

2nd EDITION 2011

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>

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MISSION STATEMENT:

We empower those who have survived childhood 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:

FLORIDA: Sorrento Simpson's Farmhouse, Thursday 7-8pm Contact: Tammy at walkinginthelight@live.com or at 352-406-7485. Please call or email to confirm meeting schedule.

MASSACHUSETTS: Cambridge, Women Only, Thursdays 7-8:30pm. Contact: Martha at 978-408-9233. Please call to confirm meeting schedule.

PANAMA (2 new meetings!): Both Women Only: Mondays 3-5pm and Saturdays 4-6pm. Contact Julia at: siaviendoenlibertad507@gmail.com

PENNSYLVANIA: Pittsburgh, Jefferson Regional Medical Center, Thursday 7-8:30pm. Contact Jill at jdm331c@msn.com.

The following meetings are not new, but are listed on the website for the first time:

MISSOURI: St. Louis Metro Area, 4 Women's Meetings:

1) **University City:** Every Sunday nite meeting 6:30-8pm at Holy Communion church on corner of Delmar & Jackson

2) **Wentzville:** 1st & 3rd Monday, 9:30-11am. Doctors Dining rm St Joseph Hospital.

3) **Clayton:** 1st & 3rd Tuesday 12:30-2 lower level Samuel United Church of Christ 320 N Forsyth Blvd

4) **O'Fallon:** 2nd & 4th Tuesday 6:30-8pm 4th floor conference rm Progress West Hospital

For more information on any of the above MO women's meetings, email metroslouissia@gmail.com.

PENNSYLVANIA: Bethlehem, Sat. 10:00 am, 1st Church of the Nazarene, 1500 Linden St, contact: Dorothy 610 788 3910

TEXAS: Houston, Women Only, Sunday at 3pm at St. John the Divine Episcopal Church on River Oaks Blvd at Westheimer.

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MARK YOUR CALENDARS

September 2 – 4, 2011
Let the Sunshine In!
NY Intergroup Retreat
Pocono Mountains
See flyer for details or go online

October 1, 2011

3rd World Service Conference

The conference planning committee has met once via *web conference* and plans to meet again regularly to plan this year's World Service Conference and work out the "kinks" of this technology. The conference is set for October 1, 2011. Group Representatives able to participate in person may travel to the World Service Office, near Baltimore, MD. Others will be able to participate from anywhere in the world with a high speed internet connection, microphone and speakers. *Please start planning* with your groups to nominate a representative who will be available all day October 1. You need not be techno savvy, just not techno phobic! *Several test/training sessions will be scheduled throughout September* to make sure anyone who wishes to participate will be able. Info will be included in the next Newsletter or go to SIA's website. **Our hope, with the help of the internet, is to make the WSC democratically representative of each SIA group as we move forward.**

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In case you missed it.....

The Mid Atlantic Retreat was held in April and we had wonderful weather, lots of healing and many newcomers. The retreat had a lot of positive feedback on the workshops, and many people made new connections. There were many new workshops, and the talent night was the best ever. One new workshop that we did this year was drumming, which was a huge success. It was a nice way to get out our feelings, as well as have fun.

We had 60 attendees this year, and we have more than doubled the size from last year. I look forward to next year's retreat, and if you have any suggestions, please contact us at: www.siaphiladelphia.org. We will be searching for a new location for next year. If you have any suggestions, please send those to us as well.

Kathy

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FROM THE TREASURER

Can't afford a donation? Consider what a few people are doing. They volunteer their time for a local Volunteer Program and donate the proceeds to the SIA WSO. Recently \$400.00 has been donated by individuals. That almost pays one months rent!!

SPECIAL THANKS to the 7 groups that sent in donations. It is the *ONLY* way we can keep up the good fight!

INTERGROUP/RETREAT: ** \$466.50 from Mid-Atlantic Retreat *******

CALIFORNIA: Santa Cruz; * **CA-087 San Jose;** Oakland Fabiola Bldg, Kaiser Hospital;

ILLINOIS: Downers Grove;

MICHIGAN: Warren;

MISSOURI: St. Joseph Wentzville, Monday am, Progress West – O'Fallon, Tues pm; Clayton;

* **\$100 or more**

** **\$200 or more**

*** **\$300 or more**

Special thanks to Cathy, our website/database expert, who has agreed to donate all of the donations earmarked for her to SIA minus expenses.

