



info@slaadvi.org

YOUR LOCAL INTERGROUP SERVES THE FELLOWSHIP. SO CAN YOU! HERE'S WHAT WE DO:

- ◆ **Meeting Lists**—maintaining and distributing a lifeline to SLAA recovery
- ◆ **Literature**—SLAA pamphlets and Basic Texts available FAST
- ◆ **Website**—creating a bridge to SLAA for the newcomer in our area
- ◆ **Information Line**—215-731-9760—answering newcomers' questions, sending meeting lists
- ◆ **Inspiration Line**—215-574-2120—hear experience, strength & hope, 24/7/365; leave a message/get current *whenever* you need
- ◆ **Recovery Retreats**—bringing together SLAA's in all stages of recovery for mutual aid and support
- ◆ **Sober Social Activities**—Game Night, Annual Kayak & Canoe Trip; will *your* idea be next?!
- ◆ **Institutions Outreach**—reaching the sex & love addict who still suffers *while* in treatment for a chemical or another behavioral addiction



The Augustine Fellowship of SLAA—Greater Delaware Valley Intergroup (“GDVI”)

“My worst day sober is better than my best day acting out.” –Anonymous

HEADLINE NEWS

NEWSLETTER DATE: **DECEMBER 2011** PLEASE PRINT & SHARE AT MEETINGS, **DEC 2011 / JAN 2012**

What Service Means to Me

Four years ago, my life was in shambles. I could not stop acting out, and as a result I was ‘found out’ by my wife. My marriage headed towards divorce, I was sure that the next time I came home from work, it would be to an empty house and I would never have another chance to hold my infant child. I did not know what to do, where to turn or who to even talk to about how to make my life better. Somehow, I found my way into a SLAA meeting and I was embraced by so many people who were just like me. They encouraged me, hugged me, gave me literature, listened to me, shared their strength and hope, called me on the phone... they carried me when I could not stand and they saw the good in me when I could not stand my own reflection. They showed me that life is worth living, and I only need to take it one day at a time. My life now is more of a life than it ever was before and the program has given me more gifts than I could have ever imagined. Performing service in SLAA is a very real, genuine way that I can give back to this fellowship. There are so many people in the program who have helped me so much on this road to recovery; instead

of trying to pay back all of those individuals, I can ‘pay it forward’. By helping set up the chairs, reading the preamble, chairing a meeting, acting as treasurer for my meeting, sharing my story, sponsoring another addict, serving as an Intergroup Board Member or simply picking up the phone and calling one of my friends in the fellowship. By giving service I can help ensure that this program stays around to help more people like me. By providing service to the fellowship, it keeps me sober, because I am more invested in the program and I am more connected with my fellow addicts. Most of the above-mentioned service tasks scared me when I first thought about doing them, but I am so glad that I did them all. They helped me not only expand my ‘comfort-zone’, but also opened up new experiences I would not have had otherwise. Here’s to a New Year filled with many more rewarding experiences



Join the **HEADLINE NEWS** e-mail list. Ask to subscribe by writing to <http://www.slaadvi.org/contact-corresponding-secretary.html>

Anorexia: Does it Apply to Me? (part 4 of 4)

Sexual anorexia is a term used to describe a loss of “appetite” for romantic-sexual interaction. However, the term is used broadly and can be better defined as: (From Wikipedia, the free encyclopedia): **“A fear of intimacy to the point that the person has severe anxiety surrounding sex with emotional content i.e. in an intimate relationship.”**

A sexual anorexic may have a social phobia or be so fragile emotionally that the risk of rejection or criticism is far more frightening than being isolated.

To better understand anorexia, we are sharing the characteristics of sex and love addiction from an anorexic’s perspective. In this final entry of the four-part series, we are sharing characteristics ten through twelve.

10. We stay enslaved to isolation
11. We may mask our fears of authentic connection and sexuality by involving ourselves in addictive romantic and sexual relationships with unavailable people.
12. We assign magical qualities to others. We idealize and fear them, then resent them for the power they hold over us.

If you would like to view the complete list, visit the GDVI web site www.slaadvi.org

Gratitude Month

This month is ‘Gratitude Month’, your opportunity to give back what has been generously given to you. SLAA is self-supporting through our own contributions. You can make a special contribution to SLAA this month in a few different ways: online at www.slaafws.org, by check (payable to ‘Fellowship Wide Services’, 1550 NE Loop 410, Suite 118, San Antonio, TX 78209) and via recurring monthly deductions from a checking account or credit card. Individual contributions are tax-deductible. Please consider giving; how much money did you spend acting out in your addiction?



PUT INTERGROUP MEETINGS IN YOUR CALENDAR:

WHEN: Second Tuesday of every month, 7 to 8:30 pm.

LOCATION: 444 North 3rd Street, Suite 307 (3rd Floor, PRO-ACT office) Philadelphia, PA .

CALL INTO THE MEETING BY USING THIS NUMBER: (530) 881-1200, and Enter passcode 542215#

SLAA for Teens

There have been requests for information about the “SLAA for Teens” project. The FWS Board Public Relations Committee believes this project would be better served if it were developed by individual SLAA members. Anyone interested in participating in this project is asked to contact the editor of the SLAA FWS Newsletter: <http://www.slaafws.org/contact/newseditor>

SAVE THE DATE!
The SLAA GDVI Annual March Retreat at the Daylesford Abbey will be here before you know it (March 16-18). Registration opens Jan 1, more information is on the slaadvi.org web site!!

Call the Inspiration Line: **215-574-2120**

Next GDVI Meetings: **Tuesday December 13, 2011; 7pm sharp**
GDVI ELECTIONS TO BE HELD ON Tuesday January 10, 2012; 7pm