



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

"We accept the love we think we deserve." -Stephen Chbosky

Headline News

FEBRUARY 2016 (PLEASE PRINT & SHARE AT MEETINGS FEBRUARY TO MARCH 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, February 9, 2016, at 7:00 p.m.

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

All are welcome!

Newtown Meeting Adopts New Safety Statement to Protect Members

Anonymity and safety are two cornerstones of the SLAA program. Without both, recovering members cannot speak freely and may suffer from additional feelings of pain, fear, and shame.

You may have heard the term "13th Stepping" around the meeting rooms. The basic definition of 13th Stepping is when a SLAA member approaches any member of SLAA for romance or sex.

Make no mistake: The practice of 13th Stepping is wholeheartedly unwelcome and strictly discouraged--nor is it to be considered part of the 12 Step process of recovery. In other words, completing the 12 Steps does not grant you license to practice the 13 "Step."

To reinforce the message of safety, the Newtown Meeting of the GDVI recently implemented new language in their meeting statements. The new statement aims to remind members against the practice of the 13th Step. In the spirit of encouraging discussion, here is that statement, reprinted in full.

Keeping Our Meeting Safe and Supportive

A word of caution about keeping our meetings safe and free of inappropriate behavior. When a member initiates an inappropriate, romantic, and/or sexual advance towards another group member, especially under the guise of helping



with recovery, it can be particularly damaging to a member's experience of safety in our meeting. This announcement serves to remind all of us to be conscious of both the motive of our actions and how they might be perceived by other members.

All should expect a safe place to share their

thoughts. It is highly recommended that romantically-compatible individuals not solicit each other for advice or discussion after the meeting or outside this building. It is also inappropriate to initiate physical contact with a member without requesting permission. "No thank you" is an appropriate response to any unwelcome physical contact. If you feel unsafe because of another member's behavior, we encourage you to reach out to an experienced or trusted member for help.

Remember that one's sobriety is not determined by time in the program, but by commitment to putting the principles into practice.

Does your meeting have a similar statement? Does it protect members from the threat of the 13th Step? And, if it does not, what can your meeting do to ensure the safety of its members? You may want to consider the topic for discussion at your next business meeting.

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 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!

What is Love Addiction and How Do I Know If it Affects Me?

By Melissa K.

When hearing the word "addiction," most of us tend to think of substance abuse, as opposed to behaviors like love. Nevertheless, people can and do become addicted to highly pleasurable, self-soothing behaviors like love, just as they can become addicted to pleasurable, self-soothing substances.

Love addiction is a human behavior through which some people have become addicted to the feeling of being in or pursuing "love". Love addicts can take on many different behaviors. Love addicts will spend much time and effort on a person to whom they are addicted. Love addicts value this person above themselves, and their focus on the beloved person can be described as obsessive.

This behavior results in love addicts neglecting to care for themselves. Love addicts will select to stop seeing their friends in exchange for staying with the beloved person. Love addicts may lose weight, change their hair color or purchase a new wardrobe to suit the beloved. Love addicts will disassociate in fantasy, during work, school or at home, neglecting responsibilities while dreaming about the beloved person. To a love addict,

intensity in a relationship is often mistaken for intimacy and love. Some symptoms of love addiction include love at first sight, excessive fantasizing about a romantic partner, and abnormal jealousy. Love addicts may find themselves living with a partner who is emotionally unavailable, abusive or dishonest. Many times a love addict will engage in sex with a potential partner, hoping that individual will love them because they had sex. In essence, abandoning important aspects of their lives and well-being in order to stay connected to the object of their affection.

Some love addicts find that when not involved in a love-addicted relationship they are able to care for themselves very well, visit with friends and enjoy independence. However, when they become involved, the love addict quickly finds that their self-care capacity steadily declines. Love addiction is common, for men as well as women, however, most sex addicts do not realize they are addicted to love, too.

Dr. Susan Campbell has written the Love Addiction Quiz. If you answer "yes" to more than two of these questions, you should take a serious look at learning more about love addiction and its treatment.

The Love Addiction Quiz

1. Are you in a 'break up' and then 'make up' cycle with a romantic partner?
2. Do you often think to yourself that this person is not good for you?
3. Do any of your close friends tell you that this person is not good for you?
4. After you two have been apart for a few days, do you get to a point where you feel empty or lost without this person?
5. During the days immediately following a breakup with this person, do you experience difficulty sleeping, eating, or carrying out other self-care activities?
6. Do you need emotional intensity in order to feel alive?
7. Do you feel 'high' when the two of you re-connect after a fight or a falling out?

Working with a therapist can be the most important step to help guide the love addict through the process of recovery. In Cherry Hill, NJ at Kennedy Hospital at Chapel and Cooper Landing Rd on Thursday at 7:30, in the 1st floor private dining room there is a specific meeting focusing on Love Addiction. It is a co-ed meeting.

Contact 856-745-4844 for more information.