

F.W.S. Newsletter March 2017

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Executive Director's Report

Hello, from the F.W.S. Office in historic San Antonio, Texas! It appears that we are headed for spring here in South Texas, with daytime highs in the upper 80's. While it is pleasant to think about planting flowers soon, the reality is that the brutal summer follows quickly behind. "Spring", such as it is here, lasts only about a month.

There has been a lot of early "spring cleaning" around the office. We have been cleaning, re-organizing, and moving things around to make more efficient use of our office spaces and inventory storage areas. The building's owner has almost completed a renovation project for the whole building which includes exterior/interior paint, new flooring, and upgraded restrooms. Needless to say, there has been quite a bit of construction noise but the end results are looking great.

Did you know that we now print *the Journal* here at the F.W.S. office? We began doing so last year and the staff has really enjoyed the experience of taking a PDF and turning it into a full-color print booklet to be mailed out. If you are not a subscriber to *the Journal*, please consider becoming one. We would love to add you to the subscriber list! This valuable recovery tool is packed with great shares from members around the world. And if you would like to share your own experience, strength and hope, please think about contributing your writing. More information about *the Journal* can be found on the F.W.S. website.

Planning and preparations for ABM 2017 have begun! This year's Annual Business Meeting will be held in quaint Framingham, Massachusetts, from July 25th through 28th. Information and registration materials are now available on the F.W.S. website, so please join us. I look forward to seeing you there!

In Service, Pam Martin Executive Director February 15, 2017

Board Chair's Report

I am pleased to announce that Nancy G. (from California) has been appointed to the Board of Trustees. We look forward to having Nancy on the Board and using her life experience to enrich the talent currently on the Board.

Over the past several months, a number of things have been done. First, a budget for Fellowship-Wide Services was approved including \$2,500 to be used by the Conference Committees. There have been a number of policies approved and implemented that focus on the day to day functioning of the F.W.S. Office.

A location for the 2017 ABC/M was determined and will be held in Framingham, Massachusetts. This location is the Sheraton and is about 20 miles west of Boston.

I look forward to seeing many of you at the ABC/M in later July.

Respectfully submitted, Bob G.

Board Committees

Board Development Committee (BDC) Report

Dear Fellow S.L.A.A. Members,

It is an honor to give a report on the activities of the Board Development Committee (BDC). Priority items for the BDC include: searching for possible candidates for appointment to the BOT, continuing to bring the BOT Manual up to date, and helping the Conference Service Manual Review Work Group (CSM RWG) to have a Board election process that matches what is in the BOT Manual.

Currently the BDC is looking at ways to codify the experiences of the past into documents that will help to keep institutional memory, guide future BDC chairs, and maintain the most effective Board processes.

The list of work from our recent calls are:

- 1. Created a new PDF of the BOT Manual
- 2. Reviewing and editing the Tasks and Goals Spreadsheet for the BDC
- 3. Sent out paperwork to a Board Candidate willing to be appointed and received it back
 - a. Performed the Oral Interview, transcribed it and forwarded it to the BOT along with all the other documents
 - b. The Board elected to appoint Nancy G. (CA) to the BOT for an unfilled term that ends in 2018
- 4. Drafting a new slate for Board elections for the 2017 ABM
- 5. Forwarded to each Board Appointee a document that explains the steps that need to take place between now and the ABM
- 6. Reviewing the possible creation of a BOT Attendance Policy
- 7. Contacted the CSM RWG to find out when the Board Election Process needs to be forwarded to them
- 8. Searching for Fellowship members willing to serve on the Board Manual Re-write Subcommittee (BMRS) to help bring this to fruition during this conference-year
- 9. Considering returning to an older Google-group that has 7 years-worth of institutional memory
- 10. Looking into creating another subcommittee of the BDC The Nominating Subcommittee
- 11. Drafted an Agenda for the BMRS to help keep them on task

The Board Development Committee (BDC) meets on the 3rd Monday of the month at 8pm ET & 5pm PT. This Committee will meet again on March 13th, 2017.

The BDC is comprised of: Board Members: Rick B. (FL) - Chair, Earl D. (TX), Rich K. (MA), and non-Board Member: Scott W. (FL)

Subcommittees of the BDC and their membership:

a) There are currently no active sub-committees of this Board Committee

Respectfully submitted, Rick B. February 2017

Board Finance Committee (BFC) Report

The BFC has met three times since the last report, November 28th, December 26th, and January 23rd.

Since the last report, this committee reviewed the December 31, 2016 financials included in this newsletter; and, meeting minutes for October, November, and December and forwarded these to the BOT for their review and approval. We have also forwarded recommendations on an Offsite Backup Policy.

Our upcoming task is to review the tax return and audited financial statements, which were given to us after our last meeting.

Membership:

Chair: Rich K

BOT Members: Bob G., Earl D.
Non-BOT Members: Dave G., Lindsey H.

