

# Minutes of Ontario Intergroup of SLAA

Thursday, 30 January 2014. 7:00-8:30 PM

Room 2008, Cardinal Carter Wing, St. Michael's Hospital

Revised Again Sept 2014 (Revised May 2014)

**Present:** Jody N. (Chair, Fall Conference Chair); Dionne F. (Vice-chair, Chair Spring Retreat, Acting Secretary); Tim W. (Treasurer); Susan O. (Literature Rep., Sat. 5:30 IR); Alan B. (FWS Delegate, Niagara IR); John F. (Phone and PI, Pickering IR); Justin O. (Prison Outreach, Oakville IR, Brampton interim IR); Fred K. (Tues 7:00 PM IR); Richard B. (Thurs 7:30 PM IR).

**Absent with regrets:** Jim D. (Secretary, Hamilton IR); Jim B. (Rockwood IR); Charles V. (Website).

## 1. Meeting begins with a Moment of Silence followed by the Serenity Prayer

- done

## 2. Reading of Trusted Servant's Prayer

- done

## 3. Reading of The Twelve Traditions

- done

## 4. Introductions

- done

## 5. Reading of previous meetings Draft Minutes by secretary – Jim D. (absent)

- Minutes read by Jody N.
- Susan O. raises motion to accept the minutes as read; seconded by Tim W.
- Accepted and passed unanimously.
- Tim proposes that the minutes be streamlined to take less time; suggestion for Jim to bullet point the highlights of the minutes and read abbreviated version. This reading took 25 minutes of the meeting.
- Summary can be read as minutes are circulated before the meeting.
- Proposal accepted.

## 6. Secretary's Announcements – Jim D. (absent)

- a) Meeting minutes for January through April (before I became secretary) have been updated.
  - Read by Jody N.

## 7. Reading of Reports:

### a) Treasurer – Tim W.

- Presented breakdown of contribution of revenue by group for 2013 (see the REVISED yearly 2013 statement made after the meeting attached).
- The statement for 28 November 2013 to 26 January 2014 was presented (see the REVISED November 2013 to January 2014 statement made after the meeting attached).

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- \$144 Travel equalization fund – cheque mystery solved before this meeting: report will be amended (this has been done).
  - Proposing \$200.00 reserved from the Fall Conference and Spring Retreat to be used for incidentals.
  - Discussion to split Spring Retreat and Fall Conference to have different reserves.
  - Tim to make adjustment to bring prudent reserve to change the total in IG bank account up to \$3,907.90 from \$3,164.61
  - Fred and Jody propose setting aside \$1000 for conferences
  - On next month's statement the Fall Conference, Spring Retreat, and FWS Conference to be shown separately.
  - Tim wants to be reminded of which Group gave \$100 to Intergroup at the November 2013 IG meeting. The donor of this cheque was found.
  - Report accepted unanimously.
- b) Literature – Susan O.**
- Shipment of Literature arrived 01/30/2014 so could not be reflected in this report (no report available at this time; **Report added May 2014 and Revised Sept 2014 – see attached**).
  - Report will be more detailed next month when Susan is more comfortable with the process.
  - Susan to request bank to send monthly statements.
  - Current Literature balance is ~~\$5,549.01~~ **\$9113.06** \$9927.79.
  - Report will show totals until end of the previous month.
  - Susan and Tim to meet offline to discuss transition and current duties.
  - Report accepted unanimously.
- c) FWS Delegate – Alan B.**
- Read bylaws and is currently working through the service manual.
  - Date of the Conference is August 5<sup>th</sup> – 8<sup>th</sup> in Houston, Texas.
  - Cost breakdown given (see separate report attached).
  - Needs to register as a delegate.
  - Report accepted unanimously.
- d) Phone Line and Public Information – John F.**
- See Attached Report.
  - Report accepted unanimously.
- e) Spring Retreat 2014 – Dionne F.**
- See attached Report and Flyer (Flyer was then updated after discussion and the updated 2-page Flyer is the one attached).
  - Report accepted unanimously.
- f) Fall Conference 2014 – Jody N.**
- As meeting was running out of time Jody proposed to hold over report until February 2014.
  - Suggestion was accepted and report will be read at next IG meeting.
- g) Correspondence received and sent (checking mailbox) – Susan O.**
- No report for January.
- h) Website – Charles V.**
- See attached report.

