



For information
go to slaadvi.org

Your local Intergroup serves the SLAA fellowship in these important ways:

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

Literature — Intergroup supplies 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 — Work with other organizations to promote recovery from addiction.

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

Fall seven times, stand up eight – Japanese proverb

Headline News

April 2017

Please print and share in meetings Apr./May 2017

2016 GDVI FINANCIAL REPORT

7th Tradition Contributions Rebound in 2016;
New Men's Retreat Begins in 2017

	2015	2016
Receipts		
7th Tradition	-	9,866
Retreat Scholarships	4,222	1,390
Total Receipts	4,222	11,256
Disbursements		
Administrative Expenses		
Web	132	132
Rent	-	300
Telephone	397	664
PO Box	769	280
Bank Fees	-	9
	-	-
ABM Expenses	-	4,528
ABM Reimbursement	-	-
Total Administrative	1,298	5,913
Available for Programs and Retreats	2,924	5,343
Program and Retreats		
Literature, Net Exp(Inc)	-	(513)
Recovery Walk	200	480
Social Committee	359	495
New Years Day	965	350
Women's Retreat	(60)	250
GDVI Retreats, Net Expense(Surplus)	1,083	(1,012)
Speakers Bureau	-	495
Total Program and Receipts	2,547	545
FWS Donation	-	-
Total Disbursements	3,845	6,458
Net Receipts and (Disbursements)	377	4,798
Beginning Balance	1,799	2,176
Ending Balance	2,176	6,974

Greater Delaware Valley Intergroup supports and carries out those activities and events detailed in the information column opposite. These activities are funded through the 7th Tradition contributions made by the Intergroup's associated meetings. A current listing is located at slaadvi.org.

GDVI's annual financial statement (see accompanying matrix) for 2016 shows that Intergroup is in a sound financial position: the ending balance was \$6,776, a three-fold increase over the year 2015. This increase was owing to a greater than 100% increase in 7th Tradition contributions and surpluses of \$1,012 from retreats activities and \$513 from literature.

Administration and program expenses were consistent with those in 2015 with the exception of the costs for the FWS Annual Business Meeting in Boston. In 2016 GDVI sent three representatives to the ABM, one more than the year before. That addition and the printing expenses for the copies of GDVI's proposed revision of the **40 Questions Pamphlet** account for the added expense.

With the increase in the balance sheet, GDVI has been able to initiate a new Men's Retreat in 2017, which will be held at Daylesford Abbey June 9-11.

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. \$330 for overnight guests; \$230 for commuters.

For information please contact DVIMensRetreat@slaadvi.org.



Insights & Reflections

13th Annual GDVI Spirituality Retreat Recovery, Renewal & Relaxation Abound at 2017 Spring Retreat at Daylesford Abbey

Once again, the organizers of the Spirituality Retreat provided attendees with a weekend of spiritual and emotional challenges and, at the same time, offered them ample opportunities for social and physical enjoyment.

The weekend included a dozen workshops, six different recovery meetings, a game night session, and a nature walk. The workshops varied on the serious side from sponsorship to healthy dating, and on the lighter side from making music with your inner child to managing stress trauma-informed yoga.

One workshop leader, Brenda G., who was visiting GDVI from another Intergroup and also a first-time attendee, said that both as a presenter and a participant she had “a wonderful experience.” In her words, the entire event was run like a “well-oiled machine...I never felt rushed, everything was organized and the meals were terrific. It was a super-rich experience.”

More importantly, she thought there was an ideal balance in the way the program was structured to provide great sessions of serious recovery work and plenty of time and space for fun.

“I did not anticipate the fun,” Brenda said. “I always felt in a safe place, whether it was during the sharing sessions or in the times that were intended just for fun, like the talent show.”

Brenda felt that the workshop she hosted, titled “Breath Work”, fit the program very well and can its practice can be an integral part of recovery from addiction. “Through breath work we can reduce stress. It can be a big help in moments when we *feel* stress or panic.”

It's surely no wonder why 74% of attendees return to the Spirituality Retreat; or why 95% of them would recommend this retreat to a friend. This year participants came from other cities (Pittsburgh and Scranton), other states (Virginia), and 50% of all attendees were from metropolitan Philadelphia.

ATTEND AN INTERGROUP MEETING

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

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

Dial 641-715-3287 (passcode 542215#)

Next Intergroup Meetings: Apr 11, 2017 | May 9, 2017

7 - 8:30 p.m.



Inspiration Line

215-574-2120

INSPIRATION LINE JOINS FWS WEBSITE!!!

GDVI, its Inspiration Line, and its new Inspiration Text Message service for mobile phone were all featured in the Spring 2017 newsletter of Fellowship Wide Services (FWS). <https://slaafws.org/NEWSLETTERS/2017-03/GDVI-InspirationLine200000Call-Mar2017.pdf>

As a result of hitting the 200,000th call on Christmas Day, FWS has welcomed the Inspiration line to its website. Calls are currently averaging 141 per day, including calls from Alaska, Hawaii, France, Russia and China – a testament of recovery to the 15 volunteers who record the messages.

GDVI treasurer, Michael S. calls the Inspiration Line “a lifeline to recovery that is always there”; that is, when he isn't calling it “a lifeboat that never leaves you.”

The Inspiration Line can be accessed at FWS here: <https://slaafws.org/telephonemeetings>

Inspirational Texting Service Nearing 400 Recipients

The Inspirational Texting Service started in January 2017. It took about 10 days of trial and error for the team to work out the technical issues and establish how to keep the communication process anonymous.

This service has truly caught on. In less than three months it has garnered 378 subscribers and it continues to grow. Once you sign up for the service, you will receive a recovery focus text message every day. All you need to do to sign up is go to GDVI's website: <http://www.slaadvi.org/inspirational-text-sign-up.html>. Or you can sign up by simply texting the name of your phone carrier (e.g. Sprint, Verizon, T-mobile etc.) to 215-805-5240.

The first text will arrive within 24 hours.

UPCOMING EVENTS

Annual GDVI Summer Picnic

Sun. July 9, 2017, 12 – 5 p.m.

[Visit slaadvi.org](http://slaadvi.org) for details

PRO-ACT RECOVERY WALK

Saturday, Sept. 23, 2017

Penn's Landing – Philadelphia, PA

Call 215-923-1661

Step Retreat

October 20 – 22, 2017

Daylesford Abbey, Paoli, PA