

3rd 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

Welcome the following new groups to SIA:

FRANCE

MARSEILLE 1st Sat of each Month 12h30-14h

17 Friedland Avenue, 13100 Marseille Station Castellane or Baille siamarseille@voila.fr

PARIS Tuesdays 19h30-21h00

-Leu Church 92 rue Saint Denis, 75001 Paris Ring "Salle St Denis." Station Etienne Marcel or Les Halles St <http://sia-france.org>

PARIS Fridays 19h30-21h (EXCEPT AUGUST)

13bis Rue Des Bernardins; Email for door digital code: Centre Médico-Social de Saint Severin, Sous-sol, Salle 3 Station: Maubert-Mutualite contact@sia-france.org

PARIS Saturday 14h15-15h30

St. Elisabeth Church 195 rue du Temple, 75003 Paris, Room on the left when entering the church. Station: Temple <http://sia-france.org>

SOUTH_AFRICA

CAPE TOWN, WESTERN CAPE Mondays

8:15pm-9:30pm Women Only

Rondebosch, Cape Town, St. Michael's Catholic Church, Morris Room, Denise: chickendeedenise@gmail.com or 082.459.2444

UNITED STATES OF AMERICA

CALIFORNIA

PASADENA-SIERRE MADRE 7:00-8:30PM;

1st & 3rd Thursdays

PLEASE EMAIL FOR MEETING LOCATION!!

Thehut.PA@gmail.com

Primarily Ritual Abuse Recovery Focus, Survivors only, Women only

OCEANSIDE , SAN DIEGO

Mondays 6:00-7:00pm

Pro-survivors welcome (those who support survivors), Women only

1701 Mission Ave, Trailer A, Oceanside, CA, 92054 Welcome Home Ministries. The meeting is located in the first trailer on the right when you turn into the parking lot from Mission Ave. Chloe:siasandiego@yahoo.com or 619-823-0148

NEW YORK

BROOKLYN 2ND Monday of the month 6:00-7:15pm Survivors only

53 Prospect Park West @ 2nd Street
Brooklyn Society of Ethical Cultural

NEVADA

LAS VEGAS Tuesdays 9pm-10pm survivors only

4750 West Sahara

The Rooms, A Place for Recovery

Just for Today Room

Suzie: sialvnnv@gmail.com

TENNESSEE

NASHVILLE Mondays 10:45-11:45am

Women only

200 Warfield Drive, Life Management Center
Meet in the Library, Lisa:lb@lisabrokop.com
or 615-499-1477

NASHVILLE Mondays 12:00-1:00pm

Women only

200 Warfield Drive, Life Management Center
Meet in the Library right after the 10:45
meeting, Lisa:lb@lisabrokop.com or 615-499-1477

NASHVILLE Thursdays 10:30-11:30am

Women only

200 Warfield Drive, Life Management Center
Meet in the Library, Lisa:lb@lisabrokop.com
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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

Saturday, October 1, 2011

1:00 pm – 3:00 pm

3rd World Service Conference

At the World Service Office, Fallston, MD
or via Skype conference.

Basic Agenda:

Approval of last year's minutes

Committee reports

Nominations to committees

Open forum-new items to add to committee work and next year's agenda as time allows.

In order to participate in this conference you need to contact Becky by email beckyslawso@gmail.com no later than Saturday, September 24, 2011. So you can receive the documents in advance and test out

Skype. We hope that each group will nominate a representative to attend.

This abbreviated conference is a result of low participation on the WSC planning committee. The following traditions encourage us to look at how our participation in service strengthens our fellowship and helps us grow and heal together.

- 2. *For group purposes there is but one authority - a loving god as may be expressed in our group conscience. Our leaders are but trusted servants; they do not govern.*
- 4. *Each group should be autonomous except in matters affecting another group or SIA as a whole.*
- 8. *SIA work should remain forever non-professional, but our service centers may employ special workers.*
- 9. *SIA as such ought never be organized, but we may create service boards or committees directly responsible to those they serve.*

With many SIA's help and participation we look forward to a more robust conference in 2012. We have found that service is not something we do when we are "all healed up," it is a huge part of our healing process.

October 31, 2011 Survey Due Date

There's still time for your group to vote on the name "change". **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

November 2 – 5, 2011
International Society for
Traumatic Stress Studies Conference
Baltimore, Maryland

Cathy R. donated funds (including some of the administrative funds donated for Cathy to get the website current) to purchase an exhibit table for SIA at this conference. She and Kathy G. will be "womaning" the table, where they will distribute literature and talk to therapists around the world about SIA, and the support we offer to empower survivors. Thanks Cathy and Kathy!!