Respectfully submitted, Rich K. February 13, 2017

The Augustine Fellowship, S.L.A.A., Fellowship-Wide Service

Balance Sheet

As of December 31, 2016

1:31 PM 01/20/17 Accrual Basis

Oct 31, 16 Nov 30, 16 Dec 31, 16	111,024.41 120,003.20 112,492.09 re Fund 190,970.37 191,013.72 191,070.81 248.29 212.30 212.30	302,243.07 311,229.22 303,775.20	-79.00 -801.40 -117.05	-79.00 -801.40 -117.05	ting Acc 823.79 24.65 12.35 azon 461.09 474.87 422.21 il 2,889.07 4,028.60 5,747.64 40,239.21 36,678.59 34,564.74 3,068.01 3,068.01 3,068.01	47,481.17 44,274.72 43,814.95	349,645.24 354,702.54 347,473.10	60,284.97 60,284.97 60,284.97 -41,843.79 -41,843.79 -41,843.79	18,441.18 18,441.18 18,441.18	368,086.42 373,143.72 365,914.28	293.33 893.37 -330.88	293.33 893.37 -330.88	-243.03 -186.85 -496.96	-243.03 -186.85 -496.96	50.30 706.52 -827.84	
	ASSETS Current Assets Checking/Savings 10300 · BofA 1117 Texas Corp 10400 · Vanguard Prudent Reserve Fund	Total Checking/Savings	Accounts Receivable 11200 · Accounts Receivable	Total Accounts Receivable	Other Current Assets 12000 · Undeposited Funds-Operating Acc 12010 · Undeposited Account-Amazon 12020 · Undeposited Funds-Paypal 12100 · Inventory Asset 13000 · Prepaid Expenses	Total Other Current Assets	Total Current Assets	Fixed Assets 15000* · Buildings and Equipment 17100 · Accum Depreciation	Total Fixed Assets	TOTAL ASSETS	LIABILITIES & EQUITY Liabilities Current Liabilities Accounts Payable 20100 · Accounts Payable	Total Accounts Payable	Other Current Liabilities 25000 · Sales Tax Payable	Total Other Current Liabilities	Total Current Liabilities	

Equity

This Statement has not been externally audited or reviewed and is subject to change

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Balance Sheet

As of December 31, 2016

1:31 PM 01/20/17 Accrual Basis

	Oct 31, 16	Oct 31, 16 Nov 30, 16 Dec 31, 16	Dec 31, 16
32000 · Unrestricted Net Assets Net Income	352,564.22 15,471.90	352,564.22 19,872.98	352,564.22 14,177.90
Total Equity	368,036.12	368,036.12 372,437.20	366,742.12
TOTAL LIABILITIES & EQUITY	368,086.42	368,086.42 373,143.72	365,914.28

The Augustine Fellowship, S.L.A.A., Fellowship-Wide Service Profit & Loss October through December 2016

11:27 AM 01/20/17 Accrual Basis

October through December 2016

01/20/17 Accrual Basis

11:27 AM

	Total 62000 · ABC/M Conference Expenses	62100** · Contract Services 62140 · Legal Fees 63300 · Webmaster Services 63400 · Contract Services - Labor 63500 · Contract Services - Other	Total 62100** · Contract Services	62800 · Facilities and Equipment 64200 · Rent 64300 · Telephone 64400 · FWS Website	Total 62800 · Facilities and Equipment	65000* · General Office Expense 65100* · Bank Charges/Fees 65200 · Vendor Fees 65550 · Meals 65640 · Office Security 65650 · Penalties	Total 65000* · General Office Expense	65000** · Operations 65030 · Printing and Copying 65035 · Printing&Copies Knight	Total 65030 · Printing and Copying	65670 · Office Supplies 66100 · Computer Supplies 66300 · Miscellaneous Expenses 66500 · Packaging and Supplies 66600 · Postage, Mail Services	Total 65000** · Operations	67000 · Payroll Expense 67300 · Payroll Accounting 67400 · Payroll Tax Expense 67500 · Salary Expense 67600 · Unemployment Insurance 67700 · Workman's Comp Insurance	Total 67000 · Payroll Expense	Total Expense	Net Ordinary Income	Net Income
Oct 16	1,344.69	0.00 1,416.67 48.75 744.00	2,209.42	2,826.00 380.60 148.40	3,355.00	0.00 486.78 66.36 0.00	553.14	300.00	300.00	117.98 0.00 0.00 54.82 74.95	547.75	81.48 626.79 8,193.36 0.00 0.00	8,901.63	18,611.57	15,471.90	15,471.90
Nov 16	0.00	1,162.50 1,416.67 1,130.50 907.50	4,617.17	3,477.00 140.66 307.63	3,925.29	0.00 1,276.16 0.00 167.52 0.00	1,443.68	0.00	0.00	341.77 0.00 0.00 0.00 0.00	341.77	122.22 940.21 8,844.41 0.00	9,906.84	20,234.75	4,401.08	4,401.08
Dec 16	140.00	0.00 1,416.67 939.15 95.00	2,450.82	3,477.00 404.80 352.62	4,234.42	29.24 875.48 0.00 0.00 0.16	904.88	0.00	0.00	443.42 67.50 0.00 0.00 240.97	751.89	81.48 637.67 11,781.20 0.00 388.00	12,888.35	21,370.36	-5,700.08	-5,700.08
TOTAL	1,484.69	1,162.50 4,250.01 2,118.40 1,746.50	9,277.41	9,780.00 926.06 808.65	11,514.71	29.24 2,638.42 66.36 167.52 0.16	2,901.70	300.00	300.00	903.17 67.50 0.00 54.82 315.92	1,641.41	285.18 2,204.67 28,818.97 0.00 388.00	31,696.82	60,216.68	14,172.90	14,172.90

