



HEADLINE NEWS

December 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

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 Perkasie Beginner's Meeting,

A New Year Reflection

by Rick S

I have never been a fan of New Year's resolutions. People tend to make them and then break them by the end of January. But I do think the end of the year is a good time to reflect on my journey in SLAA, to think about where I've been, and to think about where I'd like to be in the future.

I came to SLAA about a year and a half ago at the suggestion of my therapist, and I'll admit it was not willingly. I was highly skeptical that it would be beneficial to me in any way, and from what I've heard that seems to be a very common attitude when first entering these rooms. But I figured, what do I have to lose? I was at the lowest point in my life. I used to say, if I wasn't at rock-bottom, I don't want to know what rock-bottom looks like.

The first, and maybe most important thing I discovered was that I am not alone. While the individual details may be different for each person, we are all here for the same reason. There is some degree of comfort once you recognize that. I can share things in meetings that I cannot share with anyone else in my life, and I won't be judged for it. Every single week as I listen to people share, I find things I can relate to, and things I can learn from.

It was also very eye-opening for me to discover just how complex and complicated my addiction really is. I knew I was addicted to pornography, but I believed my issues started and ended with that. But then each week I would listen to the twelve characteristics of sex and love addiction, and I realized that most of them, if not ALL of them, applied to me!

What's in this issue?

A New Year Reflection. What does our InterGroup do? Meet Our Board. Monthly GDVI meeting. 12th Sign of Recovery. Elections. Meeting Change. In-person GDVI Meeting. New Year's Day Event. Tradition 12.

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!

Zoom Meeting ID:

987 6668 8215

Password: GDVI2021

Zoom dial in audio only:

(646)558-8656

Audio access code: **06051431#**

December 7, Hybrid Zoom/In-Person meeting (details on page 2)

January 13, regular Zoom meeting

The S.L.A.A. 12th Sign of Recovery

We are restored to sanity, on a daily basis, by participating in the process of recovery



GDVI Service Position Elections

Elections for several service positions in GDVI are coming up soon. The following positions are open:

- Vice Chair
- Treasurer
- Recording Secretary
- Corresponding Secretary
- Meeting List Coordinator
- Information Line Coordinators
- Literature Coordinator
- Website Coordinator
- Retreat Committee Chair
- Outreach Coordinator
- Headline News Editor/Graphic Design Coordinator
- Inspiration Line Volunteers
- Annual Business Meeting Delegates

You can learn more and/or nominate yourself or someone else for these positions by going to slaadvi.org/intergroup-nomination-form-2026/ or scanning the QR code below



Ch-Ch-Ch-Changes

New Location and Time for Newtown Monday Night Meeting Beginning November 17

New Location:

Lutheran Church of God's Love
791 Newtown Yardley Rd, Newtown, PA 18940

New Time:

8:00pm-9:00pm

Time Change for the Sunday Lafayette Hill Meeting

Beginning Sunday, November 2 the Sunday Lafayette Hill Meeting will be at 6:30 PM. All other Lafayette Hill meeting times remain the same.

Email info@slaadvi.org for information



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That was quite a shock, but it brought so much of my past behavior into focus. Now that I could actually recognize my patterns, I could begin the slow process of becoming a healthier person.

And of course, I discovered that there is indeed hope. I didn't think that was possible before I came to SLAA. To me the future looked bleak and grim. But I have since met so many people who have been where I was and made it through. I can always find encouragement in that.

So as I look ahead to 2026 and beyond, I am finally able to give myself a little bit of grace. I felt a lot of shame and self-loathing for many of the things I've done, but I am starting to accept that I can't change the past. I may have done things I am not proud of, but I am not a bad person. All I can do is try each day to be a better person, and try to not make the same mistakes. I understand when they say "progress, not perfection."

December Monthly Intergroup Meeting: Hybrid for December

When: December 7, 2:00-8:00 pm

Where: Palmer Recovery Center
Easton, PA

What: Guided Meditation, In-Person or Zoom GDVI Meeting, S.L.A.A. Meeting, Fellowship Dinner at La Kang Thai-French Cuisine Restaurant

RSVP: slaadvi.org/rsvp-in-person-2025/

All Are Welcome!



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New Year's Day Event

START THE NEW YEAR WITH FELLOWSHIP AND RECOVERY!

GDVI invites you to join us for our annual New Year's Day event!

When: January 1, 2026, 12:30-6:00pm

Where: Lutheran Church of God's Love, 791 Newtown Yardley Rd, Newtown, PA 18940 (in the Fellowship Hall) or join us via Zoom

Who: Open to sex and love addicts and their significant others. This is an event for adults.

What: Three speakers, fellowship, and potluck lunch. Please bring food to share (no alcohol, please). Paper goods and utensils will be provided.

This is a free event.
Donations are welcome.

Register for Zoom information at slaadvi.org/nyd2026

Scan the QR code below to RSVP or visit the events tab at slaadvi.org



TRADITION



Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