FROM THE TREASURER

**During the summer months
donations go down
but bills don't!**

SPECIAL THANKS to **groups** that sent in donations. It is the **ONLY** way we can keep up the good fight! **We need many more individuals, groups and Intergroups to support the WSO.**

CALIFORNIA: * San Jose CA 087; Santa Cruz SIA

ILLINOIS: Chicago, Men's Wed; Downers Grove; Downers Grove;

NEW YORK: NYC Manhattan, Blessed Sacrament Thurs; Montgomery NY-163;

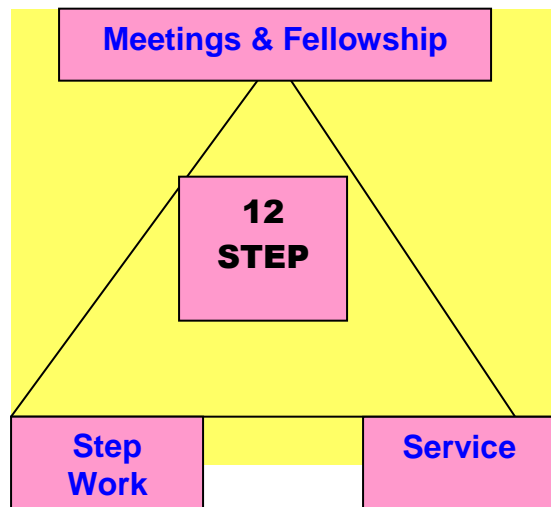
- * \$100 or more
- ** \$200 or more
- *** \$300 or more

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 contribute in the next Newsletter, please get it to Linda by October 1st.



The Three-Point Triangle of Recovery

12-Step recovery is predicated upon three points: attending meetings regularly/fellowship, working the steps, and being of service. As a person who has been involved with SIA for 16 years, I agree with the above sentiments. Going to meetings, has developed my ability to share honestly about what I'm feeling and experiencing. Meetings and fellowship have taught me it's okay to feel, and it's okay to reconnect to myself, others and the world. Step-work has taken me more deeply into myself. Step questions, inventories and the sharing of my writing with my recovery partners, sponsor, and therapist have opened my awareness in profound ways to how the sexual, physical and emotional abuse I endured affected me. More-over, step work has given me the gift of acceptance. It's helped me to let go of blaming myself for the profound effects abuse has had upon my psyche, my behaviors, and the way I view others. Step work has gifted me with tools to use when I inevitably slip into victim responses. Service has also been central to my recovery. For a person with low levels of self-esteem, it was unimaginable that any one could want what I have to offer. What a gift it is to be able to give! Moreover, I can't count the number of times a sponsee or recovery partner has called to share challenges when I've been having a hard time putting one foot in front of another. Showing up for another's difficulties frequently pulls me out of my own pain, gives me fresh perspective, and invariably gifts me with in-sights to take back into my own challenges. Of course service can take many forms. Accepting officer positions at the meetings I attend has helped me to show up when I've felt like giving up. When I'm overwhelmed by victim responses I want to run and hide, and I certainly don't want to attend a meeting or drive with PTSD responses dogging at my heels. But because I was leading, serving as a secretary, or had to bring the literature, I went. Invariably, a meeting was just what I needed at the time. I was glad that I had showed up. I felt a little better, a little less stuck. But I wouldn't have gone to the meeting if I hadn't had a commitment to be of service. Yes, 12-step healing processes are a three point triangle: meetings/fellowship, step work and ser-vice. I'm so glad that those who came before me have taught me these basic

principles. They've served me well over the last 16 years. 12-Step and its tools for recovery have given me back my life. 12-Step has taught me that I'm a person of worth who deserves the best. 12-Step had opened me up and somewhere along the way, I've come to realize that I am so much more than I ever dreamed was possible.

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COMMITTEE REPORTS

WS CONFERENCE STRUCTURE

We are pleased to share the following response from overseas to our request, in the June Newsletter, for feedback on 12 Concepts of Service of SIA:

I am writing on behalf of the 9.45am (Eastern) Monday phone meeting. We want to pass on our group conscience decision and to thank you very much for preparing and sending out the Proposed 12 Concepts of Service of SIA and we accept them without reservation.

Also, I would like to use this opportunity to let you and anyone within earshot know that there is an SIA daytime phone meeting available for anyone anywhere in the World who has a phone, no matter how isolated they may be. At the moment our meeting is entirely populated by people in Europe. People from elsewhere would be most welcome.