Conference Committees

Conference Charter Committee (CCC) and Chairs' Report

The CCC has met every month since the Annual Business Conference/Meeting (ABC/M) in August 2016. Anthony P. has been elected chair of the Agenda Review Subcommittee (ARS). The 1st version of the ABM Agenda has been distributed to last year's delegates and posted on the S.L.A.A. website.

The Conference Service Manual (CSM) Revision Work Group is almost finished with the revisions of the CSM. This has been a two-year project with the group meeting weekly to complete this major undertaking.

Other subcommittees, ABM Scheduling and the Mentorship should start meeting again as we get closer to the ABM. If you are a returning delegate, please think about being a mentor for a new delegate.

The Chairs Call has meets on the 3rd Sunday of odd numbered months for 2 hours. Only the chairs, cochairs, vice-chairs or designated representatives of Conference Committees attend the call, but anyone can request the minutes and reports from the call. Please request the minutes from your committee chair or contact me at https://slaafws.org/committee/ccc

Please remember to fill out the *Early Delegate Signup* form by March 27th for a raffle draw that could save the Intergroup/Lone Group \$445 towards costs of the ABC/M July 25-28, 2017 in Boston. If you return the *Registration Form* with payment by March 27th, not only do you receive a \$50 early-bird discount, another raffle ticket is entered on your behalf.

And don't forget if you are planning to submit a **Motion** or an **Item for Discussion** (IFD) please use the available forms posted on the F.W.S. website and submit in accordance with the deadlines also on the website. The earlier a **Motion** or **IFD** is received the more the ARS can help with the wording and the more feedback we can get from Conference Committees and Intergroups. The deadline for the 2nd ABM Agenda is March 27th.

All ABC/M 2017 forms and information can be found at the following link http://www.slaafws.org/abminfo

In Service, Phillip W. CCC Chair February 2017

Conference Intergroup Communications Committee (CICC) Report

The CICC meets on the 3rd Sunday of the month at 2:00PM EST, 11:00AM PST.

The CICC has been very active since the last Annual Business Meeting reaching out to Intergroups to confirm contact information and working on creating a method for Intergroups to interact with each other. If your Intergroup has not been contacted by the CICC or you would like more information about our committee, please contact the CICC at ciccslaa@gmail.com.

In Service, Phillip W, CICC Chair

Conference Public Information Committee (CPIC)

Share Your Experience Creating Intergroup Websites

The Conference Public Information Committee (CPIC) is creating a list of tools and best practices that intergroups use in building their websites. The goal is to share the information with other intergroups and lone groups to help them build their websites.

If your intergroup has any advice, tools, or general information to share, please consider submitting it to the CPIC. The CPIC will remove any information specific to your group/intergroup before sharing with others.

Specifically, we'd like information on:

- Tools and Technology used for creating websites
- How to make websites work on computers as well as tablets and mobile phones
- Features included on websites.
- Putting information on websites in keeping with the Twelve Traditions of S.L.A.A.

Items can be submitted at the Conference Public Information Committee page on the S.L.A.A. web site: https://slaafws.org/committee/cpic.

Help Others Reach Out to the Still-Suffering Addict

Share Your Intergroup's Outreach Materials with the CPIC



The Conference Public Information Committee (CPIC) is putting together a collection of materials to help intergroups and lone groups in their outreach efforts. Instead of "reinventing the wheel" with all-new materials, the CPIC would rather reuse outreach materials created by the intergroups.

If your intergroup has any outreach materials, please consider sharing it with the CPIC so that we can share it with other groups and intergroups. This includes print media (letters, flyers, posters), digital media items (newsgroup items), or even audio and video recordings. The CPIC will remove any information specific to your group/intergroup before sharing with others.

Items can be submitted at the Conference Public Information Committee page on the S.L.A.A. web site: https://slaafws.org/committee/cpic.

Conference Steps, Traditions and Concepts Committee (CSTCC) Questions and Answers Speakers from other "S" Fellowships

Someone in my group will shortly be celebrating her one year of sobriety in S.L.A.A.

Thanks for any experience, strength and hope you can share

I was taken totally by surprise that she came to our business meeting tonight and told us that she's asked someone from I think SAA to speak. Being taken totally by surprise I didn't refer to the Traditions, I just said I didn't agree with that, that it should be someone from S.L.A.A. since they'll be talking about working another program, not S.L.A.A. Now afterwards, I think it violates Tradition Three: "Any two or more persons gathered together for mutual aid in recovering from sex and love addiction may call themselves an S.L.A.A. group, provided that as a group they have no other affiliation." To me this is the group affiliating with an outside organization.

I'm curious, has this issue been addressed by F.W.S.? (The rest of the group by the way supported her.)

