

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>

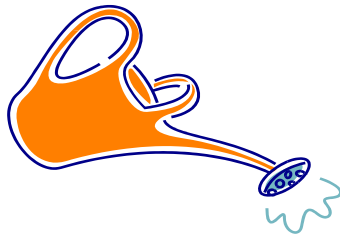
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MISSION STATEMENT:

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 new groups to SIA:

ARIZONA:

Prescott: The First Congregational Church of Christ Saturday 6-7pm

CALIFORNIA:

Santa Barbara: Trinity Episcopal Church Saturday 12pm to 1:15pm

San Diego/Point Loma: Tuesday 6:30-7:30pm Pro-survivors welcome

CONNECTICUT:

Sonya is looking to start a women's group near Bridgeport, CT. Please call her at 203-540-7826 if you are interested in forming a meeting.

MINNESOTA:

Rochester: Step Meeting Wednesday 6-7:30pm

OHIO:

Columbus. Maple Grove UMC Monday 7pm-8pm (Men Only)

TENNESSEE:

Nashville, West End Church of Chris Tuesday 7pm-8pm (Men Only)

ONLINE:

Survivors Only (24/7):
<http://www.intherooms.com>

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SURVEY RESULTS

Thanks to the 15 groups that voted on the suggested name change. It was unanimous to add the following whenever the SIA name appears in print:

For the adult survivors of childhood sexual abuse

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FROM THE TREASURER

IF YOU WANT TO GET A 2011 TAX DEDUCTION, BE SURE TO SEND IN YOUR DONATION BEFORE DECEMBER 31, 2011

**Because individuals and the following groups financially supported the World Service Office, we have been able to keep the World Service Office operating successfully.
Thank you!**

**** AUSTRIA, VIENNA**

CALIFORNIA: SIA Pasadena Sat morning; Santa Cruz; Oakland Fabiola Building; * **San Jose, CA-087**; * **Oakland Wed 6 pm Kaiser**; * **Kaiser Oakland, Wed 6:00 pm**

ILLINOIS: Downers Grove; Downers Grove; Downers Grove; Downers Grove

MARYLAND: Fallston Group; Columbia
Sat 3:00; Catonsville Veterans

MASSACHUSETTS: Cambridge; Fallston
Monday

MICHIGAN: * **Warren**

NEW JERSEY: * **Neptune**

NEW YORK: NY City Tuesday Blessed
Sacrament; Eve Vince D. Hill;

PENNSYLVANIA: Tues. PA Hospital, 8th
and Spruce; Bethlehem; ** **Horsham**
Wed. night; Bethlehem Sat.;

TEXAS: ASIA TX-065 thur 7 – 9;
VIRGINIA: * **Saturday Noon SIA group**
at Unity Club

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

**\$1,460 was donated
from the Mid-Atlantic Intergroup
Retreat!**

Estate Planning?

**Please consider earmarking SIA as
your preferred charity. We are making
a difference in so many lives through
literature, phone calls and meetings!**

**Please continue to send in donations
earmarked for 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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INTERGROUP POSTS

NOTE: If your Group or Intergroup
would like to contribute in the next

Newsletter, please get it to Linda by
February 1, 2012.

Correction: The article in the 3rd
Newsletter was contributed by the
California Intergroup. We apologize for
any confusion.

Join Us In Working The Steps In 2012! Southern California Intergroup

It's been more than two years in the
planning, but its time is finally here. In
January of 2012, Southern California SIA
Intergroup will be launching a step
workshop meeting. During 2012 a group of
people dedicated to healing from the
wounds of incest will be studying and
writing on the questions in SIA's 12 X 12
brochure. We'll be meeting twice a month.
At the first meeting of the month the step
will be studied and group members will
share their feelings, thoughts and
concerns about working the step.
Participants will then take two weeks to
write responses to as many of the steps
questions as they can. At the second
meeting of the month, participants will
break up into small groups and share their
responses with others because an
essential aspect of 12-Step work is
sharing one's step work with another
person.

