



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

Inspirational Texting Service — GDVI supports a new mobile phone daily inspirational text. See below.

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

Community Outreach — Work with other organizations to promote recovery from addiction.



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)

If we are facing in the right direction, all we have to do is keep on walking – Zen proverb

Headline News

June 2017

Please print and share in meetings June /July 2017



Potluck Picnic in the Park

Sunday, July 9, 2017
12 p.m. – 4 p.m.

Core Creek Park, Langhorne, PA 19047 – Pavilion 7

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 clean and beautiful Lake Luxembourg.**



The 175-acre lake offers a variety of boating activities, including **boat and canoe rowing, single & double kayaking and paddleboating.** Rentals are reasonably priced: as little as \$8 for a 1/2 hour of boating or canoeing to \$20 for a one-hour ride on the Aquacycle. What better way to stay cool on a hot Sunday in July?

PLEASE...JOIN US THIS YEAR!

CALL AND TELL US YOU'RE COMING SO WE CAN EXPECT YOU.

RSVP Michael S. – 215-805-5240

Lions...and Tigers...and Bears

Recovery, the Serenity Prayer and the Wizard of Oz

We all know the Serenity Prayer. And almost everyone knows the story of the Wizard of Oz (at least the movie version). Dorothy is not happy with life on the farm, runs away, is swept up in a tornado, lands in a strange place, and gathers three companions on her journey to the Emerald City to meet the Wizard. On the way, she must deal with witches – good and bad – flying monkeys, and castle guards before she learns that she, herself, has within herself the power to grant her own wish to return home.

I see in young Dorothy and her three companions an analogy to the process of recovery from addiction and the role of the Serenity Prayer in helping us achieve that.

In addiction, we cannot find fulfillment, happiness, or peace in our lives. We run away; and just when we realize that we have run too far, we are swept up in the drug or

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GDVI Seeks Approval for New 40 Questions Pamphlet at 2017 ABM Conference July 25-28

It would be interesting to know how many of our fellowship were introduced to SLAA because someone handed them a 40 Questions pamphlet. And if that pamphlet wasn't what got us to our first meeting, it was probably the first piece of conference approved literature we read.

And why not? For more than 30 years, that pamphlet has helped so many of us recognize the fact of our disease. *Continued on page 2.*



Insights & Reflections

The Road to Serenity Ends in the Field of Acceptance

When I pray for serenity, the objective is for me to be able to accept those realities beyond my control; therefore, serenity is the state of mind I seek and acceptance is the course of action I desire. Here is my power list of realities that I must remember to accept in furthering my recovery from sex and love addiction.

First and foremost, I must accept every day that I am a sex (love) addict. *I haven't stopped being:* I am and will continue to be.

Second, I must accept that the way I see the world and the way I think it sees me is often quite different from the way others see things, and *my way is neither better nor worse* than theirs.

Next, if I am going to achieve and sustain recovery, I must accept that there are some things about my behavior and my personality that *I must be willing to change, no matter how hard it is.*

Finally, I must accept that the world was not created to meet my desires or demands; that patience with myself and others is necessary; that humility and courage are indeed part of who I am, despite my weaknesses and limitations; and *that hope for me really exists.* ❧

GDVI Seeks Approval for New 40 Questions Pamphlet

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At the beginning of 2009, at the end of an SLAA meeting, a young man stood at the literature table scanning the various pamphlets. He picked up the 40 Questions pamphlet and looked over the questions for a few moments before putting it down and picking up a different pamphlet. He left shortly after that, taking a couple of pamphlets, but not the 40 Questions.

Old-timer Michael S. recalled this incident recently in relating the genesis of the new version of the 40 Questions pamphlet, conceived and developed by GDVI, which will be voted on for approval as conference literature at the Annual Business Meeting in late July.

"I saw this young man again a couple of weeks later," Michael said, "at my home meeting. All through the meeting he seemed completely uninterested in what people were sharing. That meeting was more about relationships than sex addiction per se, and he seemed untouched by all of it."

Afterwards Michael S. introduced himself to the man and asked him how he liked the meeting so far. "He told me he didn't see much there for him... 'I'm a porn addict', he told me. 'I'm on the internet sometimes 15 hours a day. Nobody's even talking about the internet. Look at these question—there's nothing here for me.' I knew he was right.

"So I started looking over the questions, and — you really had to think too hard about each question. They really didn't elicit a gut yes or no. So I went to Intergroup in June 2009 and told them I wanted to change the 40 Questions. It didn't have anything about the internet, nothing about the ways the internet had changed the sexual landscape."

And so began GDVI's quest to develop an updated 40 Questions pamphlet...*a story that will be continued in the next issue.*

The Lion, Tin Man and Scarecrow

Serenity, Courage and Wisdom

Continued from page 1.

behavior that is the tornado of our addiction. Its path of destruction lays waste to the landscape of our lives and carries us far away. The storm lands us in a new brightly-colored world filled with sober people singing about the blessings of recovery. Yet our own work is just beginning.

There is a road we must follow leading to the Emerald City of sobriety, a road we cannot walk alone, for there are still evil witches and flying monkeys — people, places, and things — impeding the way to our destination. However, along the path we make friends with three necessary companions.

The first is Serenity — to acquire an open mind and heart that can accept our disease, begin to love ourselves and others and learn to forgive ourselves and others for the past.

The second is Courage — to move forward even as we encounter the lions and tigers and bears of our addiction, to turn over our will, to make amends, and to pick up the phone or go to a meeting when we need to.

The third companion is Wisdom — to discern the good choices from the bad, to know what we can and cannot do, to recognize true courage from false bravado, to choose love over dependency.

Of course, our three companions can take us only as far as the shining light of recovery; from there *we must take the gifts of our new friends home with us and use them in our daily lives*, in and out of the rooms.

I wish recovery was as easy as tapping our heels together. Finding our way home takes work, but with serenity, courage, and wisdom we can overcome all the flying monkeys and stay out of the way of tornados. We also learn that *the greatest companion of recovery is gratitude* which was always just in our own backyard...*Steve D.*

ATTEND AN INTERGROUP MEETING

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

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

*Dial 641-715-3287
(passcode 542215#)*

Next Intergroup Meetings
June 13, 2017 | July 11, 2017
7 - 8:30 p.m.