And I found out that another group has SAA speakers (or whatever the organization is. I think it was SAA. I started to describe what I've heard others talk about but apparently that's another program, SA maybe.)

I am many years sober in S.L.A.A. and haven't found it necessary to work another program, but I have nothing against others working another program, I just think S.L.A.A. should have S.L.A.A. speakers and SAA should have SAA speakers in order to not confuse people.

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The comments below were given by various members of the Conference Steps, Traditions and Concepts Committee and do not represent a group conscience of the entire committee. The opinions expressed here are solely that of the person giving them. Take what you like and leave the rest.

Thank you for the question. The issues of interaction with other "S" Fellowships come up often, and for me are quite serious.

The Traditions — which are guidelines, not rules or laws and thus cannot technically be 'violated' — are used, unfortunately, to justify one side or another of this argument rather than to guide our desire to come to mutual agreement and understanding. We talk about humility, open mindedness, and willingness, but on some issues it's easy to dig in our heels.

Recently someone repeated this story: I dreamt that God (or Buddha or Jesus or Mohammed or name your reverent Higher Power) was outside my house with a Megaphone shouting, so the whole neighborhood could hear, "come out with your heart opened." It's good advice.

The point of the Traditions is to keep us unified, to protect our common welfare. For example, in AA's three legacies — Recovery, Unity, and Service — the Traditions are for Unity. Just as the Steps work to keep us individually sober, and the Concepts guide our service structure, the Traditions are designed to

protect our common welfare as a Fellowship. We cannot recover alone, but as we help each other in the wider Fellowship we can and do recover.

I am aware of five "S" organizations: Sex and Love Addicts Anonymous (S.L.A.A.), Sex Addicts Anonymous (SAA), Sexual Compulsives Anonymous (SCA), Sexual Recovery Anonymous (SRA), and Sexaholics Anonymous (SA). All five of these programs use the 12 Steps and the 12 Traditions. Each has a different culture, but all have the same foundation. One in particular is very exclusive and closeminded. Despite the existence of five separate "S" organizations, there is only one disease. There is really only one Fellowship. There are many many different ways that we act out or act in, but fundamentally we all have a disease of intimacy. In whatever way our disease presents itself, we all — members of all five organizations — are afraid of emotionally being too close to people and afraid of being alone. And yet we are driven by our basic instinct for sex and partnership. We are unable to establish healthy relationships, and instead we confuse sex and/or romantic intrigue or isolation with intimacy. We have a common disease.

All five of these 12-Step, 12-Tradition, "S" organizations, including our own S.L.A.A., are operating contrary to Tradition 1, and, on this issue, the rest of the Traditions as well. Rather than being unified, we are dispersed. AA's long version of Tradition 3 starts out by saying "Our membership ought to include all who suffer...." S.L.A.A. ought to have this same attitude. We will and do reach out to all who suffer with our disease, but when it comes to the other "S" groups, we tend to look for the differences rather than the similarities. Instead of seeing our brothers and sisters as addicts just like us, we point to their differences. Why not be inclusive, and we normally are, but with other "S" groups we hurriedly quote Tradition 3's admonishment about independence from "other affiliations." (Tradition 3 is extremely important for us when it comes to non-S organizations. There is no doubt about that, but it does not apply to those who have the same disease we do.)

Five organizations with five separate national offices, five separate staffs, duplicate committees, separate web sites, conferences, workshops, publications are not as efficient as a single service organization. Five organizations cannot reach as many suffering addicts as one unified organization. The numbers of people in recovery from sex and/or love addiction is miniscule compared to the number who are suffering from our disease. I use the word 'organization' specifically to describe the service structures. Our Fellowship is not the organization in the traditional sense, but a society, a community, of human beings who suffer from the same disease.

All of the five "S" programss rely on the *Big Book of Alcoholics Anonymous*. All consider themselves exemplary practitioners of the Steps and Traditions. But, once the groups came into existence, organizational ego took over. Each of the International offices will be quick to point out the differences between the groups and will be quick to protect their existence. There certainly are distinctions, some of them quite dramatic. But, the similarities exist in the individual addicts no matter what group they consider their home group. In reaching out, keeping an open mind is where we too often fail.

I have a very rigid attitude when it comes to outside speakers, or affiliation with outside groups. That is, I strongly object to having speakers who are therapists, or clergy, who are talking about their recipe for recovery. We need to be extremely cautious about medical, professional, social or religious organizations and/or speakers. We need to properly identify outside issues and avoid being drawn into controversy around those issues. But when it comes to sex and/or love addicts, I submit we must always be open to

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¹ By the way Wikipedia has interesting, if not fully accurate, histories of all five "S" programs. S.L.A.A. was founded in December 1976, in Boston. It is the oldest. SAA came along in 1978 in Minneapolis and SA was founded in 1979 in Los Angeles. SCA and SRA followed the decade after, splitting off from SA over issues around the Traditions and SA's narrow definition of sobriety.

carrying the message of recovery. And we must be open when any addict in recovery carries the message to us, even if they are affiliated with another S group.

