



# HEADLINE NEWS

## Greater Delaware Valley Intergroup (GDVI)

November 2018

STARTING DECEMBER 2018



**CALL IN OR COME BY...**

2nd Tuesday of every month from 7:00pm to 8:30pm. Call in (515) 739-6271 use code 776724# to join us! Or attend 444 N. 3rd Street, Suite 307, Philadelphia, PA 19123. (we rent space on the 3rd Floor; follow signs to PRO-ACT office)

Next Intergroup meeting will be held on: December 11

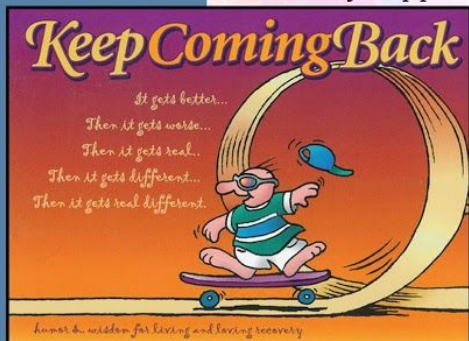
### Intergroup Duties

- Maintain and provide a Local Meeting List
- Relay important S.L.A.A. information and news from F.W.S.
- Encourage and Promote Different Types of Meetings
- Option to host the International Recovery Convention (FWS also helps the intergroup)
- Maintain Archives/Records for the Intergroup
- Sponsor Special Meetings, Retreats or Conferences
- Elect and send Delegate(s) to the Annual Business Meeting (also known as ABC/M)
- Publish Intergroup Newsletters (including stories, upcoming events, etc)
- Maintain an Intergroup Website

### PAOLI, PA 12 Step Retreat Weekend



This year, Intergroup member, Ari from New Jersey decided to try something new for the annual 12 step retreat that takes place in Paoli, PA at Daylesford Abbey Spiritual Center. Four to five times a year, the New England Intergroup has sponsored retreats in Vermont and Massachusetts. This format has been used and has evolved over the last 20 years of holding this type of retreat. Inspired after attending these, Ari said to Intergroup and retreat chair, Rick S. "let me give this format a try this year." After using this format at the NJ Women's 12 step retreat in February 2018, it received wonderful feedback, so Rick fully supported this idea.



This October, the Paoli retreat consisted of 29 participants travelling from NJ, NY and PA. The 12 step weekend format started off with an introduction on how the weekend would run. The participants laughed as they shared their favorite movie before getting too serious in to the step work.

### What's in this issue?

- About the October 12 Step Weekend Retreat
- Recovery Poem
- What keeps "Old Timers" coming back?
- Upcomings activities and events

The retreat solely uses the SLAA Basic text in its format, as all participants share by reading from each step. Then a pre selected speaker shares their thoughts and/or experience on the step, followed by mini break out sessions to dive deeper into the step. No matter where one is in working the steps, the sharing is valuable to every attendee as a reminder that the steps are in order for a reason and it works if you work it! During the weekend, participants, laughed, shed tears, gained new friendships as well as expanded their growth on their recovery journey. Feedback given from this years attendees shared that they loved the location, format and would attend again. They also were very satisfied with the organization of the retreat and found it to push their recovery forward by working harder on their steps or starting the work or inspired them to find a sponsor.

## RECOVERY POEM...From Marriage, to triggers to SLAA being "a place to call home"

Marriage; a word that seems to hold such symbolism, such hope  
Instead I used lying and manipulation as my choice to cope

There was coping with me image and my low self esteem  
Then always trying to make a fantasy be more than just a dream

I wanted fulfillment from one who was simply not there  
I wanted love, compassion, tenderness & a whole lot of care

A life with a one and only, a life that could be such bliss  
But then each new person would start with just a kiss

I found ones to make me smile, I found ones who would adore  
But all I did was get a hit, still always wanting more

A dream of safety and monogamy would not be quick to find,  
Eight years of marriage, along with the constant wandering mind

The frustrations and the struggles, the agony and pain  
The love I wanted, I couldn't find  
The tears would flow like rain

