



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 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 every day 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.



Call the Inspiration Line
215-574-2120

Sign up for the new
Daily Inspirational Text.
Go to slaadvi.org>>Tools
of Recovery>>Inspirational
Text Sign-up.

A new message every day.

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

The heart that gives gathers. – Marianne Moore

Headline News

May 2017

Please print and share in meetings May/Jun. 2017



1st Annual Men's Recovery Retreat Weekend

Intimacy, Addiction &
Meditation: A Conversation

June 9 – June 11, 2017

Friday 4 p.m. – Sunday 11 a.m.

Daylesford Abbey, 220 South Valley Road, Paoli, PA 19301

Carnes defines addiction as an *intimacy disorder*. In addition, our capacity for intimacy becomes impaired and our deep longing for intimacy is unsatisfied. Step 11 instructs us to seek “through prayer and meditation to improve our conscious contact with a power greater than ourselves.” In this interactive workshop for men only, we will explore through texts, recordings and dialog the relationship between addiction and intimacy.

Come, study and learn as we investigate barriers to intimacy, such as shame and fear, **Learn to apply meditation techniques** that can assist us in getting in touch with that power greater than our addiction to **re-establish intimacy in our lives and further our recovery**. No previous meditation experience is needed.

- \$330 per person for overnight attendees; includes all activities, single room lodging for 2 nights and all meals.
- \$230 per person for commuter attendees; includes all activities and meals only.

For additional information, **contact the retreat coordinator at** 2017men-srecoveryretreat@gmail.com. Register at www.slaadvi.org.

Potluck Picnic in the Park

Core Creek Park, Langhorne, PA 19047 – Pavilion 7

Sunday, July 9, 2017

12 p.m. – 4 p.m.

A fun, sober event for SLAA members, their spouses and partners

Come join in the fun and camaraderie at GDVI's Annual Summer Picnic. **This potluck party will take place lakeside at historic Core Creek Park in Bucks County.**

Boat and kayak rentals are available and fishing in the well-stocked lake permitted. Also, the park boasts more than 4 miles of trails for hiking and biking, as well as several ball fields and playgrounds — over 1,200 acres of open space surrounding beautiful Lake Luxembourg.

To attend, RSVP Michael S. – 215-805-5240

PLEASE...BRING A DISH FOR THE POTLUCK TABLE!



Attend the
GDVI Picnic at
Core Creek Park



Insights & Reflections

A Fellow Reflects on Step Five

The following anonymous story centers on the writer's profound experience and growth that came from working the Steps.

When I first approached Step 5 I thought it was going to be breeze. After slogging through the trenches in Step 4, I was ready to spill my guts about my sex addiction. And I did. And it felt great. Owning up to my addiction and all the havoc and grief I had caused gave me a marvelous feeling of liberty. Dumping all my secrets in the open did more than open my eyes to the life of duplicity I had carried on for so long; it also opened my heart to a new way of seeing the world with me in it. Of course, I could never have performed Step 5 without having suffered the rigors of Step 4. In fact, I always think of 4 & 5 as a unit – first research then submit a report.

In the several months after doing Step 5, I became very introspective and spiritual. It was a time of wide vision and open-mindedness. It seemed as though doing the first five steps had really turned me around. I felt as though I was standing on the top of the mountain I had been climbing all my life. Though I had been in the program for a number of years, I continually struggled with keeping bottom lines throughout my slow recovery. But now it was like sailing on a waveless sea. It was easy – and wonderful.

As I approached a full year of sobriety, slowly, almost with my knowing it, the storm clouds came rolling in. Then one night the notion to act out got into my head and took hold. It was like riding an elephant. The harder I tried to steer the beast toward safety, the more it drove me into the jungle. It would take nearly two years before I could climb off that elephant.

At the end of the Step 5 section in the big book, it warns of the problem that comes with "the excitement of self-discovery." It says, "while we had gained perspective on ourselves and espoused God's guidance in our lives, we were nevertheless continuing to live in self-destructive or self-defeating ways in many areas of our lives." I hadn't pay any attention to that caution before I went through the Step that time.

Since then, I have done Step 5 again, and again I found it a remarkable adventure; but thanks to my program, my sponsor and my experience, I had learned that while fessing up to my addiction was uplifting, it didn't erase my addiction – and nothing will. And I know now that my program, especially the Steps, helps keep me aware of my addiction and focused on my sobriety – and a bit more attuned for the lessons I don't see coming.

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 — May 9, 2017 | June 13, 2017

7 - 8:30 p.m.

SLAA Annual Business Meeting July 25-28

This year GDVI will be sending three delegates to the ABM, which will be held in Framingham, MA.

The theme of this year's meeting will be SLAA's Tradition Three, which concerns SLAA membership. At this stage, a conference agenda has not been published; however, Intergroup is aware of one item that will be voted on for approval – the proposed revision of the 40 Questions pamphlet, which GDVI has been working on for more than five years and which was submitted at last year's ABM conference.

It was not approved last year, but the GDVI Board feels confident that this year their revision will get the nod. Go to www.slaafws.org for info.

UPCOMING EVENTS

Men's Weekend Retreat

June 9 – 11, 2017

Daylesford Abbey, Paoli, PA

Contact: DVIMensRetreat@slaadvi.org

See reverse for details.

Annual GDVI Summer Picnic

July 9, 2017, 12 – 5 p.m.

Core Creek Park, Langhorn, PA

See reverse for details.

SLAA Women's Summer Retreat

Healing Our Shame and Guilt

July 21-23, 2017 — Stony Point, NY

Email: summerwomensretreat@gmail.com

Annual Business Meeting of SLAA

25 – 28, 2017 — Framingham, MA

<https://slaafws.org/abminfo>

See more details on this page.

PRO-ACT RECOVERY WALK

Saturday, Sept. 23, 2017

Penn's Landing – Philadelphia, PA

Call 215-923-1661

Annual Step Retreat

October 20 – 22, 2017

Daylesford Abbey, Paoli, PA