



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.

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

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

Man never made any material as resilient as the human spirit. – Bernard Williams

Headline News

July 2017

Please print and share in meetings Jun/July 2017

Revised 40 Questions Pamphlet to Face Approval Vote at ABM, July 25–28

Second of a two parts on GDVI's creation of a revised version of the 40 Questions pamphlet of SLAA.

In January of 2010 six months after first proposing the idea at an Intergroup meeting, Michael S. typed out a new set of 40 questions and took it to the Intergroup meeting. There were no questions about love addiction or anorexia. “You could tell they were all written by a sex addict,” he said in a recent interview. “They were really raw.”

That first draft is what started the conversation. Since then there have been many revisions. Now the questions include not only sex addiction, but love addiction and relationships, anorexia, effects of acting out and more. Michael S. pointed out that Intergroup’s own Steve D. did what is called a “psychometric analysis” of the proposed new 40 Questions that measures the *reliability* and *validity* of the questions in view of the responses the question garner.

Reliability, Steve wrote in his report, is a “measure of the overall consistency of the survey” (i.e. the questions as responded to by a group of sex and love addicts). “In other words, do all the questions work together” as a consistent measure of the “characteristics related to sexual addiction regardless of who answers the questions.”

On the other hand, “validity...determines if the questions are measuring some attributes which are theoretically connected to the overall topic.” That requires establishing subscales of behavioral attributes that actually measure sex and love addiction. The four subscales identified each focused on a theme: relationships and co-dependency, two attributes symptomatic of love addiction; sexual acting out; pornography, shame and illegal activities; and the experienced *high* associated with addiction.

In March 2015, the survey was sent out to 430 members of GDVI and various others, and 145 people responded with 91 completing all the questions. According to the GDVI analysis “the 40 Questions indicate[d] a remarkably high level of consistency and internal reliability,” that is, “different people answer these questions in a highly consistent way.”

In July 2015, confident in the reliability and validity of the questions, GDVI was able to have the new pamphlet added to the ABM agenda as a motion for approval. “We were not welcomed,” Michael S. recalled. “It was a bit more than many of them could handle at first glance.”

After talking to the people at the ABM, GDVI pulled it out as a motion and decided to leave it one more year as an item for discussion. With all the pushback, they were afraid the motion would be defeated, in which case they would have had to wait two years before it could be submitted again. “So, we handed out copies to every delegate there,” Michael S said, “we took their contact information and we harassed them all year for their feedback.”

So, 2016 was the first year it made it as a motion. It went to a vote, and it passed, but only by a couple of votes. “We were approved, but it was by such a small margin that out of respect for all those people who opposed it, we said we’d table it and we’d make a few more tweaks to some of the questions. It was still a little too strong for some people.”

“We did what they wanted,” he said, “but basically the original intent of these questions, which was to address what is happening on the internet, remains the basis for the new pamphlet. Now this year, we expect it will pass.” 🍷



Don't Forget

GDVI's Annual Potluck Picnic at Core Creek Park

Langhorne, PA 19047 — Pavillion 7
Sunday, July 9, 2017 12 p.m. – 4 p.m.
Bring something to share!!

Insights & Reflections



Breathing Through the Tough Times

By Melissa K.

I often need some help getting through the tough times, without acting out. Recently, I encountered some rough patches in my life, so I went to my library of recovery books. Reading books on recovery is an import tool I use regularly in my sobriety. Several years ago, I was curious about Buddhist recovery, so I became an avid reader of the books by Pema Chodron.

Pema Chodron, is a Buddhist nun, she was born in 1936, in New York City. In 2016, she celebrated her 80th year. After a divorce in 1970, Pema traveled to the French Alps and studied with Buddhist teacher Lama Chime Rinpoche. She became a novice Buddhist nun in and moved to rural Cape Breton, Nova Scotia in 1984, to be the director of Gampo Abbey and taught the Buddhist traditions - waking before sunrise, chanting scriptures, daily chores, communal meals and providing blessings for the laity. In Nova Scotia, through the Chodron Foundation, she works with others, sharing her ideas and teachings. During this time of deep spiritual need, I went to one of her books "When Things Fall Apart".

From this book, I discovered a simple breathing exercise I can use during these chaotic times so I can move into a better space. It is all about breathing and consciously repeating words to yourself to accompany the breathing.

Pema explains in her book, when things get way too complicated; step back and breathe. Inhale and say silently to yourself "Breathe in the pain." Then exhale and say, "Breathe out relief."

Next, reverse the order: inhale, and say silently to yourself "Breathe in the relief." Then exhale and say, "Breathe out the pain."

I usually need about 15 minutes of conscious breathing in this way before a change comes over me in some way. I find I have new energy, or something else crosses my mental path that moves me into a different space.

I know that when I continue to be in that negative space of worry or feeling powerless, then absolutely nothing will be accomplished that day. We all have something to accomplish every day, whether it is just getting the kids off to school or running a company, and when I am having difficulty directing my energy toward accomplishing something useful, this exercise gets me to the space I need to be in to function in a positive way. It is what I need.

So, I invite you to try this simple exercise; and remember...keep breathing.

UPCOMING EVENTS

Annual GDVI Summer Picnic

Core Creek Park, Langhorn, PA
Sunday July 9, 2017 12 - 4 p.m.
For details go to slaadvi.org

Summer Fun !!!

Potluck Brunch & Fellowship

God of Our Understanding Meeting
452 Germantown Pk. Lafayette Hill, PA 19444
(1/2 block east of Joshua Rd. Park & enter in rear.)

Sunday, July 16, 2017

Meeting 10 - 11 a.m. — Social follows.
Rain or shine. — Bring something to share.

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

July 25-28, 2017 — Framingham, MA
GDVI's 40 Questions pamphlet revision is
up for approval.

See details at slaafws.org/abminfo

PRO-ACT RECOVERY WALK

Saturday, Sept. 23, 2017
Penn's Landing — Philadelphia, PA
Call 215-923-1661
26,000 walked in 2016!

Annual Step Retreat
October 20 - 22, 2017
Daylesford Abbey, Paoli, PA

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 July 11, 2017 | Aug. 8, 2017

7 - 8:30 p.m.