



HEADLINE NEWS

August 2025

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

TRADITION 8

S.L.A.A. should remain forever nonprofessional, but our service centers may employ special workers

The Fantasy That Left Me Alone

by Damon M.



Her name is Fantasy.

She is as comforting as a blanket is to a child who feels a cold chill.

She offers you companionship.

She leaves you all by yourself.

You feel a brief moment of warmth,

Then you feel colder than before.

You look for her again for a moment to feel whole again.

You chase her harder than before.

The more you chase her, the more lost you become.

The further you enter into the forest of the unknown,

The more exciting this becomes.

Then you realize that you have to find your way home.

You do not know which direction to go.

You wonder where you are,

All alone.

Then the darkness begins to overtake you.

You cannot see where to go.

You are lost.

You surrender.

You know you were powerless over her--

Her sweet charm,

The fragrance of despair,

The smile you hate to love.

Then she reveals herself to you.

She takes off her veil.

She looks at you directly in the eye with her piercing pupils.

This is not your friend.

That look was the look of a cunning, insidious, and terrifying creature--

A creature you can never defeat on your own.

You take your sword and shield,

Your bow and arrow,

Your torch and fire,

And you throw them to the ground.

Then fantasy vanishes,

The sun begins to rise,

And you find your way home!

What's in this issue?

The Fantasy That Left Me Alone. New In-Person Meeting. Monthly GDVI Zoom Meeting. 8th Tradition. SLAA Service Forum. Coed Retreat Report. ABC/M Information. September Step Retreat. Newcomer Meetings. Upcoming Social Events.

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. – Headline News/Graphics Chair
 Martin W. – Corresponding Secretary
 Dave C. – Recording Secretary
 John D.(NJ) and Andrew R – Outreach Co-Chairs
 Lyle H. – Information Line Coordinator
 Michael S. – Inspiration Line Coordinator

Monthly GDVI Zoom Board Meeting ALL ARE WELCOME!

Second Tuesdays, 7:00 – 8:30 pm

August 11 & September 12
Zoom Meeting ID:

[\(987\) 6668-8215](tel:98766688215)

Password: GDVI2021

Zoom dial in audio only:

(646)558-8656

Audio access code:

06051431#

In-Person Meeting!

FLEMINGTON, NJ
 State of Grace Meeting
 Open Door Recovery Center
 5 East Main Street
 Saturdays 10:00 AM

The 2025 GDVI Spring Coed Retreat: A Newcomer's Experience

by Katie W.

The 2025 GDVI S.L.A.A. Co-Ed Spring Retreat at Daylesford Abbey was a transformational weekend. The Abbey, a picturesque and serene setting, offered comfortable shared or private rooms surrounded by nature and quiet spaces for reflection.

It was clear that the retreat leaders had facilitated this event many times before. The weekend was a well-oiled machine—expertly organized down to the minute with thoughtful attention to detail.

Retreat participants were warmly welcomed with a smooth check-in process, organized handout packets, and a thorough orientation. Meals were low-pressure, relaxed (and delicious!) opportunities to connect with fellows.

As a newcomer and first-time retreatant, I felt extremely comfortable in the co-ed environment. I witnessed fellows being treated with deep respect, clear boundaries, and genuine support. I never felt pressured to engage or socialize unless I felt moved to. I was able to be my natural self in the group, whether I was tired, peaceful, anxious, talkative, quiet, or confused. I felt accepted whether I had low energy or high energy, whether I was eager to participate or needed space.

There were multiple opportunities to connect with others after workshops or during structured agenda time, which included optional group walks and yoga sessions. Additionally, the resident Norbertine monks (ordained priests) made us feel especially welcome in the Abbey, inviting us to join them in chanting Evening Prayer, also known as Vespers.

I encourage both newcomers and seasoned S.L.A.A. members to attend this retreat in the future. Come ready to learn and grow—you will feel guided, inspired, supported, and respected.



Annual All-Gender S.L.A.A. Step Retreat

September 5 to 7, 2025

Kirkridge Retreat Center, Bangor, PA
Commuter and Non-Commuter
Options. Shared rooms only. Financial aid
is available. Limited spots left.

Registration is open now!
slaadvi.org/retreat2025



Recovery Paint on a Farm

Sunday, August 24
3:00–6:00 pm
90 minute paint
event, farm tour,
and S.L.A.A.
meeting in Ringoes,
NJ



\$45 per person
Light snacks and
beverages included
Limited to 22
attendees
Financial aid available
Info and register at
slaadvi.org/activities

S.L.A.A. Service Forum

The S.L.A.A. Service Forum is a way for people doing service in S.L.A.A. to connect and share their struggles and solutions:

- questions and answers
- best practices
- new ideas and suggestions
- how to deal with problems

The forum was created and is maintained by the S.L.A.A. Conference Intergroup Communications Committee (CICC), which has the mission to:

- enable ongoing open communication between the existing and new groups and Intergroups of S.L.A.A.
- share information and work together to make the Fellowship more accessible and effective.

The forum is divided into discussion categories:

- Public information
- Sponsorship
- Websites
- Anorexia
- Conventions
- Retreats
- Literature
- Procedures and Guidelines / By-Laws
- Inspiration line
- Meetings
- Annual Business Meeting
- Journals / Newsletters
- Safety
- Diversity
- Finance
- Steps, Traditions, and Concepts
- Translation and International Outreach Service
- Member Retention
- Hospitals and Institutions
- Healthy Relationships
- Legal Issues
- Intergroup Communications

To participate or even see any of the forums, you will need to create an account. Go to service.slaa.network, or you can scan the QR Code below. If you have any issues, contact admin@slaaslaa.network.



Upcoming Social Events

Glass Fusing Art Activity

Sunday, October 19
2:30pm to 8:00 pm
Glass Fusing art
activity, meal, and
meeting
Doylestown, PA



2025 Annual Business Conference/Meeting (ABC/M)

This year's ABC/M is a virtual event coordinated by Fellowship-Wide Services (F.W.S.) of S.L.A.A. on Thursday, August 7 through Sunday August 10th. At the ABC/M, delegates participate in discussing Items (IFDs) and voting on Motions to provide consensus and direction to F.W.S. More importantly, the ABC/M is dedicated to forming community-wide group conscience and supporting service and recovery within the S.L.A.A. program.

To learn more about the ABC/M, go to abm.slaafws.org

Volunteers Needed at Co- Working Space!

GDVI is hosting a co-working space for the ABC/M at Daylesford Abbey in Paoli, PA on August 7–9. Volunteers are needed for 2 to 3 hour shifts to organize or run errands at the Daylesford Abby during the conference. Contact abmlpc@slaadvi.org to volunteer.

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, Men's Only,
7:30pm, Rumson, NJ,
- **Friday** In Person, 7:30pm,
Montclair, NJ
- **Friday** Online Only, 7:30pm,
Montclair and Perkasio Beginner's
Meeting,
- **NEW! Saturday** In-Person, 10:00
am, Flemington, NJ
 - *State of Grace* format
 - 2nd Saturday Fantasy
Addiction Format
 - Free coffee!
 - Free bagel and cream cheese!
 - Email
damon12steps@gmail.com to
place your bagel order before
attending the meeting.