

2nd EDITION 2010

NEWSLETTER



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

28 years helping survivors thrive!

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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WE CONTINUE TO GROW

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

ARIZONA: Phoenix
Women only-Thursdays8:00pm

CALIFORNIA: City Heights
San Diego SIA San Diego-Tuesday 6pm

MARYLAND: Baltimore
The Esther Project II/Untouched Souls
Saturday 12pm

MICHIGAN: Ann Arbor
Willing to Grow Step Study-Thursdays at 7pm

NEW JERSEY: Flemington,
Survivors Welcome Home-Saturday 10am

OHIO: Grove City
Central Ohio Support Group-Thursdays 7pm

SWEDEN: Stockholm
Sunday 3:00pm

TENNESSEE: Nashville
Men's Tuesday SIA -Tuesday 7pm

WASHINGTON: Seattle
Art, Reading, Writing, Homework & Affirmations
Sunday-Women's 1pm/ Men's 3:30pm

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MARK YOUR CALENDARS

August 6 – 8, 2010
World Service Conference
See enclosed flyer for more information.

August 8, 1:00 – 2:30
OPEN BOARD MEETING
Open SIA Board of Trustee Meeting (following the World Service Conference) at the WSO from 1:00-2:30, with an opportunity for any SIA member to ask questions or make comments-pizza provided

October 8-10, 2010
7th Biennial Spiritual SIA Retreat
It's Never Too Late to Have a Happy Childhood!
Uniontown, PA
*Come and share our collective experience,
strength and hope in the beautiful autumn
setting of the Laurel Highlands*
See enclosed flyer for more information

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IN CASE YOU MISSED IT.....

Despite the cancellation of the winter retreat due to the snowstorm in February, the MidAtlantic Retreat was held at a wonderful retreat center just outside of Philadelphia. The retreat was a huge success with lots of wholesome food as well as a wonderfully bright and comfortable main room for our workshops. It was private, and there was much healing at the retreat. We received lots of positive feedback in the surveys that survivors would like to return to the same place next year.

We had a smaller number of attendees which made the retreat very intimate. There were many first time attendees. We are branching out and getting people attending from other states. We had somebody from Florida come to our retreat. Pride and Shamebusters was a hit, and that was followed by the great and wonderful Talent Show. The theme was "Making Room for Joy". MidAtlantic Intergroup liked the idea of keeping it simple, and the intimacy of the smaller retreat was wonderful for all who attended. We hope to see you at our next retreat or at one of the other retreats being held this year.

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IN CASE YOU MISSED IT.....

April 17, 2010

Elgin, Illinois

Six women attended a Women's Empowerment Workshop on a horse farm on the outskirts of Elgin, Illinois, west of Chicago. Through observation and interaction with the horses (no riding) we discovered similarities between both ourselves and people in our lives, past and present.

There was a black miniature horse, Bison, who was outside the arena and wanted to come in through the bars but could not. There was a white pony, Dixie, who was friendly with Bison and assertive with Gracie. Gracie was a full size brown horse who attempted to prevent anyone from interacting with Bison. A caramel colored full-sized horse, Gamble, observed the scene with quiet strength and dignity.

We observed and interacted with the horses and made comments on what we perceived they were up to and how the horses might perceive us. I identified with the small outcast who wanted attention but then shied away if touched 'too' much. As a child I wanted to play with the children on the playground but felt excluded because I was 'different'. I saw my old boss in Gracie who wanted me to focus on her but did not allow any closeness and did not want me to have any closeness with Bison. She was 'controlling' without being 'giving' as some people in my life have been. I was cool to Dixie who was engaging but confident in her status. I could not understand self-confidence as a child, and Dixie was small, child size. I took comfort in Gamble's quiet dignity and strength; As a child I looked to big ones for protection, as a child.

Each of us saw reflections of our own lives in the actions of the horses. Gracie wanted her own way and was difficult for one person to control until

another person took her halter and treated Gracie in the manner she treats her own two year old son, allowing some freedoms while maintaining limits.