And, we must have open discussion regarding all 'inside' issues. If the topic bears on recovery, on the 12 Steps, 12 Traditions, or 12 Concepts, then we should have no fear. We can listen to all opinions. We can disagree with each other. We do not have to hurry. As long as we keep talking we will end up with a Group Conscience as an expression of our Higher Power's will for us.

It's been pointed out to me that the five existing "S" programs are fully entrenched today. The likelihood of any merger or even of any cooperation is extremely unlikely. The memberships of each group are ready to fight for the correctness of their program's culture and format. That is the reality. It is unfortunate, but true. Still, as long as I have the opportunity to propose unity as described in the Traditions, and especially Tradition 1, I will continue to do it. As long as I have the opportunity to take actions that are inclusive to all "S" addicts, I will continue to do so.

From a practical standpoint, I hope you have attended the anniversary meeting and listened to the SAA speaker. Look for the similarities, note the differences, approach it with an open heart and an open mind. No harm will come to your recovery program and it is possible you may hear something positive. Also, deeper discussion of the Traditions is always a good thing. Hopefully your business meeting can take a deep dive into a Traditions discussion. Congratulations to the member of your group with one year. Marking our progress is a great thing for everyone in the group and, indeed, in the wider Fellowship.

Tradition Four provides some direction on this issue. Each group is autonomous, and may make the decision to have a non S.L.A.A. speaker if they wish as long as it does not affect S.L.A.A. as a whole. While I would not personally want an outside speaker due to the confusion and conflict it could cause in the meeting, it seems unlikely that having an SAA speaker at an S.L.A.A. meeting would affect the program as a whole. For a little comparison, Al-Anon often has an AA speaker at Al-Anon events to better understand the addiction. When OA was in the beginning years, AA speakers were also often invited to give their experience, strength and hope at meetings and events because both are chemical addictions and the AA's had a better understanding of working the 12 Steps. Both programs have used outside speakers with the sole purpose of boosting the recovery of its' own members. Is the meeting in question taking the action for that reason?

Tradition Five also provides direction. Our purpose is to help the sex and love addict who still suffers. I mentioned in my comments for Tradition Four that I would not personally support having an outside speaker. That is because I do not believe that an outside speaker would necessarily be helping the sex and love addict that is suffering. Because SAA is for sex addicts, that program does not address the love addiction part of our program. The SAA speaker would be talking about working a different program with a different goal. That is why I believe having an outside speaker could cause confusion and conflict. However, if the area where the meeting is located does not have many S.L.A.A. meetings, there might not be a lot of options. So, if the purpose is to try and help members while using limited resources, having the outside speaker might be beneficial. To repeat my question at the end of Tradition Four: Is the meeting taking the action for that reason?

Let me say that I am an active member of SAA, and consider it an important part of my recovery. In my experience the difference is the abstinence focus in SAA is from compulsive sexual activity while S.L.A.A. is from sex and love addiction. Lead shares in SAA may tend to have a bit more of the sex-a-log quality, while in S.L.A.A. we avoid graphic description of acting-out behavior. It is important that any outside speaker be informed of the group norms and tailors their lead to comply with them. However, it may be appropriate to mention outside tools and organizations (therapy, workshops, treatment centers, medication) when sharing, as long as they make clear these are tools that helped them as an individual in addition to working the Steps.

I do not know where you are located, at a retreat I met someone who lived in a state that only had a few "S" meetings and the majority was SAA. In that case if you want to find a speaker with experience strength and hope, it may be beneficial to go to other fellowships, not just "S" programs but also other 12 Step programs. While the focus when working the Steps may differ in our program than from other fellowships, the Steps when worked do bring a spiritual awakening.

I also go to a workshop that is open to all 12 Step fellowships, when I listen for similarities instead of differences; I hear the same types of childhood trauma, resentments and character defects. From that I came to understand that while my addiction was to people rather than a substance, the roots of the addiction are similar.

Tradition 4 says that each group is autonomous, in the case you brought forward it affected one group, and was brought up at a business meeting to get a group vote. It does not affect S.L.A.A. as a whole.

As for Tradition 3, to me the key part of the Tradition is "as a group they have no other affiliation", if as a group you had another affiliation it would violate the Tradition. If a meeting had 2-3 people that also identified as AA members it wouldn't violate this Tradition as long as the focus of the meeting is sex and love addiction and not alcoholism.

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The CSTCC is a group of volunteers, some of whom were ABM delegates, and others who volunteered out of interest. We do not represent a group conscience of S.L.A.A., but are committed to bringing thoughtful discussion and study of 12 Step Fellowship literature and experience to the questions that are brought to us. Other non-S.L.A.A. literature, such as AA or Al-Anon literature may have been accessed in order to see H.O.W. other 12 Step Recovery Fellowships have addressed these issues. We offer this summary as the result of our discussions. We present the major points of concern in the hope that wider discussion in the Fellowship will help us evolve our customs and practice of the S.L.A.A. program of recovery to better represent the loving guidance of a Higher Power. Always we affirm the autonomy of each group and the need for each individual to follow her/his own conscience. No decision of this group, or any other, is ever forced upon another, even when we believe a practice is clearly in conflict with the Steps, Traditions and Concepts.