- Charles was not present so report was not read during the meeting. Members of IG can read on their own time.
- At the 27 February 2014 meeting this item was accepted by group conscience.

**8. Old Business (Tabled from previous meetings)**

a) Alan suggested forming a committee to look specifically at the question: “What is the Single Purpose of SLAA” – discuss further – should we form a committee?

- This item will be held over until next month

b) Intergroup income this year is lower than last year. Is this a problem or not? Some data on this are as follows (values updated from previous meeting to include November contributions):

Donated to IG previous year (2012):	\$5507
Donated by IG to FWS previous year (2012):	\$2671
Donated to IG last year (to Nov 2013):	\$3327
Donated to FWS last year (to Nov 2013)	\$1411

- Item to discuss next month: A suggestion was made to change the IG contribution to FWS from 60/40% to 70/30%.

c) Intergroup attendance (from intergroup reps) is not as strong as it could be – is there anything we can do to encourage better involvement?

- To be discussed next month

d) Website “Donations to Intergroup” – do we need to re-visit any of this content? In October the amounts for 2010 were removed (as they were out-of-date); should we post amounts again (or just percentages of money) with the actual 2012 or 2013 values?

- Will be discussed at next IG

**9. New Business**

a) Regarding the Spring and Fall conference feedback forms ...should they include a “male/female/other” box to check... or is that not relevant or going against a tradition?

- This item was not discussed (Tabled).

b) The Annual Ontario Regional Conference of AA

- Susan requesting cheque of \$350 from IG to cover costs of a Hospitality Suite at the annual Ontario Regional Conference (ORC) of AA March 14<sup>th</sup> – 16<sup>th</sup>.
- Susan to book room at the AA ORC conference.
- The cost \$159 per night; the total is: ~\$350 for 2 nights.
- Tim to provide cheque to cover the costs.

**Next Meeting will be held on Thursday 27 February 2014 7:00 PM**

Meeting ends at 8:45pm with a moment of silence, followed by the Serenity Prayer.

Minutes prepared by Dionne F. (Acting Secretary) and edited and assembled by Jim D. (Secretary, absent from meeting with regrets)

**See attachments to minutes following:**

**Ontario SLAA Intergroup**

**Breakdown of contribution revenue by group and net revenue over expenses**

**Year ended December 31, 2013**

<b>Revenue</b>	2013		2012 comparatives
Sunday Bellwood	1,300.00	38.28%	30.00
Rockwood	800.00	23.56%	1,150.00
Aurora	500.00	14.72%	
Brampton	240.00	7.07%	520.00
Peterborough	200.00	5.89%	
Wednesday Pioneer	100.00	2.94%	500.00
Thursday night Anorexia	100.00	2.94%	
BSUC Toronto Wed noon	62.20	1.83%	341.82
Hamilton	40.00	1.18%	60.00
BSUC Toronto Thur noon	39.73	1.17%	67.39
SMC Sat night	14.18	0.42%	52.00
Scarborough Wed 7:30			100.00
Toronto EY General			96.24
Monday Lourdes			500.00
Friday night BSUC			1,100.00
Thurs night womens			44.20
	<u>3,396.11</u>		<u>4,561.65</u>
60% retained	2,037.67		2,037.67
Spring retreat profit	421.43		421.43
Fall conference expense	(114.50)		(114.50)
			<u>2,344.60</u>
<b>Expenses</b>			
Delegate expenses	1,611.00		
Bell phone	42.35		
Fido phone	240.37		
Bank charges	37.65		
SIM card	39.55		
SMH room rent	233.91		
Web hosting	90.25		
	<u>2,295.08</u>		<u>2,295.08</u>
<b>Excess of revenues over expenses</b>			<u>49.52</u>

