

# Fellowship-Wide Services *News*

Vol. 19, No. 1 / January 2005

## Closing the Gap

### How Can We Improve Communication between the BOT and the Fellowship?

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In 2002-2003, the Board of Trustees (BOT) and Fellowship-Wide Services (F.W.S.) engaged the services of Executive Service Corps of New England (ESC), a non-profit consulting firm, in an attempt to help the BOT and F.W.S. run more efficiently and effectively.

Several recommendations were made by ESC and implemented last year, including restructuring the BOT committees. Most importantly, however, ESC strongly suggested that communication between the BOT and the fellowship at large needed to be significantly improved. The BOT is

committed to such an outcome, but we need your help!

- What are your thoughts/suggestions/ideas about greater communication between the BOT and the Fellowship?
- What topics would be most useful to you?
- What methods of communication would you prefer?
- How often would you like to hear from us?
- How often would you like to talk to us?

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Tradition Five  
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## Tradition 5 Impacts Our Finances

Each group has but one primary purpose – to carry its message to the sex and love addict who still suffers. A group can carry Tradition 5's message of recovery in various ways. Some are obvious such as holding a meeting, providing a welcoming place where the newcomer can recover, and developing a telephone list of members. Benefits derived from such actions are also obvious.

Other ways of carrying the message are more obscure but are equally as important, such as ensuring that the Fellowship's financial foundation is solid. A group's recognition of its financial responsibility to the Fellowship as a whole is critically important because S.L.A.A. "ought to be fully self-supporting, declining outside contributions." Therefore, our program has no one else to solicit for funding besides groups and members, and we are each responsible for our Fellowship's survival, growth, and financial safety.

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Financial Update  
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# What's in This Issue?

**T**his F.W.S. News issue and the related bulk mailing is full of information connected to upcoming events, the status of F.W.S.' financial situation, and potential new literature.

## Highlights include:

- Board committees activity summaries
- 2005 Annual Business Conference/ Meeting announcement and registration materials
- 2005 International Recovery Convention flyer and topics survey
- The 5th Step & Tradition
- Financial updates include contribution summary
- Regional events/activities open to the membership
- Winter "White" sale of tapes & CDs
- Feedback request on potential new literature items

Please share this information with your groups.  
(see our F.W.S. News rates on page 14)

### **F.W.S. News**

*The quarterly news publication of*  
**The Augustine Fellowship,  
Sex & Love Addicts Anonymous,  
Fellowship-Wide Services, Inc.**

*For subscription information, contact*

**F.W.S. Office  
P.O. Box 338  
Norwood, MA 02062-0338 U.S.A.**  
Tel: (001) 781-255-8825  
Fax: (001) 781-255-9190  
www.slaafws.org

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## **S.L.A.A.'s Board of Trustees (BOT)**

### **As per the S.L.A.A. Bylaws Article VI: Board of Trustees, Section 3, Duties & Responsibilities:**

The Board of Trustees shall act as the guardian of the 12 Steps and 12 Traditions, ensuring that there are no alterations except by action of the Fellowship-Wide Services S.L.A.A. Conference, as set forth in these Articles....The Board of Trustees shall act as spokesperson for the Fellowship in all matters affecting S.L.A.A. as a whole; provide for and supervise publications of the Fellowship; supervise and guide public information and attraction efforts of the Fellowship; provide counsel and guidance to member groups and to new groups; furnish a medium for the interchange of ideas between groups and arrange for the Fellowship-Wide Services S.L.A.A. Conference Annual Meeting.

### **Board of Trustees 2004-2005**

Marcella M., Chair, term expires 2005  
Cristina C., term expires 2005  
Deborah W., term expires 2005  
John C., term expires 2006  
Roger R., term expires 2006  
Robin S., term expires 2006  
Danielle P., term expires 2007  
Chris D., term expires 2007

### **Officers**

President: Deborah W.  
Treasurer: Roger R.  
Clerk: Robin S.  
Resident Agent: Valerie Jacoby, Esq.

### **The following are subcommittees of the BOT performing its duties and responsibilities:**

#### Finance & Operating Committee (BF&OC)

*Focuses on the matters of a financial nature of which have potential financial implications and the operations of the Fellowship-Wide Services (F.W.S.) office.*

#### Governance & Nominating Committee (BG&NC)

*Focuses on the internal activities and procedures of the BOT to insure its long-term effectiveness.*

#### Public Relations Committee (BPRC)

*Focuses on matters relating to oral or written communications emanating from F.W.S.*

# Board of Trustees Committee Reports

## Board Finance & Operating Committee (BF&OC)

The new BF&OC has met seven times during the first part of the fiscal year. It has been primarily involved in the budgeting process and the insufficiency of cash to support operations. In developing the budget for the new fiscal year the committee decided upon appropriate increases in staff pay, made the difficult decisions of reducing staff, and curtailing other expenses. It was decided to increase some product prices and approve expenses that enabled us to restore the online store to operation and finance the printing of the *Renewal of Sobriety* pamphlet. Follow-up action was taken on the fund raising actions initiated at the Annual Business Meeting in July.

Candidates for adding an additional member to the Committee were considered and Joe P. and Christian N. were selected and served on the committee for a few months.

The committee routinely reviews the financial operation and results, as well as any other issues dealing with the operation of the office. Some other issues currently being dealt with by the BF&OC include:

- The Travel Equalization Fund—a subcommittee has been formed to address concerns about equalization and equity in the current TEF plan;
- The policy for executive director recruitment—the process of senior level recruitment is being evaluated and revised;
- Responding to questions from the fellowship regarding the financial situation—several letters have been written to members and groups in response to inquiries about F.W.S.' financial circumstances.

The BF&OC continues to meet approximately twice a month and is committed to developing a stable financial situation for S.L.A.A.-as-a-whole and the availability of services to the addict who still suffers.

Roger R.

*Chair, Board Finance and Operating Committee*

## Board Governance & Nominating Committee (BG&NC)

The BG&NC is the branch of the Board of Trustees (BOT) that focuses on the internal activities and procedures of the BOT to ensure its' long term effectiveness. In other words, we handle items to do with governing the Board, as well as nominating-related work.

Items that we worked on since the 2004 Annual Business Meeting (ABM) follow:

- Updated the BOT policy manual and BOT motions index
- Codified the BOT election process for inclusion in the Conference Service Manual
- Created a volunteer resource list and are maintaining it
- Continued to work on improving communication ideas: Regional Discussion Panels, and Fellowship Teleconference Calls with the BOT & Fellowship-Wide Services (F.W.S.) office
- Edited the final 'How to run a business meeting' document which is included with this newsletter as an insert
- Responded to concerns by members of our fellowship regarding various legal questions
- Filled one vacant BOT position and are actively working to fill the remaining vacancy
- Re-formed the International Service Structure Committee: the committee that will actively work to help S.L.A.A. grow into a more global, less American-centric international structure
- Wrote 3 Traditions articles for this & upcoming newsletters
- Implemented bylaws changes as per the votes taken at the 2004 ABM
- Formed a committee to address the Conference Committee Accountability Process

The 'big' projects that we are continuing to work on and that we will have more to report on in the near future are the Conference Accountability Process, International Service Structure, Fellowship Teleconference Calls, and Regional Discussion Panels, to name a few.

We are always open to hearing from you, and welcome any members who are willing to volunteer their services or who may have questions regarding any of the projects listed here. Please help us to bridge the communication gap between the BOT, F.W.S. office, and you, the S.L.A.A. member. And in turn, we continue to offer our services to the addict who still suffers.

Thank you,

Danielle P.