After some discussion at our last
Intergroup meeting, it was decided to
invite everyone across the country and
abroad to work the steps in 2012. After all,
as one member said, "The steps have
been my pathway to a quality of life I never
dreamed was possible." Members of SIA
Southern California Intergroup believe that
if many of us work the steps in the year
ahead, survivor possibilities world-wide
could take a great leap forward. We're
planning to create a collaborative internet
space where anyone can share and
request information.

If your group comes up with a good
question or worksheet to use while

working a step—submit it, and it will be shared with all other groups who want to receive information. If your group needs safety guidelines for how to conduct a meeting, let us know and we'll share documents that can jumpstart your process. If you write about a step and believe your words may benefit others, send your narrative in, and we'll make it available to others. **Want to work the steps but don't have anyone to share your writing with? Let us know and we'll do our best to connect you with someone else who is in the same position as you are.** The possibilities are limitless. Just as significantly, we who are a part of SIA Southern California Intergroup hope that this collaborative process will help produce the rough draft of an SIA Steps Workbook that can be sold by the World Service Office.

So make 2012 a year of profound healing. Join us in Southern California in making this a year of possibilities that come to pass. For more information about how to get your own step study workshop going or to participate in the collaborative sharing process during the year, write to us at siasocalintergroup@hotmail.com. We'll get back to as quickly as our energies permit and make sure you're on the mailing list for all meeting process and step work information that is being shared.

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OUTREACH

SIA EXHIBIT AT THE ISSTS CONFERENCE:

As was reported in the last newsletter, 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 the International Society for the Study of Traumatic Stress (ISSTS) conference held in Baltimore last month on November 2nd-5th, 2011. There

were around 1100 professionals who attended the conference this year.

We made connections around the world and here in the US with directors of trauma centers, trauma therapists, and trauma researchers. Many therapists were exposed to SIA for the first time and were all complimentary about the quality of our literature and the breadth of topics covered.

We are hoping to do more conferences like this one to spread the word about the support that SIA provides for survivors who want it. Kathy and Cathy worked hard to make the SIA table look really professional—please see our exhibit table below:



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COMMITTEE REPORTS



LITERATURE COMMITTEE

Call for Big Book & Daily Meditation Submissions

The Literature Committee Is Growing & We Need Your Help!

In the last year, great progress has been made by the World Service Conference (WSC) Literature Committee. More than thirty new brochures are in various stages of production: a Big Book and Steps Workbook along with a meditations book are underway, a group of theme related narratives and poetry is being brought together by a wonderful group of Maryland SIA folk. We're dreaming big on the Literature Committee and just as importantly people like yourself are stepping up and offering to become involved in the process. As this year's new Literature Committee Chairperson, I'd like to thank all of the volunteers who are currently giving time and who have offered to give time to various committee projects. Your energies and willingness to give of your selves is making the difference. Together we are making it ever more possible for victims of childhood sexual abuse to find healing.

Currently, the committee needs even more volunteers to step forward. Our dream is that within the next calendar year that each of the five subcommittees has ten or more active participants. We need writers, editors, and typists. We need whatever you're willing to give. If you care about creating a brochure about an essential aspect of recovery from incest, let us know. If you have some insights that may be helpful to consider when working one of the steps, let us know. If you have an inspiring recovery experience to share or a poem about what it's like to live with a survivor's heart, let us know. We'd welcome your energy and service.

If you'd like more information about the Literature Committee's various subcommittees, that include brochure development, Big Book and Steps workbook, meditation book, recovery related thematic literature book and newsletter subcommittees, drop us a line. Whether you have specific ideas in mind or some general skills and just want to be given a task to play with, SIA WSC Literature committee welcomes your support and energy. To express your interests or find out more about how to become involved, drop me a line at siasocalintergroup@hotmail.com I'll get back to you within a week. Also, for anyone wanting to participate in the next WSO Literature Committee monthly conference call meeting, you can do so by dropping me a line. The meeting happens on the first Wednesday of every month at 3:30 PST/6:30 EST. We'd be grateful to hear your thoughts and ideas.

Thanks one and all for having the courage to heal and the willingness to give of your recovery to others!

