



# HEADLINE NEWS



October 2025

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 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](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

## WHEN FEAR CREEPS IN: A SPOOKY SELF-CARE LIST

October reminds us that sometimes shadows look scarier than they really are. Just like in recovery, fear can sneak up on us when we least expect it. The good news is, we don't have to face it alone or in the dark. With the support of our program, our Higher Power, and each other, we can shine light on our fears and transform them into opportunities for growth.

- Phone a "Ghostbuster" (aka a your sponsor or other trusted person). Fear loses its power when we share it.
- "Exorcise" your fears by putting them down on paper. Hand them over to your Higher Power.
- Carve out time like a Jack-o-Lantern. Light a candle, pray, or meditate for just 5 minutes.
- Brew a calming "potion." Tea, hot cider, or even a glass of water can help ground you.
- Put on your "invisibility cloak." Step away from screens and triggers for a while.
- Walk through the "haunted forest." Take a brisk walk outside and let your body process emotions.
- Summon your strengths. Read a favorite passage from SLAA literature or jot down a gratitude list.
- Create a "protective charm." Repeat a mantra, affirmation, or prayer until the fear softens.
- Unmask yourself. Share honestly in a meeting about what's scaring you.
- Remember: it's just a shadow. Fear passes, and you are never truly alone.

No matter how spooky things feel, your Higher Power is always ready to bring light into the darkness.

### What's in this issue?

When Fear Creeps In. New In-Person Meeting. Monthly GDVI Zoom Meeting. 10<sup>th</sup> Tradition. Volunteer Opportunity. Newcomer Meetings. Upcoming Social Event. Headline Muse. Join the Style Committee.

### 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

September 12 & October 14  
Zoom Meeting ID:

987 6668 8215

Password: GDVI2021

Zoom dial in audio only:

(646)558-8656

Audio access code:

06051431#

### In-Person Meeting!

FLEMINGTON, NJ  
State of Grace Meeting  
Open Door Recovery Center  
5 East Main Street  
Saturdays 10:00 AM



Free bagels  
and coffee!  
Info on page 2

TRADITION

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S.L.A.A. has no opinion on outside issues; hence the S.L.A.A. name ought never be drawn into public controversy.

## Volunteer Opportunity in Flemington NJ

On Oct 18<sup>th</sup>, GDVI will participate in a Recovery Day of Service sponsored by the Open Door Recovery Center, which provides us with our Saturday and Tuesday meeting space. We will be packing care kits for Veteran's Haven North and SAFE in Hunterdon. To learn more about these organizations, go to [nj.gov/military/veterans/services/vetshavennorth/](https://nj.gov/military/veterans/services/vetshavennorth/) and [safeinhunterdon.org](https://safeinhunterdon.org). For more info about the event, go to [recoverydayofservice.org](https://recoverydayofservice.org)



Please join us from 4pm to 6pm for this opportunity for fellowship, service, and giving back. Open Door will also be collecting items for the Flemington Food Pantry at this event, so please bring non-perishable food items to donate. The Open Door Recovery Center is located at 5 East Main St, Flemington, NJ 08822. Contact [flemingtonnj@slaadvi.org](mailto:flemingtonnj@slaadvi.org) or for more info.

## Newcomer Meetings

Full meeting details can be found at [slaadvi.org/meetings](https://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 Perkasié Beginner's Meeting,
- **NEW! Saturday** In-Person, 10:00 am, Flemington, NJ
  - *State of Grace* format
  - 2<sup>nd</sup> Saturday Fantasy Addiction format
  - Free coffee!
  - Free bagel and cream cheese!
  - Email [flemingtonnj@slaadvi.org](mailto:flemingtonnj@slaadvi.org) to place your bagel order before attending the meeting.

## Upcoming Social Event

### Glass Fusing Art Activity



Sunday, October 19  
2:30pm to 8:00 pm  
Glass Fusing art activity, meal, and meeting in Doylestown, PA

\$35 per person + cost of dinner at Jules Thin Crust Pizza. 7 pm Doylestown S.L.A.A. meeting to follow. Financial aid available. Info and register at [slaadvi.org/activities](https://slaadvi.org/activities)



## New S.L.A.A. Literary Magazine!

Scan the QR code to see it online!



## The SLAA 10<sup>th</sup> Sign of Recovery

We become honest in expressing who we are, developing true intimacy in our relationships with ourselves and others.

## SLAA Whatsapp Communities

Did you know that the Greater Delaware Valley Intergroup (GDVI) of SLAA has a Whatsapp community? SLAA Greater Delaware Valley Community is for members to chat in topic-based groups and to receive important announcements.



You can also join the SLAA Information Service Community to learn about SLAA resources beyond the GDVI geographic area. Join today!

## The Fellowship-Wide Services' Style Committee Needs YOU!



Do you love language? Does good grammar make you happy? Are you interested in helping to carry the message to other sex and love addicts? If so, the Style Committee is a great place to do service!

*What is the Style Committee?*  
The Style Committee is a sub-committee of the Conference Literature Committee.

*What does the Style Committee do?*  
The Style Committee reviews draft literature for grammar, structure, accuracy, and readability, making suggestions to writing groups that are part of the Conference Literature Committee.

*When does the Style Committee meet?*

The Style Committee meets weekly on Wednesdays on Zoom at 6pm EST.

*Zoom information:*  
Meeting ID: 651 805 1209  
Passcode: 12345

