 7pm**  
**Tuesday November 12, 2013; 7pm**