

2nd EDITION 2009

# NEWSLETTER



SURVIVORS OF INCEST ANONYMOUS  
WORLD SERVICE OFFICE  
P.O. Box 190  
Benson, MD 21018  
(410) 893-3322  
[www.siawso.org](http://www.siawso.org)  
<http://siawso.flyingcart.com>

## MISSION STATEMENT:

We empower those who have survived child sexual abuse (who are not abusing any child), who want to become survivors and thrivers. Using our experience, strength and hope, we do this by:

- offering referrals to SIA, self-help, support groups
- providing information to start SIA groups, intergroups, and national service offices
- creating and distributing SIA information tools (literature, newsletter, electronic media)
- offering a speakers' bureau
- guiding SIA's public information efforts worldwide

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## RECOVERY WORK

### LINDA'S THOUGHTS

#### ***Children are easy targets***

Christine, my mother and perpetrator, villainized me so she could feel good about how she was treating me. People often hate the ones they hurt.

When a child's environment is unsafe, they look to control that environment. As a child, safety meant calming Christine down. This was essential for my mental and physical safety. It also meant controlling my feelings. I no longer need to take care of her needs in order to feel safe. So, change may be necessary. Nothing changes if nothing changes!

Christine was afraid of my anger so I learned to be afraid of my anger too. Anger directed at her was equivalent to emotional suicide, so I took care of her and me by not feeling anger. And when you hold a cork on a bottle for a really long time, you begin to think that what's behind the bottle is extremely powerful. Actually, what takes all the energy is holding down the cork. I've learned that feelings are distressing, not dangerous.

In effect, Christine became my Higher Power. For many years, I tried to please her, tried to get her to love me right, tried to get her to feel responsible for what she'd done and the consequences of her actions in my adult life. I give up, and by giving up the struggle I am left with energy for healing! She can't or won't give me what I want, but my Higher Power can.

I don't need my parent's approval. I don't need my parents at all. The more emotional and mental distance I put between them and me, the healthier I become. The closer I get to a loving Higher Power, healing falls down like rain!

Be gentle with yourself,  
Linda D.  
Co-founder/Executive Director

Linda's Keynote speech can be ordered for \$20.00 plus \$2.00 S/H

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**WARNING: The following passage has some disturbing images.**

In my darkest hour

I have seen the wind blow my dreams away. I have sat in silence and known peace. I have felt hands crawl about me begging to go in. The moon has bathed me. Hearts have healed me. I have plunged into madness. I have hated the mirror, the pool of blood in the sky. Many faces have told me to go away. I have hidden and thought of life as a prison. I have also flown outward into bliss and joy—I have felt the cool forgiveness of the rain.

I cannot go back home. I am homeless. But I have found comfort in the hills and canyons of my soul. I have my simple prayers of abundance, and they fill my mind with heavy slumber. Ah, to dream again! I want to love so badly. I want to pour my emotions into an endless ocean of bliss. I do not have to forgive my father. I can be still and know who is my God. I was raped at night. I was fed by the

Gods. I was choked and pushed down and dragged to meet my maker. I held my breath and watched the demons dance. They seemed almost like angels lost in some mist of confusion. How could my father eat me up alive? Would I ever make it out of this maze of confusion? Many moons have past, and I still hurt deep in my soul.

I have been wrapped up by the glow of fellowship. We go out after the meetings, and there I can breathe again. I am not really lost. God sees me in His Grace. My mother is gone. I wish I could find these people who let me down and give them something back. I almost wish that they had had the program. It makes me so mad to think that so many tears were shed by one so careless. And now I am here looking back through time. I see the faces of sisters and brothers who aspired to get out as I did, and now we are all scattered in the sky. Don't let him find you, the whispers cry at night. We were so strong. With our little hands and little eyes and fragile hearts we braved the harshest storm.

I feel dead sometimes. I pray to God never to feel the touch. But I yearn for sensuality. I crave the hand that can sooth my aching soul. I cry and cry and rivers pour from within. The Gods rage and howl and angels gain their wings again! Alas, the heavens open, and we that were buried alive come out to play, to scream, to show that magic is eternal and that suffering gives birth to a joy that has no end.

By Phil G, Brookline, MA

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Pretty Things

Pretty things

oh my heart sings

I can wear pretty things now

others may think "big wow"

But to me and my heart inside

this is a momentous stride

To feel comfortable inside and out

sure I still have doubts

Step by step, one by one

it gets a little easier and sometimes it is even  
FUN

Anger swells from inside

these feelings can no longer hide

No longer in their deep black closets do they abide

I just want it to subside

So many emotions I feel

now set free, no longer contained by the family  
seal

Not sure how to let them go

which way is correct to let them show

Not sure which ones are anger which ones are pain

driving me insane

By Duffy, MD.

