



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

"Even the darkest night will end and the sun will rise." -Victor Hugo

# Headline News

MARCH 2016 (PLEASE PRINT & SHARE AT MEETINGS MARCH TO APRIL 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, March 8, 2016,  
at 7:00 p.m.

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

All are welcome!

## The Fun Part of Recovery: Find Real Connection through SLAA Social Events

Recovery from sex and love addiction is serious business. But that doesn't mean that you can't have fun.

In fact, getting together with fellow recovering addicts outside of meeting rooms, in safe environments, is a great way to build meaningful connections with others in recovery. Luckily, GDVI devotes programming to social events within the organization. These events help to foster the joy of the benefits of recovery.

"The purpose of the social committee is to provide fun and sober events for

members of the fellowship to build a sense of community, connection, and belonging," says Lisa S., chair of GDVI SLAA Social Committee.

In past years, this social committee has planned game nights, tubing trips, a community picnic, and a nature walk. If any members attended the New Year's Day speaker and potluck event, either this past year or in years prior, they can credit the Social Committee.

So what's on the docket in the way of social events

during the rest of 2016?

"This year, members can expect to be invited to the picnic and the New Year's Day event again. Some other possible events in the works are a games night, pottery painting, a nature walk, and laser tag," says Lisa S.

Have a suggestion for an event you'd like to see happen? Lisa S. says she is open to hearing feedback. You can contact her at [dvisocialcommittee\\_coordinator@slaadvi.org](mailto:dvisocialcommittee_coordinator@slaadvi.org). Keep an eye on the Headline News for upcoming events and see you there!

## Attend (Or Participate In) The SLAA Talent Show!

Yes, you read that correctly. GDVI SLAA is hosting a talent show to celebrate its many talented members.

Join your brothers and sisters in recovery Saturday, March 12, from 8:30 to 11:00 p.m. at Daylesford Abbey 220 South Valley Rd, in Paoli, PA.

Any SLAA member that has a talent, including poets, singers, dancers, artists, musicians, comedians, and

more, can participate in the event. Or, if you simply want to kick back and enjoy the fun and frivolity, that's fine too.

The event is free to everyone and there's still time to enter the talent show if you'd like. Just email Nancy Z. at [nzabaga@aol.com](mailto:nzabaga@aol.com) or call 215.262.6295

Any SLAA member can attend or perform!



## 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 DVHeadlineNewsEditor@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 7 Questions Partners of Porn Addicts Ask

By Ella H.

Partners of porn addicts are baffled by this addiction. I know because I am a therapist as well as the wife of a porn addict. Here are questions partners may ask.

### #1: How can my partner love me and look at porn?

The two may be completely unrelated. An addict sees pornography as need rather than a choice. At the height of the addiction, nothing, not even the risk of losing a job or a marriage, is enough to stop. This explains how a politician or celebrity can make such risky, career-destroying moves without stopping to consider the consequences.

### #2: Why does my partner prefer porn to sex?

Your partner had this addiction before he or she ever met you. Pornography presents an unrealistic reality that damages a person's brain. While a porn addict desperately craves love and intimacy, he or she seeks it out in the exact place that will cause him or her to become less and less able to experience it.

### #3: Why am I not enough if I am sexually available?

Beyond the intimacy issue, pornography offers the thrill of what is forbidden. The uniqueness of Internet porn can goad a user relentlessly. The excitement of the hunt

for the perfect image releases dopamine, a chemical released when something is more arousing than anticipated. In contrast, sex with your spouse is not always better than expected. Nor does it offer endless variety. Indeed, porn's dopamine fireworks can produce a drug-like high that is more compelling than sex with a familiar mate.

### #4: My partner says they look at porn because they don't find me attractive enough. What can I do?

I hear this a lot and it is called justification. Your partner is not ready to admit they are an addict and take responsibility. There is nothing you could do to be appealing enough to make your partner stop looking at porn. There is simply no credibility to the argument that a partner causes or contributes to the use of pornography.

### #5: My partner says everybody does it. Am I making too big a deal?

It is unfortunate, but true, that pornography use is common. This does not make it okay. I often hear partners say that porn use makes them feel cheated on. This makes sense. When a partner uses porn they are finding sexual satisfaction from someone other than their significant other. So the betrayal feels natural.

### #6: My partner refuses to get help or admit this is a problem. How can I make them stop?

In short, you cannot. It usually takes something significant to get a person to admit to porn addiction.

You can insist your partner stop using porn and you have every right to do so. Your pleading that they stop will fall on deaf ears if they are not ready to hear it.

### #7: Is there hope? Can a person like this change?

Recovery from sexual addiction is very much possible. You are not helpless. You can't control your partner's recovery, but as the injured spouse, you can control your own. Your recovery includes building up a support system for yourself. Reach out to a trusted friend, your pastor, or a therapist. Keeping this secret will cause feelings of shame, loneliness, and isolation. Finding a support group for partners of sex/porn addicts can be very helpful. If there is not one in your area, there are phone support groups available as well as skilled therapists. Many partners have escaped the sexual addiction. They are not deriving pleasure from this lifestyle. They keep going back, trying to fill a void that porn will never. That void can only be filled by a life of living a structured recovery.