Yours in Service,
John +

AND ONE MORE THING.....

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. 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

If so, please contact Juanita at: 813juanita@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 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.

INTERNATIONAL LANGUAGE TRANSLATION UPDATE:

I am excited to report that I have been in touch with a woman from the Netherlands, and a man from France who are working on translating some more literature into Dutch and French, respectively. I still want to recognize Julia from Panama, who is still churning out the Spanish translations for us. As I indicated in the last newsletter, I created a new tab called "International Language Translations of SIA Literature," and have listed the languages where we have some pamphlets translated, and which pamphlets we have.

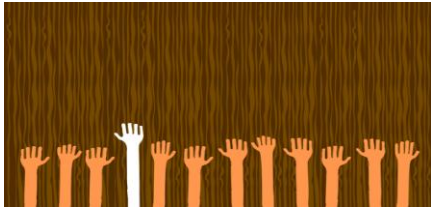
**** If you would like to help translate pamphlets into another language, please contact me at siamtupdates@gmail.com.

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: siamtupdates@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:

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.

Although you don't have to live in or near the states you answer, it is nice to be able to connect with someone you may potentially meet at your meeting. Here are the states which are available (keep in mind, currently 2 people respond to all these states)

Mississippi	Minnesota	Wisconsin
Alabama	Arkansas	New York
Louisiana	Georgia	Florida
Indiana	Oklahoma	Arizona
North Carolina	Tennessee	New Mexico
South Carolina	West Virginia	Colorado
Ohio	Virginia	Ohio
Missouri	District of Columbia	Missouri
Alaska		Alaska
Texas		Texas

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

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CALLING ALL PEN-PALS



Are you a male or a female? Do you want 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 them there, or sign up to get them quarterly automatically.

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FREE via EMAIL!!
QUARTERLY NEWSLETTERS
with RETREAT INFO,
NEW LITERATURE INFO

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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**Survivors of Incest Anonymous World
Service Office, Inc.
PO Box 190
Benson, Maryland 21018
www.siawso.org**



December 2011

Dear Secretary: Please read at three consecutive meetings and make a copy for all members. Thank you.

Thank you for your dedication to your own recovery, and those around you. Many of you have been healing for a decade or more. Tenacious adult survivors are truly changing this planet. Children are safer because of our concerted effort. We're talking about what was never spoken *even in private*. We are shouting from the rooftops – "Silence No More! Stop it! Stop it NOW! No child should be abused!"

Why have I spent almost 31 years working at Survivors of Incest Anonymous World Service Office? I think that the

worse part of being abused, was being alone, *completely* alone. The only person in on the secret was my perpetrator.

The following story demonstrates the usefulness of SIA:

A man swerved to avoid hitting a deer and drove his car into a ditch. His children in the back seat were visibly upset. About that time, a farmer with his horse, Old Dan, came by and saw his dilemma. He said, I'll just hook up Old Dan to your bumper and he'll pull you out."

The man was in disbelief but the farmer hooked Old Dan up to the bumper and yelled, "Come on Paul, Bill, Old Dan!" Much to the man's surprise, Old Dan pulled the car out of the ditch.

The man said, "Thanks! But why did you call the horse by 3 different names?"

The farmer replied, "He never would have done it if he thought he were alone."

We really can do together what we cannot do alone. I believe healing is possible *but not without help*. One woman said that incest is like screaming but hearing no echo. SIA provides that echo, the healing and the support required to get through this recovery process.

We still need and appreciate your financial support to continue the work we have been for nearly 31 years. By attending meetings, sharing literature, sharing hope, sending in personal donations, group donations or Intergroup donations, you are contributing to the cause. You are accomplishing our shared mission: to heal and pass that healing on to others. Thank you for all of your efforts in 2011.

Please send what you can afford to help us continue to fight. You can send in your

check or go to the SIA website:

www.siaawso.org

**Thank you! ALL CONTRIBUTION ARE
TAX DEDUCTIBLE.**

Be gentle with yourself,

Linda D.

“A grateful heart sits at a continuous
feast.”

Co-founder/Executive Director