



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.



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

If the only prayer you say in your life is "thank you," that would suffice. – Meister Eckhart

Headline News

November 2017

Please print and share in meetings Nov./Dec. 2017

MAKE 2018 - YOUR YEAR OF SERVICE!

In 2018, Greater Delaware Valley Intergroup will be concentrating the entire year on actively promoting service and engaging our membership to use service as a tool for their continued sobriety. An important part of doing service is to volunteer as a home group or meeting representative and attend the Greater Delaware Valley Intergroup (GDVI) monthly meeting, either in person or by phone conference. Another way is doing service at the Intergroup level.

Are you looking to up the level of your sobriety by doing service at the Intergroup level? Do you want to meet other people in recovery who are like minded, dedicated to service in the program? Then take action now! The GDVI needs people to do service to help the Intergroup during 2018. Please submit nominations before the December 12 meeting by sending an email to info@SLAADVi.org. Position elections will follow on January 9, 2018. You can nominate yourself, or someone else, for any open position. Elected members will hold the position for one year. The open Intergroup positions are:

- ◆ Co-Chair
- ◆ Treasurer
- ◆ Recording Secretary
- ◆ Corresponding Secretary /Meeting List Coordinator
- ◆ Delegates to the Annual Business Meeting (ABM) 2 people
- ◆ Information Line Coordinator
- ◆ Inspiration Line Speaker Volunteers
- ◆ Literature Chair
- ◆ Website Coordinator
- ◆ Social Committee Chair
- ◆ Retreat Committee Chair
- ◆ Headline News Editor
- ◆ Graphic Design Coordinator

If you would like to learn more about each position, and its responsibilities, visit the GDVI website at: <http://www.slaadvi.org/gdvi-positions>. Many services positions require only 6 months of sobriety. If you are interested in serving, or would like to nominate someone, please email: info@SLAADVi.org or attend the next Intergroup Meeting on Nov 14 or December 12 at 7pm. You can also call into the meetings (see below for call in information). Think of applying for a position and make 2018- your year of service!

ATTEND AN INTERGROUP MEETING

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

Join the conference call. Dial 641-715-3287
(passcode 542215#)

Next GDVI Meetings Nov. 14, 2017 | Dec. 12, 2017 7 - 8:30 p.m.

How a Tiny Boy Taught Me To Be a Man

by Josh M.

When I was a young boy I thought I knew what being tough was about. I believed I was tough and that made me a man. I could hang with the big guys on the court who enjoyed fouling me in hopes that I would quit. I took pride in telling others that I had broken every finger except one playing basketball because I knew that made me tough in both my eyes and theirs.

After high school, I took the same hard-nosed attitude into my career. I strode fearlessly across rickety boards 20 feet above the ground, worked wherever the job took me, and at the same time strayed from my own moral principles regarding anonymous sex and pornography. Yet, I still thought of myself as a tough guy and that seemed to make me happy.

Ultimately, I became lonely because I had damaged every good relationship I had at the expense of being tough. I wasn't happy, but I was good at making myself and others believe I was because I was tough. I had not yet taken time to ask myself what the essence of being tough or being a man was. And when I finally did ask that question, the answer came to me not from within nor from another man, but from a young boy named Henry, whom I met the morning he nearly died.

Henry is my oldest child and he was born two months early. The doctor said my son and my wife surely would have died had they not made it to the hospital that scary morning Henry was born. Scared to death, I called my parents and my wife's parents begging for their help. But I did not cry. I remained tough — "for my family" I told myself. But when I saw Henry for the first time, lying inside an intensive care incubator, I collapsed in tears. The doctor put his hand on my shoulder and said, "You have one tough kid there. Take care of him and his mother."

For a long time I worried every day about Henry's health, but gradually my worry lessened as Henry grew and showed me his toughness and zest for life. His toughness lay in doing what nobody thought he could do: climbing monkey bars, flying down a zip-line at scout camp, or helping lift heavy tables I thought he couldn't.

I confess there are times I feel unsure of myself as a father, yet those are the times Henry gives me a giant hug or asks me to throw the football with him or to draw a picture of me that says, "Best Dad Ever!" Henry has taught me that being tough isn't about beating everyone else at physical exploits; he has shown me instead that toughness is sometimes being emotionally able to fight through the daily challenges that medical issues bring or by being able to calmly take a necessary daily injection, quietly, without fanfare, and without fear.

Moreover, he has taught me that having the ability to bring people together with compassion and quiet leadership is what being a man is all about; that it's about helping others when they need it, regardless of your own desperate plight; about crying with those that need comfort instead of wondering how others may criticize your tears; about turning the other cheek when others would do you harm; and, about being brave enough and tough enough to be vulnerable — emotionally and spiritually. Henry is my teacher of manhood; he is my teacher of toughness. ❧

2017 Step Retreat

Recent attendee reflects on the blessings the retreat offers

There are many reasons that the 2017 Step Retreat was important to me. The first has to do with the location, Daylesford Abbey.

This was the third retreat I have attended here and on each occasion I have experienced the very presence of my Higher Power. I consider this to be Holy Ground.

The atmosphere is very conducive to meditation, prayer and reflection, which allows me to experience an intimate encounter with God.

The second reason I value this retreat is the subject matter and the presenters. The format used and the knowledge shared, encourage growth and foster reflection. There were multiple opportunities for heartfelt sharing in the whole group and small group settings.

The final personal blessing for me is the way it always help me be more thoroughly prepared to guide my two sponsees through the 12 steps.

I would encourage anyone who has either just starting or been through the Steps, to partake of all the Blessings the Abbey and Retreat has to offer next year. — Lyle H.

UPCOMING EVENTS

GDVI Board Elections

Have you ever considered giving service at the Intergroup level?

All Positions Open

Volunteer at:

info@SLAADVI.org/GDVI-positions

GDVI New Year's Day Event

Free and open to all SLAA members, their partners and spouses.

Held at PRO-ACT offices, 3rd fl. Ste. 307
444 N. 3rd St., Phila., PA 19123; 1 - 5 p.m.

Email Lindsay, DVISocialCommittee-coordinator@slaadvi.org

Sign up for the new Daily Inspirational Text.

Go to >> Slaadvi.org/Tools of Recover/Inspirational Text-up.