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NEW INTERGROUP POSTS

NOTE: If your Group or Intergroup would like to write something for the next Newsletter, please get it to Linda by August 31, 2011.

Since we in Southern California have been doing more active step work together, it's really been a boom to our recoveries. **A lot more folk have connected with recovery partners, and a lot more people are working with sponsors, that's been very good for us individually and collectively.** We are planning for a year-long step writing workshop starting sometime in autumn. A number of us have worked the SIA steps, and have also worked steps in other childhood abuse programs. We have a number of ideas about what we'd like to bring into the step process in the workshop, and are hoping a brochure will come out of the process about how to conduct such a process. Some of us are dreaming that by pulling together materials from all the SIA brochures, plus

materials a number of us have developed through our work with therapists and in other childhood abuse healing contexts that we'll be able to create a rough draft for a workbook like other 12-step programs have. --John+, S CA Intergroup

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NEW INTERGROUP WEBSITE

Check out the new NEW YORK intergroup website at: www.sianewyork.org. It starts out: "Welcome to a place of health and healing, you are not alone.", keep up your great work of carrying the message NYC!

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I am Cathy R., and I am volunteering to maintain the SIA website and meeting and donor database. I live Baltimore, MD, only 20 minutes away from the SIA Home Office. I am also an email responder for International SIA website inquiries. I work a full-time job in addition to volunteering, and my 2nd full-time job is recovering from the effects of incest.

PLEASE HELP KEEP MEETING INFO UPDATED:

If you do not see your meeting listed online, and are not part of the groups listed above, then your meeting is not registered with the SIA Home Office. Please contact me if your meeting is active and wants to be registered and listed.

Send any and all meeting changes, updates, closings, etc. to my SIA email address: siamtgupdates@gmail.com.

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Ideas for spreading the word about meetings:

TAKE SIA INFO TO LOCATIONS WHERE SURVIVORS MAY BE:

* Go to psych hospitals, psychologist offices, counseling centers, 12-Step recovery clubs or centers or churches to see if they will put the SIA flyers up that have tabs that people can rip off with the website and phone info. Or, they may be agreeable to putting the blue "20 Questions of SIA" pamphlet out with their other literature. Here in MD, one of our members asked their church if they could display the flyers. The minister actually had the idea to put them on the inside of the bathroom stalls so people could take them without anyone seeing them which has worked out well.

* I also provided the blue “20 Questions” pamphlets to my own therapist to give to people who may be good candidates for SIA. She has been working in the trauma/DID field for over 10 years and never heard of SIA. My friend's therapy office has a bulletin board where she posted the flyer with the tabs.

* If you belong to another 12-step program (I belong to several, and could qualify for more,) you can mention SIA to people after the meeting who you think may be open to hearing about it. As with other 12-step programs, it is attraction and not promotion. It's not for everyone, but I share quite openly in other 12-step programs about my SIA issues as part of my history and have had several people approaching me after meetings who are now regular members of our SIA group.

* If there is 12-step recovery center nearby, try to set up your meeting at that center. Our group meets at one, and we get a lot of traffic from other 12-step programs who know we are there.

SUBMIT AN EMAIL INQUIRY TO THE RESPONDER FOR YOUR STATE:

* From the SIA website, submit an email request to the responder who handles your state and ask them if they have had anyone in the past few months who was looking for a meeting in your area. There may not have been one at that time, so it would be good if the responder can send out an email letting the person know that a meeting has opened in their area. As I am an email responder as well, I have done this with some success.

PUT YOUR GROUP LISTING IN YOUR LOCAL PAPER:

Many local papers have a community section where support groups are listed. I have spoken with an SIA group member whose group has done this with some success. She suggests the following format:

**Survivors of Incest Anonymous meeting for survivors of childhood sexual abuse:
Meets every Wed night in Anytown. For more info, call/email Cathy at siamtqupdates@gmail.com.**

It isn't against the Traditions to let people know that a meeting exists and list contact people-- we do it on the website with prior consent. You may not want to give the meeting location but instead list your contact info—phone or email, whichever you are most comfortable with to make sure that the caller qualifies for SIA membership.

The BEST WAY to SPREAD the WORD about your MEETING is...

LIST IT ON THE SIA WEBSITE:

* ***By far, groups indicate that the way they have received the most members is via their group listing on the website.*** When you register your meeting, you are prompted to answer questions about what info you want to be seen online. We will make sure that the info you do want to be seen is listed, and anything you don't want to be seen is *not* listed. At the very least, it is important to list your city and state, so someone visiting the website will know that a meeting exists in your town, and then they would email the World Service Office to get the details.