*Chair, Board Governance & Nominating Committee*

(Continued on page 15)

## Step 5.

**M**y first Fifth Step, which included a section on sexual issues was in 1989 in A.A. The most significant thing I remember my sponsor said to me during that process was, "Ava, you can't feel any shame around your sexual issues can you?" I didn't understand what she meant by that until I went to my first S.L.A.A. meeting in November of 1990. Within a week my sexual shame mushroomed into an atomic bomb. By the time I wrote my S.L.A.A. Fourth Step in April, 1991, I had experienced and let go of a lot of my sexual shame. S.L.A.A. was a very young program in Houston in 1991 and my sponsor had moved to Oregon while I was writing my Fourth Step. There was no woman left in Houston that I felt comfortable enough with to hear my Fifth Step, so I was forced to do my Fifth Step over the phone long distance. We spent four hours one night and about three hours the next night finishing my Fifth Step. It was much more healing than my first Fifth Step in A.A. and I believe it was because my core addiction is sex and love.

I started my Fourth and Fifth Steps with my very first relationship-my mother. I told my sponsor about how she seemed to adore attention from men yet she simultaneously treated them like furniture-believing they should stay wherever she put them. Although I hated that pattern of my mother's, I emulated it perfectly. I hated owning that my behavior was so much like my mother's, but I knew that in order to heal from this devastating disease, I had to tell it all-even those parts of myself that I hated the most-I never wanted to be like my mother! It was such a shock and an embarrassment to me to see that I had turned out just like her.

Once I told my sponsor the things about my relationships with my parents and my siblings, she was able to see the patterns in the rest of my relationships and point them out to me. Mostly, I looked for my daddy and acted like my mother in all my relationships. My sponsor was very gentle with me throughout the entire Fifth Step process. I had so much shame attached to my acting out in this addiction and she knew that. She was my sounding

board, my mirror and a figurative shoulder to cry on all at the same time. She was very careful not to add to my shame and at the same time help me see my patterns.

Once I finished my Fifth Step with her she told me that I needed to begin sponsoring other women as I continued working the rest of my Steps. We had almost no one in Houston to sponsor all the newcomers who poured through the doors. Today when I work with sponsees, I try to be the same gentle sounding board for them that my sponsor was for me. I always ask them to start their Fourth and Fifth steps with their mother and walk through their primary caregivers first, because it seems like the dysfunctional patterns are molded way back then. Sometimes its different, and I try to be open to those differences.

**"Admitted to  
God, to ourselves,  
and to another  
human being the  
exact nature of  
our wrongs."**

All Fifth Steps are alike and yet they are all different. I've never seen a Fifth Step failure. The pain and the shame are always the same. The circumstances are similar in nature. The miracles that turn us around are myriad. I always get as much or more healing than my sponsees from listening to another Fifth Step. Sometimes I think I get more healing from hearing theirs than I did from giving my own. The best part is seeing the wonder in their eyes when they realize that after telling me all that garbage, I still see them as whole, loving human beings, just as my sponsor saw me so many years ago. The truth is, I see them as more loving and more lovable after getting rid of the secret shame they have carried for so long.

In closing I want to say, "May your recovery journey be eventful, may your heart climb ever higher, and may the wind be in your sails as you trudge the road to happy destiny."

**Ava P.,  
Houston, Texas**

*Reprinted from December 2001 F.W.S. Newsletter*

## Tradition 5.

A few months ago, the S.L.A.A. group I belong to created an intergroup web site. Living in a high tech region of the U.S. made it seem only natural that we could have and support such an endeavor. We were all excited about “getting the word out”. Though the site is not quite state of the art, it is however a great piece of work, coming from the hearts and minds of our belief in the process of recovery and the 12 steps.

Shortly thereafter, one of our regular members, a woman who was not all that new to recovery, brought up her fears about having our meeting times and locations published on the web. Her concerns included, but were not limited to, making people go to a little extra effort to locate us - which will discourage curiosity seekers. Her comments included that it also helps “us” keep our safety and confidentiality.

I heard her out, tried to put myself in her place, and then, realized I just couldn’t rationalize the way she did. I kept repeating to myself, my own tape just kept repeating... “The primary purpose is to carry the message”. If we trust in our Higher Power, we realize we can’t control and manage ourselves without this trust. I believe the fear this woman

spoke about, this vulnerable fear, would disappear if she relied on her Higher Power. It is when we think that we can control, that the fear comes up and tries to control us.

Here was a very basic belief; our fears for our safety: very valid. But I do not think “safe meetings” exist. Our safety (if such is possible) comes from our reliance on a Power greater than ourselves, not from

who does or does not attend the meetings. I had spent years before entering recovery trying to control my environment only to discover I am powerless over that as well.

Of course, there are many other ways to get the word out: to listen, to hear, and to be consistently supportive. This example of recovery in process helped me realize how important it is for the

addict still out there. The addict is still in need of a safe place to find him or herself and his or her Higher Power through the 12 Steps and our recovery process.

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

**CS**

**San Diego, California**

*Reprinted from December 2001 F.W.S. Newsletter*

## Checklist for Tradition 5.

1. Do I ever cop out by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?
2. Am I willing to explain firmly to a newcomer the *limitations* of [S.L.]A.A. help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any [S.L.]A.A. member for a special favor or consideration simply because I am a fellow [sex and love addict]?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that [S.L.]A.A. old-timers, too, can be [sex and love addicts] who still suffer? Do I try both to help them and to learn from them?

Reproduced from A.A.’s *Tradition Checklist from the A.A. Grapevine*, published November 1969 through September 1971.

# Board of Trustees Meeting Minutes Summary.

## July 18-21, 2004 (In-Person Meetings)

- A motion passed to abbreviate with consistent punctuation in legal documents and Conference-approved literature "Sex and Love Addicts Anonymous" – S period, L period, A period, A period.
- The location for the 2005 Annual Business Conference/Meeting (ABC/M) and International Recovery Convention was discussed. It was decided that the San Francisco/East Bay Intergroup would host the two events. Dates were confirmed to be July 5-8 for the ABC/M, and July 8-10 for the Convention.
- The Board of Trustees (BOT) adopted the *For the Professional: Information about Sex and Love Addicts Anonymous* pamphlet for publication.
- The acceptance of earmarked funds was discussed, as requested by the Board Finance & Operating Committee (BF&OC), to put forth a recommendation on the policy.
- A motion passed to express a preliminary intent to implement item 04o02A/98-20 and 04o02B/98-20 should they be passed by the 2004 Conference. These items concern what exactly establishes a quorum and what is binding on the BOT.
- The BOT conducted the Annual Cross-Committee Brainstorming Session. It was agreed that the three Board committees need to practice more cross-pollination so members of the BOT will be aware what is going on in all committees.
- There was a session to brainstorm on fundraising ideas.
- The submission of a letter to the F.W.S. Newsletter regarding improving communication was approved.
- Pending Conference approval, that the BOT decided to adopt the *Are you or is someone you know a sex and love addict? Information about S.L.A.A.* pamphlet for publication. The pamphlet was re-titled *Addicted to Sex? Addicted to Love?*
- A motion passed for the BOT to adopt the Public Information Opportunities Process, with the understanding that the document is fluid and is meant to be edited and updated as needed.
- Two letters were approved to be sent to the San Francisco/East Bay Intergroup and the "Act With Courage" groups in the area. This was regarding Tradition violation concerns at the group level.
- There was discussion regarding the Board Public

Relations Committee being overworked and how to resolve the issue.

