



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
 Wayne S. - Social Committee Co-Chair
 Risa J. - Social Committee Co-Chair
 John D.(NJ) - Outreach Chair
 Jared G. - Outreach Co-Chair

HEADLINE NEWS

Greater Delaware Valley Intergroup (GDVI)
MAY 2024

DID YOU KNOW ?

What is Fear?

Fear /fir/ noun - an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat (definition taken from Oxford Languages dictionary).

In reading the definition of fear there are two words that jump out at me. Belief and likely. The general definition of belief is something that is accepted, considered to be true, or held as an opinion. So, I see this as feeling, but not fact. And then the word likely; that is just saying possible, not necessarily true.

Neurophysiologists have discovered that fear triggers the autonomic nervous system (ANS), triggering the "fight, flight, freeze, or fawn" response. They say, "This is helpful when you're walking in the woods and suddenly there's a bear following you." While sometimes fear can save your life, it usually prompts reflection, contemplation, and asking for help from a sponsor, recovery friend, and Higher Power.

An acronym for fear is
False Evidence Appearing Real

This is a great reminder that I am probably making up stories in my head, creating false situations that may or may not occur which results in a sense of fear in me. When I remind myself of what the word fear stands for, I recognize that I am not in reality. Reality is what is true. What is fact and what is happening right now. Not what might happen. It is very helpful when I realize that I am not living in the present or in the now, when I have fear.

Each group has but one primary purpose - to carry its message to the sex and love addict who still suffers. - TRADITION 5

What's in this issue

What is fear? 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.

Additionally, it often comes up that when I am entertaining fear, I am also trying to control a situation, rather than trusting my Higher Power. A prayer from Alcoholics Anonymous I can always turn to is:

**Dear Lord,
 I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. The true meaning of powerlessness. Remove from me all denial of my addiction.**

When I struggle with fear, I can recite this prayer and know God is guiding me, God is with me, and everything is happening exactly as it is supposed to. -Anonymous



**July 20th
 12pm to 4pm
 Core Creek Park, Langhorne, PA
 Pot luck. Bring games & music.
 No meetings, just food, fun and fellowship. RSVP requested.**

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



**Monthly Intergroup: 7pm
 2nd Tuesdays
 MAY 14 + JUNE 11
 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.

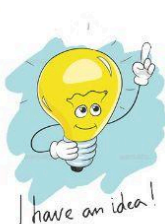
This is beautiful opportunity to bring the fellows together who may want to conduct Fellowship business in person and for the local Intergroup to meet S.L.A.A. members from other areas.

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



Fellowship outings are being planned for Spring, Summer and Fall 2024!

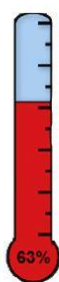
Reach out to Wayne S. and Risa J. as they help coordinate Baseball, Bowling, Yoga, Pizza party, Zoo, Aquarium trips....
LET US KNOW
socialevents@slaadvi.org

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

MEETING AND A MEAL

EASTON, PA

1st Sundays following the meeting. Restaurant choice rotates. RSVP requested.

LAFAYETTE HILL, PA

Sunday, Wednesday, Friday nights & Saturday afternoons following the meeting, fellows go out to a local restaurant within a ten minute radius of the meeting. No RSVP needed.

FLEMINGTON, NJ

Tuesday 5/28 Thai 5pm. before the meeting. RSVP requested.



The GDVI "Meeting & Meal" Series combines an S.L.A.A. Meeting and Fellowship Meal. It can be a great way to encourage fellowship from meeting participants. More info or to RSVP: www.slaadvi.org/mandm or scan the QR Code

S.L.A.A. RETREATS

**ANNUAL CO-ED
SPRING RETREAT
06.28.24 to 06.30.24**

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

Financial aid available for all retreats.

www.slaadvi.org/retreat