Cathy R., Maryland

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SURVEY

There's still time for your group to vote on the name “change”. A survey was sent out with the last Newsletter. If your group didn't get one, please let us know. **If your group is not registered, or if your group secretary isn't active**, please let the WSO know the name and address for the current contact person, or send an email to:

siamtqupdates@gmail.com

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WSC LITERATURE COMMITTEE UPDATE

By John+

Have you ever wanted to contribute an idea to one of SIA's pamphlets? Did you ever dream of writing a brochure or simply contributing an idea for the next SIA pamphlet? If your answer is yes, there's now a way that you can become involved. The WSC Literature Committee is creating a Literature Review Subcommittee. To participate all you have to do is let us know you're interested. As a subcommittee member, you'll receive notice of new brochure ideas and copies of brochure first-drafts so that you can share input. Do you have to help with every brochure? No! If you're moved to put in your two cents worth on a specific piece of literature, you may. If you don't want to do a thing, you don't have to. If you want to serve as editor/chief writer for a brochure you may. Literally, there are no restrictions or requirements.

Currently, the WSC Literature Committee has 35 brochures in various stages of completion. They

range from a Big Book and Daily Meditations Book, to brochures about working the Steps, dealing with various issues that result from abuse, how to work with triggers in meetings, ritual abuse issues and brochures for partners of survivors. If you'd like a list of these projects and are interested in participating in the literature review subcommittee, or would like to participate in the once a month, Literature Committee phone meetings, please drop a line to John+ at siasocalintergroup@hotmail.com He'll be glad to forward you a list of topics, and make sure that you're on the e-blast list that gets literature out for review. The Literature Committee is hoping that we'll be able to start sending brochure information out by mid-summer. So stay tuned for further details and announcements and thanks in advance for your interest! Together, all of us can make the world a safer, warmer place for survivors to heal in.

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WANT YOUR OPINION TO BE HEARD?

Why not join one of the following World Service Committees?

- Literature
- Finance
- Outreach
- Group Concerns
- Conference Committee
- I. Conference Planning & Conference Chair
- II. Conference Structure & Bylaws

If so, please contact Amanda at:

calm.determination@gmail.com

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SERVICE 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 only once or regularly**, we can use the help! Please call 410.893.3322 and leave a message for Linda. (The # button bypasses the long answering machine message.)

Thank you!

Other opportunities to give back to SIA and reach out to the newcomer that don't require you to be near the WSO:

1. **Email Responder**-automatically receive emails to your chosen address and respond to their requests for meeting lists,

etc. Any question that seems too difficult can be passed along to someone with more experience. All materials are provided for you. Takes 1 hour per week or less.

2. **Electronic Mailing List Manager**-send out quarterly emails to the list (provided by WSO), add or take off emails as requested, full training provided by previous position holder. 1-3 hours per month.

Contact Becky if you are interested in either of these service positions. 1 year of consistent attendance of SIA meetings required.

beckysiawso@gmail.com

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CALLING ALL PEN-PALS

Are you a male or a female? Do you like to pen-pal? We're looking for pen-pals to correspond with survivors in prison. If interested, contact Leesgreenacres@yahoo.com Thanks!

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LOOKING FOR A LITERATURE ORDER?

If you have questions about an order email:

sia.storeorders@gmail.com

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MISSING PREVIOUS NEWSLETTERS?

Look on-line at www.siaawso.org. You can find some of them there, or sign up to get them automatically. See below.

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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:

siaawso+subscribe@googlegroups.com

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RECOVERY WORKS

LINDA'S THOUGHT

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

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I talked to a Vietnam Vet who told me that he'd spend a year in a boat on a river watching his friends systematically get killed. Recently, he started having memories of abuse by a female cousin. He went on to say, "I have never been as afraid as I am right now. The enemy is in my mind, and I don't have a weapon to defend myself."

We are incredibly courageous and determined. My therapist told me that it takes tremendous strength to put myself in a position to feel pain. I am sure that I must have felt as if I was breaking apart at the seams at the time. I used to beat myself up by saying, "I wasn't over this by now?" "Why can't I just let it go?" "It happened a long time ago, forget about it." How abusive! I "talked" to myself mentally in a way that I would never talk to any one else on this planet.