**SLAA Ontario Intergroup  
Statement of Fund Balances  
November 28, 2013 to January 26, 2014**

	FWS					ASSETS	
	General	contributions	Retreat	Conference	FWS Delegate	Total	Bank
Opening balance as previously reported	281.85	-	899.80	-	1,209.12	2,390.77	
Adjustment to balance to assets	179.74	-				179.74	
Opening as adjusted	461.59	-	899.80	-	1,209.12	2,570.51	2,570.51
Contributions							
December							
Hamilton						40.00	
Brampton						100.00	
BSUC Toronto Wed noon						35.20	
Thurs night Anorexia						100.00	
Pioneer						100.00	
Rockwood						400.00	
						<u>775.20</u>	
January						150.00	
BSUC Toronto Fri night						925.20	
						<u>(370.08)</u>	
40% to FWS reserve						370.08	925.20
						<u>555.12</u>	
December bank charge						4.95	
December Fido charge						30.51	
November bank charge						4.95	
November rent						25.99	
2014 rent						233.91	
						<u>300.31</u>	
						(300.31)	
Return of November conference funds			568.50			568.50	
Travel equalization FWC Conference received					144.00	144.00	
	536.66	370.08	1,468.30		1,353.12	6,478.41	
	<u>1,168.30</u>		<u>(1,268.30)</u>		100.00		
Reduce retreat conference reserve and split			200.00				
	<u>1,884.70</u>	<u>370.08</u>			<u>1,353.12</u>	<u>3,907.90</u>	<u>3,907.90</u>

**Literature Report added May 2014 and Revised Sept 2014**

SLAA Ontario Intergroup Literature Report

Period November 27, 2013-Jan 5, 2014

Comments

A. Income and expenses

Revenue:		
Sales	929.25	
Credits		
Donations		
Shipping	81.09	
Total Revenue	<u>1,010.34</u>	1,010.34
Expenses:		
Bank Fees	4.95	
Cost of goods sold	975.25	
Markdown on FWS purchase to resale		
Shipping	58.50	
Miscellaneous		
Customs		
Shrinkage		
Photocopies		
Total Expenses	<u>1,038.70</u>	(1,038.70)
Net gain/loss:		<u>(28.36)</u>

B. Balance Sheet and reserve

	Current period	Previous period
Bank account	5,239.15	5,218.16
Petty cash	-	-
Accounts receivable	208.30	390.63
	<u>5,447.45</u>	<u>5,608.79</u>
Inventory	3,692.25	3,499.50
	<u>9,139.70</u>	<u>9,108.29</u>
Accounts payable		
FWS overshipment at par		
Individual	788.09	-
	<u>788.09</u>	-
<b>Net assets - current period</b>	<b>9,927.79</b>	<b>9,108.29</b>
Transferred from (to) Intergroup		
Adjusted net assets – previous period	9,108.29	<u>9,108.29</u>
Adjusted change in net assets	<u>819.50</u>	
<b>Net assets- current period</b>		<b>9,927.79</b>
Prudent reserve		<b>8,500.00</b>
<i>Current period surplus (deficit) over prudent reserve</i>		<u><b>1,427.79</b></u>

## **January 2014 Delegate Report – Alan B., Delegate**

### **Annual Business Meeting/Conference**

- Theme: Tradition 12 – Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities
- Date: August 5-8
- Place: Houston, TX
- Costs:
  - o Housing - \$545
  - o Travel Equalization Fund - \$150
  - o Registration Fee - \$250
  - o Early Registration \$-50
  - o Total - \$895 + Travel (approx. \$400-\$500)
  
- On-line registration is not yet available
- Printed registration to be filled in and mailed along with the Delegate Sign-up form and the Travel Equalization form
  
- Looking for suggestions/issues to bring to the ABM/C

## **SLAA TELEPHONE REPORT FOR DECEMBER AND JANUARY**

### **December 2013**

A total of 6 telephone calls came in requiring information on SLAA meetings and or locations.

All calls were responded to in a timely manner by our telephone volunteers.

### **January 2014**

A total of 9 calls came in for information.

### **PUBLIC INFORMATION**

No requests for Public Information during either of these months

John F. *Pioneer Group, Telephone Committee SLAA*

### Webmaster Report January 30, 2014 – Charles V.

1. Added a new Sudbury meeting to the list but removed their request to indicate an "open" which was contrary to our list which said all meetings were closed. I will have to email them but have not. Maybe an authority like Jody could do that?
2. updated the site, and updated the Twitter account with holiday closures.
3. Made a change to the Legal size meeting list - found and deleted references to the 'tools that help recovery' which were thought to have been removed from the website text but was discovered on the reverse side of meeting PDF. It has been replaced with the following text:

#### "Learning about Recovery

The following list of terms is from the S.L.A.A. Fellowship Wide Services website.