International Page: S.L.A.A. 30 Years in Sweden

English

Hello, my name is Gunilla and I am a sex and love addict.

I came to the fellowship in spring 2015, and started the program a couple of months after that. I got a sponsor and jumped into the program. I worked hard and I worked fast. I had nothing to lose and my sponsor had a hard time to keep up with me. That was how I had to do it, and it worked. I was completely dependent on long distance meetings since I didn't have any S.L.A.A. in town or anywhere close by, and I also worked with a long distance sponsor. It worked for me. Nowadays I live in Stockholm and have several face-to-face meetings every week to choose from.

I have a wonderful life today that I am deeply grateful. I feel good 90% of the time, compared with before the program when I felt awful 90% of the time. I recently passed 18 months of sobriety and I look forward to my future with great humility and confidence, together with God. I do have a future!

Service is important, so I got into the Swedish Intergroup as soon as I could. I was also a temporary GSR, was responsible for our "Sponsor-list" (people can email from our website, to ask for a sponsor and sponsors can put them on the list-the responsible person tries to make a match). I had a bunch of sponsees, never missed a meeting in my group and was selected as a Delegate at the Intergroup. Last spring I was in a women's magazine talking about sex and love addiction. I have done a couple of talks/shares, and I have served on two committees. Service has been a very important part of my recovery; however after a while I realized I was doing too much.

Today I still try to find a balance, so that the service I do is what it should be for me- a joy and a way to carry the message. My vision for service now is to come out and do more shares: Telling my story for something bigger and sharing hope, joy, and confidence. Both for people who still suffer, but also for professionals who come in contact with our addiction without knowing it exists.

It was a great experience to be at the ABC/M in 2016. I had the shortest sober time of all. I got my 1-year sobriety medallion, and also got the opportunity to read the 12 Steps in Swedish. My heart is filled with humility and gratefulness for this. The people I met there were fantastic. The meeting also gave, among many other things, much insight into how S.L.A.A. works as a whole. I have been fortunate enough to be able to share this in Stockholm's biggest meeting. It was also recorded and made into a podcast. The feedback on the share was very positive, and served to broaden the understanding for F.W.S. in general and ABC/M in particular.

S.L.A.A. has been around in Sweden since 1986. In 2002, there were 4 meetings a week in Stockholm, and around 13 meetings around the country. Today we have 16 meetings every week in Stockholm and about 40 around the country. We have had an Intergroup since 1990, with a pause 2004-2008. In 2007, S.L.A.A. started to really grow, probably because treatment centers started which helped to increase the knowledge and understanding for this addiction.

In humble service, Gunilla Å, Stockholm Sweden

Swedish

Hej, jag heter Gunilla och är sex och kärleksberoende.

Jag kom till gemenskapen våren 2015, och började i programmet ett par månader efter det. Jag skaffade en sponsor och kastade mig över programmet. Jag arbetade hårt och jag arbetade snabbt. Jag hade absolut inget att förlora och min sponsor hade svårt att hänga med i svängarna. Det var mitt sätt och det var så jag behövde arbeta med stegen just då. Jag var helt beroende av distansmöten eftersom det inte fanns något S.L.A.A. möte inom rimligt avstånd, och jag arbetade även med en distanssponsor. Detta fungerade för mig. Numera bor jag i Stockholm och har tillgång till live-möten varje dag.

Idag har jag ett fantastiskt liv, och jag mår bra 90% av tiden. Till skillnad från innan då jag mådde dåligt mer än 90% av tiden. Jag passerade nyligen 18 månaders nykterhet och jag ser med stor ödmjukhet och tillförsikt fram emot min framtid i samarbete med Gud. Jag har ju en framtid!

Service är viktigt, så jag sökte mej till Riksgruppen, var tillfällig GSR, hade ansvar för vår sponsorlista och jag hade massor med sponsier. Jag tog också åt mej en del service i distansgruppen och missade aldrig ett praktiskt möte. Jag blev vald till delegat, var med i en intervju för ett kvinnomagasin, har hållit ett par tal och har varit med i två kommittéer. Service var och är en viktig del i mitt tillfrisknande, men efter ett tag förstod jag att jag hade tagit på mej för mycket. Idag försöker jag fortfarande att hitta en rimlig balans, så att servicen blir det den ska vara för mig -en glädje, och ett sätt att föra budskapet vidare. Min vision idag för service är att få komma ut och tala mera. Berätta om min story, berätta om vilket fantastiskt liv som finns där. Både till de som fortfarande lider och till de som arbetar med missbrukare, då vårt missbruk fortfarande är relativt okänt i Sverige även för de som arbetar i "missbrukssvängen".

Att få vara med på ABM 2016, var en stor upplevelse för mig. Jag hade kortast nykter tid av alla som var där, och jag tog dessutom min 1årsmedalj sista dagen. Det var enormt stort, liksom att få läsa de 12 stegen på svenska inför hela församlingen. Människorna jag mötte var fantastiska. Jag har fått en mycket större insikt i hur S.L.A.A. som helhet fungerar, och detta har jag försökt dela med mej av bl.a. genom att hålla tal om det på Stockholms största möte. Talet finns på podcast. Responsen efteråt var oerhört positiv, och jag förstod att talet bland annat hjälpte till att öka förståelsen känslan av samhörighet mellan länderna.

