



HEADLINE NEWS

TRADITION 3

Greater Delaware Valley InterGroup of S.L.A.A.
slaadvi.org

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

Spring Cleaning--Decluttering My Mind

Our literature often describes how the addiction warps or distorts our thinking. This was definitely true for me. But one other result of my behavior was to add a mass of unresolved issues, feelings and insane ideas that I didn't have time to work through or dispose of while still active in the addiction. I was too busy procuring acting out partners and/or actually acting out. Long after my mind was packed to capacity, I continued to put myself in emotionally and spiritually challenging situations. Each time my acting out went to the next level, it was just another layer of mental and emotional garbage being heaped onto the pile. I'd do something that would put my health and my partner's health at risk even though I'd have vowed not to. A layer of shame would now cover all the other unresolved issues. Or I'd act out with someone in my neighborhood and now I had the paralyzing fear of discovery added into the clutter.

By the time I had finally made my way into recovery, my entire being was so clogged with garbage, that I had little capacity for anything. I couldn't navigate even the simplest of emotions, never mind complex or difficult feelings. Intimacy in relationships was out of the question. There was no capacity for meditating or careful consideration of my options in any situation. I was left with only the immediacy of knee-jerk reactions and visceral responses to anything that penetrated the morass.

Fortunately, the simple and repetitive nature of our program helped me adopt some basic tools I could use to respond to life in a less damaging way. A short amount of sobriety and a little distance from acting out was all that I needed to create a small clearing. I now had just the smallest amount of elbow room to try and make healthy decisions. And when I was fortunate enough to use that newfound space in healthy ways, it started to clear out even more room. It took me about three years of sobriety before I had decluttered my mind

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.

What's in this issue? Spring Cleaning. Events and Activities. Inspiration 24/7. Free Audio Available

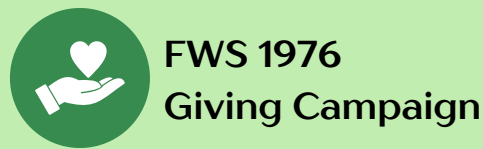
enough where I could almost always make considered, mindful decisions about my life. Working the inventory, character defects and amends steps started to work on the backlog of old issues.

Once I got to the place where I was regularly resolving any new issues and continuing to work the Steps to resolve issues from my acting out years, I was reliably making decisions that brought me closer to the person I wanted to be. ➡

Meet Our 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

210 Issues and Counting
Read, Listen, Download, Print!
slaafws.org/thejournal



Did you know that the monthly operating costs for S.L.A.A. Fellowship-Wide Services are \$23,000?

You can help S.L.A.A. in its primary purpose of helping those who suffer from sex and love addiction.

S.L.A.A. was founded in 1976. Next year, the fellowship will celebrate 50 years! In honor of this milestone, please consider setting up a monthly contribution of \$19.76 in honor of the year our Fellowship started.
slaafws.org/donate

Inspiration
24 Hours a Day/
7 Days a Week



The GDVI S.L.A.A. Inspiration Lines are 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. 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

(continued from previous page)
The 10th Step is like my regular mental and emotional house-cleaning helping to never let the clutter accumulate. Every once in a while, a more thorough review can be like a Spring cleaning to assess some of the more complex areas of my life and make sure they stay manageable.

~Joe W, PA

2025 Step Retreats

Women's Step Retreat
(Uses she/her pronouns)
Dates: April 4 – April 7, 2025
Location: Ship Bottom, NJ
(Waiting List Only)

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 for info

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

Monthly GDVI Zoom Board Meeting

All are welcome!

Second Tuesdays, 7:00 – 8:30 pm
March 11 and April 14
Zoom Meeting ID: (987) 6668-8215
Password: GDVI2021
Zoom dial in audio only: (646)558-8656
Audio access code: 06051431#

Workshop Presenters Wanted!

Do you have a great idea for a recovery workshop for our Spring Retreat?
Contact Ari at
sponsorshiphelpnj@gmail.com

Ongoing Events

MEETING & A MEAL
MORE INFO AT
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.

Newcomer Meetings

Full meeting details can be found at
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