



The Augustine Fellowship of SLAA—Greater Delaware Valley InterGroup (GDVI)

"Wherever you go, go with all your heart." -Confucius

Headline News

JANUARY 2016 (PLEASE PRINT & SHARE AT MEETINGS JANUARY TO FEBRUARY 2016)

INFO@SLAADVI.ORG

Your local InterGroup serves the Fellowship. Here's how!

■ We make meeting lists and distribute this lifeline of recovery to SLAA groups.

■ We provide the SLAA pamphlets and Basic Texts to area groups.

■ We support the SLAA website (slaadvi.org) to build a bridge to SLAA newcomers.

■ We run an Information Line, which can help answer questions newcomers may have about the program. Call: 609.621.SLAA (7522)

■ We maintain 24/7/365 the Inspiration Line. Just call 215.574.2120 to hear daily recordings of strength and hope.

■ We organize recovery retreats that bring together SLAA's in all stages of their recovery for aid and support

■ We conduct outreach efforts to institutions, where we help sex and love addicts during their treatment.

Next GDVI Meetings

Tuesday, January 12, 2016, at 7:00 p.m.

Tuesday, February 8, 2016 at 7:00 p.m.

All are welcome!

Why the GDVI Information Line Has the Power To Change People's Lives

Can you think back to a time in your addiction when you desperately needed someone to talk to? When you felt alone, confused, and frustrated--but you knew that you also needed help?

This scenario is why GDVI maintains an Information Line to help newcomers receive the support and information they require in order to find recovery.

Steve D., current chair of the GDVI Information Line, explains it this way: "The primary purpose of the information line is to have someone available who can listen to the still struggling addict, encourage their journey, and hopefully guide them to a meeting."

Here's how it works: If you call the Information Line (609.621.7522) Steve D. will pick up the phone. If he can't, you'll leave a voicemail, and he'll call you back as soon as possible. (Due to a recent changeover to Google Voice, voicemails are also immediately sent as an email and text.) Know that these calls are anonymous and confidential.

How important is this service for newcomers?

"Many people who call are just looking for a meeting list," says Steve D. "But then and again someone calls in crisis. Recently, for example, I received a call from a person from out of town who was here because her sister had been killed by a former boyfriend. The stress of the loss was not easy and she

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needed to attend a women's meeting. I spent 30 minutes on the phone with this individual. We talked about her recovery journey and her decision to dedicate her sobriety to the memory of her sister."

Addicts value hearing a human voice on the line, says Steve D., especially when that voice can

provide a living example of recovery. "I tell them that I am in awe of people who can pick up the phone and ask for help. This is an important step to a new life of sanity, peace, and sobriety."

The number of calls to the Information Line varies by the month and the day of the week, says Steve D. "Holidays and Fridays are time when people seem to be in the greatest need." Sometimes he says he receives three or four calls a day; sometimes it's a few calls a week. "In the end, it really does not matter how many calls we get on the line. What matters is one person who is reaching out for help. That is the sign of our success. One person beginning a journey of recovery."



Stay Updated with SLAA GDVI Monthly InterGroup Meetings

When: The second Tuesday of every month, from 7:00 to 8:30 pm.

Where: 444 North 3rd Street, Suite 307 (3rd floor in Pro-Act Offices), Philadelphia, PA 19123, 3rd and Callowhill Streets in the Old City Section of Philadelphia. FREE parking!

Can't make the drive? Dial in using the conference call-in number 641.715.3287 (passcode: 542215#)



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Welcome to the New Inspiration Page!

If the front page of Headline News is where you'll find the latest information about GDVI, this new back page is where you'll find some inspiration. Each month, we'll feature motivational short stories from other recovering addicts.

Do you have a story or insights into recovery that may help benefit someone else in the program? If so, please send your words to DVIHeadlineNewsEditor@SLAADVI.org for possible inclusion in an upcoming issue of the newsletter.

Keep your thoughts to a maximum of 500 words and include your first name and last initial only, as anonymity is one of the foundations of the program. Think of it as a fun way to get into or expand your current service. Stories from all members are encouraged. And thank you in advance!

The One Essential Tool That Helps Build a Stronger Recovery

By Melissa K.

Ever since I walked into the rooms I have heard the phrase, "Service keeps you sober." I already knew I was a helping type of person. In my addiction, however, I was a "rescuer." So I stayed away from service for the first few years. When I was ready to do service, I remember desperately waiting for the required 3 months of sobriety to chair my first meeting. Then I later became a meeting list coordinator. Today, I can say I have held numerous service positions. But, more importantly, I learned why service does keep you sober. It occupies the time I would be spending acting out, with doing good

things. Well, that's what I thought initially anyway.

Giving of your time to service; picking up the phone to ensure a fellow addict is coming to tonight's meeting, setting up chairs before a meeting or coordinating the meeting list does more to your inner psyche than occupy your time, it improves your attitude on life.

Maria Pagano, an addiction researcher at Case Western University, thinks service to others might be the key to staying sober. In recent years, a growing body of research has found that helping others brings measurable physical and

psychological benefits to the helper. Building on this work, Pagano is exploring the surprising benefits of altruism for people battling addiction. Her studies have shown that addicts who help others, even in small ways—such as calling other SLAA members to remind them about meetings or setting up chairs before a meeting—can improve their chances of staying sober and avoiding relapse.

In short, you can't be ruminating or feeling bitter if you're feeling moved by helping someone else. That's what motivates me now more than anything. The answer to "What helps me?" is now "Who can I help?"

How Recovery Gave Me Everything I Never Knew I Had

By Paul K.

Three years ago, I was ready to throw away my entire life for an addiction that never delivered what it promised.

I had a job that I loved. I had a beautiful home I owned (okay, well, the bank owned). I had a girlfriend whom I wanted to become my wife.

But I also had a secret addiction that wanted to rob me of all those things. Every chance I could, I would sneak away to act out. My addiction was destroying me mentally, physically, and spiritually.

If it wasn't for the pestering of my Higher Power, I never would have told my girlfriend of my addiction. I never would have found therapy. And I never would have found the program.

Today, I can say that I haven't thrown my entire life away. I still have my job. I still have my home. And my girlfriend is now my wife.

But I've gained so much more through recovery. I've gained things I've never even known I lost. I have an understanding of God. I have

the ability to stand up for myself. I have support through people who can feel for my addiction. I have a sponsor and a sponsee. I have direction in my life and I have sanity. I have the Steps. I have self worth. I have a knowledge of who I am and what I'd like to be. I have an urge to help others.

Perhaps most importantly, I have hope. I no longer want to throw my life away. In fact, I want to share my hope with other people who deal with this addiction every day. People like you.