

3rd 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

#### ACCEPTANCE

*Does a Loving Higher Power accept me?*

What a frightening and telling question. When we were not only not accepted, but often rejected, by our parents, do we even know how acceptance feels? Our feelings toward a loving Higher Power are shaped by our first authority figure, our parents, parents who were most

likely guilty of child abuse and/or neglect. Finding acceptance by a loving Higher Power is novel. Many of us perceived the loving Higher Power to be a moral authority. We felt inappropriate guilt and shame that caused us to put up understandable walls to shut out those feelings and anyone, including a loving Higher Power, from getting past our guard. The good news is that we can take down those walls with patience and recovery work.

The 12 Steps shine a light as to how we can have a relationship with a loving Higher Power. The Steps tell us that we don't have to get our act together before we can "good" and then go to a Loving Higher Power. We don't need to "fix" ourselves first. No. First we go to that loving Higher Power, and then get our act together by relying on a loving Higher Power's ability and willingness to set things right *inside* us. That doesn't mean that S/He will erase the abuse from our memory, it means S/He will help us heal the memory that is already there.

### **How do we balance dependence and independence on a loving Higher Power?**

When my children were young, I wanted them to come to me to help them with difficult tasks. As an adult, I can become like the 2 year old, spilling milk all over the floor, shouting, "I can do it myself. I can do it myself!" And if we insist on doing it our own way, God, who is a gentleman, won't force his will on anyone. I am freely choosing to lean on a Loving Higher Power so the power still remains with me. I can revoke it at anytime and take over. But when I can *Let Go and Let God*, it is amazing the power I have to carry out this incredibly arduous journey.

I believe that God's purpose is to get us to grow more dependent on Him. Why? Because I don't have the resources that God has. I can't "Do it myself!" I've tried. I want to tap into that infinite power available to anyone who asks for help. We can open the door if only a little at a time. We can close it completely at any time. We are powerless over many things in our lives, but not this. We decide how much we allow a loving Higher Power to influence our lives. If your perpetrator had done the same, you wouldn't be reading this!

## **Happiness**

True happiness doesn't come from becoming powerful over everything in our lives; it comes from knowing, feeling and believing that we are children of a loving Higher Power. Her/His protection isn't against difficulties, all people have great pain in their lives, it comes from knowing that I am accepted and loved by a loving Higher Power who is only interested in what's best for me.

*Happiness is an inside job.* It isn't a destination, it's a direction. If I'm not happy, I'm misusing something I've already got. Happiness doesn't come from getting what we want; it comes from enjoying what we've got. My parents don't have to step up to the plate and accept responsibility for the abuse in order for me to be happy. They're not going to do that. Understanding what motivated them, doesn't guarantee me happiness. It no longer matters why they did what they did. Thankfully, our circumstances can't prevent us from personal contentment and happiness.

I have experienced a loving Higher Power, and I believe that S/He is very fond of us. There is nothing any of us can do to make Her/Him love us more or love us any less. S/He doesn't love *anyone* more than S/He loves us. Her/His love isn't for sale. It's unconditional.

### **Who's in charge?**

Who's in charge? It's up to us. In a society wrought with "I can do it myself"s, dependence almost seems like a bad word. In a boat, I am dependent on the boat and the captain. When riding in a car, I am dependent on the vehicle as well as the driver. Step Two (*Came to believe that a loving Higher Power, greater than ourselves, could restore hope, healing and sanity.*) teaches us that relying on our own strength or can make our lives unmanageable. In this life I choose to lean on a loving Higher Power for strength, wisdom, direction and power.

We know from psychology that, as children, we become what the most important person in our lives thinks we are. As an adult, I can change whose mirror I look into. I'm

convinced that if we look in the mirror and see who God sees, we couldn't help but accept our goodness, our innocence, our courage and our inner beauty. The reflection my loving Higher Power sees, is the same one I want to see. I want Her/His perspective. I would then know and feel accepted and wanted by a healthy and loving Higher Power.

### Suggested writing or meeting topic?

Whose mirror am I looking into?  
Whose image of me am I following?  
What do I want from a *loving* Higher Power?  
What do I expect from a *loving* Higher Power?  
What do I feel about a *loving* Higher Power?  
What do I think about a *loving* Higher Power?  
What would I do differently if I knew that a *loving* Higher Power is anxious for a relationship with me?  
How would it feel to be in a relationship with a *loving* Higher Power?  
What do I need to do to have a relationship with a *loving* Higher Power?  
What is the pay-off for having a healthy relationship with a *loving* Higher Power?