We were instructed to work as a group, and the group chose Gracie as the subject. The task was to use articles found in the arena and erect an obstacle for Gracie to cross. The rules were 1. Don't touch the horse. 2. No talking unless within a designated circle on the arena floor. 3. No sounds or motions of threat or cajoling to cause the horse to cross the obstacle. The consequences for violation were for all of us to press our noses against the wall of the arena for the count of 30. If anyone of us broke a rule, all had to take the consequences.

We broke the rules often and went to 'the wall' for it. We created additional rules that were not part of the three. When we accomplished the task, we looked to the instructor for confirmation that we had really done it. We learned that we take the consequences for the actions of another, that we tend to make a task harder than it needs to be. We can work together; we can influence the actions of another without threats or enticements, and we lack confidence in our own accomplishments.

The animals helped us all to see ourselves from another perspective.

Mary

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RECOVERY WORK

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LINDA'S THOUGHTS

As always, take what you like and leave the rest.

MY MIND'S JOB

Physical pain is a signal that something is wrong; we need medical attention. It's our first warning system so that we can fix whatever isn't working properly.

I believe that our minds have a desire to heal too. Our mental pain comes in the form of flashbacks, or should I say flash floods, anxiety attacks, body memories, feeling uncomfortable around our perpetrator etc. This is the mind's way of saying "Something is still bothering me. Something needs healing." Our minds are honest.

There was a time when I feared the secrets my mind had not loosened yet. However, once again, my mind didn't let me know anything that I wasn't strong enough to handle. Granted, I thought my mind needed some sensitivity training! All kidding aside, the mind allows memories that we're strong enough to heal.

I went back to EMDR (Eye Movement Desensitization and Reprocessing which is neither endorsed nor opposed by SIA) therapy recently to deal with my fears of spiders which I came by honestly. Christine, my mother/perpetrator, told me she was putting them in my food. She told me that there weren't noodles in the soup, that they were spider legs. I knew she wasn't putting spiders in my food, but I remember being petrified because she thought this was funny.

So at my first session using EMDR I commented that "Christine was squishing my feelings...." What an interesting word to use. We squish bugs. That was my mind's way of clueing me that I had actually identified with the spiders. It shined a light on a thought process that I had *never* considered. I was helpless and vulnerable too. I was afraid of the feeling that the spiders evoked, not the spiders themselves.

I am in awe of the wisdom, timing and protective power of our minds. They protected us when we were little by dissociating, minimizing, rationalizing, taking the blame etc. Our minds are forging on to healing. And healing is most definitely possible and attainable.

I can trust my mind that it will continue to direct me to wholeness. After all, healing is my mind's job. Its aim is to help me live a fulfilled life, to give and receive love, to know freedom, to know myself and love who I am, just as I am. Everything inside me is working for my benefit. It always has.

Be gentle with yourself,

Linda D. Co-founder/Executive Director

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See you at the World Service Office Conference and the October retreat in PA.

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

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Recovery Recipe

You'll need the following ingredients:
1 part humor

- 1 part tears
- 1 part determination
- 1 part fear
- 1 part anger
- 1 part play
- 10 parts time

Optional:

- A good therapist
- A writing pad
- A good friend or meeting to share
- A safe "place" all your own

Directions:

Mix your basic ingredients one at a time thoroughly. The batter may be thick so be patient while mixing. Add tears to moisten as needed. **DO NOT** try to mix all the ingredients together at once! This recipe comes out much better by taking time and doing it slowly.

Add your optional ingredients as you need or want them. You may have your own special ingredients(s) for your unique and original dish. Just remember, like any great dish, slower IS faster! Do not rush your mixing or cooking time for best results.

Listen carefully to your batter – it may be telling you something important. Treat your special recipe with the utmost respect and care – you will not be sorry!! This is going to be a great creation.

It is suggested to let the batter "rest" at times. Set it aside and PLAY! Play a game, read Dr. Seuss, draw whatever the "little" batter may like. This helps your recipe to breath.

Finally, let it cook for a long, long creative time.

Yield:

One totally special creation you WILL love.

Most important recommendation:

Share your yield with others who are hungry

God Bless and take careAnonymous

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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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MISCELLANEOUS

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REPORT ON SIA NAME CHANGE AND PERPETRATORS AT MEETINGS

We've gotten lots of responses to our question about changing the SIA name, and the letter concerning the decision by the board to officially state that all meetings are "no perpetrator", past or present, meetings for legal and safety reasons.

