



HEADLINE NEWS

May 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

Does your meeting have an Intergroup Representative?

Our monthly Intergroup meetings are open to anyone who would like to attend, but it is very helpful to have a rep attend each meeting and report back to their group. Reps can seek support from GDVI with issues and events and find out about happenings and available resources. Talk to your home group about electing or appointing an intergroup rep. See the right-hand column to learn how to join the monthly meeting.



To Partners of Recovering Sex and Love Addicts ~by Matthew J

The bottom has dropped out—you've discovered an affair, a hidden porn addiction, or even legal trouble. You're angry, heartbroken, maybe even in shock. You're asking yourself, *How could this happen? How could someone I trusted hurt me this deeply?* You may have vented to friends, looked up divorce lawyers, or considered sharing the painful messages you've found.

The rage is real, and I've been there. But please—pause. Don't act on those righteous, impulsive feelings just yet. Don't make major decisions while in the storm. The person who hurt you is likely an addict, deeply in need of help. And you, too, have experienced profound trauma. You deserve care, healing, and support.

Your focus right now isn't to save your relationship or exact revenge. It's to tend to your own healing. Seek therapy. Write. Meditate. Join support groups like CO-SLAA or RCA. You are responsible for your recovery, but you don't have to go it alone.

If your partner is in recovery, give them space to do their work—go to meetings, speak with their therapist, and engage in step work. Transparency is important in a relationship, but healing from addiction requires autonomy, too. Resist the urge to monitor every move or dissect every conversation. Let their recovery be their own, and allow yours to be yours.

Yes, it's painful to watch from the sidelines, unsure of what comes next. Rebuilding trust is slow. But whether or not your relationship survives, what matters now is that you both work on yourselves. That's the only way forward, together or apart.

As I write this, my partner—sober for years—is at a 12-step meeting. Maybe she's meeting her sponsor afterward. I don't know, and I don't need to. What matters is that she's doing the work. I trust her. I've learned to trust myself, too.

There was a time when I stood on the edge of bitterness, ready to let anger guide my life. But I stepped back. With the help of therapy, meditation, and wise mentors, I've chosen a softer path—one of clarity, peace, and forgiveness.

My therapist helps me see clearly; my meditative practice grounds me. These tools have made room in my heart for joy and trust again. Pain no longer rules me because I chose to heal—and I believe you can, too.

My heart is with you. May you find a path forward that brings you peace and freedom, no matter what comes next.

TRADITION 5

Each group has but one primary purpose – to carry its message to the sex and love addict who still suffers.

What's in this issue? To Partners of Recovering Sex and Love Addicts. ABM Agenda Review. Free Audio Library. Monthly GDVI Zoom Meeting. Membership Survey. Annual Picnic. Service Opportunities. Ongoing events. Inspiration Lines. Upcoming Retreat. Workshop Presenters Needed. Newcomer Meetings. Resources for Fantasy Addicts. New Literature.

ABM Agenda Review

Volunteers are needed to review the agenda for the upcoming Annual Business Meeting (ABM).

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 4/22, 5/27, 6/24, and 7/22. Contact Steve at abmLPC@slaadvi.org

Free Audio Library

210 Issues and Counting Read, Listen, Download, Print! slaafws.org/thejournal

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

Monthly GDVI Zoom Board Meeting ALL ARE WELCOME!

Second Tuesdays, 7:00 – 8:30 pm
May 13 and June 9

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

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

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)

Workshop Presenters Wanted!

Do you have a great idea for a recovery workshop for our Spring Retreat? Contact Ari at retreatcoordinator@slaadvi.org

Resources for Fantasy Addiction

Do These Characteristics Resonate With You?

1. We confuse fantasy with real life. We attach the need for love, healing, intimacy, and growth to people or scenarios about which we compulsively fantasize.
2. We experience emotional instability to the degree our fantasies conflict with reality.
3. We allow fantasies to become our Higher Power, using them to numb reality and avoid our pain, fear, and low self-esteem.

If so, read the rest of the *Characteristics of Fantasy Addiction* and find more resources at slaavirtual.org/fantasy-addiction.

Questions? Email

focusonfantasy.slaa@gmail.com

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!

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

Our intergroup, GDVI, is hosting this year's Annual Business Meeting (ABM), which will be entirely virtual. Volunteers are needed to help plan meetings and social events that will occur during the ABM. For more information, contact abmLPC@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

Ongoing Events

**MEETING & A MEAL
MORE INFO AT
slaadvi.org/mandm**

EASTON, PA

Sundays

1st Sundays following the meeting.

LAFAYETTE HILL, PA

**Sunday, Wednesday, Friday nights
& Saturday afternoons meals.**

Newcomer Meetings

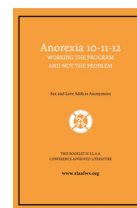
Full meeting details can be found at slaadvi.org/meetings

- **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 Literature!

Two new booklets are available at the FWS online store:

- *Sex and Love Addiction in the Digital Age*
- *Anorexia 10-11-12*



Both are available as PDFs to download at store.slaafws.org