With gratitude for your service and best wishes from Dominic S in London (UK)

The Conference Structure Committee continues to encourage feedback regarding the 12 Concepts of Service of SIA and the Conference Structure sent to all members with the June Newsletter at wscfeedback@gmail.com. Your feedback will help us in defining the Concepts better in an expanded form (please include your group's ID#, if possible, in your feedback).

LITERATURE COMMITTEE

Help Spread the Words of Healing

By John+

As recovering survivors, there are so many issues we face. At times the pain of living is overwhelming. At other times our hearts seek connection but it's impossible to

trust and break through the walls of isolation we've erected in order to protect ourselves. Sometimes we find it all but impossible to show up for the dualities of past memories and feelings that are expressing themselves and our current commitments: showing up for the kid's soccer game, getting a report done for work or spending quality time with our spouses and significant others. Yes, being a survivor who is seeking to live consciously and move beyond the limitations that were imposed upon our identities by our perpetrators is not an easy task.

Yet in all things 12-step, it is by working together that we become empowered. Currently, the WSC Literature Committee is working to shepherd 35 brochures through to completion. These pamphlets are full of healing information about how to cope with and ultimately thrive while experiencing the many challenges that survivors must work through. In order to manifest these documents--which range from how to work all the steps to dealing with various ways that survivors act-out, to working with D.I.D. related issues and how to create lasting, loving relationships—SIA needs your assistance.

How can you help? Become involved with the World Service Literature Review Subcommittee. On this committee you help in any number of ways. You can help with data entry of documents, you can agree to read a brochure that's in development and contribute ideas, you can proofread final drafts, and you can even decide to serve as chief editor/writer for a document. Moreover, there is no bottom-line commitment of time. When you're able to help you can, and when life gets in the way there's no problem with taking a vacation as you need from volunteer activities. At SIA we understand: we give when we can, and when we can't, that's okay.

If you'd like a list of the pamphlets and brochures that the World Service Committee is currently working to develop, which also include a big book and daily meditations book, drop us a line. Write to John+ at siasocalintergroup@hotmail.com --I'll be glad to forward you a list of topics, and make sure that you're on the e-blast list that sends literature out for review. Also, if you'd like to participate in the WSC Literature Committee

monthly phone meetings, let me know that too, and I'll get you the information about how to dial in.

Yes, as recovering survivors, there are many issues we must face, and together we make the journey a little easier for all of us.

Call for Big Book & Daily Meditation Submissions

By: John+

People who are healing from abuse need the wisdom of those who have gone before them. Toward this end, the WSC Literature Committee agreed at its July meeting to activate a Big Book subcommittee. We are looking for your stories about abuse and the difficulties incest and the interwoven family chaos has created in your life, insights you've discovered while working the 12-steps, and what you've done to heal from the many issues that survivors face. The SIA WSC Literature Committee is also in the process of developing a daily meditations book. If you've written any meditations that you'd be willing to share with other survivors, please feel free to pass them along.

To participate in these important projects, just drop a line to our WSC Literature Committee Volunteer Liaison, John+, at: Siasocalintergroup@hotmail.com a note. I'll write back to you and let you know how to format your submissions, answer any questions you may have and also let you know about how to participate directly in Big Book Subcommittee meetings when they occur.

Please note that all submissions will be copyrighted in the SIA name.

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WANT YOUR OPINION TO BE HEARD?

Join one of the following W. S. 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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CATHY'S CORNER

I am Cathy R., and I am volunteering to maintain the SIA website and meeting and donor database. I live in 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.

WEBSITE UPDATES:

* I created a new tab called "International Language Translations of SIA Literature," and have the following six tabs underneath it: Spanish, French, German, Italian, Dutch, and Portuguese.

* I will be putting a list of the pamphlets that are currently available for sale in each language under each tab. I added the below statement to each tab: "These translations are in the process of being verified by the SIA board, but we want to make them available in the interim. Please email siamtgupdates@gmail.com if you find any translation issues, or want to help translate literature."

* I also removed the "Literature" folder, which only had the "Big Book Submission" tab under it, and put the "Big Book Submission" info into its own tab.

******A special thanks to Julia in Panama, who has been diligently working on translating each piece of SIA literature into Spanish.******

PLEASE HELP KEEP MEETING INFO UPDATED:

If you do not see your meeting listed online, and it is not one of the two groups that are not listed online (one is in CA, and one is in MD,) 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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CALLING SERVICE VOLUNTEERS

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 by-passes 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. beckyslawso@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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