S.L.A.A. ha funnits i Sverige sedan 1986. År 2002 fanns det 4 möten i veckan i Stockholm och 13 möten ute i landet, att jämföras med 16 möten veckan i skrivandes stund, och ett 40-tal möten runt om i landet. En Riksgrupp har funnits i några olika omgångar, från 1990 till dags dato, med "paus" mellan åren 2004-2008. S.L.A.A. började växa kraftig 2007, troligtvis beroende på att flera behandlingscentrum startade vilket pga. litteratur och annan "marknadsföring" fick många att få upp ögonen för att problemet fanns och var behandlingsbart.

I ödmjuk service, Gunilla Å, Stockholm Sverige

Announcements and Information

CLC Writing Group for the S.L.A.A. Meditation Book Project is starting a reading meeting – Sundays 5pm Pacific or 8pm Eastern
Please distribute the flyer on page 18 to local groups,
meetings and Intergroups

The GDVI Inspiration Line Celebrates Its 200,000 Call!

The Greater Delaware Valley Intergroup (GDVI) reported that the Inspiration Line celebrated it's 200,000 call on Christmas Day at exactly 6:31 PM from a Philadelphia exchange. The Inspiration Line was started 28 years ago, on an old-fashioned cassette tape answering machine. The Line went digital and began counting the number of incoming calls received, in 2008. Since then the Line has received calls from all over the world, including Great Britain, Germany, Austria, New Zealand, Germany and China. Every week the Line gets a call from a member in Bordeaux, France!

"Thanks to the cooperation of FWS and the ads featuring the Inspiration Line on the back covers of the Journal, the number of calls that the Inspiration Line has received in the past three years has doubled" says Michael S., the founder of the line, in Philadelphia, PA. "The I-Line number can handle 15 simultaneous calls, so a caller will never receive a busy signal."

The 200,000 call came in during a very busy month for the Inspiration Line. In December, the I- Line received an average of 133 calls a day. On New Year's Eve and New Year's Day the I-Line received 277 calls. To top things off in January, The Greater Delaware Valley Intergroup started an Inspirational Text service, especially for S.L.A.A. members. Daily, members will receive an inspirational quote that is for the recovering sex and love addict. All recipients will be and remain anonymous. The sender of the text is the Inspiration Line number. There is an Inspirational Text Line sign-up page on the GDVI web site- to sign up you need to identify the cell phone carrier (such as Cricket, Sprint, AT&T or Verizon) and your cell number. The link to receive the Inspirational Text is: http://www.slaadvi.org/inspirational-text-sign-up.html

For more information, you can call or text the GDVI Information Line for a real person to answer your questions: 609-621-SLAA (7522)

F.W.S. Website Statistics for 2016

See page 19

Join us for the S.L.A.A. Meditation Book reading meeting

Each Sunday 5pm Pacific, 8pm Eastern

712-775-7270 access code 789393

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Jan 1, 2016 - Dec 31, 2016

Audience Overview



Overview

% New Sessions 73.93%



Pages / Session

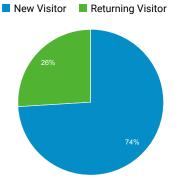
2.15

Avg. Session Duration

00:01:54

Bounce Rate

46.42%



Co	ountry	Sessions	% Sessions
1.	United States	161,193	59.12%
2.	India	18,517	6.79%
3.	Canada	8,838	3.24%
4.	United Kingdom	8,235	3.02%
5.	Turkey	3,949	1.45%
6.	France	3,041	1.12%
7.	Australia	3,015	1.11%
8.	Netherlands	2,780	1.02%
9.	Germany	2,754	1.01%
10.	Indonesia	2,460	0.90%



Please Consider Joining the **Board of Trustees (BOT)**Or nominate someone you know



Board Candidate Requirement per the By-Laws

✓ Have three years of continuous, self-defined sobriety in S.L.A.A.
 (Non-S.L.A.A. members can be on the Board of Trustees; see below*)

Board Candidate Ideally...

- ✓ Served as a Conference Delegate for at least one year
- ✓ Works well in a group dynamic
- ✓ Have a functional understanding of group conscience
- ✓ Have skills and abilities valuable to the organization
- ✓ Have a working knowledge of the 12 Steps and the 12 Traditions of S.L.A.A.
- ✓ Have worked through at least Step Seven
- ✓ Have experience in S.L.A.A. service at the Intergroup or Conference level

Expectations of Trustees

- ✓ Travel to the Annual Business Conference/Meeting (ABC/M) (approximately seven days) each
 summer during their term to participate in Board meetings, three days before and one day after
 the ABC/M (expenses paid)
- ✓ Are willing to participate in a minimum of six 3-hour regular Board Conference calls and six 2-hour interim Conference calls, plus BOT Committee meetings, many email discussions, and liaise with several Conference committees
- √ Have at least 20-30 hours per month available for BOT service
- ✓ Are willing to commit to a three-year term

*Non-S.L.A.A. Board Candidate Ideally...

