



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

Tuesday, October 11, 2016 at 7:00 p.m.

All are welcome!

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

"Turn your face to the sun and the shadows fall behind you." – Charlotte Whitton

Headline News

SEPTEMBER 2016 (PRINT & SHARE AT MEETINGS SEPTEMBER TO OCTOBER 2016)

What You Need To Know about the Annual Business Meeting

What is it?

The SLAA Annual Business Meeting (ABM) is when all of the SLAA intergroups, independent SLAA meetings, and interested SLAA members hold a 4-day long conference. The purpose of this meeting is to inform the attendees (or delegates) of important topics that affect SLAA and Fellowship Wide Services, globally.

Fellowship Wide Services (FWS) is the main SLAA organizing body of the Annual Business Meeting.

When does the ABM occur?

The ABM meets annually; usually in late July or August. This year it was in Boston, MA, on August 2-5 and celebrated the 40th anniversary of the founding of SLAA. Next year the ABM will be held in another city. There are usually anywhere from 60 to 90 SLAA members attending the ABM.

Why is the ABM important to the fellowship?

This is the chance for all of the SLAA InterGroups, independent meetings and interested individuals can meet to decide what will

happen in FWS and SLAA during the upcoming year.

What topics were discussed at this year's ABM?

The types of motions and items for discussion that are introduced at the ABM, voted on, and/or discussed throughout the year are always very diverse. Sometimes one topic, motion, or item is discussed and refined for two or three years. These are the motions and discussions presented at this year's ABM.

1. Vote on wording changes in the bylaws.

2. Discuss and decide on what pamphlets and literature will be approved for distribution to the fellowship:

a. Accepting the revision to the 40 Questions pamphlet.

b. Discuss changes to a healthy relationships and healthy dating pamphlet.

c. Discuss the 12 step workbook.

d. Review what has been completed to date on the SLAA 12 and 12 book, which is similar to AA's 12 and 12.

3. Determine if FWS creates

guidelines of safety for every meeting as to protect people from 13 stepping, bullying, sexual harassment, or any other violence when they attend meetings.

4. Determine if FWS creates a speaker's bureau.

5. Determine if FWS manages an international meeting list online.

6. Ask ABM attendees to comment on how FWS should structure the distribution of the SLAA Basic Text, in order to make it more affordable to countries in Asia and Africa.

If you are interested in participating, being on a conference committee, or contributing to the Annual Business Meeting or Fellowship Wide Services, you are invited to contact Pam M., the general manager at FWS at generalmanager@slaafws.org.

If you are interested in represented GDVI at the 2017 ABM, please contact DVChairperson@slaadvi.org

Is there anything else you would like to know about ABM? Please contact DVChairperson@slaadvi.org

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!

The Consequences of Pornography Addiction

Addiction damages the part of the brain that helps you make good choices and sets limits: the frontal lobe. For more than 10 years, studies have shown that drug addictions can cause the brain's frontal lobes to shrink. Recent studies show that it's not just drugs or alcohol that damage this frontal lobe. The same problems show up with sexual compulsion. Besides the consequence of damage to the frontal lobe, there are other very serious consequences.

■ **Sexual dysfunction:** Sexual addiction, and porn addiction in particular, can lead to various forms of sexual dysfunction. One major study found that 60 percent of research subjects, with an average age of 25, had difficulty achieving arousal with real partners. Men with high rates of pornography use expressed diminished enjoyment in the enactment of sexually intimate behaviors compared to men with lower rates of pornography use. Women, reported they needed to view pornography in order to stimulate their arousal with a partner.

■ **Distorted views about intimate relationships:** Some young men substitute the enjoyment they receive from viewing pornography for the enjoyment they could find in a relationship that may lead to marriage. A 2009 study

among Greek adolescents found that exposure to pornography fosters “unrealistic attitudes about sex and misleading attitudes toward relationships.”

■ **Legal issues:** Some men and women engage in illegal sexual activities to heighten the pornographic experience. Oftentimes, the addiction has seduced these users of illegal services or explicit material to such a point that the consequences are overlooked and diminished in pursuit of a greater high. Child pornography convictions today can mean that a person can spend from 15 years to a lifetime of being on the sex offender's list, which restricts where you can live and work.

■ **Difficulty balancing work or school:** When a porn addict is focused on sexual fantasies and activities, his or her performance at work or in school suffers. Isolating impacts the ability to work as a team member. Withdrawing from relationships during college, is self-sabotage. Many porn addicts face reprimands or dismissal as a result.

■ **Negative Self Esteem:** Physical insecurities related to sexual performance and body image have been reported by both young men and women in a Swedish study from 2010. Female consumers of pornography

experienced feelings of inadequacy and lower self-esteem compared to women who did not use pornography.

■ **Financial Issues:** Have you ever wondered how pornographers that charge for their material stay in business when there's so much porn available for free? As Wendy Seltzer, an attorney and fellow at the Yale Law School, explained, the answer is actually pretty simple: once porn users get hooked, they'll want more and more. “Once they get through what's available for free, they'll move into the paid services,” said Seltzer. In a 2012 survey of 1,500 men, 56% said their tastes in porn had become “increasingly extreme or deviant.” Because porn users' brains quickly become accustomed to the porn they've already seen, porn addiction escalates. In-person meetings resulting from Internet connections can be costly. Paying membership fees and by-the-minute charges for live video feeds can add up very quickly.

But there's good news too: neuroplasticity works both ways. That means that the damage to the brain can be reversed and undone when someone gets away from practicing unhealthy behaviors and practices healthy ones. Recovery helps the brain recover!