



HEADLINE NEWS

November 2025

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

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 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

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 Perkasio Beginner's Meeting,

Still an Addict

by Ari F.

Am I a different person? No. I am still an addict and I will always be an addict. Today, I get to make different choices and live a healthy lifestyle because I have this program.

On November 20, 2013, I attended my first S.L.A.A. meeting. I discovered the GDVI website while doing a Google search for "low self-esteem, cheating on husband." At that time, I had chosen to leave my house, my business, my marriage, and even get a new cell phone number. All extreme measures. I was ready to go all in and make a change for myself.

A few days earlier, I had written "I am sick!" in my journal. That realization came after I listed eight years of destruction and infidelity I had engaged in during my marriage. I had been unable to be present, lying, manipulating, and finding any way to soothe my anger, fear, sadness, and frustration. I only wanted to live a magical life filled with happiness, joy, and love, but I didn't know how to feel painful feelings.

I grew up in a loving, open, and supportive family where all negative emotions were sugarcoated with "everything will be okay." There was warmth and love, but no opportunity to experience pain. It sounds wonderful, but it led me to believe that life and romance should always be the fantasy I imagined.

Fantasy was a big part of my addiction. I define fantasy as my inability to be present. I began escaping into romantic television shows and movies, creating imaginary scenarios starting in my early teens. By age 20, I had already been engaged once. Then I met someone with similar interests and a strong physical attraction, and I thought I had found a better life. That second engagement became a marriage of chaos, two addicts finding each other, using sex to get love, and always craving attention. My husband was emotionally unavailable due to his own childhood traumas, for which I had no compassion at the time.

When I arrived in S.L.A.A., I dove into the work. I asked experienced

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What's in this issue?

What does our intergroup do? Still an Addict. Meet our Board. Monthly Zoom meeting. Editing Meeting. Newcomer Meetings. Tradition 11. Upcoming Elections. A Framework for Living. GDVI In-Person Meeting and Fellowship. 11th Sign of Recovery. Meeting changes.

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!

November 11, 7:00–8:30 pm

Zoom Meeting ID:

987 6668 8215

Password: GDVI2021

Zoom dial in audio only:

(646)558-8656

Audio access code: **06051431#**

December 7, Hybrid Zoom/In-Person meeting (details on page 2)

"Hopes and Promises" Draft Editing Meeting

November 4, 7:00–8:00 pm

Zoom Meeting ID:

987 6668 8215

Password: GDVI2021

Zoom dial in audio only:

(646)558-8656

Audio access code: **06051431#**

The S.L.A.A. 11th Sign of Recovery

We learn to value sex as a by-product of sharing, commitment, trust and cooperation in a partnership.

GDVI Service Position Elections

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
- 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



Ch-Ch-Ch-Changes

Sunday Lafayette Hill 7:00pm meeting is changing its start time to 6:30 PM starting in November

The meetings below will have new Zoom meeting links beginning in November. Click on the date to access the Zoom meeting link or go to slaadvi.org/meetings

[Wednesday Paoli 7:30pm](#)

[Tuesday Cherry Hill 7:30pm](#)
Meeting ID: 82920838750
[request password here](#)

[Sunday, Cherry Hill Hope and Recovery 7:00pm](#)
Meeting ID: 82920838750
[request password here](#)

[Friday Stratford 7:00pm](#)
Meeting ID: 82920838750
[request password here](#)

(*Still an Addict*, continued from Page 1)

members for their phone numbers so I would have safe people to call. I read the literature on the table and found an upcoming Step retreat that became a turning point in my healing. After six months of meetings, I was leading a weekly group and showing up for newcomers. It felt good to give back to a program that had already given me so much.

Over the years, I've attended two to three S.L.A.A. retreats annually and learned what authentic friendship means, relationships that do not include sexualizing or objectifying. Boundaries had been nonexistent in my active addiction.

I am grateful to be coming up on twelve years of sobriety in my bottom-line behaviors. I am grateful to the members who gave me hope and who supported me through the tears, uncertainty, and confusion.

Without this program, I don't know what kind of life I'd be living. Through S.L.A.A., I've learned that I cannot live a healthy life if I put a romantic relationship before myself and my Higher Power.

Today, I get to be in a committed, monogamous relationship that is healthy and strong. Thank you, S.L.A.A., for saving me from all that I did not know.

GDVI In-Person Meeting and Fellowship

When: December 7, 2:00–8:00 pm

Where: Palmer Recovery Center
Easton, PA

What: Guided Meditation, In-Person or Zoom GDVI Meeting, S.L.A.A. Meeting, Fellowship Dinner at La Kang Thai-French Cuisine Restaurant

RSVP: slaadvi.org/rsvp-in-person-2025/

All Are Welcome!



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Coming Soon! *A Framework for Living*

We are excited to share that our fellowship will soon publish a new book, *A Framework for Living*. This work has been lovingly prepared to serve as a resource for members of Sex and Love Addicts Anonymous, offering guidance and inspiration as we walk the path of recovery together.

A Framework for Living will include readings and reflections on the Twelve Steps, the Twelve Traditions, and the Twelve Concepts for World Service. Each section is designed to help us deepen our understanding of these spiritual principles, whether we are newcomers just beginning the journey or longtime members continuing to grow.

The Steps show us how to recover and live free from addiction one day at a time. The Traditions protect our fellowship and guide us in working together with unity and humility. The Concepts give us a framework for service at every level of S.L.A.A., reminding us that our recovery is strengthened when we give back.

This book represents the collective wisdom and experience of our fellowship. It is not just a publication—it is a companion for recovery, a reminder that we do not walk this path alone, and a tool to help carry the message to the addict who still suffers.

TRADITION 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, film, and other public media. We need guard with special care the anonymity of all fellow S.L.A.A. members