## August 28, 2004

- Chris D. was appointed to the BOT. With this approval, he became a member of the Board Governance & Nominating Committee (BG&NC) and BOT liaison to the Conference Diversity, Intergroup Communication, and Interfellowship Committees.
- Christian N. was appointed as a non-BOT member of the BF&OC.
- In order to replace a previously approved BOT policy, "anyone who intends to run for election to the BOT at the following ABM may not participate on the Nominating sub-committee of the BG&NC or in any of its functions; similarly, anyone who participates on the Nominating sub-committee of the BG&NC or in any of its functions may not stand for election to the BOT at that year's ABM" was approved.
- A motion passed to implement Business Meeting Item Summary (BMIS) numbers 04o02a/98-20, 04o02b/98-20, and 04n33/04-09, which concern amendments to the Bylaws.
- A motion passed to implement BMIS number 04o17/02-13 concerning publication of an electronic BMIS. The specifics of implementation are left up to F.W.S.
- A motion passed to implement BMIS numbers 04n35/04-11 and 04n36/04-12, to publish the pamphlets *Renewal of Sobriety* and *How Can I Find Out More About S.L.A.A.? As part of Addicted to Sex? Addicted to Love?*
- Deb W. was appointed as BOT liaison to the Member Retention Committee.
- The formats of the *For the Professional* and the *Addicted to Sex? Addicted to Love?* pamphlets were approved.
- The 2004-2005 Fiscal Year (FY) Operating Budget was discussed.

## September 25, 2004

- The 2004-2005 FY Operating Budget was approved.
- Punctuation errors were corrected in a newly formatted version of the *Renewal of Sobriety* to be printed.
- Joe P. was approved as a non-BOT member of the BF&OC.

**(Tradition 5 Impacts Our Finances, Continued from page 1)**

There are an unlimited number of ways a group can do this. For example, a group can contribute directly or encourage individual members to contribute directly to Fellowship-Wide Services (F.W.S.), educate its members about the valuable services provided by F.W.S. and explain that these require funding, and/or inform its members about service opportunities volunteering for Board or Conference finance committees. On a more regular basis, the group could send around an additional basket at meetings specifically designated for F.W.S.

Newcomers may ask how a group encouraging members to contribute directly to F.W.S. helps carry the message to the sex and love addict who still suffers. One way is that additional funds would allow F.W.S. to reduce the price of literature to allow more purchases. For instance, Alcoholics Anonymous groups sell their Big Book for a nominal cost because A.A. has considerable income outside of literature sales. If a group or its members increased contributions, the price of our literature could be decreased making it easier for newcomers to purchase. Increasing the availability of our literature is a very effective way of carrying the message to newcomers.

Another example is the Fellowship's Long-Distance Sponsorship Program. That Program's purpose was to allow members who were unable to attend meetings, for whatever reason such as being in prison or living in a remote geographic location, to work the Steps and recover guided by a sponsor. Each new member's recovery is another link to others receiving the message. Although F.W.S. regularly receives requests for long-distance sponsors, the Program had to be temporarily discontinued because of a lack of contributions.

Furthermore, if F.W.S. received enough funds through either group or member contributions, public service announcements could be produced to educate the general public about our Fellowship. This could dramatically increase the number of potential members who receive the message of hope and recovery that our program offers. Needless to

say, those types of announcements are not inexpensive, but group and/or individual contributions could generate just this kind of extensive message carrying.

In total, there are several ways a group can carry the message. One is for a group to assume responsibility for ensuring the Fellowship's financial position is safe. This could allow the message of recovery to be carried to a significant number of potential new members. The ways that a group could support the Fellowship financially are endless, but they would all help the group fulfill its primary purpose – to

carry its message to the sex and love addict who still suffers.

In Service,

### **Board Governance & Nominating Committee**

**“Newcomers may ask how a group encouraging members to contribute directly to F.W.S. helps carry the message to the sex and love addict who still suffers.”**

## 2005 Annual Business Conference/Meeting

San Francisco, California, USA  
July 5-8, 2005

***The deadlines are approaching!***

March 05	Delegate Signup (requested deadline)
March 05	Raffle Deadline for Delegates for free ABM registration & housing.
March 22	ABC/M motion submissions due (requested deadline)
May 05	Board of Trustees nominations due (requested deadline)
June 06	Last day for ABC/M registrations
July 22	Delegate Travel Equalization Funding (TEF) request due into F.W.S.

Contact F.W.S. if you have any questions.  
info@slaafws.org  
Tel: (001) 781-255-8825  
www.slaafws.org/forms



## Golden Gate to Freedom



### The S.L.A.A. 2005 International Recovery Convention

July 8-10, 2005  
San Francisco, California

The S.L.A.A. San Francisco Bay Area Fellowship warmly welcomes members, friends and family from all over the world. Join us for a weekend of recovery, fun and community.

