



What does our Intergroup do?

The S.L.A.A. Greater Delaware Valley Intergroup (GDVI) covers the geographic areas of Eastern Pennsylvania, Central and Southern New Jersey, and the state of Delaware. Members of the fellowship are welcome to participate in all Intergroup committees & activities.

- Updating and disseminating regional Meeting Lists
- Stocking and distributing S.L.A.A. Literature locally
- Maintaining SLAADVI.ORG
- Offering an Information Line, 609-621-SLAA (7522)
- Providing a 24-hour Inspiration Line, 215-574-2120
- Providing a 24-hour Story Line, 215-574-2121
- Organizing multiple retreats
- Organizing S.L.A.A. social events
- Distributing monthly e-mailings of GDVI meeting minutes and GDVI's monthly newsletter: Headline News, as well as flyers about GDVI-sponsored activities and other S.L.A.A. recovery events
- Sending Delegates (local representatives) from GDVI to the Annual Business Meeting of world-wide Intergroups

Who is the GDVI Board?

Lisa S. - Chair
 John D. (PA) - Co-Chair
 Michael S. - Treasurer
 Joe W. - Website Coordinator
 Brian H. - Literature Chair
 Ari F. - Retreat Chair / Graphics Chair
 Risa J. - Corresponding Secretary Chair
 Martin W. - Corresponding Secretary Co-Chair
 Raul V. - Recording Secretary
Open position - Social Committee Chair
 Risa J. - Social Committee Co-Chair
 John D.(NJ) - Outreach Chair
 Jared G. - Outreach Co-Chair

HEADLINE NEWS

Greater Delaware Valley Intergroup (GDVI)
MARCH 2024

DID YOU KNOW?

Connecting in Recovery

When I was in active addiction, I was a lonely person. On the surface, I seemed sociable. I associated with people, was involved in activities, and enjoyed planning events. But underneath, I felt emotionally isolated because I had a hidden self; one I felt ashamed of. I walked around with the feeling that people would not want to have anything to do with me if they knew who I really was and what I had done.

Coming to the program marked the first time I was able to speak honestly about who I was and what I had done. Contrary to my fears, I was met with acceptance, identification, friendship, and support. I can recall sharing parts of my story in meetings and seeing the nods around the table that said, "I understand. I've done similar things in my life, too." That made me feel much less alone.

Fellowship outside of the meetings was helpful for me, too. There was a group of people in one of the meetings I attended early on who would often go to a diner after the meeting. The feeling of gathering with people who understood me, with whom I did not have to hide or edit myself, brought me closer to the self-acceptance that was vital to my maintaining sobriety.

Fellowship was also found in the people who generously offered me their contact information in meetings. In my early days of sobriety, I often found myself tempted to break "no contact" and reach out to my qualifier. Instead, I had a group of people to call who would be supportive without judgment, and who shared with me the tools for sober living that they learned from other fellows.

The only requirement for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. Any two or more persons gathered together for mutual aid in recovering from sex and love addiction may call themselves an S.L.A.A. group, provided that as a group they have no other affiliation.
 - TRADITION 3

What's in this issue

Connecting in Recovery. Meeting and a Meal Series. New Meeting. Inspiration Line. Upcoming Events & Retreats. FWS & GDVI Information. Legal consequences Virtual Meeting. Donation campaign. Virtual ABM Big News. Volunteers needed.

When Covid lockdown came, I was grateful for the opportunity to continue staying connected with the program through Zoom. However, I found myself easily distracted by things in my home during online meetings. When I attend meetings in person, I am focused solely on recovery and the other people in the meetings. (continued on page 2)

MEETING UPDATES

New meeting added

Fridays at Lafayette Hill, PA
 Rotating format. 7:30pm to 8:30pm

Meeting and a Meal

First Sundays ~ Easton, PA
 Tues. 4/23 ~ Flemington, NJ

More info or to RSVP:
www.slaadvi.org/mandm
 or scan the QR Code



The GDVI "Meeting & Meal" Series combines an S.L.A.A. Meeting and Fellowship Meal and can be a great way to encourage fellowship from meeting participants.