Abstinence Acting Out

Anorexia Bottom-Line Behaviours Boundaries Cross-talk Group Conscience Inventory or "Moral" Inventory Isolation S.L.A.A. Member Sobriety Sobriety Date Sponsor Trigger Withdrawal 13th-Stepping Open Meeting Closed Meeting For more about the language of S.L.A.A. recovery, see [www.slaafws.org/slaaterms](http://www.slaafws.org/slaaterms)". This text comes from the FWS website. Upon your approval or feedback, the text can stay or be removed. Please comment.

4. There were a few formatting changes to the Legal size (8.5x14") meeting list:
  - a. There are now three sections: 1 Column for Ontario Meetings, 1 Column for GTA Meetings, and 2 columns nicely fit all the Toronto and Scarborough meetings.
  - b. Also, I moved Toronto Sunday meetings to the start of the week and the top of the column rather than at the end because it made sense and it made the format fit better.
  - c. I created a Letter (8.5x11") size meeting list. This gave me the opportunity to do the following:
    - clean up the text and make each listing consistent with meeting names now in "quotes", added periods, commas, and a key to meetings: A=accessible (it used to be X and did not look good), M=Men Only, S=Speaker. I placed these codes at the end of each meeting where appropriate, for eg, (A) or (M) or (A, S).
    - All the changes attempt to be consistent with the alphabet and geography but if somebody strongly objects, I can revise.
  - d. Please allow group conscience to advise upon keeping both sizes (legal and letter) but I know letter size is more popular and this will likely make it easier for groups to print and distribute.
  - e. In order to fit a legal size format down to letter, I made many formatting changes but notably, deleted the "Learning about Recovery" section (as quoted above). I also made minor word edits to fit content.
    - See the improved Intergroup section now the top of the Column.
    - I used 10 point font size and Times New Roman, which is more readable at a smaller size.
    - I slightly changed the text of the Main home page and removed "what is S.L.A.A.?" and left just "S.L.A.A.", deleted the heading "5 resources", and replaced the Twitter News feed section with "Meeting Changes and Timely Updates."



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- I felt Twitter was not meeting our needs so I created the "changes" page and can now actually edit and upload the page from my new PHONE! The twitter account @slaawebon is deactivated and scheduled to be completely deleted 30 days from Jan 23.
5. I did all of this on my own over the break so please advise any errors or objections.