- Workshops
- Speaker/Topic Meetings
- Panel Discussions
- Auction
- Talent Show

**Questions? Contact the Local Planning Committee**

Email: convention2005@slaa-sfeb.org  
Tel: (001) 415-979-4715



# Contribution Summary. (October-December, 2004)

Name/Group	State/Country	Amount	Reason	Name/Group	State/Country	Amount	Reason
AMSTERDAM WED STEP	AMSTERDAM, NETHERLANDS	65.00	cont regular grp	ANITA M.	CO	1.00	cont regular indiv
DARRELL H.	AR	0.39	cont \$ leftover	COLORADO SPRINGS WED/FRI PIKES PEAK	CO	55.00	cont regular grp
DARRELL H.--In Memory of my Beloved Dad	AR	207.10	cont In Memoriam	COLORADO SPRINGS WED/FRI PIKES PEAK	CO	200.00	cont regular grp
LITTLE ROCK WED/SUN	AR	119.44	cont regular grp	DENVER WED	CO	257.20	cont regular grp
LITTLE ROCK WED/SUN--Christmas Extra to SLAA	AR	107.00	cont regular grp	DURANGO THU	CO	60.00	cont regular grp
FLAGSTAFF THU NOON UNITY	AZ	20.00	cont regular grp	DURANGO THU	CO	21.00	cont regular grp
TUCSON AREA INTERGROUP	AZ	85.13	cont regular grp	FRANK P.	CO	50.00	cont regular indiv
TUCSON AREA INTERGROUP	AZ	8.48	cont regular grp	GREGORY G.	CO	5.00	cont regular indiv
TUCSON AREA INTERGROUP	AZ	0.33	cont Round-Up	GREGORY G.	CO	5.00	cont regular indiv
TUCSON AREA INTERGROUP	AZ	66.61	cont regular grp	GREGORY G.	CO	5.00	cont regular indiv
ANONYMOUS	CA	1,000.00	cont regular indiv	RICH S.	CO	15.00	cont regular indiv
BERKELEY FRI APPLYING THE PRINCIPLES	CA	96.40	cont regular grp	RICH S.	CO	15.00	cont regular indiv
BERKELEY SAT IN THE SOLUTION BIG BOOK	CA	76.00	cont regular grp	RICH S.	CO	15.00	cont regular indiv
BERKELEY TUE MEN'S COMMITMENT TO RECOVERY	CA	120.00	cont regular grp	CONNECTICUT INTERGROUP	CT	75.00	cont regular grp
BERKELEY TUE WORKING THE STEPS BIG BOOK	CA	98.00	cont regular grp	FAIRFIELD SUN REACHING OUT ANOREXIA	CT	60.00	cont regular grp
COSTA MESA WED ANOREXIC FOCUS	CA	50.00	cont regular grp	HARTFORD SUN, MON, WED, THU	CT	3.60	cont regular grp
DON M.	CA	10.00	cont regular indiv	HARTFORD THU STEP INTO THE LIGHT	CT	20.00	cont regular grp
DONALD H.	CA	0.35	cont \$ leftover	HARTFORD WED BEGINNERS	CT	116.00	cont regular grp
ENCINITAS MON STEP STUDY/GETTING CURRENT	CA	50.00	cont regular grp	HARTFORD WED BEGINNERS	CT	28.40	cont regular grp
ENCINITAS MON STEP STUDY/GETTING CURRENT	CA	50.00	cont regular grp	SPENCER M.	CT	25.00	cont regular indiv
ENCINITAS SAT SLAA BOOK/DISCUSSION	CA	100.00	cont regular grp	WILLIMANTIC MON	CT	60.00	cont regular grp
HOLLYWOOD SUN FOCUS ON SPIRITUALITY	CA	64.00	cont regular grp	WILMINGTON WED NEW STRAW GRP	DE	228.40	cont regular grp
HOLLYWOOD SUN FOCUS ON SPIRITUALITY	CA	98.06	cont regular grp	WILMINGTON WED NEW STRAW GRP	DE	106.00	cont regular grp
HOLLYWOOD SUN FOCUS ON SPIRITUALITY	CA	64.24	cont regular grp	2004 FORIDA ROUNDUP	FL	2,890.96	cont regular grp
HOLLYWOOD SUN FOCUS ON SPIRITUALITY	CA	69.76	cont regular grp	JAMES H.	FL	10.00	cont regular indiv
IRVINE SUN BEGINNERS MIXED	CA	80.00	cont regular grp	LANTANA MON BY THE BOOK	FL	69.10	cont regular grp
IRVINE SUN BEGINNERS MIXED	CA	80.00	cont regular grp	LANTANA MON BY THE BOOK	FL	111.00	cont regular grp
IRVINE SUN BEGINNERS MIXED	CA	160.00	cont regular grp	LANTANA SAT FROM THE HEART	FL	160.00	cont regular grp
LA MESA TUE TWELVE CHARACTERISTICS/GETTING	CA	50.00	cont regular grp	LANTANA SUN KEEP IT SIMPLE STEP	FL	64.00	cont regular grp
LYDIA W.	CA	4.04	cont Round-Up	SARASOTA MON	FL	100.00	cont regular grp
MARIN COUNTY INTERGROUP	CA	771.00	cont regular grp	SARASOTA THU STEP STUDY	FL	50.00	cont regular grp
MONTEREY MON WOMEN'S STAG	CA	110.20	cont regular grp	STAN & CHERYL D.	FL	500.00	cont regular indiv
OAKLAND FRI FOCUS ON FANTASY & INTRIGUE	CA	96.70	cont regular grp	TAMPA BAY INTERGROUP	FL	670.00	cont regular grp
OAKLAND SUN OLDTIMERS	CA	40.00	cont regular grp	ATLANTA SAT	GA	32.00	cont regular grp
OAKLAND TUE WOMEN'S	CA	40.00	cont regular grp	ATLANTA SAT	GA	126.23	cont regular grp
PALO ALTO MON STEP/GETTING CURRENT	CA	35.00	cont regular grp	RONALD M.	GA	0.50	cont \$ leftover
PALO ALTO TUE MEN'S	CA	50.00	cont regular grp	MAUI SAT	HI	0.70	cont Round-Up
PAM J.	CA	0.39	cont \$ leftover	AMES MON	IA	0.75	cont Round-Up
SACRAMENTO AREA INTERGROUP	CA	163.20	cont regular grp	CHICAGO SAT 12 & 12	IL	272.00	cont regular grp
SAN DIEGO INTERGROUP--Steps 1-3 Workshop	CA	230.00	cont fin. crisis	CHICAGO THU	IL	96.00	cont regular grp
SAN DIEGO SUN STEP STUDY/GETTING CURRENT	CA	40.00	cont regular grp	DAN H.	IL	0.43	cont regular indiv
SAN DIEGO WED STEP STUDY/GETTING CURRENT	CA	106.00	cont regular grp	LEE W.	IL	5.00	cont regular indiv
SAN FRANCISCO FRI BEG.YOUR WEEKEND IN	CA	20.00	cont regular grp	OAK PARK SUN SERENITY ON SUNDAY	IL	20.00	cont regular grp
SAN FRANCISCO FRI BEG.YOUR WEEKEND IN	CA	75.00	cont regular grp	ANONYMOUS	MA	25.00	cont regular indiv
SAN FRANCISCO FRI BEG.YOUR WEEKEND IN	CA	75.00	cont regular grp	ANONYMOUS--In honor of Debbie F. Thanksgiving Day	MA	50.00	cont In honor of
SAN FRANCISCO MON BUILDING PARTNERSHIPS	CA	83.55	cont regular grp	BEVERLY SUN TO TELL THE TRUTH	MA	0.58	cont Round-Up
SAN FRANCISCO MON FIRST STEP/BOTTOMLINE	CA	16.00	cont regular grp	BOB R.	MA	43.46	cont fin. crisis
SAN FRANCISCO MON FIRST STEP/BOTTOMLINE	CA	24.00	cont regular grp	BOSTON WED SOS (SHARING OUR STRENGTH) MEN'S	MA	608.73	cont fin. crisis
SAN FRANCISCO SAT NIGHT STEP STUDY	CA	50.00	cont regular grp	BOSTON WED SOS (SHARING OUR STRENGTH) MEN'S	MA	250.00	cont regular grp
SAN FRANCISCO SUN	CA	85.72	cont regular grp	BROOKLINE SAT TOPICS IN RECOVERY/BEYOND 1	MA	40.00	cont regular grp
SAN FRANCISCO THU FOCUS ON ANOREXIA	CA	40.00	cont regular grp	BULK MAILING RAFFLE	MA	20.00	cont regular grp
SAN FRANCISCO THU FOCUS ON ANOREXIA	CA	86.15	cont regular grp	CATHRYN C.	MA	20.00	cont regular indiv
SAN FRANCISCO TUE HEALTHY INTIMACY	CA	40.00	cont regular grp	DEBBIE F.	MA	1.00	cont regular indiv
SAN FRANCISCO WED FOCUS ON WITHDRAWAL	CA	54.40	cont regular grp	JAMAICA PLAIN SUN ANOREXIA	MA	20.00	cont regular grp
SAN FRANCISCO WED FOCUS ON WITHDRAWAL	CA	55.00	cont regular grp	JAMAICA PLAIN SUN ANOREXIA	MA	25.00	cont regular grp
SAN FRANCISCO/EAST BAY INTERGROUP	CA	50.00	cont regular grp	JENNY R.W.--In honor of Debbie F. Thanksgiving Day	MA	10.00	cont In honor of
SAN JOSE SUN	CA	60.00	cont regular grp	JENNY R.W.--Swear Jar	MA	19.62	cont regular indiv
SAN RAFAEL THU MEN'S SPEAKER/STEP	CA	160.00	cont regular grp	KARI B.--In honor of Debbie F. Thanksgiving Day Run	MA	20.00	cont In honor of
SANTA CRUZ MON MEN'S FREEDOM	CA	40.00	cont regular grp	NEW ENGLAND INTERGROUP	MA	50.00	cont regular grp
SANTA CRUZ MON MEN'S FREEDOM	CA	43.22	cont regular grp	NEW ENGLAND INTERGROUP	MA	50.00	cont regular grp
SANTA ROSA SUN FELLOWSHIP	CA	120.00	cont regular grp	NEW ENGLAND INTERGROUP-- Room Contribution	MA	20.00	cont regular grp
SANTA ROSA WED MEN'S STEP STUDY	CA	170.79	cont regular grp	NEW ENGLAND INTERGROUP-- Room Contribution	MA	20.00	cont regular grp
WALNUT CREEK MON	CA	48.00	cont regular grp	NEW ENGLAND INTERGROUP-- Room Contribution	MA	22.00	cont regular grp
WEST HOLLYWOOD TUE KEEPING CURRENT	CA	52.90	cont regular grp	NEWBURYPORT SAT CHANGING TIDE	MA	40.00	cont regular grp
WESTMINSTER MON NOT ALONE-NEWCOMERS	CA	52.00	cont regular grp	NEWBURYPORT SAT CHANGING TIDE	MA	35.00	cont regular grp
C. L.--Unofficial SLAA Women's Grp	CANADA	50.00	cont regular indiv	NEWBURYPORT SAT CHANGING TIDE	MA	56.00	cont regular grp
GEORGE C.	CANADA	0.60	cont \$ leftover	NEWTON MON PARTNERSHIPS IN RECOVERY	MA	40.00	cont regular grp
HALIFAX WED PIONEER GRP	CANADA	38.76	cont regular grp	NEWTON SUN MEN'S TRUE GRIT	MA	400.00	cont regular grp
MONCTON, NEW BRUNSWICK THU NEW LIGHT	CANADA	20.00	cont regular grp	NEWTON TUE BEGINNERS/FUNDAMENTALS	MA	130.00	cont regular grp
SASKATOON SLAA GROUP #1	CANADA	50.00	cont regular grp	NEWTON TUE BEGINNERS/FUNDAMENTALS	MA	243.00	cont regular grp
WINNIPEG GRP	CANADA	196.47	cont regular grp				