Add your meeting easily at
www.slaadvi.org/mandm

Scan here to view this issue and all of the issues of the GDVI Headline News Monthly Newsletter



Monthly Intergroup: 7pm
2nd Tuesdays
MARCH 12 & APRIL 9
All are welcome

Zoom Meeting ID: 987 6668 8215

Password: GDVI2021

Zoom dial in audio only: (646)558-8656

Audio access code: 06051431#

24 HOURS - 7 DAYS A WEEK INSPIRATION

215-574-2120

Daily Inspiration Line
WE ARE HERE FOR YOU!

215-574-2121

Weekly Inspiration Story Line



Ari (NY) is seeking "Story Tellers" for May, 2024. Email info@slaadvi.org if you are interested

The Inspiration Line & Story Line are 24/7 phone numbers with messages from our members sharing their experience, strength and hope



ELECT OUR DELEGATES

The **Delegate** is a member that represents an Intergroup at the ABC/M (Annual Business Conference/Meeting).

Come join us at the March 12th GDVI Meeting.
Zoom meeting access on Page 1

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That is powerful for me. During online meetings, I also missed the periods of time before and after the meetings when attendees would joke around, catch up, offer support, and build friendships.

Today, some of my closest friends are those I've met in recovery, and these friendships are precious to me. We support each other in sobriety, but we also enjoy just being together. Our relationships feel substantial and important to me. They are grounded in honesty. We share our struggles and successes, openly and regularly. As a result, I am not a lonely person anymore. I am a person who feels known, heard, understood, and connected. This is a wonderful feeling. - Lisa S., New Jersey

LEGAL CONSEQUENCES VIRTUAL MEETINGS



Sunday 7pm, Tuesday 8:30pm,
Wednesday 8:45pm

all genders welcome. Meeting is in ET zone
More info at slaadvi.org/legal

THANK YOU FOR YOUR SERVICE



Thank you for your many years in service since 2020!

...Outgoing Board Member

John G. - Social Committee Chair

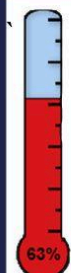
IN PERSON MEETINGS

meeting locations found at
slaadvi.org/meetings



GDVI DONATION CAMPAIGN

GDVI is currently raising funds for our intergroup expenses and programs. Our goal is to raise \$10,000 in gifts of \$25 or more. Please consider giving today!



BIG NEWS FOR GDVI

At the January monthly Intergroup meeting, it was decided that GDVI would host a co-work/co-service space for all ABM Virtual attendees. This will be held at the Daylesford Abbey in Paoli, PA. Many tech requirements have been put in place to achieve a successful outcome.

We are looking for volunteers available in person

Wednesday, August 7
Thursday, August 8
Friday, August 9
Saturday, August 10

Any hours you can contribute are appreciated. Please email slaadvi.outreach@gmail.com if you can be available on any of these dates.

This is beautiful opportunity to bring the fellows together who may want to conduct Fellowship business in person and for the local Intergroup to meet people from other areas.



UPCOMING GDVI EVENTS

slaadvi.org/activities

SAVE THE DATES

OVERCOMING OBSTACLES

**"Steps & Spirituality"
SATURDAY 03.09.24**

Join us on Zoom for the third Overcoming Obstacles workshop series. Register online to receive log in. Donations suggested, but not required. All S.L.A.A. members are welcome.
2pm to 4pm ET

STEP RETREATS

There will be reading, sharing and writing throughout the weekend. If you have worked on the steps in this type of format before, you already know its value. If you have not done any study of the Steps, intensive or otherwise, this is a great way to do it, especially the first time. It gives you hope and faith that the program steps work.

ANNUAL WOMEN'S STEP RETREAT

04.26.24 to 04.28.24

WOMEN'S 12 Step Retreat Commuter and Non-Commuter spots. Limited to 12 women who identify as a sex and love addict and use pronouns she/her. NEW Location - Long Beach Island, NJ. Optional add on fellowship to stay till Monday!
Only 2 spots left!

ANNUAL CO-ED SPRING RETREAT

06.28.24 to 06.30.24

Join us for workshops, speaker meetings and lots of fellowship! Weekend or Saturday only options. Non-commuter or commuter spots available. Registration opens mid April 2024.