**See the attached reproduction of the “Letter” sized Meeting List page (next 2 pages).**

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Ontario (A = Wheelchair Accessible, M=Men only, S=Speaker.)		
<b>GUELPH,</b> Homewood Health Centre, 150 Delhi Street - McKinnon Room F.	<b>Tuesdays,</b> 7 – 8:30 PM	
<b>HAMILTON,</b> "Hope to Freedom Group", Linden Park Community Church, 484 East 16th Street (off Mohawk) (289) 639-9982 – Leave Message. (A)	<b>Fridays,</b> 7 – 9 PM	
<b>KITCHENER,</b> St. Mark's Lutheran Church, 825 King Street West (Door off Green Street – basement) Contact: Judy 519-745-6716.	<b>Sundays,</b> 7 PM	
<b>NIAGARA FALLS,</b> "Welcome Home Group", Queensway Free Methodist Church, 4397 Dorchester Road. Room # is posted. Contact: Gordon 905-941-0192.	<b>Mondays</b> 7 PM	
<b>OTTAWA,</b> "Helpless No More", Sandy Hill Community Centre, 250 Somerset East (Two blocks east of King Edward St., Near University of Ottawa).	<b>Fridays,</b> 7 – 8:30 PM	
<b>PETERBOROUGH,</b> George St. United Church, 543 George St. North Contact Mike 705-768-0376.	<b>Wednesdays,</b> 7PM	
<b>SARNIA,</b> Lighthouse Church, 152 Parker Street (Corner of Nelson & Parker).	<b>Mondays,</b> 7:30 PM	
<b>SUDBURY,</b> Sudbury P3C 4C1. To get the location of this meeting, email <a href="mailto:slaaudbury@hotmail.com">slaaudbury@hotmail.com</a> No fragrances.	<b>Tuesdays</b> 7 PM	
GTA Meetings		
<b>AJAX,</b> "Durham Recovery Group", Hope Community Church, 35 Kings Cres, Ajax, Contact: 416-254-6623, <a href="mailto:eternallygrateful@yahoo.ca">eternallygrateful@yahoo.ca</a>	<b>Sundays,</b> 10 AM	
<b>BRAMPTON,</b> "Saturday Morning Serenity Group", St. Andrew's Presbyterian Church, 44 Church Street East @ Union Street, (Room 103) Contact: Jim 647-223-2265.	<b>Saturdays,</b> 9AM	
<b>HOLLAND LANDING,</b> Thursdays "Emmanuel Group", Southdown Institute, 18798 Old Yonge Street (North on Yonge St.; two lights north of Green Lane, turn right, then right again onto Old Yonge) Contact: David 647-227-0596.	<b>Thursdays</b> 7:30 PM	
<b>OAKVILLE,</b> "Men's only Meeting", St. Andrew's Church, 47 Reynold Street South, Oakville, Contact: Peter 905-844-7242. (M)	<b>Sundays,</b> 7 – 8:30 PM	
<b>PICKERING,</b> Mauresa Manor House, 2325 Liverpool Road, (North end of street), (Fireside Dining Room in the Manor House - 1st floor – Parking only in the main lot), Speaker Meeting on 1st Wednesday of month. Meeting not held during July and August. Contact: John 416-254-6623. (S)	<b>Wednesdays,</b> 7:30 – 9 PM	
<b>ROCKWOOD,</b> "World Famous Group" – Men Only, St. John's Anglican, 114 Main Street South, Rockwood Contact: Jim B. 905-318-9889. (M)	<b>Wednesdays,</b> 7 – 8:30 PM	
Toronto and Scarborough		
<b>SCARBOROUGH,</b> Bellwood Health Services, 1020 McNicoll Av, Scarborough, NE corner of McNicoll at Victoria Park (North parking lot, Lower Level – room LL 5) Contact: John 416-254-6623.	<b>Sundays</b> 10 – 11:30 AM	
<b>TORONTO,</b> "The Dignity of Self Group", 519 Church St., 519 Community Centre. (Check lobby board for room #). (A)	<b>Sundays,</b> 2:30 PM	
<b>TORONTO,</b> "The Solution Group", Bloor St. United Church, 300 Bloor Street West (in the Board Room) Enter from the Huron St. parking lot entrance. Reading and Sharing Meeting.	<b>Mondays</b> 12:15 PM	
<b>TORONTO,</b> Our Lady of Lourdes R.C. Church, 11 Earl Street (parking & entrance at rear) 1 block north of Sherbourne & Wellesley. Speaker Meeting on last Monday of month Contact: Barry 416-364-5127. (S)	<b>Mondays,</b> 7 – 8 PM	
<b>TORONTO,</b> "Facing Codependence in SLAA", Bloor St. United Church, 300 Bloor Street West (in the Board Room) Enter from the Huron St. parking lot entrance. Reading and Sharing Meeting, focused on codependency.	<b>Tuesdays</b> 12:15 – 1:15 PM	
<b>TORONTO,</b> "New Freedom Group", Church of St. Leonard, 25 Wanless Avenue, North York, 2 blocks N of Lawrence TTC – East of Yonge. Free parking at church (Meet in lounge, except Speaker Meeting on 3rd Tuesday in chapel). (A, S)	<b>Tuesdays,</b> 7 – 8:30 PM	
<b>SCARBOROUGH,</b> Guildwood Community Presbyterian Church, 140 Guildwood Parkway, Scarborough. Contact: Aakilah 416-837-8201. (A)	<b>Tuesdays,</b> 7:30 PM	
<b>TORONTO,</b> "Degrassi Group", St. Ann's Parish Church, Gerrard St. E at De Grassi St., 2 blocks east of Broadview. Enter side door on De Grassi. Step discussion.	<b>Tuesdays</b> 8 – 9:00 PM	
<b>TORONTO,</b> Bloor Street United Church, 300 Bloor Street West (in the Board Room) Enter from the Huron St. parking lot entrance.	<b>Wednesdays</b> 12:15 PM	
<b>TORONTO,</b> "Living in the Solution Group", Bloor Street United Church, 300 Bloor Street West (Board Room) Enter from the Huron St. parking lot entrance.	<b>Thursdays</b> 12:15 PM	
<b>TORONTO,</b> "The Reaching Out Anorexia Focus Group", Holy Rosary Parish Hall, 356 St. Clair Street West, 2nd Floor, Room 5 (2 blocks east of Bathurst, next to Loblaws). Contact: Tom T. 416-221-3057.	<b>Thursdays</b> 7:30 – 8:30 PM	
<b>TORONTO,</b> Bloor Street United Church, 300 Bloor Street West (Music Room) Enter from the Huron St. parking lot entrance (Includes getting current, love & relationship focus, & step focus).	<b>Fridays,</b> 6 – 7 PM	
<b>TORONTO,</b> St. Michael's Hospital – Victoria St. Entrance, Common Conference Room 6002 (6th floor, via Cardinal Carter south elevators – across from gift shop) Every 2nd and 4th Sat of the month is a meditation meeting. (A)	<b>Saturdays,</b> 5:30 – 6:45 PM	
Revised: January 24, 2014. To maintain anonymity, Ontario S.L.A.A. meetings are closed meetings restricted to sex and love addicts or newcomers who think they may be sex and love addicts. Printing: letter size, both sides, fold.		