We stated we'd include a report but, after removing all identifying information including names, city etc, it is over 10 pages and we cannot fit it in a Newsletter. Therefore, if you would like a copy of it, please send a 9 x 11 manila envelope and we'll be happy to send it to you. We apologize for this unforeseeable situation.

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WANT TO HELP?

The Board is working on rewording the "no perpetrator at meetings" statement. If you'd like to help in this process please email:

responsetoreport@yahoo.com

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DID YOU KNOW?

New groups can be added and old groups updated online? There are many more meetings in the hardcopy directory then the online directory? Does your meeting want to be listed online? Have you checked lately to see what your online listing says? Your meeting may be listed online but was never listed in the hardcopy directory. You may have registered your meeting initially online but never followed through and set your privacy settings; therefore survivors looking for a meeting online cannot see your listing. All of this can be accomplished quite efficiently by going to www.siaawso.org and following the steps. If you have any questions please email Becky at hrsgart@zoominternet.net

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

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FROM THE TREASURER

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

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ACCESS LITERATE?

The WSO needs volunteers to help with Access. If you have any knowledge, please email *Becky* at hrgart@zoominternet.net

FYI

Currently, there are 2,747 members getting this Newsletter free of charge plus retreat brochures, literature announcements. ETC.

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MISSING PREVIOUS NEWLSETTERS?

Look on-line at www.siawso.org. You can find some of them there.

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WANT YOUR OPINION TO BE HEARD?

Why not join one of the following World Service Committees?

Literature
Finance
Outreach
Conference committee
(By-laws and planning 2010)
Group Concerns

If so, please contact Elias at:
ecolombotos@yahoo.com

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SPECIAL THANKS AGAIN to the donors who financed a booklet maker! It is a photocopier and a booklet maker. Our printing costs are a big part of our budget, so this will help the World Service Office function more efficiently.

One woman sent it a \$100 donation with the following letter:

Enclosed is a check for \$100. It is a celebration donation. It celebrates the death of a monster. Being the next of kin, I was able to have control over the monster's funeral. I have placed in the monster's obituary contributions to be made to Survivors of Incest Anonymous. That felt so nice to place those words at the end of his very short obit.

Thank you for your help in my recovery.

Feel free to quote anything in this note to encourage others to donate celebration money as a result of their monster's passing.

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

CALIFORNIA: Clearlake; Hollywood; ** *San Jose CA-087*

ILLINOIS: *Chicago Wed. 7:00;

MARYLAND: Towson Wed.

NEW HAMPSHIRE: * Sunday night Salem

NEW JERSEY: Mays Landing; Westmont Sat. "Be Gentle With Yourself";

OHIO: Sat. 6:00 – 7:15 Columbus

PHONE MEETING 4 pm:
one donation

PENNSYLVANIA: People of Courage

TENNESSEE: ** Nashville

TEXAS: Houston Sun 3:00;

VIRGINIA: Falls Church;

* \$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.

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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MEDIA ATTENTION

Special thanks to Mary, Vicky, Roxy and George who were interviewed on a DC radio station March 13, 2010. They did a great job!

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**LITERATURE SALE!!
\$5.00 GREETING CARDS
REDUCED TO \$3.00
Plus 1.00 s/h**

14 different sentiments including:

Recovery is like childbirth (cover)

Memories are like labor pains. You've made it through another.

You're closer than ever to giving birth to a new life as a survivor. (inside)

In support of your recovery..... (cover)

It takes someone strong to survive what you did. Please know that I'm here to let you cry and express your emotions, no matter what. (inside)

Humorous:
Drawing of a frazzled person (cover)

If I could just forget how to remember, my memory would be just finnnnnnnnnnnnnne!

In appreciation (cover)

Sometimes the road is hard and rocky.

It feels good to know there's someone like you to smooth out the rough edges. (inside)

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**RECOVERY MEDALLIONS AND LITERATURE
ON SALE**

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

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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 for undeliverable mail, and survivors will be able to find your group.

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