



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

We're on the Web!
www.slaadvi.org

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

“Don’t let the urgent get in the way of the important.” –Anonymous

HEADLINE NEWS

NEWSLETTER DATE: OCTOBER 2011

PLEASE PRINT & SHARE AT MEETINGS, OCT./NOV. 2011

Step Up... and Retreat!

Here are a few opportunities to spend a weekend focusing on your recovery and working the steps in a comfortable and welcoming environment.

The Greater Delaware Valley Intergroup (GDVI) of the Augustine Fellowship is sponsoring the third Annual Pocono Step Retreat. The retreat will be held from Friday, December 2 at 5pm to Sunday, December 4 at 2pm at the Villa of Our Lady Retreat House, Meadowside Road, across from the Mt Airy Lodge in Mt. Pocono, PA. The cost is \$225 for a single room, \$200 for a double room (you must confirm a roommate to qualify for a double room). The fee includes meals from Friday night dinner to Sunday’s lunch. Want more information? Send an e-mail to: <http://www.slaadvi.org/contact-corresponding-secretary.html>

The Greater New York Intergroup (SLAA-GNYI) presents their first annual SLAA Fall Retreat on Friday, October 28th at 4pm to Sunday, October 30 at 12pm at the Incarnation Center, 253 Bushy Hill Road, Ivoryton, CT 06442. The theme is “Transformations—from Pain to Peace - Suffering to Serenity” The cost is \$150 for double occupancy, \$190 for single occupancy rooms. For more information, contact info@slaany.org, or visit their website: www.slaany.org.

The New England Intergroup (NEI-SLAA) is sponsoring a 12-Step Weekend Retreat from Friday, December 16th to Sunday, December 18th in Chester VT. The cost of the retreat is \$180, which includes 2 nights lodging and 2 breakfasts. Bring your cross country skis! For more information, visit their website: www.slaanei.org

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 2 of 4)

The SLAA Pamphlet on Anorexia offers this definition: “As an eating disorder, anorexia is defined as the compulsive avoidance of food. In the area of sex and love, anorexia has a similar definition: “**Anorexia is the compulsive avoidance of giving or receiving social, sexual, or emotional nourishment.**” To better understand anorexia, we have revised the twelve characteristics of sex and love addiction to include an anorexic’s perspective. In this second entry of a four-part series, we are sharing characteristics four through six.

4. We over-idealize love and sex or conversely confuse love and sex with physical and sexual abuse, shame, immorality, engulfment, enmeshment, pity and/or the need to rescue or be rescued.

5. We retreat into the safety by being alone. Even if we long for intimacy and commitment, we continually avoid relationships and sexual contacts.
6. We are deeply anxious and insecure but may cover feelings of stress, guilt, loneliness, anger, fear and envy with a persona of independence and self-sufficiency. We may use self-reliance, martyrdom and/or deprivation as substitutes for nurturing, care and support.

GDVI is thankful that Kathryn M, long time member and the coordinator of the Summer Women’s Retreat in Stony Pt., NY, has written this series on anorexia. For the entire list of the Characteristics of Sexual Anorexia go to www.slaadvi.org and look under the Program of Recovery menu

SLAA Sponsorship Teleseries

SLAA is offering a monthly telemeeting on the topic of Sponsorship. During this series all aspects of sponsorship will be explored. The meetings will occur on the 2nd Saturday of each month. The next call is on Nov. 12, 2011 and will continue through Aug 11. These one-hour telephone-meetings will start at 12:00 Noon EST (9AM PST). SLAA members may attend any or all meetings without RSVP. The U.S. Call in number is: (559) 546-1700, the Access code for everyone is 123610#. Contact the DVI Corresponding secretary for a schedule. ****All meetings are recorded for later playback.**** Playback number: 559-546-1799 with access code - 123610#

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: (424) 203-8400 and then tap in the code: 738591#

7th Tradition

The SLAA Greater Delaware Valley Intergroup has received \$3,987 in 7th Tradition Contributions so far this year. This means the GDVI has received over 90% of the total expected 2011 7th tradition funding, already. *Thank you so much for your generous support!*

We need your service to keep us strong!

GDVI Needs a Treasurer, a Recording Secretary and a Literature Chair! If you are thinking about doing service, **volunteer!** Go to slaadvi.org to read the job descriptions and sobriety requirements.

Call the Inspiration Line: 215-574-2120

Next GDVI Meetings: **Tuesday, October 11, 2011; 7pm sharp!**
Tuesday, November 8, 2011; 7pm sharp!