**Ontario S.L.A.A. Intergroup**

Group representatives meet on the last Thursday of each month at St. Michael's Hospital, 30 Bond Street, Toronto (7:00 PM, Room 2-008, Victoria St. Entrance). In the spirit of service, please appoint a group representative and be active in Intergroup.

**MessageLine:** 416-486-8201

**Info:** [info@slaa-ontario.org](mailto:info@slaa-ontario.org) / [www.slaa-ontario.org](http://www.slaa-ontario.org)

Volunteers respond to phone messages and email.

**Mailing Address:** S.L.A.A. Ontario, 473 Church Street, Suite 122, Toronto, ON M4Y 2C5.

**Literature orders:** [slaa.ont.lit@gmail.com](mailto:slaa.ont.lit@gmail.com)

Ontario S.L.A.A. Intergroup is affiliated with:  
**The Augustine Fellowship Sex and Love Addicts Anonymous Fellowship-Wide Services, Inc.** 1550 NE Loop 410, Suite 118, San Antonio, TX 78209  
**Tel:** 210-828-7900 **Fax:** 210-828-7922  
[slaafrvs@aol.com](http://slaafrvs@aol.com) / [www.slaafrvs.org](http://www.slaafrvs.org)

**The 12 Steps of S.L.A.A.**

1. We admitted we were powerless over sex and love addiction – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take a personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with a power greater than ourselves, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to sex and love addicts, and to practice these principles in all areas of our lives.

our developing relationship with God, and were full participants in the fellowship of S.L.A.A. We enjoyed solitude and were unafraid of honesty and openness with others. We could comprehend what it means to have dignity of self". - From the Basic Text pages 95-96.

**Tradition 3**

The only requirement for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. Any 2 or more persons gathered together for mutual aid in recovering from sex & love addiction may call themselves an S.L.A.A. group, provided that as a group they have no other affiliation.

**The Preamble of S.L.A.A.**

Sex & Love Addicts Anonymous is a 12-Step, 12-Tradition oriented fellowship based on the model pioneered by Alcoholics Anonymous. The only qualification for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. S.L.A.A. is supported entirely through contributions of its membership, and is free to all that need it. To counter the destructive consequences of sex and love addiction we draw on five major resources:

1. **Sobriety:** Our willingness to stop acting out in our own personal bottom-line addictive behavior on a daily basis.
  2. **Sponsorship/Meetings:** Our capacity to reach out for the supportive fellowship within S.L.A.A.
  3. **Steps:** Our practice of the 12-Step program of recovery to achieve sexual and emotional sobriety.
  4. **Service:** Our giving back to the S.L.A.A. community what we continue to freely receive.
  5. **Spirituality:** Our developing a relationship with a Power greater than ourselves, which can guide and sustain us in recovery.
- As a fellowship, S.L.A.A. has no opinion on outside issues and seeks no controversy. S.L.A.A. is not affiliated with any other organizations, movements or causes, either religious or secular. We are, however, united in a common focus: dealing with our addictive sexual and emotional behavior. We find a common denominator in our obsessive/compulsive patterns which renders any personal differences of sexual or gender orientation irrelevant. We need protect with special care the anonymity of every S.L.A.A. member. Additionally, we try to avoid drawing undue attention to S.L.A.A. as a whole from the public media.

**Note:** S.L.A.A. meetings are "closed meetings", restricted to sex and love addicts (or those who think they may be sex and love addicts, i.e. "newcomers").

**The 12 Characteristics of Sex & Love Addicts**

1. Having few healthy boundaries, we became sexually involved with and/or emotionally attached to people without knowing them.
2. Fearing abandonment and loneliness, we stay in and return to painful, destructive relationships, concealing our dependency needs from ourselves and others, growing more isolated and alienated from friends and loved ones, ourselves and God.
3. Fearing emotional and/or sexual deprivation, we compulsively pursue and involve ourselves in one relationship after another, sometimes having more than one sexual or emotional liaison at a time.
4. We confuse love with neediness, physical and sexual attraction, pity and/or the need to rescue or be rescued.
5. We feel empty and incomplete when we are alone. Even though we fear intimacy and commitment, we continually search for relationships and sexual contacts.
6. We sexualize stress, guilt, loneliness, anger, fear and envy. We use sex or emotional dependence as substitutes for nurturing, care and support.
7. We use sex and emotional involvement to manipulate and control others.
8. We become immobilized or seriously distracted by romantic or sexual obsessions or fantasies.
9. We avoid responsibility for ourselves by attaching ourselves to people who are emotionally unavailable.
10. We stay enslaved to emotional dependency, romantic intrigue, or compulsive sexual activities.
11. To avoid feeling vulnerable, we may retreat from all intimate involvement, mistaking sexual and emotional anorexia for recovery.
12. We assign magical qualities to others. We idealize and pursue them, then blame them for not fulfilling our fantasies and expectations.

**The Promises of S.L.A.A.**

"Now we were truly feeling some sense of deep release from the past! We were free of much guilt for our misdeeds, from the shame of having fallen short of our inner values. In many instances, the values we had thought were ours had turned out to be someone else's. We had shed or changed these to allow the seeds of our own personal wholeness to take root and grow. We were indeed living new, positive, unfolding lives. Whether in partnership with others or in solitude, we had truly been granted a spiritual release from our sex and love addiction. While vigilance was still important, the choices we had to make now seemed easier. We felt increasing confidence in

## **SLAA Spring Retreat 2014 Committee Report – January 2014**

### **Committee:**

Dionne F, Chair

Irene B, Committee Member

John F, Committee Member

Sonja S, Entertainment Director

Treasurer

### **Flyer:**

- Draft of the flyer has been created that is ready to be uploaded to the website. There is also an email address that has been created – [slaaspringretreat2014@gmail.com](mailto:slaaspringretreat2014@gmail.com) . This should also be added to the website if anyone would like further information or to register
- This flyer will be updated as further details are available, but should any groups wish to print off copies of this flyer now, they can and submit their receipts for the printing to me and we will reimburse them. I will also bring updated copies to the next meeting

### **Fees:**

- The costs for the retreat will remain the same as last year as the prices have not been raised by Scarborough Mission. The breakdown is as follows:
  - Full Weekend: \$175
  - Saturday only: \$70
  - Sunday only: \$50
- We have voted to keep the collection the 7<sup>th</sup> tradition for the kitchen staff instead of raising the price of the retreat to cover it
- We would like to encourage people to register via **Pay Pal** or by **Email Money Transfer**. We will not decline any cheques but we prefer the other payment methods as they are more secure
- Would like to request Pay Pal set up and will coordinate with IG Treasurer