I compared myself to my sister, "She goes to work everyday. She's got it all together." Me? I was putting peanut butter in the freezer and pots and pans on the back porch. When people spoke to me it was as if I was in a Charlie Brown cartoon. I'd hear people talking, I knew it was English they were speaking, yet it sounded like "Wa wa wa wa!" I couldn't concentrate, I was walking, talking, sleeping incest.

Some part of me knew that as long as I held one drop of guilt, inappropriate though it may be, I would never resolve it. Guilt, like wet cement, only hardens, maintaining the status quo. Anger, a great antidote to inappropriate guilt, rescued me from that inappropriate guilt. *Anger* can run its course. Guilt keeps us in victim mode.

Most of us have spent at least 18 years building our defensive walls that were absolutely required for survival. It will take time to dismantle them.

My sister could function much better than I at that time. But she's not strong. She may one day start her healing but not today. I'm not in competition with her, and she is not in competition with me. I can't make her stronger, and my recovery won't rub off on someone who still needs and holds on to those defenses. Working the 3rd Step means being gentle with ourselves. There is no way a

Loving Higher Power wants us to be mean and nasty to anyone, including ourselves.

Nothing changes if nothing changes. We can be a loving parent to our inner orphaned child(ren). We can be as kind to ourselves as we are to other SIA members. Then, healing is possible!

Linda D, co-founder/Executive Director of the World Service Office

See you at the World Service Conference and the September retreat!

Linda's Keynote speech, NOW ON CD or AUDIO CASSETTE, can be ordered for \$20.00 plus \$2.00 S/H. Please let us know which one you want.

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Tiptoeing Toward Love

Unseen pairs of eyes peer out as you gently reach in through the crowd. Glimmers of your vast love filter into the crevices of our heart causing a cascade of salty droplets to spill from our eyes, the only visible evidence that true connection has been made.

Selves appear and disappear like so many waves rising and falling in this ocean of being, asking, forever asking, "Do you love me? How about me? And me? And me?" Your heartshine never falters and speaks the only word it knows: "Yes," and "Yes" again. The constant clamor of these ones subsides and the unseen pairs of eyes open wide in wonderment.

"Trust" whispers the heart they share, "Trust" as another ray of rainbow light gently greets their being, healing all it touches.

Melissa, NY

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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 with written permission to print it.

June 2011

Dear Friend of SIA,

In my 26 years in New York City SIA, I have been given back a deep part of my life for which I am most grateful to HP and SIA. Monthly donations and writing this appeal letter is just one way I say 'thank you' for the abundance I have received. Recovery in 12 Steps comes from service which includes financial support. When I first read SIA's appeal letter back in 1995 I believe I thought, "Such a small amount they are asking for, and so much I've received. I feel it's the least I can do to say thank you even if it is difficult at times, it's more than worth it." Recently, being a disabled elder makes it difficult to get to SIA meetings. Contributing to SIA-WSO is a fine way to continue my Recovery. Helping other survivors is all more effective than a Fortune 500 Club because it is from my heart.

SIA-WSO producing literature is one of it's most important works especially as it reaches out and effects change and Recovery in so many! I have several of our many pamphlets. *The 12 Steps and 12 Traditions* is one of the best I've seen. Hitting the bitter bottom(s) I have in SIA, I have found it always there guiding me. *The 12 Traditions* are especially clear when questions about group functioning and keeping groups afloat arises. SIA's *Bittersweet* pamphlet is a major bridge for survivors entering from other 12 Step programs as anger and rage are not uncommon. As far as I know, SIA literature is the only 12 Step fellowship to address the issue of suicide with such depth, truth, hope and gentleness. *The Slogans* pamphlet gives me a short but direct way to deal with incest. There are so many more including the *Beginners Pamphlet*. Literature plus service, outreach via technology, telephone use, office expenses continue to need major funding.

Here I wish to thank Linda D, SIA co-founder, and other survivors who have so generously given of their time, talent and treasures. Thank you dedicated friends/survivors from all of us,

especially me. You have helped save my life. I send you my prayers and good wishes.

In conclusion, dear Survivors and groups, send \$2.00, \$5.00 or what you can afford. Do it monthly or on a one-time basis. And remember, we don't graduate from SIA. All donations are tax-deductible.

All HP's blessing with my thanks to each of you,
Gratefully,
Dianne W, NYC - SIA

From Wendy R, TX

**In the depth of
winter**



*I finally learned that within me
there lay an invincible
summer*