- ✓ Knows and loves the S.L.A.A. Fellowship as it has helped family, friends, or clients
- ✓ Have a specialized skill in areas such as legal, financial, or business
- ✓ Bring an added perspective being outside the S.L.A.A. Program

Please Let Us Know

If you are interested in serving or know anyone who might, please contact the S.L.A.A. Board Development Committee (BDC) at https://slaafws.org/bdc

May Is Individual Contribution Month

"Giving Back What Has So Generously Been Given"

Every May, members of Sex and Love Addicts Anonymous are invited to acknowledge their gratitude to the Fellowship that has sustained their lives as recovering addicts. As a way of giving thanks, individual members are encouraged to contribute directly to Fellowship-Wide Services (F.W.S.). This is in keeping with Tradition Seven, which states that "Every S.L.A.A. group ought to be fully self-supporting, declining outside contributions."

To share the impact such generosity makes on the Fellowship as a whole, Fellowship-Wide Services has outlined the services and responsibilities of the F.W.S. Office, supported by your contributions; and, how individuals can contribute this May and throughout the year.

Fellowship-Wide Services (F.W.S.)

The F.W.S. Office is the direct link to all S.L.A.A. Intergroups, groups and individual members world-wide. The main responsibility of the F.W.S. Office is to carry the message -- to help the addict who still suffers. Additionally, the F.W.S. Office assists the Board of Trustees in performing its duties and legal requirements.

What F.W.S. Provides, What Contributions Support

- Printing, selling, and distribution of Conference-Approved literature (S.L.A.A. Basic Text, pamphlets, medallions, and Starter Kits for groups and Intergroups)
- Assistance with starting new meetings and Intergroups world-wide
- Coordination of Annual Business Conference/Meeting
- Support to Conference Committees which facilitate overall growth of the fellowship, including literature translation, creation of new literature, outreach to institutions and prisons, website development and maintenance, and communications with Intergroups and members
- Bookkeeping and maintenance of legal documents

Ways to Give

- Individuals are encouraged to increase their contributions to the basket every week in May that goes directly to F.W.S. and/or Intergroup (as contributions are made to F.W.S. at the Intergroup level).
- Individuals can set up recurring contributions (i.e. monthly) to be automatically deducted from ones debit or credit card at https://www.slaafws.org.
- Individuals can make a one-time contribution online at https://www.slaafws.org.
- Individuals can make a one-time contribution by check.
 - Make check payable to Fellowship-Wide Services and write Individual Contribution Month in memo
 - Send check to F.W.S., 1550 NE Loop, 410 Suite 118, San Antonio, TX 78209

Special Note: Individuals who make direct contributions to F.W.S. may claim their gift as tax-deductible as S.L.A.A. is a separate 501c3 organization.

Thank You!

		ABM	ABM Statistics 2008-2016	cs 2008	-2016				
	Jul-08	90-Inc	Aug-10	Jul-11	Jul-12	Aug-13	Aug-14	Aug-15	Aug-16
Voting Members	41	42	47	41	39	37	41	48	51
ВОТ	9	9	2	9	9	9	4	2	9
General Manager	-	-	_	0	0	0	-	_	-
F.W.S. Webmaster	0	0	0	0	0	0	0	_	_
Journal Editor	_	_	0	_	_	_	_	_	_
Delegates	33	35	41	34	32	30	35	40	42
New Delegates	20	16	25	19	14	14	4	21	24
F.W.S. Staff*	0	0	0	0	2	3	3	2	2
ABM Record keeper*	1	1	1	1	1	1	1	1	1
CCC Chair	-	-	_	_	_	-	*_	_	-
Observers*	2	2	2	4	4	4	2	2	4
Volunteer-LPC Chair*	0	0	0	_	_	-	_	2	0
Total Participants	45	47	51	48	48	48	49	26	59
# Intergroups/Lone Groups	24	56	5 6	24	19	21	24	56	27
*non-voting									

F.W.S. Newsletter Guidelines for Submissions

The following guidelines are helpful when submitting service articles, reports and flyers to the F.W.S. Newsletter:

- The mission of the F.W.S. Newsletter is to publish items related to S.L.A.A. service and business, the Conference and the Conference Committees, the F.W.S. Office, and the Board of Trustees news; and, to share this information as widely as possible in order to keep members around the world up-to-date with the Fellowship.
- Make submissions in a .doc or .docx file, with the exception of flyers created for specific events or requests.
- Remember to maintain anonymity by using first name and last initial.
- Place periods between the initials in the fellowship name in written material that is made public: S.L.A.A.
- The newsletter is not a recovery-oriented publication per se and not to be confused with the *Journal*, which publishes articles of recovery.
- Use the following email address for submissions:

https://slaafws.org/fwsnews-submit

Deadlines for Submissions are Sundays:

2017 May 21st – Summer Issue/June 2017 August 27th – Fall Issue/September 2017 November 19th – Winter issue/December

Please, feel free to ask questions, make suggestions and become part of the international community of S.L.A.A.

You may contact the editor at: https://slaafws.org/fwsnews-submit