continued on next page

When making contributions, please be sure to clearly mark how you would like them attributed. If your contribution is not listed or has been misattributed, please let us know so that it can be corrected!

# Contribution Summary. (October-December, 2004)

Name/Group	State/Country	Amount	Reason	Name/Group	State/Country	Amount	Reason
NEWTON WED MAINLY FOR LOVE ADDICTS	MA	70.00	cont regular grp	PATRICE C.	NY	3.25	cont Round-Up
NORTHAMPTON SAT CHARACTERISTICS	MA	21.00	cont regular grp	ROCK TAVERN SAT	NY	20.00	cont regular grp
PITTSFIELD MON	MA	28.00	cont regular grp	SARATOGA SPRINGS THU INSIDES OUT	NY	50.00	cont regular grp
PITTSFIELD MON	MA	22.00	cont regular grp	CHAGRIN FALLS WED MID-WEEK OASIS	OH	150.00	cont regular grp
SOMERVILLE SUN SOS (SERENITY ON SUNDAY)	MA	34.40	cont regular grp	CINCINNATI SAT EMOTIONAL STABILITY	OH	14.35	cont fin. crisis
SOMERVILLE SUN SOS (SERENITY ON SUNDAY)	MA	23.00	cont regular grp	CINCINNATI/BELLEVUE SAT MEN'S	OH	160.00	cont regular grp
SOMERVILLE SUN SOS (SERENITY ON SUNDAY)	MA	31.20	cont regular grp	CLEVELAND FRI RETURN TO DIGNITY	OH	243.00	cont regular grp
TOM K.	MA	50.00	cont regular indiv	CLEVELAND FRI RETURN TO DIGNITY	OH	100.00	cont regular grp
TOM K.	MA	50.00	cont regular indiv	CLEVELAND THU INSPIRATION REVELATION HOPE	OH	40.00	cont regular grp
TOM K.	MA	50.00	cont regular indiv	DAVE M.	OH	100.00	cont regular indiv
TOM K.	MA	0.75	cont Round-Up	DAVE M.	OH	100.00	cont regular indiv
THOMAS L.	MA	25.00	cont regular indiv	DAVE M.	OH	100.00	cont regular indiv
TIMOTHY C.	MA	1,000.00	cont regular indiv	GEORGE M.	OH	25.00	cont regular indiv
WEST ROXBURY THU A NEW BEGINNING	MA	18.00	cont regular grp	MIDDLEBURG HEIGHTS WED NEW LIFE	OH	122.00	cont regular grp
WEST ROXBURY THU A NEW BEGINNING	MA	10.00	cont regular grp	VANDALIA POLK GROVE MON	OH	100.00	cont regular grp
WEYMOUTH SUN HOPE & RECOVERY	MA	0.10	cont \$ leftover	OKLAHOMA CITY TUE/FRI	OK	30.00	cont regular grp
WILLIAM G.	MA	5.00	cont regular indiv	OKLAHOMA CITY TUE/FRI	OK	30.00	cont regular grp
WORCESTER FRI STEP	MA	60.00	cont regular grp	OKLAHOMA CITY TUE/FRI	OK	30.00	cont regular grp
WORCESTER FRI STEP	MA	60.00	cont regular grp	PORTLAND THU	OR	8.95	cont regular grp
WORCESTER SAT WEEKEND GRP	MA	13.00	cont regular grp	BYRN MAWR SUN	PA	205.60	cont regular grp
WORCESTER WED NEW HOPE	MA	40.00	cont regular grp	CHRISTY A.	PA	10.00	cont regular indiv
BALTIMORE SUN	MD	124.00	cont regular grp	DOWNINGTOWN THU GRP #1 & #2	PA	700.00	cont regular grp
NEATA--In Reconation of Support from SLAA Support	MD	25.00	cont regular indiv	EAST STROUDSBURG TUE	PA	20.00	cont regular grp
NORTHWOOD/SILVER SPRING MON	MD	102.75	cont regular grp	ED F.	PA	200.00	cont regular indiv
BELFAST FRI STEPPING IN GRACE	ME	150.00	cont regular grp	ED P.	PA	0.66	cont \$ leftover
BRUNSWICK SUN STEP	ME	6.00	cont regular grp	GREATER DELAWARE VALLEY INTERGROUP	PA	1,600.00	cont regular grp
MID-MAINE INTERGROUP	ME	100.00	cont regular grp	KURT K.	PA	10.00	cont regular indiv
PORTLAND WED	ME	68.06	cont regular grp	KURT K.	PA	10.00	cont regular indiv
KIRK K.	MI	50.00	cont regular indiv	KURT K.	PA	10.00	cont regular indiv
KIRK K.	MI	50.00	cont regular indiv	PHILADELPHIA MON BEGINNERS	PA	40.00	cont regular grp
KIRK K.	MI	50.00	cont regular indiv	PHILADELPHIA SAT SEEDS OF WHOLENESS	PA	64.00	cont regular grp
DETROIT LAKES TUE	MN	46.00	cont regular grp	PHILADELPHIA WED HALL MERCER HOSPITAL	PA	50.00	cont regular grp
ST. LOUIS MON FIRST MEETING	MO	200.00	cont regular grp	PITTSBURGH MON BEGINNERS EAST END	PA	10.00	cont regular grp
BOONE MON/THU MEN'S	NC	25.00	cont regular grp	READING SUN BIG BOOK DISCUSSION	PA	40.00	cont regular grp
MICHAEL B.	NC	3.25	cont regular indiv	SCRANTON GROUPS	PA	875.00	cont regular grp
RALEIGH FRI	NC	30.00	cont regular grp	SUSAN M.	PA	141.77	cont regular indiv
BILL W.	NE	0.50	cont \$ leftover	WILLIAM K.	PA	0.15	cont \$ leftover
GRAND ISLAND TUE	NE	104.60	cont regular grp	WILLIAM U.	PA	25.00	cont regular indiv
WELLINGTON FRI	NEW ZEALAND	26.00	cont regular grp	PROVIDENCE FRI NITE	RI	145.00	cont regular grp
CONCORD SUN BIG BOOK STEP STUDY	NH	12.40	cont regular grp	PROVIDENCE MON	RI	40.00	cont regular grp
CONCORD SUN BIG BOOK STEP STUDY	NH	79.00	cont regular grp	PROVIDENCE TUE & THU MORNING SUNRISE	RI	40.00	cont regular grp
CHERRY HILL SAT	NJ	178.00	cont regular grp	PROVIDENCE TUE & THU MORNING SUNRISE	RI	10.80	cont regular grp
CHERRY HILL TUE DISCUSSION	NJ	40.50	cont regular grp	PROVIDENCE TUE & THU MORNING SUNRISE	RI	14.40	cont regular grp
JAMES H.	NJ	50.00	cont regular indiv	PROVIDENCE WED NEW BEGINNINGS	RI	169.00	cont regular grp
RICHARD Y.	NJ	0.87	cont \$ leftover	ROBERT R.	RI	0.50	cont \$ leftover
STRATFORD FRI FELLOWSHIP	NJ	51.00	cont regular grp	ROBERT R.	RI	0.05	cont \$ leftover
TRENTON SUN	NJ	45.00	cont regular grp	WARWICK SUN SERENITY	RI	48.06	cont regular grp
AMY LOUISE M.	NY	4.60	cont regular indiv	WARWICK SUN SERENITY	RI	25.00	cont regular grp
ANONYMOUS	NY	80.00	cont regular indiv	WARWICK SUN SERENITY	RI	20.00	cont regular grp
AYANA P.	NY	115.00	cont regular indiv	GREENVILLE TUE	SC	50.00	cont regular grp
AYANA P.	NY	130.00	cont regular indiv	STOCKHOLM THU	SWEDEN	207.00	cont regular grp
DONALD B.	NY	114.00	cont regular indiv	MEMPHIS FRI	TN	10.00	cont regular grp
ENRIQUE F.	NY	102.00	cont regular grp	ROBERT M	TN	0.82	cont \$ leftover
GREATER NEW YORK AREA INTERGROUP	NY	1.45	cont regular grp	AUSTIN THU STEP	TX	100.00	cont regular grp
GREATER NEW YORK AREA INTERGROUP	NY	650.00	cont regular grp	DALLAS MON,TUE,WED,THU,FRI LOVERS LANE	TX	800.00	cont regular grp
MELVILLE MON OPEN DISCUSSION	NY	40.00	cont regular grp	ERICA K.	TX	32.00	cont regular indiv
NEW YORK FRI SEXUAL & EMOTIONAL ANORECTICS	NY	39.32	cont regular grp	HOUSTON SAT EARLY MORNING MEN'S	TX	500.00	cont regular grp
NEW YORK FRI SEXUAL & EMOTIONAL ANORECTICS	NY	60.00	cont regular grp	ODESSA THU	TX	103.28	cont regular grp
NEW YORK MON SEXUAL & EMOTIONAL ANOREXIA	NY	23.40	cont regular grp	SAM M.	TX	0.89	cont Round-Up
NEW YORK MON SEXUAL & EMOTIONAL ANOREXIA	NY	36.50	cont regular grp	ANONYMOUS-- S.L.A.A. BIRTHDAY	UNITED	10.00	cont gratitude
NEW YORK MON SEXUAL & EMOTIONAL ANOREXIA	NY	56.00	cont regular grp	UNITED KINGDOM INTERGROUP	UNITED	360.00	cont regular grp
NEW YORK MON SEXUAL & EMOTIONAL ANOREXIA	NY	53.00	cont regular grp	BETTY W.	UT	13.25	cont regular indiv
NEW YORK MON SEXUAL & EMOTIONAL ANOREXIA	NY	28.00	cont regular grp	SCOTT S.--In Gratitude, 6 yrs. of Sobriety	UT	75.00	cont gratitude
NEW YORK SAT OPEN BEGINNERS	NY	85.65	cont regular grp	CHARLOTTESVILLE MON ANOREXIA	VA	40.00	cont regular grp
NEW YORK SAT OPEN BEGINNERS	NY	39.00	cont regular grp	FALLS CHURCH MON	VA	50.00	cont regular grp
NEW YORK SUN FEELINGS QUALIFICATION	NY	38.61	cont regular grp	RUTLAND TUE DIGNITY OF SELF	VT	57.50	cont regular grp
NEW YORK SUN MEN'S QUALIFICATION	NY	48.00	cont regular grp	SANDY S.	VT	0.60	cont \$ leftover
NEW YORK TUE WITHDRAWAL	NY	99.00	cont regular grp	SEATTLE FRI I LOVE MYSELF TODAY	WA	132.00	cont regular grp
NEW YORK WED MEN'S	NY	346.21	cont regular grp	SEATTLE INTERGROUP	WA	285.50	cont regular grp
NEWTONVILLE WED WOMEN WINNERS	NY	150.00	cont regular grp	SEATTLE MON STOP THE BEHAVIOR	WA	81.00	cont regular grp
NEWTONVILLE WED WOMEN WINNERS	NY	300.00	cont regular grp	JOAN E.	WI	0.50	cont \$ leftover