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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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I am starting to feel free  
able to express more of me  
I wear and look as I wish  
it is ok for me to look pretty and nice  
This change has nothing to do with you  
it is about me  
The "me" you made hide  
tortured and haunted by the demons inside  
This is not an invitation, request, or signal  
for you to forget who I am  
I am first off a human being deserving of respect  
I am no longer a scared child  
I am a woman/man to be treated with dignity  
Lastly, I am your sister/brother, the one you failed to protect

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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### A Gathering in Service

Uniontown, PA

October 30, 6:00 PM--November 1, 12 PM

Bed and Breakfast for 2 nights: \$50

(single night=\$25)

The SIA People of Courage, Uniontown Group, wish to offer an opportunity for the Committees that were formed at the second World Service Conference in July 2009 to gather at the retreat center which houses our Monday night meeting. This will be an opportunity for sharing and fellowship (and fun) among service committee members and, although many ideas may be generated, it will not be regarded as an official conference at which proposals will be voted upon (for indeed that can only be done through Traditional means). Committee meetings will take place, but the gathering will begin and end with an SIA meeting with a meeting scheduled on Saturday, also. (Talent sharing and pride/shame building /busting may occur.)

*2008 World Service Conference attendees, SIA members who have been active in planning retreats, workshop leaders, email responders, WSO volunteers, and anyone with a desire to serve beyond the meeting level are welcome to attend. We humbly hope this will be a regenerative service gathering.*

To register please email Juanita at: [bunnys@atlanticbb.net](mailto:bunnys@atlanticbb.net) by Oct.23, 2009 if you plan to attend. Please include the names of all attending and the name and location of your SIA group. We need to know how many are attending, but payment may be made upon arrival (no credit cards, please).

(For those who wish to stay offsite several hotels in the area; The Hampton Inn, The Holiday Inn, and The Super 8, all with West Main Street, Uniontown 15401 addresses)

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**2009 World Service Conference Report  
(July 24-26, 2009)**

The minutes will be available to the membership in our next newsletter. Much was accomplished as we grow and our service structure begins to take shape through the group conscience of SIA as a whole.

*Attendees volunteered for committees and chairmanship. Other SIA members who did not attend the conference are welcome to join any of these committees by emailing [Elias ecolombotos@yahoo.com](mailto:Elias.ecolombotos@yahoo.com)*

- Literature Committee**
- Outreach Committee**
- Group Concerns Committee**
- World Service Conference Committees-**
- Finance Committee**

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**MARK YOUR CALENDARS**

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

**August 6 – 8, 2010**  
**World Service Conference/Maryland**  
More details to follow.

**October 8-10, 2010**  
**People of Courage SIA Retreat**  
**Uniontown, PA**  
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 for the photocopier.

**SPECIAL THANKS to the 9 groups** that donated in the last 3 months. The WSO is extremely grateful for the financial support:

**ENGLAND: London \*\*\***

**SUNDAY PHONE MEETING:** two donations

**ARIZONA:** SIA Phoenix

**CALIFORNIA:** San Jose CA-087 \*; San Jose CA-087 \*; Santa Cruz

**MARYLAND:** Sunday Night Bethesda; Bethesda MD-007;

**NEW JERSEY:** Westmont “Be Gentle With Yourself”;

**NEW YORK:** Thursday Women’s Group; St. Vincent’s NYC Sun. 3:30;

**PENNSYLVANIA:** People of Courage Uniontown

**TEXAS:** Corsicana; Houston; Houston; Corsicana

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

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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.

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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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**WE CONTINUE TO GROW**

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

**CALIFORNIA:** Santa Cruz Sunday

**ENGLAND:** London Wed 6:30-8:30

**ON-LINE:** Panama

**PHONE MEETING:** ENGLAND

**PHONE MEETING:** USA Thursday 9-10

**South Africa:** Capetown, Mondays

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**WHAT DO YOU THINK?**

Some have suggested that we change our name. There are pros and cons. Below are the two we hear most often:

\*) Our name has been in the public for 26+ years so we shouldn't change it.

\*) Our name keeps people away because they see the word "incest" and don't believe it applies to them.

So,  
How does your group feel about changing the name?

Does your group have a suggested name change?

Some have suggested a sub-title: e.g. Survivors of Incest Anonymous: For Adult Survivors of Child Sexual Abuse

Please write down your thoughts and send them to the WSO or send an email to:

[edleparr01@comcast.net](mailto:edleparr01@comcast.net)

**RECOVERY MEDALLIONS AND LITERATURE ON SALE**

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

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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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**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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**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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