



Headline News

March 2017

Please print and share in meetings Mar./Apr. 2017

For information

go to: SLAADVI.ORG

INTERGROUP SERVES THE SLAA FELLOWSHIP IN THESE IMPORTANT WAYS:

Meeting Lists — Intergroup updates and distributes a comprehensive list of all affiliated meetings.

Literature — Intergroup provides the affiliated meetings with SLAA pamphlets and Basic Texts.

Website — Intergroup builds a bridge of support to the SLAA Fellowship by maintaining an up-to-date online source of information and guidance at slaadvi.org.

Information Line — Intergroup operates a telephone information service for newcomers seeking basic information on sex and love addiction and in finding local meetings. **Call 609-621-SLAA (7522)**

Inspiration Line — Intergroup offers daily phone recordings of strength and hope to all who need it throughout the country and the world 24 hours a day 365 days of the year. **Call 215-574-2120**

Recovery Retreats — Intergroup sponsors annual retreats during each year that provide enrichment and support to the women and men of SLAA.

Community Outreach — Intergroup conducts outreach efforts to help sex and love addicts during their treatment.

GDVI Web Site Annual Report

Throughout 2016 the GDVI website, slaadvi.org, averaged approximately 60 hits per day, connecting with nearly 13,826 unique visitors during the year. That total is 608 hits fewer than in 2015, a 4.2% decrease.

On the other hand, the website received 408 emails, which is an increase over 2015 by 20%. Among those emails, there were 187 requests for full meeting lists.

The cost for Intergroup’s online outreach in 2016 was \$132, and the average cost per visitor was approximately 1 cent.

The following tables show clearly how successful the GDVI website is in supporting the entire SLAA community at all levels of sobriety.

If you have never visited the website or you have not done so lately, maybe now is the time.

Totals for 2016	
Page Views	22,466
Unique Visitors	13,826
Unique Sessions	12,363
Avg. Page Views per Visitor	1.4
Avg. Sessions per Visitor	1.1

Top 10 Pages Oct. – Dec. 2016		
	Page	Hits
1.	Home Page	6, 327
2.	Meeting List	6,085
3.	Characteristics of Sexual Anorexia	1,265
4.	Meetings & Activities	774
5.	Other Links & Literature	579
6.	40 Questions for Self-Diagnosis	571
7.	Inspiration Line	550
8.	Tools of Recovery	498
9.	Meeting Types	441
10.	Extended Home Page	209

Men's Recovery Workshop: Intimacy, Addiction and Meditation June 9 – 11, 2017

Carnes defines addiction as an intimacy disorder. In addiction, our capacity for intimacy becomes impaired; our deep longing for intimacy is unsatisfied. In this interactive workshop, designed especially for men, we will explore the relationship between addiction and intimacy, and use meditation tools to assist in re-establishing intimacy in our lives.

This retreat will be conducted at the Daylesford Abbey, 220 South Valley Rd., Paoli, PA

Registration opens April 1. \$300 for overnight guests; \$200 for commuters.

For information please contact DViMensRetreat@slaadvi.org.





New Documentary

Butterflies, Brains and Pornography Addiction

[This article is abstracted from "Addicted to Porn: Compulsion, Shame, and Anxiety, by Dori Olds 02/05/17.]

Documentary film maker Justin Hunt (*American Meth, Absent*), recently released a new film about pornography addiction, *Addicted to Porn: Chasing the Cardboard Butterfly*. The odd title of this exposition on the compulsion, shame and anxiety related to pornography addiction comes from a scientific study that shows the brain's role in the development of the addiction.

The study showed that when given the option between real biological mates and larger, more decorative cardboard models of species females, male butterflies were more attracted to the two-dimensional variety. Hunt's homage to science clearly suggests the similarity we humans show in our attraction to two-dimensional depictions of sexualized images.

Hunt defines pornography not by describing its physical qualities, but by describing the impact viewing porn has on the viewer's brain. **Cardboard Butterfly** shows what most pornography addicts well know: looking at porn gets the addict high because of the endorphin "rush" it creates in the brain.

The film also treats with clarity the "shame cycle" all sex addicts experience: debased by shame the addict uses sexually explicit material as a drug to alleviate the pain, which only leads to a post-porn guilt hangover, which only leads the addict to another bout of shame and anxiety, which eventually calls for another fix. Here are some of the sobering facts and statistics Hunt cites about pornography use today.

- In 30 minutes over 100 million pornography searches will have occurred
- One in five mobile phone searches are pornography related
- Average age people start searching for pornography is 10 years' old
- One in three pornography addicts are women
- 58% of divorces cite pornography as a contributing factor
- 67% of men look at pornography at least once a week
- This addiction affects the whole human demographic

To read much more about Justin Hunt and his film go to www.thefix.com/addicted-porn-compulsion-shame-anxiety

ATTEND AN INTERGROUP MEETING

2nd Tuesday of the month: 7:00 – 8:30 p.m.

444 N. 3rd St., Ste. 307, Phila. PA 19123 (Pro-Act Offices)

FREE Parking!

Can't make the drive? Join the conference call.

Dial 641-715-3287 (passcode 542215#)

Next Intergroup Meetings:

Mar. 14, 2017 | Apr. 11, 2017

NEW INSPIRATIONAL TEXT SERVICE

GDVI has announced that it has extended its inspirational offerings to include an Inspirational Text Service for mobile phone users. If you would like to receive a daily inspirational text on your phone, sign up at slaadvi.org/inspirational-text-sign-up. Or you can simply text the name of your phone carrier, ie., Verizon, Sprint, etc., to 215-805-5240.

Upcoming Events

Annual GDVI Summer Picnic

**Sunday, July 9, 2017
12 – 5 p.m.**

Core Creek Park
901 Bridgetown Pike
Langhorne, PA 19047
FREE ADMISSION

*Members who attend are
encouraged to bring a dish.*

PRO-ACT RECOVERY WALK

**Saturday, Sept. 23, 2017
Penn's Landing
Philadelphia, PA**

*Celebrate recovery and work to
end the stigma surrounding drug
and alcohol addiction.*

Call 215-923-1661

NEW MEETINGS INFORMATION

Wyomissing, PA. – Monday 7 a.m.

"Wake Up and Smell the Inspiration", Atone-ment Lutheran Church, Community Center 1st fl., 5 Wyomissing Blvd. (at Penn Ave.)
Contact: Pete M. 484-269-2991

Wyomissing, PA – Monday 6:30 p.m.

"Women Seeking Serenity", Caron Counseling Services, 845 N. Park Rd. This is a closed meeting for female sex and love addicts only. Contact: womenseekingserenity@gmail.org