I couldn't figure out why I could not feel complete  
The November 2013 I finally felt defeat

A place full of hope, so much joy and so much love  
Then working step 2, I found a Higher Power from above

The grace and peace, I could finally see  
I was not alone because I found recovery

It was so much of me where this missing piece was  
I needed to surrender to my God up above

I couldn't do it on my own for many years before  
It was time to allow the unmanageability to be no more

A new phone number, a move, many people to leave behind  
But what I didn't know it was actually me I would find

With work and support and knowing I was not alone  
This new place called SLAA, I was now calling home

It's a place with comfort, warmth and the honesty so pure  
Now that I found what I was missing, my old life could be no more

The tears I would have, would now be true and now be real  
The emotions I had, and the vulnerability I would feel

I didn't know such a life could exist  
I listened, I waited till I got the gist

Recovery isn't going through the 12 steps and then it's done  
It is a lifelong process, where my days may not always be much fun

It's responsibility, its real, it's peace and serenity  
It's doing my best to stay far away from the insanity

A song, a location, a calendar date  
These are common triggers, I try to escape

They can bring me back to the old times that I wish to forget  
But without them I would never be here working the steps

A rigorous process, with not ever a straight line  
But all I have to do is see it one day at a time

Remembering that the old times are what got me to be here  
And now I can live a life with far less worry and far less fear

I must be here with god and be here with me  
Faith, hope and being present, a life of serenity

Thanks to acceptance and thanks to the past  
Now each day I move forward as if it's my last

(written 11/28/16 - 3 years and 8 days sober)

## UPCOMING EVENTS

**NEW YEARS DAY 2019**  
**Philadelphia PA 1pm to 5pm**  
The event is located at: 444 N. 3rd Street, Suite 307, Philadelphia, PA  
(Walk or take elevator to the 3rd Floor; follow signs to PRO-ACT office)

Speakers and Stories. Pot Luck. Bring food, snacks and drinks to share.

**FEB. 8 to 10, 2019; 2nd annual NJ Women's 12 step Retreat: Frenchtown, NJ**  
2 nights lodging. Continental breakfast on Saturday & Sunday. Dinner Saturday night at the hotel's restaurant. Single and shared rooms available. Limited space.  
REGISTER DIRECT through WWW.SLAADVI.ORG under the Upcoming Events and Activities  
Registration open!

**APRIL 12 to 14, 2019**  
**Spirituality Retreat - Speakers, Workshops & Talent Show, Paoli PA**  
Enjoy speakers & workshops on relationships, boundaries and many recovery topics throughout the weekend.  
Retreat includes 2 nights lodging. Friday dinner, 3 meals Saturday and Sunday breakfast. Single and shared rooms available. Limited space.  
Optional Friday dinner & speaker attendance night for significant others for a small fee.

Registration coming soon!  
Under the Upcoming Events and Activities

## What Keeps Us Coming Back? It works if you work it...so work it, you're worth it!

FEMALE (NEW JERSEY), in SLAA since 2013.

- I feel safe and not judged
- it is what keeps me sober and accountable
- love my friends in the rooms
- sharing my experiences to newcomers

Male (NEW JERSEY), in SLAA since 2010.

- other long timers
- wisdom
- encouraged at seeing younger age attendees pull themselves back up
- it's okay to be sick and share depraved thoughts
- feel safe

MALE (NEW JERSEY), in SLAA since 1990.

- only game in town
- afraid if i don't come back what could happen
- only place with a sense of hope
- vulnerability

Male (NEW JERSEY), in SLAA since 2008.

- Intimacy in the room
- Vulnerability of the room
- Non judgemental listening of the rooms
- The people

FEMALE (MASSACHUSETTS), in SLAA since November, 1985.

- I need to be reminded of where I have come from and how to not repeat painful, destructive addictive behavior
- I count on other addicts in recovery to help me focus on facts and not let my feelings overwhelm me.
- Recovery is integrated in my daily life and I cannot imagine it not being there...ever

Male (NEW JERSEY), in SLAA since 1985.

- Because it's a good place to come if you're an addict



Keep coming back - it works if you work it.

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