



# HEADLINE NEWS

February 2026

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

[slaadvi.org](http://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/Southern New Jersey, Delaware, Maryland, Virginia, and the District of Columbia. 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](http://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 email 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](http://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 Perkasié Beginner's Meeting,

## A Different Kind of Valentine



By Lisa S.

February invites us to think about love. Hearts, romance, and cultural messages often suggest that being chosen or paired is proof of our worth. For many of us in S.L.A.A. this can stir up longing, comparison, or old patterns of fantasy.

Recovery offers us a different kind of Valentine.

Rather than chasing intensity or validation, we are learning to practice love as presence, honesty, and caring, first with ourselves and then with others. This kind of love is quieter. It does not demand urgency or drama, and it does not require us to abandon ourselves to feel connected.

In SLAA, we build a loving relationship with reality. That may look like pausing before reacting, honoring boundaries, or choosing clarity over fantasy. It may mean letting go of an outcome we want and trusting that our Higher Power is guiding us toward something healthier.

If Valentine's Day feels especially hard, a few gentle supports might include:

- Attending an extra meeting or reaching out to a fellow member
- Limiting social media or romantic media that fuels comparison
- Writing or sitting quietly with your feelings, without judgment
- Choosing one small act of self-care that supports your recovery

Valentine's Day doesn't have to be a test of our recovery. It can be a reminder that love is not something we earn—it is something we practice, one grounded choice at a time.

May this February bring patience with ourselves, compassion for one another, and trust in the love we are learning in recovery.



### What's in this issue?

*A Different Kind of Valentine. 2<sup>nd</sup> Sign of Recovery. New Legal Consequences Meeting. Spring Step Retreats. S.L.A.A. 50<sup>th</sup> Anniversary. Growing Forward Together Event. Election Results. New Year's Day Event. 2<sup>nd</sup> Tradition.*

### Meet Our Board

New Roles appear in **red**

Lisa S. – Chair  
 John D. (PA) – Co-Chair  
**John D. (PA) – Treasurer**  
**Mike T. – Website Coordinator**  
 Joe W. – Meeting List Coordinator  
**David K. – Literature Coordinator**  
 Ari F. – Retreats/Recovery Events Chair  
 Lisa S. – Headline News and Graphics Editor  
 Martin W. – Corresponding Secretary  
**Diane D and John D (NJ) – Phone Line Coordinators**  
 Dave C. – Recording Secretary  
**Nyla M. and Cellina T. Outreach Co-Chairs**  
 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#**

**7:00pm-8:30 pm EST**

**February 10, March 10,**

**April 14**

## The S.L.A.A. 2nd Sign of Recovery

**We are willing to be vulnerable because the capacity to trust has been restored to us by our faith in a Higher Power.**





Sex and Love Addicts Anonymous was founded in 1976 to help suffering addicts. Our fellowship will be celebrating this year's 50<sup>th</sup> anniversary with events, activities, discounts, and support opportunities. Go to [fifty.slaafws.org](https://fifty.slaafws.org) or scan the QR code for more information.



GDVI held its annual New Year's Day recovery event in a brand new location in Newtown, PA this year and it was a roaring success. This hybrid event was attended by over 50 people and featured four speakers from all walks of life, sharing their stories of recovery, partnership, and coming back from difficult challenges. Delicious potluck food, New Year's themed activities, and fellowship made this a fun and meaningful event for all.



**Growing Forward Together**  
*Recover • Connect • Celebrate*

Join us for a 3-hour virtual event featuring a variety of interactive recovery workshops led by the S.L.A.A. Fellowship-Wide Services Board of Trustees, including:

- "Finding Your Path to Recovery"
- "Letting Go and Letting In"
- "Long Term Sobriety"
- "Three Lists: Bottom, Middle, Top Lines"
- "Overcoming Avoidant Behaviors"
- "Shame and the Addictive Loop"
- "Working the 12 Steps from my Heart vs my Head"

**Date/Time:** Sunday, 1 March 2026 from 8 to 11 p.m. UTC  
(see [worldtimebuddy.com](https://worldtimebuddy.com) for your time zone)

**Cost:** \$19.76 USD  
(Financial Aid Available)

**Register:** <https://fifty.slaafws.org/growing>

### Schedule of Events

All workshops will include writing and sharing. Please have a journal and something to write with.

- Welcoming: Introduction from each Board of Trustees member
- Session 1: Choose from up to 4 workshop topics (75 mins)
- Session 2: Choose from up to 3 workshop topics (75 mins)
- Closing: 45-minute group sharing

All proceeds benefit the S.L.A.A. 50th Anniversary fund

Disclaimer: All workshops are presented by individual members of the S.L.A.A. Fellowship and are not endorsed by S.L.A.A. as a whole, or intended as alternatives to working the 12 Steps of S.L.A.A.

## Election Results and ABM Delegates

Elections for service positions within GDVI were held at the January board meeting. The following people are stepping into new service roles:

**Treasurer** – John D. (PA)  
**Web Coordinator** – Mike T.  
**Literature Coordinator** – David K.  
**Outreach Committee Co-chairs** – Nyla M. and Cellina T.  
**Phone Line Coordinators** – John D (NJ) and Diane D.



The board wishes to thank John D (PA) Lindsey B., Brian H., John D. (NJ), and Andrew R. for their service to the fellowship. We appreciate you!

At the February board meeting, elections will be held for three delegates to the Annual Business Meeting. It's a great service opportunity for those wishing to give back to the fellowship. For more information about the ABM and being a delegate, go to [slaafws.org/abminfo/](https://slaafws.org/abminfo/)

Go to [fifty.slaafws.org](https://fifty.slaafws.org) or scan the QR code for more information.



## Ch-ch-ch-Changes

**Beginning on February 15, 2026**  
**NEW IN-PERSON LEGAL AND LIFE CONSEQUENCES MEETING** in Montgomery County, PA.

This is an open discussion group for recovering addicts who have had or could have had legal and life consequences as a result of their sexual behavior.

1st and 3rd Sundays of every month from 5:00–6:15pm.

Please contact [Pat@slaadvi.org](mailto:Pat@slaadvi.org) for more information and the exact location of the meeting.



**NEW GDVI MAILING ADDRESS:**  
Please send all snail mail to



**GDVI**  
**P.O. Box 123, Lehman PA, 18627-0123**

The old address, PO Box 164, Langhorne, PA 19047 is no longer in use.

## SAVE THE DATE: APRIL 17 - 19, 2026

**GDVI 12 STEP RETREAT**  
at Kirkridge Retreat Center, Bangor, PA

**More info: [SLAADVI.org/activities](https://SLAADVI.org/activities)**  
**Registration opens Dec 1, 2025**

- On-Site \$365 (before Jan 15) / \$395 (Jan 16 or after)
- Commuters \$265 (before Jan 15) / \$295 (Jan 16 or after)

Financial aid and payment options are available.  
Questions? Please email [PA12StepRetreat@gmail.com](mailto:PA12StepRetreat@gmail.com)

This weekend will feature simultaneous Men's and Women's Retreats. Each will be held in separate buildings and meeting spaces. All meals will take place jointly in shared common areas within the Retreat building.

### Attendance Guidelines:

- Must identify as using he/him/they pronouns to attend the Men's Retreat
- Must identify as using she/her/they pronouns to attend the Women's Retreat
- Fellows that identify as non binary are encouraged to be directed by their conscience.

**TRADITION** 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.