continued on next page

## Fellowship-Wide Services says Thank You!

# F.W.S. Financial Update.

The first quarter of the fiscal year (October-December) is always our best! Many people return to their meetings after summer vacations or new members join the Fellowship “starting off the school year right” and 7<sup>th</sup> Tradition contributions increase at the group level. In addition, due to the increase in membership attendance, groups order large quantities of literature to accommodate the influx of new members.

As the result of the challenge put out by the Board of Trustees at the July Annual Business Meeting, we also saw an influx of 7<sup>th</sup> Tradition contributions from individuals and groups trying to help us meet our projected fiscal deficit. The combination of the two factors helped us start our fiscal year on a positive note.

Our 2004-2005 F.W.S. budget has projections that are relatively flat—meaning we do not plan on having increases over the previous year, with a few exceptions. Our actual revenues and expenses against the projected budget for the first quarter were:

<b>1<sup>st</sup> Quarter</b>	<b>Actual</b>	<b>Budgeted</b>	<b>Differential</b>
Revenues	\$89,075	\$85,823	\$3,252 Ahead
Cost of Goods Sold (COGS)	-\$7,755	-\$9,165	\$1,410 Ahead
Expenses	-\$48,846	-\$76,731	\$27,885 Ahead
<b>Final Income/Loss</b>	<b>\$32,474</b>	<b>(\$74)</b>	

We continue to keep our expenses down by keeping our office open 4 days a week and have not rehired our administrative assistant/shipper.

We have quite a few people who have responded to our survey as to whether group contacts wanted to receive their mailings from F.W.S. by postal service or email. We have had approximately 100 responses of people who wish to switch their mailings to an electronic format out of a potential 1,100. We estimate that this will not only save us approximately \$50.00 in postage, but will reduce our labor costs and the turn-around time from F.W.S. to the membership. [If you wish to receive an electronic mailing, please complete and return the form on page 15 of this issue of F.W.S. News.]

F.W.S. has also begun to send out monthly emails to our current contact list announcing sales on literature and other S.L.A.A. materials and upcoming events to supplement our three bulk mailings.

As of today, we have \$11,256.00 in our checking account, \$758.00 in accounts payable, and have begun to put money into our Money Market Account in an effort to rebuild our Prudent Reserve.