### **Workshops:**

- We are still deciding on the final workshop schedule and topics. We are going to keep the workshops that are the most popular and add some new ones. There are a few mentioned on the flyer but more will be added.
- We will need to ask for donations for the Art Therapy workshop that has been popular in previous years
- Will start announcing that we are looking for volunteers to lead workshops in addition to those who the committee will select as well

### **Activities:**

- Will keep the popular activities such as:
  - the Morning Walk to Bluffs
  - Yoga
  - the Guided Meditation

### **Entertainment:**

- There is a chair for the entertainment segment of the retreat who will organize the:
  - Musicians
  - Dancers
  - Stand-up comedy

**Key Note Speaker:**

- Committee is thinking of adding a speaker and will determine if possible and when (Sat evening or Sunday morning). Will confirm at next Intergroup meeting

**Temporary (Weekend) Sponsors:**

- The retreat will provide temp sponsors for those wishing to talk to someone during the retreat
- Sign-up sheet will be available

**Room dedicated to regular meeting:**

- There will be one room dedicated just for meetings – should anyone not wish to participate in a workshop and would like to share with others in the fellowship (hourly, provide meeting format and readings)

**Participation Survey:**

- Irene to prepare based on last year's format

2014 SLAA SPRING RETREAT

# Spiritual Love & Recovery

April 4<sup>th</sup> – 6<sup>th</sup>

SCARBORO MISSIONS

2685 Kingston Road, Scarborough Ontario M1M 1M4

FULL WEEKEND COST: \$175.00

DAY ONLY COST: Saturday... \$70.00 Sunday... \$50.00

Open to anyone who identifies as a Sex and/or Love Addict

For more information & registration contact:

[slaaspringretreat2014@gmail.com](mailto:slaaspringretreat2014@gmail.com)

## WORKSHOP TOPICS AND ACTIVITIES INCLUDE ...

Healthy Sexuality – 12 steps in 3 hours

Setting Bottom Lines Creative Recovery Walk to the Bluffs

Candle Labyrinth Anorexia Workshop Relationships in Recover

Relapse Prevention Temporary Sponsor Availability

Saturday Night Entertainment Sunday Wrap-up/Gratitude Meeting

Visit: [www.slaa-ontario.org/](http://www.slaa-ontario.org/) for online payments with PayPal

The registration fee covers accommodation and meals; there will be a collection for kitchen staff tip on Saturday.

Preferred Payment Options: Electronic Money Transfer or PayPal online at:  
[www.slaa-ontario.org/](http://www.slaa-ontario.org/) EMT can be sent to: [slaaspringretreat2014@gmail.com](mailto:slaaspringretreat2014@gmail.com)

Weekend Cost includes:

- \* A private room with sink, desk, bedding and a towel (you may want to bring an extra bath towel)
- \* Meals, including vegetarian options. Dinner is not served Friday evening. Special dietary needs cannot be accommodated. A fridge is available if you would like to bring food or snacks
- \* Workshops and meetings, morning meditation, art therapy, candle labyrinth and Saturday evening entertainment

Saturday and/or Sunday only:

All activities and meals of the day – but no overnight accommodation

**Registration:**

Friday: 6 p.m. – 8 p.m.                  Saturday: 8 a.m. – 8:30 a.m.          Sunday: 8 a.m. – 8:30 a.m.

**Contact Information:**

If you have any questions or suggestions, please email: [slaaspringretreat2014@gmail.com](mailto:slaaspringretreat2014@gmail.com)

**Directions:**

Scarboro Missions, 2685 Kingston Road, Toronto, Ontario M1M 1M4

The building is wheelchair accessible and located on the southwest corner of Kingston Road and Brimley Road. Please see [www.maps.google.com](http://www.maps.google.com) for directions by car or public transit. Parking and entrance at the back of the building.

**Dress Code:**

Please be mindful and wear appropriate clothing and avoid wearing scents (perfumes or colognes).

**Volunteers:**

Service opportunities are plentiful! If you are interested in volunteering (getting rooms ready, tidying up, being a temporary sponsor, working the registration desk or setting up chairs, please e-mail the committee at: [slaaspringretreat2014@gmail.com](mailto:slaaspringretreat2014@gmail.com)

**End of Attachments for January IG Minutes.**