



# HEADLINE NEWS

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 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](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 Perkasie Beginner's Meeting,

HAPPY newyear January 2026

## What's in this issue?

What does our Intergroup do? Meet Our Board. The Distance Between Two Hands. Monthly GDVI meeting. 1st Sign of Recovery. Elections. Meeting Changes. Making Resolutions. Spring Step Retreats. Tradition 1.

## 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#**

**January 13, February 10, March 10**

## The S.L.A.A. 1st Sign of Recovery

We seek to develop a daily relationship with a Higher Power, knowing that we are not alone in our efforts to heal ourselves from our addiction.

(Continued on page 2)

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/](http://slaadvi.org/intergroup-nomination-form-2026/) or scanning the QR code below



**HAPPY**

**NEW**

**YEAR**

- **Be Realistic:** Break big goals into small, manageable steps.
- **Make it Measurable:** Track progress with specific actions.
- **Write it Down:** Post goals where you can see them daily.
- **Celebrate Milestones:** Acknowledge every achievement, big or small.
- **Be Patient:** Accept setbacks as part of the process and focus on growth.

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



### GDVI 12 STEP RETREAT

at Kirkridge Retreat Center, Bangor, PA

**More info: [SLAADVI.org/activities](http://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.

**Beginning on January 7th, 2026** the 6:30 Wednesday night S.L.A.A. meeting at Kissinger's Church, 715 Berkshire Blvd, Wyomissing, PA will have a new permanent home at **Advent Lutheran Church 16 Telford Ave, West Lawn, PA 19609**

The Saturday Flemington S.L.A.A. meeting at the Open Door Recovery Center has closed.

Email [info@slaadvi.org](mailto:info@slaadvi.org) for information

## Making Resolutions

New year, new you! So many of us make resolutions this time of year. Here are a few suggestions to support your success in integrating healthy changes:

Over time, a deeper understanding of the factors contributing to my compulsive sexual behavior has become a practical recovery tool. Because my triggers are diverse, no single response works every time. Each uncomfortable feeling or experience requires a different combination of strategies. That means I must stay attuned to my triggers and remain flexible in how I respond to them. I am learning how to use interventions in ways that support healthier, addiction-free coping skills—skills that replace the behaviors I once used to self-medicate distress.

My behavioral strategies for tolerating discomfort include Emotional Freedom Techniques (EFT or tapping), anger management, breath work, mindfulness meditation, and relaxation training. I also use Cognitive Behavioral Therapy (CBT) techniques to challenge the unrealistic beliefs often associated with my compulsive sexual behavior—these beliefs are fueled by my stress, shame, and negative core beliefs. Sometimes those thoughts make abstinence feel impossible. These CBT tools help me question my negative thinking, examine my core beliefs, and understand my resistance to slowing down and thinking things through. All of these approaches were necessary to loosen the behavioral attachments I had formed—attachments that once functioned as self-soothing, self-protective, and ultimately self-sabotaging. Working with a certified sex addiction therapist offered me something profoundly different from my early coping strategies. Therapy gave me a safe relational space in which old attachment wounds could be named and processed, and where grief could unfold without judgment.

And again, I return to the image of the two hands.

The initial thought.

The resulting action.

And the space between them.

That distance—small as it may appear—is where recovery lives.

Adapted from Harm Reduction Theory—Dr Patricia Denning 2000 and Bob D, LCSW, CSAT