



HEADLINE NEWS

April 2025

TRADITION

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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.

Here are a few things GDVI does:

- 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-mail blasts that include
 - GDVI meeting minutes
 - GDVI's monthly newsletter: *Headline News*
 - Flyers about GDVI-sponsored activities and other S.L.A.A. recovery events
- Sending delegates (local representatives) from GDVI to the Annual Business Meeting (ABM) of World-wide Intergroups

Does your meeting have an Intergroup Representative?

Our monthly Intergroup meetings are open to anyone who would like to attend, but it is very helpful to have a rep attend each meeting and report back to their group. Reps can seek support from GDVI with issues and events and find out about happenings and available resources. Talk to your home group about electing or appointing an intergroup rep. See the right-hand column to learn how to join the monthly meeting.

Romantic Partnership and the Signs of Recovery

~by Stephanie W

What does being in romantic partnership mean to me? I used to think that it meant having a commitment and being able to love someone for all of their good things as well as their faults and to have that reciprocated. I'm in a committed relationship now and I find that my definitions are changing—becoming more nuanced—and I realize it's not as easy as I had once thought to have a "healthy relationship".

As I look at the S.L.A.A. Signs of Recovery I wonder how they apply to my life today over six years of working the program. Sign Two says "We are willing to become vulnerable because the capacity to trust has been restored to us by our faith in a higher power." Being vulnerable still feels uncomfortable, and a bit chancy. I like to have certainty. I think it helps me to feel in control of situations, but Step Three reminds me I am NOT in control. My higher power is.

For me, vulnerability now means pausing and tapping into my feelings about what is really going on inside. It means identifying my feelings and what may have triggered them. If I can see those feelings and let them be without judging them, I have a much better chance of being willing to be vulnerable in whatever situation is at hand. Sign Five states that "We take responsibility for our own lives and we take care of our own needs before involving ourselves with others" I can easily look at that and say "I have to take care of myself before I take care of you" and push others away, negating their needs. If I'm already in a relationship, how do I take care of myself before my partner? I find it's important not to focus on the other person and what they need or want from me without regard to where I am. I am my own best advocate. Nobody is ever going to stand up more for me than me, so it would be best to check in with myself first and foremost. What are my needs? Are they being met? What can I do to ensure that I am in fit spiritual condition and that I can bring my best self to whatever comes up today? Only then am I in the best possible frame of mind to look to others in my life and work towards co-existing in the best possible manner.

Sign Seven tells us, "We allow ourselves to work through the pain of our low self-esteem and our fears of abandonment and responsibility. We learn to feel comfortable in solitude."

This reminds me that I have had a long history of low self-esteem and fear of abandonment. I can be easily triggered when I feel I am being dismissed, ignored or otherwise brushed aside.

It is my responsibility to work on those traits and know that if it's hysterical, it's probably historical.

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

What's in this issue? Romantic Partnership. Monthly GDVI Zoom Meeting. Free Audio Library. Giving Campaign. Service Opportunities. Ongoing events. Inspiration Lines. Upcoming Retreat. Workshop Presenters Needed. Newcomer Meetings. New Literature

When those negative feelings arise, I find it is often not really about the current situation, but a memory I am holding onto. I am still in recovery and I still have work to do on things that come up as my life ebbs and flows and new challenges are presented. It's not easy work, but I love the person I am today, so I'll keep coming back.

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
 Martin W. – Corresponding Secretary
 Dave C. – Recording Secretary
 John D. (NJ) and Andrew R. – Outreach Co-Chairs
 Lyle H. – Information Line Coordinator

Monthly GDVI Zoom Board Meeting

All are welcome!

Second Tuesdays, 7:00 – 8:30 pm

April 8 and May 13

Zoom Meeting ID: (987) 6668-8215

Password: GDVI2021

Zoom dial in audio only:

(646)558-8656

Audio access code: 06051431#

Free Audio Library



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



FWS 1976 Giving Campaign

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.

215-574-2120
Daily Inspiration Line

215-574-2121
Weekly Inspiration Story Line

We are here for you!

Service Opportunities

"Service is what prayer looks like when it gets up off its knees and walks around in the world." ~Michael J. Graham

Want to up your service game? Consider joining the Outreach Committee or serving as a volunteer on the ABM Host Committee.

The Outreach Committee focuses on actions that carry the message to the sex and love addict who still suffers.

For more information, contact
outreach@slaadvi.org

Our intergroup, GDVI, is hosting this year's Annual Business Meeting (ABM), which will be entirely virtual. Volunteers are needed to help plan meetings and social events that will occur during the ABM. For more information, contact
abmLPC@slaadvi.org

Upcoming Retreat

**2025 GDVI S.L.A.A. Co-Ed
Spring Retreat
at Daylesford Abbey**



Friday, June 27 – Sunday, June 29.

Workshops and Recovery Activities in a spiritual, peaceful setting.

- Commuter and Non-Commuter options available
- Service opportunities
- Limited scholarships available
- Fellowship and social events

More information, costs, and a downloadable flyer to distribute at meetings are available at
slaadvi.org/retreat

Workshop Presenters Wanted!

Do you have a great idea for a recovery workshop for our Spring Retreat? Contact Ari at
retreatcoordinator@slaadvi.org

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.

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 Literature!

Two new booklets are available at the FWS online store:

- *Sex and Love Addiction in the Digital Age*
- *Anorexia 10-11-12*



Both are available as PDFs to download at store.slaafws.org