



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)
 APRIL 2024

DID YOU KNOW?

First GDVI Men's Retreat & Experiences

The Greater Delaware Valley Intergroup (GDVI) held its inaugural Men's step retreat on March 1-3 in Easton, PA, co-facilitated by retreat committee members John D. (PA) and John G. Since 2018, Ari F., retreat chair, has facilitated an annual Women's step retreat at various locations in New Jersey, so the Men's retreat was (gratefully) modeled after those.

An attendee who previously attended the All Gender GDVI step retreat said, "This was an incredible retreat and expertly run. Seamless execution. Full of bonding, raw vulnerability, and connection. I love reading over the steps and having speakers randomly chosen. I got so much from the small breakout discussions. It's an emotionally intense weekend. However, I didn't want to give up the meditation or anything that was scheduled. I appreciate how the facilitators stressed self-care, and I did take a break from scheduled activities to rest. I really enjoyed the closing activity of thanking someone."

A first-time GDVI retreat attendee noted the retreat was the first time he attended an in-person S.L.A.A. event; "I felt very overwhelmed, but also very much had the feeling of fear of missing out. The facilitators and attendees reminded me to practice self-care, and I probably should have taken more personal breaks. I am very new to recovery and in the midst of legal consequences and major life disruption because of my rock bottom. This retreat was my chance to get a deeper sense of the steps and principles of recovery. It was also my first chance ever to do this work outside my Zoom screen."

A long-time retreat-goer remarked, "This retreat was one of the best I've ever been to

Each group should be autonomous except in matters affecting other groups or S.L.A.A. as a whole.
 - TRADITION 4

What's in this issue

First GDVI Men's Retreat. Meeting and a Meal Series. Inspiration Line. Upcoming Events & Retreats. New Literature available. Legal consequences Virtual Meeting. Donation campaign. Virtual ABM Big News. Volunteers needed.

over 35 years and across multiple states. I was initially a little bit wary of the format because there was a lot of reading and sitting scheduled, but the rhythm seemed effective and tolerable. It was very well organized and structured." Several attendees shared their excitement at the opportunity to meet their sponsor in person, something they'd only previously done by phone and Zoom.

Different attendees brought "top-line" activities to share. One led a group meditation with singing bowls, another led several board and card games, and others (continued on page 2)

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
 APRIL 9 + MAY 14
 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

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

215-574-2120

Daily Inspiration Line

WE ARE HERE FOR YOU!

215-574-2121

Weekly Inspiration Story Line



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 and to meet people from other areas.

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

(continued from page 1) held piano/guitar sing-alongs. All enjoyed the plentiful snacks. The retreat center's second floor, where all activities and lodging were located, was filled with activity late into the night.

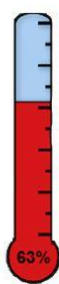
Following the retreat, several attendees joined the local in-person Easton S.L.A.A. meeting, followed by a group dinner. Nearly all attendees joined a follow-up Zoom meeting 24 hours after the retreat ended to check in, and many continue to stay connected through group chat.

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!



NEW LITERATURE AND MORE



The Twelve Steps of S.L.A.A. in Plain Language is for anyone who may have reading challenges or may be put off by the length and complexity of the S.L.A.A. Basic Text. Perhaps their education was cut short, or perhaps English is their second language. Or a person may simply want to read a shorter, easier version. A digital download is available for \$3.50 or a printed booklet for \$4.40.



DOWNLOAD ALL
S.L.A.A. LITERATURE USING
QR CODE OR GO TO
<https://store.slaafws.org/>

UPCOMING GDVI EVENTS

slaadvi.org/activities

ONLINE WORKSHOP

OVERCOMING OBSTACLES "Sponsorship" SATURDAY 04.13.24

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

S.L.A.A. RETREATS

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 one spot left!

ANNUAL CO-ED SPRING RETREAT 06.28.24 to 06.30.24

Join us for workshops, speaker meetings and lots of fun and fellowship! Topics include art therapy, Steps 4, Steps 8 and 9, meditation, triggers, anorexia, trauma and much more! Weekend or Saturday only options. Retreat is In-person at the Daylesford Abbey, Paoli, PA location. Registration will open on April 8, 2024.

Financial aid available for all retreats.

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