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### DO YOU HAVE TALENT?

The WSO is looking for poetry, artwork or recovery articles to include in the next Newsletter. Please send them to: SIA, PO Box 190, Benson, MD 21018.

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### KIRKRIDGE UPDATE

The 2nd Annual NYC Intergroup Summer Retreat was held June 12-14, 2009. Survivors came together to work on healing in the Poconos. We enjoyed the beautiful grounds of Kirkridge, saw wildlife in abundance (gophers, bunnies, frogs, deer and 1 bear (from afar)), and stayed inside when big rainstorms sailed through. The workshops were well attended (sculpture may still be going), the food room

kept folks nourished, and we busted some serious shame on Saturday night. Overall a great success. Thanks for coming everyone.

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### MARK YOUR CALENDARS

**July 24-26, 2009**  
**2<sup>nd</sup> World Service Conference**  
**Harford County, Maryland**  
See enclosed flyer.

**February 5, 6, 7, 2010**  
**Mid-Atlantic Retreat**  
**The Biden Center**  
**Lewes, DE.**  
More details to follow

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### WE CONTINUE TO GROW

We would like to welcome the following new groups to our SIA family:

**PHONE MEETING: ENGLAND:** London, Monday 2:15. Mixed, phm-012

**ON-LINE: PANAMA:** More details to follow.

**ARIZONA:** Phoenix, Tues 6:30

**CALIFORNIA:** Manteca, CA-213

**FLORIDA:** St. Augustine, More details to follow.

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### FROM THE TREASURER

***Our photocopier died after about 20 years of faithful service to the WSO.*** We need your help! Any amount you or your group can send for replacing it will be greatly appreciated!!

**Individuals, groups and intergroups** can send in checks for a tax deductible contribution. Please consider supporting your World Service Office!

Your group could **pass the basket a second time** or have a **special container** for donations to the WSO.

**SPECIAL THANKS to the 10 groups** that donated in the last 3 months. The WSO is extremely grateful for the financial support:

**SUNDAY PHONE MEETING:** 1 donation

**ARIZONA:** Phoenix

**CALIFORNIA: SAN JOSE CA-087 \***

**ILLINOIS:** Wed. night Chicago;

**MARYLAND:** Fallston Thursday night;

**NEW YORK:** NYC women only Tues. 6 pm; NYC women only Thurs night; Rochester Thurs. 5:30; Brooklyn;

**OHIO:** Columbus

**PENNSYLVANIA: \*PEOPLE OF COURAGE;**

**TEXAS:** Corsicana; Corsicana;

**VERMONT:**

- \* **\$100 or more**
- \*\* **\$200 or more**
- \*\*\* **\$300 or more**

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**RECOVERY MEDALLIONS AND LITERATURE ON SALE**

Visit <http://siawso.flyingcart.com> for more details!

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**MATCHING GIFT? AUTOMATIC DEDUCTION? DONATIONS FOR YOUR TIME?**

Does your employer have a matching gift policy? When you send in \$50.00, your employer will match it. So, **your \$50.00 donation becomes \$100.00!** Please check it out.

Does your employer have automatic deductions for non-profits? If so, please consider **designating SIA World Service Office as the beneficiary.**

☺**Thank you** for anything you can do to help!

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**FREE via EMAIL!!  
QUARTERLY NEWSLETTERS  
RETREAT INFO  
NEW LITERATURE**

The SIA World Service Office has created a low-volume, announcement-only mailing list to share news within the fellowship. Items sent out over this list will include retreat information, notification of events, the quarterly newsletter, and more. Your email address will be kept strictly confidential, and you may unsubscribe at any time.

To be added to SIA's mailing list, please send an email to: [siawso+subscribe@googlegroups.com](mailto:siawso+subscribe@googlegroups.com)

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**VOLUNTEERS – MOST APPRECIATED**

**We love volunteers** at the World Service Office. General office work is needed. If you can get to Exit 74 off of I-95, we would love to have you help out. **If you can volunteer once**, we can use the help! Please call 410.893.3322 and leave a message for Linda. (The # button by-passes the long answering machine message.)

**Thank you!**

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**Looking for Help Chairing a Meeting?**

Why not use SIA literature to start the meeting? There's a wealth of wonderful, healing information in our literature.

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**DID YOU MOVE? DID YOUR AREA CODE OR PHONE NUMBER CHANGE?**

If so, please notify us so we can save on postage, and survivors will be able to find your group.

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