



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, May 12, 2016, at 7:00 p.m.

Tuesday, June 14, 2016 at 7:00 p.m.

All are welcome!

The Augustine Fellowship of SLAA—Greater Delaware Valley Intergroup (GDVI)
"Mistakes are always forgivable if one has the courage to admit them." -Bruce Lee

Headline News

MAY 2016 (PLEASE PRINT & SHARE AT MEETINGS MAY TO JUNE 2016)

GDVI to Welcome Speaker from California for a 10-Meeting Event

Beginning June 3, The Greater Delaware Valley Intergroup will be conducting a summer speaker event in which recovering SLAA member Alycia S. will travel from her home in California to speak at 10 meetings in the area over the course of four days.

The series is the brainchild of GDVI board member, Michael S., who traveled to California last year to speak at a similar set of meetings at the request of Alycia.

"I've learned that no matter where you live, all addicts have lived lives that we wish to never go back to," Michael says. "Male or female, the addiction knows no boundaries. East or West Coast, the pains and struggles are the same."

Alycia will be speaking on the topic "How the 12 Steps Saved My Life" to the following meetings. For more information, please feel free to contact the meeting directly.

Friday, June 3rd

1:00pm, Philadelphia, New Leaf Group, 1st Baptist Church/Liberti Church, 123

South 17 St., enter through red door on Sansom St., down stairs, room 3

6:00pm, Philadelphia, Rittenhouse Sq. Women's Meeting, Church of the Holy Trinity, 1904 Walnut St, 19, 20 Sts. & Walnut St., enter from Walnut to Centennial Room, *women only*

8:00pm, Chester, Keystone ECU Meeting, 2000 Providence Ave., corner of 20th St., park in the back of the bldg., enter front door

Saturday, June 4th

8:30am, Paoli Meeting, Paoli Presbyterian Church, 225 S. Valley Rd., small building to left of the main building

11:00am, Wilmington, after the 10am New Straw Meeting, St. Phillips Lutheran Church, 4501 Kirkwood Hwy., 1st classroom to the left

7:00pm, Cherry Hill Meeting, Kennedy Hospital, 2201 W Chapel Ave. at Cooper Landing Rd., 1st floor private dining room, next to cafeteria

Sunday, June 5th

10:00am, Lafayette Hill, God of Our Understanding, 452

Germantown Ave., park and enter through the rear of the building

1:30pm, Newtown Special Meeting scheduled for this event, Arcade Bldg., 22 S. State St., 3rd floor

7:00pm, Doylestown Hospital, 595 State St., 1st floor main hospital entrance, Conference Room A

Monday, June 6th

12:45pm, Philadelphia, University City Meeting, Newman Center, 3720 Chestnut St., next to St Agatha/St James Church, Room 17

Please share this event with everyone you know in the fellowship. When Alycia speaks at the women's meetings, we request that only women attend. And we'll see you there!



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!

Yes, Partners Need Help Too!

By Barbara O.

The person afflicted with sex/love/pornography addiction might think that if they get help, the problem will be fixed, and their relationship with their partner/spouse will be healed. In fact, this is often how the thinking of the partner: "Why should I seek help? It's his (or her) problem, not mine! If he (or she) stops, everything will return to normal." But then the next question becomes: "What is 'normal'?"

When the partner discovers that their partner suffers from sex/love/pornography addiction, the addict may feel a sense of relief in that they no longer have to guard "the secret." The partner, on the other side, is faced with a sudden loss of reality, which can be traumatizing.

Just as an addiction causes changes in the brain, so does trauma. These changes in the partner's brain can cause the partner to be very reactive. Just as an addict has been powerless to control the addiction, the partner may feel as if they have no control over his/her symptoms from trauma.

Common trauma symptoms experienced by partners

include: hyper-vigilance (being a "detective"), anger, depression, anxiety, shame, guilt, confusion, frustration, paranoia, fear, weeping, thoughts of suicide and/or homicide, obsessive thoughts about betrayal, feeling constantly distracted, and irritability.

And just as with Post Traumatic Stress Disorder, there may also be physical symptoms associated with this trauma: over- or under-eating, aches and pains, fatigue, nightmares, insomnia, headaches, migraines, and being easily startled or "jumpy."

These trauma symptoms can feel overwhelming and upsetting to the partner. They add to the chaos and unmanageability of the partner's life. They can also add to the chaos and unmanageability of the life of the sex addict in recovery. Getting help for the partner is crucial for both the addict and the partner.

Think of the relationship as a seesaw with the addict on one side and the partner on the other. (See the diagram below.) A healthy partnership should be balanced with both people close to each other.

If the addict is still acting out and the partner is traumatized, the seesaw may be balanced, but it is unhealthy because both are at extreme ends of the seesaw. If the addict seeks help without the partner getting help, the addict may move towards the middle of the seesaw, but the partner is still traumatized and will engage in behaviors (anger, questioning, snooping) that will undermine the addict's recovery.

However, if they both get the help that they need, they will both move towards the middle of the seesaw and the relationship can be healed, as well as both individuals in that relationship.

The person with the addiction might say, "How can I get my partner/spouse to take my advice to get help? He/she won't listen to me!" First, don't tell you partner what to do. Be empathetic, and tell him/her that you know your behavior has hurt them and caused them pain. Just say that you would like them to see a qualified therapist to help them process what has happened, help them heal, and ease their pain. The rest is up to her or him.

