



HEADLINE NEWS

HAPPY new year January 2026

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

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.

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
- 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 Perkasi Beginner's Meeting,

The Distance Between Two Hands

by Melissa K

When I think about acting out, I return to a simple image my therapist once offered me. He holds up both hands in a karate-chop position. His hands are about a foot apart. With his right hand, he names the initial thought of acting out. With his left, he names the physical behavior that follows when that thought is acted upon.

He tells me: Recovery lives in the space between these two hands.

That space represents time—time to pause, to reflect, and to tolerate uncomfortable feelings rather than react impulsively. That space gives me room to slow down and examine the multiple meanings and functions that acting out has served for me. Within that distance, I can begin to unpack the event—thought—feeling—impulse sequences that lead to the urge to act out.

This image strengthens my capacity to stay present with uncomfortable thoughts, feelings, and bodily sensations instead of collapsing into impulsive, emotionally numbing behavior. Sometimes, I can remain in that space long enough to choose something different.

When I encounter a thought about acting out, I draw on a set of tools that help me widen the distance between impulse and action:

- I ask myself, Is this thought absolutely true? How could acting out on it actually help?
- I identify the tension, anxiety, discomfort, or negative core belief that gave rise to the thought.
- I practice slow, deliberate breathing.
- I name a word or phrase that captures the emotional state I want to access.
- I visualize a safe place.
- I link the current discomfort to earlier triggers, feelings, or experiences.
- I consider the real consequences of fulfilling the urge to act out.
- When I integrate these strategies, I increase the likelihood of a positive outcome.

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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



- **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.

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 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

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

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 1 Our common welfare should come first; personal recovery depends upon S.L.A.A. unity.