A reminder: Individuals can contribute up to \$12,000.00 per fiscal year to F.W.S. or any amount to *The Augustine Fellowship Endowment Fund*. If you need further information, please contact us for details.

If you have any questions about the numbers you can contact me, or any of the Board Finance & Operating Committee members through the F.W.S. office.

It is so important that everyone know how we are all connected. Please share this information with your groups and fellow addicts.

**Jenny Rose Ward**  
Executive Director, F.W.S.

## Contributions Breakdown

(See Thermometer for Our Goal!)

October	2004:	\$20,455.70
November	2004:	\$13,798.98
December	2004:	\$ 8,226.67

## Contributions

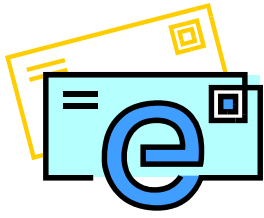
**GOAL: \$126,000**

**\$42,481.35**

(Continued from previous page)

## Contribution Summary. (Oct.-Dec., 2004)

Name/Group	State/	Amount	Reason
JOAN S.	WI	25.00	cont regular indiv
KATHY S.	WI	0.33	cont \$ leftover
MILWAUKEE SAT	WI	70.00	cont regular grp
ANONYMOUS		100.00	cont regular indiv
ANONYMOUS		12,000.00	cont regular indiv
ANONYMOUS		8.00	cont regular indiv
ANONYMOUS		0.48	cont Round-Up
ANONYMOUS		92.50	cont regular indiv



## Receive Your Group's F.W.S. News Mailing by Email!

In order to reduce costs while still providing excellent service to the Fellowship at large, we are considering some of the wonderful suggestions that have been coming in from groups and individual members. One of these suggestions is related to our bulk mailings.

As part of our recent efforts to become more financially solvent, we cut out one of our regular four bulk mailings. However, if we could reduce the number of parcels that we send out at each of the remainder of the mailings, we would continue to save money. Of the groups currently registered with Fellowship-Wide Services, approximately a third (311 groups) have listed a contact email address with us. If these groups receive their bulk mailing by email, we will save approximately \$1,477.25 over the course of a year! That is money - donations from member contributions - that can be put toward services to better carry the message to the addict who still suffers.

### *Additional group benefits:*

- Receive your group's mailing **WITHIN DAYS** of the printing of *F.W.S. News*, not 3-4 weeks.
- Forward the mailing to your group members to save printing costs, or print from your home computer or local copy shop.
- We won't clog up your email box with large files; the *F.W.S. News* and flyers will be available through a link on our website. We just notify you when it has been posted!

We hope you take advantage of this offer. **To verify that you would like to receive this service, please email the information requested below to [news@slaafws.org](mailto:news@slaafws.org) or detach the form and mail it to us.**



☐ **Yes! I have discussed this alternative with my group. Please sign us up to receive notice of each new F.W.S. mailing that is distributed 3-4 times a year.**

My Group Name(s): \_\_\_\_\_

Meeting Day & Time: \_\_\_\_\_

Meeting Location: \_\_\_\_\_

Group City, State, Country: \_\_\_\_\_

Email Address: \_\_\_\_\_

Alternate Email Address: \_\_\_\_\_

My Name: \_\_\_\_\_ My Email: \_\_\_\_\_

My Telephone Number: \_\_\_\_\_

# Upcoming Retreats & Conferences.

## New England Intergroup of Sex and Love Addicts Anonymous

P.O. Box 1375 Brookline, MA 02446-0011  
24 Hour Answering Service / Information: (617) 625-7961

### S.L.A.A. 12 Step Weekend Retreat

*In Chester, Vermont (2 1/2-3 hours from Boston)*

**Friday, April 29 through  
Sunday, May 1, 2004**

Questions? You can e-mail "Ted" at [vtweekend@slaanei.org](mailto:vtweekend@slaanei.org), or call New England Intergroup at 617-625-7961 and leave a message for "Ted". Make sure you reference the Step Weekend in your message. Visit [www.slaanei.org](http://www.slaanei.org) to download the registration form.

**Step study is a key tool to recovery in the  
S.L.A.A. program.**

**At the retreat weekends we do an intensive  
study of the 12 Steps -- *together*.**

If you have worked on the Steps in this type of format before, you already know its value. If you have not done any study of the Steps, intensive or otherwise, this is a great way to do it, especially the first time. Regardless of where we are in the Step study process, we are able to learn from sharing our experience, strength and hope with each other.

THE EASIER SOFTER WAY GROUP OF  
S.L.A.A. PRESENTS:

## *Take the Steps*

THE ELEVATOR ONLY GOES TO THE BOTTOM  
Ellenton, Florida  
March 25-27, 2005

Everyone tells us to "Work the Steps" but how do we do that? This workshop is a weekend spent studying the S.L.A.A. "program" as outlined in our and in 'recommended' literature.

### Examples of topics covered:

- Hope for a Way Out
- Overcoming Lies
- Freedom from Anger and Fear
- Release From the Past
- Healing Relationships
- A New Way of Life

For more information visit:

Flyer: [www.slaafws.org/local.html](http://www.slaafws.org/local.html)

Email: [easiersofterway@yahoo.com](mailto:easiersofterway@yahoo.com)



## get involved

There are many service committees to which you can offer your talents, from **event planning** to **finances** to **prison outreach** to **literature writing**.

Contact the F.W.S. Office for a complete list of Conference committees. Board Committees are listed on Page 2.

## Sharing & Caring

The 11th Annual Sharing & Caring Conference — a day of recovery, fellowship, and fun, with speakers, workshops, meetings, and more.

October 15, 2005  
Omaha, Nebraska

For more information visit:

Flyer: [www.slaafws.org/local.html](http://www.slaafws.org/local.html)

# Office Corner.

## Thank You, Volunteers!

### Regular Volunteers

Tom K., MA • Wayne A., CT

### October Bulk Mailing

Ally D., MA • Bob R., RI • Debbie F., MA • Kim,  
MA • Richard, MA • Tim, MA • Tom K., MA •  
Wayne A., CT

**Heartfelt thanks to those of you we missed!**  
**Please sign in at the guest book at our next bulk mailing.**

**If you would like to visit or volunteer at the office, we would love to see you!**

Call us at 781-255-8825 or visit  
[www.slaafws.org/volunteer](http://www.slaafws.org/volunteer)

## F.W.S. Wish List

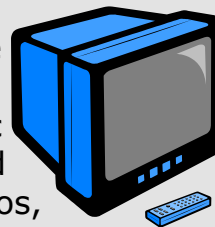
### LCD Monitors

Space-saving and energy-efficient LCD monitors would give staff more desk area to work with, as computer equipment currently takes up about a third of each of our individual work stations.



### TV/VCR

This would enable the staff to watch S.L.A.A. public information and educational videos, such as one currently gathering dust on our shelves that promotes optimism in the workplace.



