



# HEADLINE NEWS

**Greater Delaware Valley Intergroup (GDVI)  
FEBRUARY 2025**

## 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  
 Lindsey B - Treasurer  
 John D. (PA) - Website Coordinator  
 Joe W. - Meeting List Coordinator  
 Brian H. - Literature Chair  
 Ari F. - Retreats/Recovery Events Chair  
 Lisa S. - Graphics Chair  
 Risa J. - Corresponding Secretary Chair  
 Martin W. - Corresponding Secretary Co-Chair  
 Dave C. - Recording Secretary  
 Carl S. - Social Committee Chair  
 John D.(NJ) and Andrew R- Outreach Co-Chairs  
 Lyle H.- Information Line Coordinator

**DID YOU KNOW?**

## Being My Own Valentine

"I must undertake to love myself and to respect myself as though my very life depends upon self-love and self-respect."—Maya Angelou

I walked into a store right after Christmas this year and saw that the store employees were already putting out bright pink and red Valentine's day decorations. "Already?" I thought cynically. Valentine's Day can be a difficult time for so many of us in S.L.A.A. Although I enjoy the holiday, I can be triggered by memories of past times in active addiction and by my struggles to understand what healthy love really is.

But what if I could be my own Valentine on Valentine's Day? One important turning point in my recovery came through the wise words of a former sponsor. He used to speak often of how I needed to learn to love myself. At that point, I had been in the program for a few years, but hadn't been able to stay sober. Loving myself seemed impossible. I thought there was something essentially wrong with me that made me attracted to things that were unhealthy and damaging to myself and others around me. I felt unlovable and that I had to hide who I really was. But over time, I realized that the only way I was going to be able to stay sober was if I loved myself enough to feel like I really deserved sobriety.

The more I went to meetings and shared and heard other people's stories, the more I realized that I wasn't alone, and the more I understood the roots of my addiction. I came to understand that so much of it stemmed from my right-sized human needs not being met in childhood.

For our group purpose there is but one ultimate authority -- a loving God as this Power may be expressed through our group conscience. Our leaders are but trusted servants; they do not govern. - TRADITION 2

**What's in this issue:** Being My Own Valentine. New board members. Retreat registration open. Events and activities. Inspiration 24/7. Meeting and a Meal Series. Free audio available. Join the S.L.A.A. Philadelphia meeting 35 year celebration.

I learned to feel love and compassion towards that lonely little child, and then towards the young adult who was trying to find ways to navigate life without the tools needed to face pain, loss, and fear in life. Eventually, I was able to be a loving friend to my present self, to treat myself the way I wanted to be treated by others. Now I think about my unmet future self, and try to extend love to her, too.

When I'm loving myself, I'm acknowledging my gifts and talents. I'm also being gentle with myself about my challenges. I've learned to use self talk that sounds like a caring friend. I love myself by setting boundaries that keep me sober, and spiritually and emotionally healthy. I listen to my inner voice. I acknowledge my progress. I look in the mirror without taking inventory of my perceived flaws. I compliment myself for what I am able to do in this world. I extend gratitude towards myself for all that I am and all I will be.

This Valentine's Day, I will go to the store and buy a card for my husband. I also plan to pick out one for myself and in it I will write words that remind me that I am deserving of my own love, and I will mail it to myself. How can you be your own Valentine this year?

-Lisa S, NJ

## Monthly GDVI Zoom Meeting

**2nd Tuesdays 7- 8:30 pm**

**FEB 11 and March 11**

Zoom Meeting ID: 987 6668 8215

Password: GDVI2021

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

Audio access code: 06051431#

**All Are Welcome!**

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





## FREE AUDIO LIBRARY

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



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

## 1976 GIVING CAMPAIGN



# 1976



### Campaign

SLAA was founded in 1976 with our 50th Anniversary in 2026

Costs are \$23,000\* per month to keep

\* SLAA alive \*

Join your fellows and Sign Up for Monthly  
Contributions of 19.76 in your currency

The Board 7th Tradition Committee just launched a new monthly giving campaign through Fellowship Wide Services. Please consider setting up a monthly contribution of \$19.76 in honor of the year our Fellowship started. [slaafws.org/donate](http://slaafws.org/donate) or scan the QR code above.

## 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 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



## NEWCOMER MEETINGS

Full meeting details can be found at  
[slaadvi.org/meetings](http://slaadvi.org/meetings)

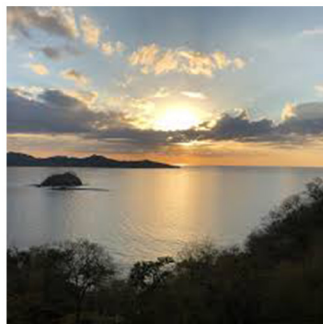
**Monday** In-Person & Online  
6:30 PM, Philadelphia  
**1st, 3rd, 5th Tuesdays** In-Person  
7:00pm, Philadelphia  
**Thursday** In-Person Mens Only  
7:30pm, Rumson, NJ  
**Friday** In Person  
7:30pm, Montclair, NJ  
**Friday** Online Only  
7:30pm

**NEW Women's Meeting**  
In-Person Lafayette Hill, PA  
**Saturday** 1:00pm

## 2025 Step Retreats

**Women's Step Retreat**  
(Uses she/her pronouns)  
**Dates:** April 4 – April 7, 2025  
**Location:** Ship Bottom, NJ  
(2 spots left)

**Men's Step Retreat**  
(Uses he/him pronouns)  
**Dates:** April 11 – April 13, 2025  
**Location:** Bangor, PA



Limited financial aid available.  
Three day participation  
required. See activity page at  
[slaadvi.org](http://slaadvi.org) for info

The GDVI Annual Step retreat weekends read and share on the 12 Steps together. There will be reading, sharing and writing opportunities.

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

## UPCOMING EVENTS

**Mon Feb 17, 2025**  
**Presidents' Day**  
**5:30 pm**  
**In-person**

Potluck, pizza, stories, sharing, talent show, and fellowship to celebrate the 35th anniversary of S.L.A.A. Philadelphia Center City meetings. 2111 Sansom St, Philadelphia PA. RSVP to [mondaynightbeginner@slaadvi.org](mailto:mondaynightbeginner@slaadvi.org)

## ONGOING EVENTS

**MEETING & A MEAL**  
**MORE INFO AT**  
[slaadvi.org/mandm](http://slaadvi.org/mandm)

EASTON, PA - Sundays  
1st Sundays following the meeting.

LAFAYETTE HILL, PA  
Sunday, Wednesday,  
Friday nights & Saturday  
afternoons meals.

**NEW Sponsorship  
Focus Zoom Meeting**

Every Sunday 8pm ET  
Zoom ID: 844 1125 5843  
Passcode: 612801

This meeting was created by the Conference Sponsorship Committee (CSPC). Rotating Format.