



HEADLINE NEWS

June 2025

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

slaadvi.org

What's in this issue?

Have a Sober Summer! New In-Person Meeting. Monthly GDVI Zoom Meeting. Membership Survey. Annual Picnic. ABC/M Information. Service Opportunities. Sponsorship Workshop. Ongoing events. Inspiration Lines. Upcoming Retreat. Newcomer Meetings.

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

June 10 and July 8

Zoom Meeting ID:
(987) 6668-8215
Password: GDVI2021
Zoom dial in audio only:
(646)558-8656
Audio access code:
06051431#

NEW In-Person Meeting!

FLEMINGTON, NJ
State of Grace Meeting
Open Door Recovery Center
5 East Main Street
Saturdays 10:00 AM
(begins June 7th, 2025)

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 6

An S.L.A.A. group or S.L.A.A. as a whole ought never endorse, finance, or lend the S.L.A.A. name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.



Have a Sober Summer!

Staying sober from sex and love addiction during the summer can be especially challenging due to seasonal factors like more revealing clothing, increased social events, and vacations that disrupt structure. Here are some grounded, practical ways to help maintain sobriety during this time:

1. Stick to a Routine

- Maintain structure: Summer often leads to more free time or disrupted routines. Create a daily schedule with time for recovery work, meetings, exercise, and rest.
- Plan ahead: If traveling, research and schedule virtual or in-person meetings at your destination.

2. Stay Connected to Recovery Support

- Attend meetings regularly and increase frequency if needed.
- Stay in touch with a sponsor or accountability partner—check in daily, especially when triggers are high.
- Call sober friends or the Inspiration Line

3. Avoid Triggers

- Be aware of high-risk environments like beaches, clubs, festivals, or parties. Bring a sober friend or have an exit strategy if you must attend
- Curate your media: Avoid content or social media that glamorizes romantic or sexual behavior.

4. Practice Self-Care

- Exercise, eat well, and get enough sleep—basic health supports emotional regulation.
- Engage in non-sexual physical activities that help relieve stress and build confidence, like hiking, swimming, or yoga.

5. Use Tools from Therapy or 12-Step Work

- Keep a journal: Track feelings and triggers to prevent acting out.
- Use recovery literature and daily prayer and/or meditations.
- Revisit your bottom lines and top lines.
- Increase your service commitments.

6. Avoid Isolation

- Summer can be a lonely time for some or trigger fantasies of romantic connection. Make plans with safe friends, join sober social events, or engage in group hobbies.

7. Set Boundaries

- Know your limits with dating apps, flirtation, or fantasy.
- Say “no” to situations that may compromise your sobriety, even if they seem fun or harmless to others.

2025 S.L.A.A. Membership Survey

The Augustine Fellowship, S.L.A.A., Fellowship-Wide Services, Inc. (F.W.S.) global membership survey enables FWS to continue working to ensure that S.L.A.A. becomes more accessible, relevant, and helpful to you and the addicts who still suffer around the world. To take the survey, go to

surveymonkey.com/r/SLAA2025

Sponsorship Workshop!



SAVE THE DATE

All are welcome to join!

<https://forms.gle/SUKTSk3YGHYR5L6>

Zoom info will be emailed 48 hours in advance.

REGISTER HERE

SCAN THIS QR CODE

SPONSORSHIP WORKSHOP

Saturday June 7, 2025

1pm to 4pm ET(USA) - 10am to 1pm PT(USA)

www.worldtimebuddy.com to find your time zone

Check in starts 30 minutes prior to start time

Are you struggling with getting a sponsor?
Is your sponsor-ship relationship not working?
Are you delaying working the steps due to lack of sponsorship?
Are you lacking support or confidence in becoming a sponsor?
You are not alone.

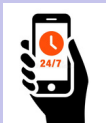
Join us in addressing and helping to identify the obstacles, struggles that we are all facing. We are in this together. Join the Sponsorship Committee to expand your knowledge on Sponsorship and also hear from sponsor and sponsee speaker shares as they share their own struggles, benefits and rewards in their ongoing relationships.

You are not alone.
We are in this together.

Hosted by the Conference Sponsorship Committee (CSPC).
You will receive zoom meeting information 48 hours prior to the event. Registration required.

To register, go to
slaafws.org/events/2025-sponsorship-workshop/

Inspiration 24 Hours a Day/ 7 Days a Week



The GDVI S.L.A.A. Inspiration Lines are available 24 hours a day. S.L.A.A. members offer voice messages of their experience, strength and hope. At the end of the recorded message, callers may leave feedback about the message or get current. This recovery tool supports both recorders and listeners.

215-574-2120
Daily Inspiration Line

215-574-2121
Weekly Inspiration Story Line

We are here for you!

SAVE THE DATE

Sunday, July 27, 2025

12-4 pm

**Core Creek Park, Pavilion 7
Langhorne, PA**

Potluck!

Grilling items, condiments, and beverages provided

Food, Fun, Fellowship!

Registration opening soon on slaadvi.org



**Open to Fellows,
Families, and
Friends**

(Children under 5 welcome, older children not encouraged)

Service Opportunities

"Service is what prayer looks like when it gets up off its knees and walks around in the world." ~Michael J. Graham

Want to up your service game? Consider joining the Outreach Committee or serving as a volunteer on the ABM Local Planning Committee.

The Outreach Committee focuses on actions that carry the message to the sex and love addict who still suffers.

For more information, contact
outreach@slaadvi.org

Upcoming Retreat

**2025 GDVI S.L.A.A. Co-Ed
Spring Retreat
at Daylesford Abbey**



Friday, June 27 – Sunday, June 29.

Workshops and Recovery Activities in a spiritual, peaceful setting.

- Commuter and Non-Commuter options available
- Service opportunities
- Limited scholarships available
- Fellowship and social events

More information, costs, and a downloadable flyer to distribute at meetings are available at
slaadvi.org/retreat

MEETING & A MEAL
slaadvi.org/mandm

EASTON, PA

Sundays

1st Sundays following the meeting.

LAFAYETTE HILL, PA

Sunday, Wednesday, Friday nights & Saturday afternoons meals.

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 slaafws.org/abminfo/ and click on "2025 General Information."

To view the agenda for this year's ABC/M go to slaafws.org/abminfo and click on "2025 Agenda Second Version"

Volunteers are needed to review the agenda. This is a unique service opportunity that will allow participants to see inside the process behind S.L.A.A. literature and procedures.

Zoom meetings 7pm-8pm EST 6/24, and 7/22. Contact Steve at abmLPC@slaadvi.org

Our intergroup, G.D.V.I., is hosting this year's ABC/M, which will be entirely virtual. Volunteers are needed to help plan meetings and social events that will occur during the ABC/M. For more information, contact abmLPC@slaadvi.org

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,
- **NEW! Saturday** In-Person, 10:00 am, Flemington, NJ