## Subscribe to F.W.S. News!

### Domestic & Foreign Rates

*Note: All groups with a contact address on file with F.W.S. receive a complimentary copy quarterly.*

#### Individuals

☐ One year subscription \$5.00

#### Groups

☐ One specific issue \$6.50

(1 issue, 10 copies)

☐ One year subscription \$26.00

(10 copies per issue)

#### Payment Method:

☐ Cash ☐ Check ☐ Money Order ☐ VISA ☐ MasterCard

Mail to:

Tel #: \_\_\_\_\_ Order Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

#### Credit/Debit Information Below

Card#: \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

#### IF DIFFERENT FROM SHIPPING:

Bill to:

Return this form to  
**F.W.S., P.O. Box 338, Norwood, MA 02062-0338 USA**  
Tel: (001) 781-255-8825 / Fax: (001) 781-255-9190  
Email: [orders@slaafws.org](mailto:orders@slaafws.org)

## DEADLINES

### May 2005 F.W.S. News & Bulk Mailing

- **04/04/2005** article submissions are due
- **04/18/2005** announcements for the F.W.S. Newsletter are due
- **05/09/2005** flyers copied by us to be included in the Bulk Mailing
- **05/16/2005** flyers provided by you to be included in the Bulk Mailing
- **05/21/2005** Bulk Mailing

# Meeting Changes.

## Newly Registered Meetings

### Ireland

Co. Dublin - Dun Laoghaire Sat Freedom Group

### Switzerland

Geneva - Wed DASA Les Chrysalides

### United States

Arizona - Prescott Fri

California - Marin County Thu Women's Potluck

California - Placerville Mon

California - San Francisco Sun Act With Courage

California - San Francisco Mon Act With Courage

California - San Francisco Tue Act With Courage

California - San Francisco Wed Act With Courage

California - San Francisco Fri Act With Courage

California - San Francisco Sat Act With Courage

California - San Francisco Sat Step Study

California - Sierra Madre/Pasadena Mon Women's

Maryland - Forestville Sat

North Carolina - Asheville Tue Light of Hope

Tennessee - Jackson Thu

Virginia - Roanoke Tue

## Disbanded Meetings

### Canada

Ontario - Toronto Tue

### Germany

Iggingen Mon

Magdeburg Wed

Mainz Sun

Mainz Sat

### Taiwan

Taipei - Mon Chinese Group

### United States

California - Bakersfield Tue Women's

## *(Closing the Gap, Continued from page 1)*

We have also brainstormed this issue, and come up with several initial ideas, including providing updates in F.W.S. News about BOT Committees' achievements and upcoming issues; scheduling regular conference calls or other interactive discussions with interested fellowship members about issues that may be on your mind; and creating regional panels to visit local areas and describe the process by which S.L.A.A. operates.

Before we make decisions on which ideas to implement, we want to know what you would like from us. So, please send us your comments via the F.W.S. office at [www.slaafws.org](http://www.slaafws.org). We look forward to hearing from you!

## 2003-2004 Board of Trustees

*The BOT can be contacted through F.W.S. Office.*

## *(BOT Committee Reports, Continued from page 3)*

### Board Public Relations Committee (BPRC)

During our last in-person BOT meeting at the 2004 ABM, the BOT decided that the BPRC would be restructured and would include three BOT members and one F.W.S. staff person to make up the committee, instead of two BOT members and one F.W.S. staff. In fact, due to the different, sometimes unpredictable workload and unfinished projects, we felt the need to add another person, which proved to be very beneficial.

Currently, we have a three co-chair structure with Cristina C. as the chair. Cristina is responsible for PI Opportunities, Robin S. is responsible for Product Development, and Deb W. is responsible for Outreach tasks. Ruth G. of F.W.S., is working with the BOT members, either as a group or individually, to support the projects and to act as continuing liaison to the office.

S.L.A.A. public relations involves a wide variety of opportunities and duties, such as, following through with media contacts, answering media contact's questions, never forgetting we are representing the Fellowship-at-large, being available to outside entities, like medical institutions or courts, and encouraging all members to serve as speakers at different levels. A lot of time is devoted to new literature and publications in general, since this is still a critical area for S.L.A.A. New products, that will serve as outreach material, are being considered at the moment and will soon come under study. Another big project that falls under our list is the S.L.A.A. Recovery Convention, which involves lots of dedication and constant interaction with the Local Planning Committee in San Francisco, California.

I have been serving on the BPIC/BPRC since I became a BOT member in July 2002, and I can really see how things have improved on this Board Committee.

This is a simple, condensed outlook on all our activities. Our goal for the future is to increase them, involving interested members through the creation of ad hoc committees, because sharing the workload allows us to get more work of the Fellowship completed and with quality and to run more efficiently

*Cristina C.*

*Chair, Board Public Relations Committee*

# Host the 2006 Recovery Convention!

## 2006 Marks the 30th Anniversary of S.L.A.A.

We hope to hold an International Recovery Convention to celebrate this milestone. The Board Public Relations Committee (BPRC) is seeking proposals from established intergroups to potentially host this event.

If you think your intergroup would be interested in hosting the event, please contact F.W.S. to get a set of guidelines and expectations associated with planning and implementing the worldwide event.



**Proposals are requested to be received no later than March 31, 2005.**

Questions can be directed to Jenny, Executive Director of the F.W.S. Office, or to Cristina, Chair of the BPRC.

**Mail: P.O. Box 338, Norwood, Massachusetts, 02062-0338 U.S.A.**

**Telephone: (001) 781-255-8825**

**Fax: (001) 781-255-9190**

**Email: [info@slaafws.org](mailto:info@slaafws.org)**



# Dear Service Committee

I would like to share with you my experience as a newcomer to S.L.A.A. It was a Monday night meeting in a center city hospital. This meeting was listed on the information line as the beginners' meeting. I had heard about S.L.A.A. by a relative stranger whose son was very grateful for his experience in S.L.A.A. When I arrived at the meeting I was told that this was a topic meeting and this week the topic was "Service." It seemed odd to me that at a beginner's meeting that the topic should be service since I was the one who needed help, not the other way around.

The long timers shared about how fulfilling it was to be of service. They all agreed that service was really important to their sobriety. Service maintains participation in recovery. As well, it pays back for the support they have received in S.L.A.A..

All the newcomers spoke with trepidation about the wrongs they had committed, how others had wronged them, and how upset they were that their lives had ended up so disastrously. None of them tried to take on the topic of service. When I finally got the courage to speak, I couldn't share without tears in my eyes and a tremor in my voice. All I can really remember about that very first meeting was that I realized that I had found what I had been longing for in order to regain sanity.

At the end of the meeting one of the long timers gave me his name and phone number saying that he would be happy to be my sponsor. I felt numb. I didn't know what to do with this. At the time I had no understanding of what was a supportive, nurturing relationship. I just assumed that he had some ulterior motive.

That meeting was more than twenty months ago. I am glad to say that I am almost two years since I have acted on my most serious bottom lines. But I still remember that very first beginners' meeting. I now understand the importance of service in my program. It was important for me to hear about service even though I was nowhere even close to doing service that first day. Soon after that meeting I

was asked to read the blessings of S.L.A.A. at our meetings and eventually I would request to read them because they started to be true for me. Being responsible for setting up the room before meetings made sure I'd keep showing up. When I got around to asking someone to be my sponsor, he said, "Thank you," because he felt I was helping him stay in recovery! It's never too early or too late to do service in S.L.A.A. It really does help sobriety by maintaining participation and gratitude in recovery.

Thank you,

**Steve S.,  
Philadelphia, PA**

## Instilling *a culture of* service

The Conference Service Committee (CSC) is looking to instill a culture of service at the grass roots level. We would like to hear from intergroups, meeting committees, individuals, etc., about motivational strategies and tools that you use in your geographic area that promote newcomers to get involved and keep other members involved on an ongoing basis.



Your letters and feedback will help all of us to help one another and to give hope and strength to the addict who still suffers. Thank you.

**Keith R.  
Conference Service Committee Chair**

*The CSC can be contacted through F.W.S.:*

P.O. Box 338, Norwood, MA 02062-0338 U.S.A.

Tel: (001)781-255-8825 / Fax: (001) 781-255-9190

Email: [info@slaafws.org](mailto:info@slaafws.org)