



## 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)  
 NOVEMBER 2024

## DID YOU KNOW?

**How has perfectionism been a factor in your life and/or in your role as a trusted servant? How have you addressed this character defect? How have things changed for you?**

Lisa S., chair of GDVI posed the questions relating to the Prayer for the Trusted Servant we as our Higher Power to "relieve me from the burdens of my ego and perfectionism."

Responses collected from the Intergroup representatives at the July meeting.

"I always thought that if I cannot rescue or fix everything I am no good. I still feel that I need to make everybody feel better and part of my brain still goes there. I now realize that I am human, not superhuman. It's a calming effect."

- John D. (NJ)

## What's in this issue

Intergroup Reps responses. GDVI to meet in-person in December. Events and activities. Inspiration 24/7. Meeting and a Meal Series. Service opportunities. Free audio available

"I been working on FWS materials. I appreciate progress not perfection and place principles before personalities. I apply this to my day job."

- John D. (PA)

"The prayer for trusted servants reminds me of bondage of self. I do not try to be perfect anymore. When I was younger, I felt I knew everything. I learned that stating I don't know is very freeing. Also I feel comfortable in saying I will get back to you instead of instantly responding."

- Wayne S. (NJ)

"When reviewing materials for retreats I try not look at it as perfectionism. I will look constantly over and over again at them and still, often times something still needs to be changed afterwards."

-Ari F. (NJ)

**JOIN US!** **SATURDAY**  
 December 7th  
 Flemington NJ  
 12:00pm to 6:00pm

**12pm to 1pm** In-person pizza party

**1pm to 2:30pm** In-person 3 circles, gratitude and prayer water color activity

**2:30pm to 4pm** Hybrid Meeting  
 Speakers & Tools from GDVI and FWS.

**4pm to 5:30pm** Hybrid GDVI board meeting & recognition

**5:30-6pm** clean up

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, film, and other public media. We need guard with special care the anonymity of all fellow S.L.A.A. members. - TRADITION 11



**Monthly Intergroup:** 7pm  
**2nd Tuesdays**  
**NOV 12 + Special Meeting**  
**SATURDAY, DEC 7 12pm**  
**All are welcome**

Zoom Meeting ID: 987 6668 8215

Password: GDVI2021

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

Audio access code: 06051431#

**Scan here to view this issue and all monthly issues of the GDVI Headline News**





## CONFERENCE COMMITTEES

### TOP LINES - YOU CAN DO SERVICE TOO- GIVE BACK

Currently there are over a dozen Conference Committees. A Conference Committee (along with sub-committees) **GIVE** invite any S.L.A.A. member who wants to work in a specific area or on a project supporting our **BACK** Fellowship. This is an excellent way to be of service and use your passions, interests and talents to support the Fellowship. Committees meet on a monthly basis via virtual platforms.

To learn more about the various Committees available click this icon on slaadvi.org homepage.

Interested in Service Opportunities?  
- Click Here to find out more about participating on Conference Committees\*

## INSPIRATION 24 HOURS - 7 DAYS A WEEK

The GDVI S.L.A.A. Inspiration Line is available 24 hours a day. S.L.A.A. members offer voice messages of their experience, strength and hope. At the end of the recorded message, callers may leave feedback about the message or "get current" (share what's going on for them today). This recovery tool supports both recorders and listeners.

## WE ARE HERE FOR YOU!

215-574-2120  
Daily Inspiration Line

215-574-2121  
Weekly Inspiration Story Line

## IN PERSON MEETINGS & MEETING SPACE AVAILABLE

New Hybrid Tuesday 7:30pm  
Morristown Memorial Hospital, Morristown NJ

Space Available

Want to start a meeting?

Thursday and Saturday 7:30pm is open for in person meetings at Morristown Memorial Hospital.

meeting locations found at [slaadvi.org/meetings](http://slaadvi.org/meetings)

## theJOURNAL FREE AUDIO LIBRARY

210 Issues and Counting - Read, Listen, Download, Print!



[slaafws.org/thejournal](http://slaafws.org/thejournal)



Released January 2024  
Issue #206 - Sponsoring



Released November 2023  
Issue #205 - The Struggle with Aging



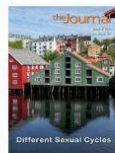
Released September 2023  
Issue #204 - Messages Of Recovery



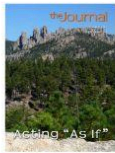
Released August 2023  
Issue #203 - Self-Love



Released July 2023  
Issue #202 - Recovery Suggestions



Released June 2023  
Issue #201 - Different Sexual Cycles



Released March 2023  
Issue #200 - Acting As If



Released November 2022  
Issue #199 - Fun In Dating

## SEEKING APPLICANTS 2025 GDVI BOARD POSITIONS



ROLES AND RESPONSIBILITIES

- WEBSITE COORDINATOR
- GRAPHICS CHAIR
- CORRESPONDING SECRETARY
- RECORDING SECRETARY

Email: [slaadvi.outreach@gmail.com](mailto:slaadvi.outreach@gmail.com)

[SLAADVI.ORG/POSITIONS](http://SLAADVI.ORG/POSITIONS)

UPCOMING  
GDVI EVENTS  
[slaadvi.org/activities](http://slaadvi.org/activities)

## NOVEMBER EVENTS

Sound Bath Healing & a Meeting  
Branchburg, NJ  
SUNDAY 11.24.24

3:00pm - Enjoy a deep meditation with the sound of crystal singing bowls and wind chimes to help reach relaxation and deep state of rest.  
4pm - 1 hour Twelve step meeting & dinner to follow at your own expense. \$32 with Partial financial aid upon request. Register online: [slaadvi.org/heal](http://slaadvi.org/heal)

## ONGOING EVENTS



EASTON, PA - Sundays  
1st Sundays following the meeting. Restaurant choice rotates. RSVP requested.

METUCHEN, NJ - Mondays  
Last Mondays before the meeting. Diner local to meeting. RSVP requested.

LAFAYETTE HILL, PA  
Sunday, Wednesday, Friday nights & Saturday afternoons meals frequent. No RSVP needed.

