



HEADLINE NEWS

September 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

TRADITION 9

S.L.A.A. as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Being There: People Who Have Helped Me Achieve and Maintain Sobriety

~By Dave C.

I attended my first Twelve Step meeting about forty-five years ago, a meeting of Adult Children of Alcoholics. It was wonderful. I listened to people sharing their stories and offering one another support and compassion. I watched people nod as they listened to the others in the room, saying with this simple gesture, "I know how you feel, I've felt that way myself, and I'm sorry you have suffered so deeply. You are not alone."

It was the first time I'd ever known what it felt like to be part of a family. It was the first time I'd sat in a room where everyone was welcome, and every story was important. I learned that my life had value, that redemption for all of my many acts of unkindness was achievable, and I could change the direction of my life.

When I attended this first meeting, the concept of sex and love addiction was in its infancy, unknown even to most of the professionals in the psychotherapeutic community. Also, I was involved in individual psychotherapy at that time, and I didn't begin to attend meetings regularly for quite a few years. But then a friend with whom I'd discussed my sexual proclivities introduced me to the concept of sex and love addiction. I realized immediately that my behavior was that of an addict, and this addiction was the source of my sadness and the absence of my self-respect. I began to see why I was so awkward and unkind in my interactions with other people.

For the last fifteen years, I've attended Twelve Step meetings focusing on sex and love addiction, predominantly in SLAA groups. With the help of a friend, I've started two meetings that, between them, offer support and compassion to twenty-five or more people nearly every day. With the help of a very gifted and compassionate Certified Sex and Love Addiction therapist, I've experienced a great deal of healing and am now engaged in the therapeutic sessions of EMDR (Eye Movement Desensitization and Reprocessing). I've also begun a program of self-study to help overcome the powerful challenges that come from Attention Deficit Disorder.

In addition to the people who have been so helpful in the healing steps I've described above, I've had some wonderful one-on-one conversations with wise, thoughtful, and caring people I've met in our meetings. I've learned a new level of compassion for others and, possibly most important of all, for myself. I've learned that "beating up on myself," after acting out or hurting someone in some other way, has never helped me grow, has never helped me heal, and has never helped me be a better person.

I hope you learn some of the things that I have learned, and I hope you find the same sense of hope and self-respect that I have begun to find. And I hope we meet each other in one of our meetings someday and possibly have a cup of coffee together. And I hope we both find the joy that comes from learning from each other and helping each other become the people we were meant to be.

What's in this issue?

Being There. New In-Person Meeting. Monthly GDVI Zoom Meeting. 9th Tradition. ABC/M Report. Volunteer Opportunity. Newcomer Meetings. Upcoming Social Event. Literary Edition of HLN, Perkasio Day of Fellowship.

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#

NEW 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

On Oct 18th, 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/ and safeinhunterdon.org. For more info about the event, go to recoverydayofservice.org



**Open Door
Recovery Center**
of Hunterdon County
Unify, Inspire, Believe, Live
A Division of Prevention Resources, Inc.

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 or for more info.

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,
- **NEW! Saturday** In-Person, 10:00 am, Flemington, NJ
 - *State of Grace* format
 - 2nd Saturday Fantasy Addiction format
 - Free coffee!
 - Free bagel and cream cheese!
 - Email flemingtonnj@slaadvi.org to place your bagel order before attending the meeting.

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



October Literary Edition of Headline News

The Greater Delaware Valley Intergroup Presents

to be published in
October 2025
Deadline: September 15, 2025

*The Special Creative
Recovery Edition*
of
Headline News

To submit your recovery-related art, poetry, or stories or ask questions, email HLN@slaadvi.org att: Literary Edition

Recovery Event

Recovery is a Journey Day of Fellowship

Sponsored by Perkasio SLAA

SATURDAY, SEPTEMBER 27, 2025

9:00 AM -2:30 PM

Two Speakers

Recovery Art Activity

Breakfast and Lunch Included

Perkasio Mennonite Church
320 W Chestnut Street, Perkasio, PA
Email perkasiopa@slaadvi.org for more info

For information about recovery events beyond the GDVI area, go to slaafws.org/events

2025 Annual Business Conference/Meeting (ABC/M) Report

What is the ABC/M?

The Annual Business Conference (ABC) is the once-a-year event at which S.L.A.A. members and other members of our service structure convene to conduct the Annual Business Meeting (ABM). The ABM refers to the business conducted during General Assemblies over four days. This portion of the ABC is where members of the Conference participate in discussing Items (IFDs) and voting on Motions to provide consensus and direction to Fellowship-Wide Services. More importantly, the ABC is dedicated to forming community-wide group conscience and supporting service and recovery within the S.L.A.A. program. This year's annual business conference and meeting was a great event. GDVI sponsored a co-working space at Daylesford Abbey that allowed for fun and fellowship, as well as the service work that keeps our program running smoothly.

Accomplishments of the 2025 ABC/M:

- By-Laws Motions passed: 4
- Literature Motions passed: 3
- Literature Motions not passed: 1
- Other Motions passed: 1
- Items for Discussion (IFDs): 6
- Board Members voted in: 2
- Board Appointee confirmed: 1

Highlights: In the upcoming year, look for:

- Revisions to the pamphlet "Anorexia: Sexual, Social, Emotional" and corresponding core documents.
- Publication of the book "A Framework for Living: The Twelve Steps, Twelve Traditions, and Twelve Concepts for Sex and Love Addicts Anonymous".
- The creation of a Conference Fantasy Committee.

Special thanks to all who planned and attended this important global event, both online and at the Abbey. We appreciate your service!

Interested in getting involved at the global level? Go to slaafws.org and click on "service."