

Summary of SIA WSC Literature Committee **October 2011-October 2012 Discussions & Activities**

Prepared by John+

In the previous year the SIA WSC Literature Committee (LC) and some of its subcommittees have met regularly. Below you will see a description of the work being done in each LC subcommittee. Many thanks are due to all the volunteers who are providing service to this committee and the World Service Conference as a whole. All information listed below has occurred from October 2011 – October 2012.

To join us for the monthly LC teleconference meeting Dial 712-451-6000, when the recording comes on dial 190373#. The meeting is on the first Wednesday of every month from 6:30 – 8:00 P.M. Eastern Time. Further, if you wish to contribute to the WSC Literature Committee, feel free to contact John+ at siasocalintergroup@hotmail.com for more information about how to become involved.

General Literature Committee Information

16: # of LC & LC Subcommittee meetings held in last year

41: # of volunteers participating in all related LC activities (phone meetings, writing, editing, etcetera)

A Google Site has been created for LC members to communicate on and do editing on of documents to speed up and allow easier input into LC processes.

A Submissions Guidelines & Copyright Form was developed for all SIA Submissions based on the type used by AI-Anon (**See Appendix # I**)

A LC Membership Poll was developed and sent to all registered groups to standardize all references to Higher Power in existing SIA Literature from Higher Power/God/Goddess/Him/Her to “loving Higher Power” over time (**See Appendix II**)

LC Chair Needs in Upcoming Year: Chairpersons are being looked for to head up the following WSC LC Subcommittees: Meditations Book, Translations, Literature Review, Creative Writing related to Survivor Issues. If interested, please contact John+ at SIASOCALINTERGROUP@Hotmail.com

Important Motions that Passed Related to General LC Activities:

LC Service Tenure: All LC and LC subcommittee chairs serve for one year periods of time and it is suggested that individuals not serve in the same capacity for more than 3 years unless there is need in order to allow for a “rotation of service.” All LC members are encouraged to serve for a minimum of a year, but that this is not an absolute requirement and any SIA members may serve in any LC or LC subcommittee role. (November 2011 Minutes)

LC Google Site Participation: Individuals must participate in two LC meetings in order to be provided with access information to our LC Google site. (May 2012 Minutes)

Pamphlet Review Process: When a pamphlet writer/editor (shepherd) is ready to share a pamphlet for input, it shall be sent to all literature committee members for commentary prior to being posted for outsider input. (May 2012 minutes)

LC References to Higher Power in SIA Literature: A poll question and background article be created for next newsletter. The poll question will be: "In the SIA steps and traditions can the terms 'God' and 'Him/Her' be replaced by 'loving Higher Power'?" (July 2012 Minutes)

Electronic Literature Pricing: All online pamphlet literature prices will be raised by 75 cents to cover the 5% plus 49 cents per document charge that Pay Pal requires. (July 2012 Minutes)

All Literature Pricing: Online member poll at request of Board of Trustees. An online poll of all LC members occurred in October regarding the pricing of all Literature. Snail mail literature will be raised 75 cents per pamphlet to make it easier for volunteers to fill order requests and raise more funding.

Brochure Subcommittee

CD's of Pamphlets: With the assistance of SIA Web master, Cathy R. all current pamphlets are being turned into CD's for online sale. It is also being looked into how these documents could be sold in places like iTunes and other media sites.

A "Literature Awaiting Fruition" tracking document has been created (if you wish to see, please request as doc cannot be reformatted to fit in this report)

Electronic Sales of Pamphlets: The LC approved and forwarded to the board for approval the sales of all pamphlets on line for immediate download of pamphlets. Within the next few weeks the SIA 12 x 12 pamphlet, and six others will be available for immediate purchase and downloading on line.

Pieces Ready to Go to the Board for Approval:

3 new pamphlets are ready to go before the board for final approval pending a final vote by the LC at its next meeting:

- **Stuck: What to do When One's Recovery is Stuck**
- **Eating Disorders & SIA Recovery**
- **Understanding and Identifying Covert Incest**

Pieces Currently Being Written/Worked On

A number of partially completed pamphlets and new pamphlets are in various stages of development and actively being worked on by various shepherds. These include:

- **Inner Self & Recovery Process**
- **Recovery Process and Reconciliation**
- **The Complete Guide to Starting an SIA Meeting** (Includes: How to Find a Location, Standard Leadership Service Descriptions, Sample Readings, Sample PR Announcements for News Sources and Therapists, How to Conduct a Group Conscience, How to Do a Safe Business Meeting, Guidelines to Safety, How to Find a Recovery Partner or Sponsor for Doing Step Work)
- **Debtor Issues and Survivors**
- **Spirituality & 12-Step Healing for Survivors of Ritual Abuse**
- **Working with DID and PTSD Triggers**
- **Letting Those We Love Know that We Were Sexually Abused: *How to Communicate with Our Children, Spouses and Friends about Our Truths***
- **The Role of Owning & Expressing Anger in Healing From the Wounds of Incest**
- **Male Survivors: Coping with Maternal Incest**
- **The All in One First Step Inventory**
- **The All in One Second Step Inventory**
- **The All in One Third Step Inventory**

- **The All in One Fourth Step Inventory**

Big Book Subcommittee

Motions Approved:

Our Big Book Focus: The objective of the SIA Big Book is to be comprehensive and thorough in its approaches. (June, 2012 meeting)

The committee has created and Implemented the following regarding a Big Book for SIA:

- Name: *Hope Heals*
- Cover Color: Gold (thus: the SIA Gold Book or SIA Golden Big Book)
- A Working Outline of All Chapters & Sub-point Structure for Most Chapters has been created;
- All existing SIA brochures have been placed into the outline so that references to those brochures can occur in the book
- It was decided that every chapter and subsection in each chapter will begin with 2-5 excerpts from the survivor stories people have been submitting to SIA
- Over 25 stories have been edited and begun to be placed in appropriate chapters
- A promotional piece has been created and placed in every SIA newsletter and a more general one has been disseminated to several other survivor groups (**see Appendix 3**)
- In October, 2012 the first Gold Book Roundtable Discussion was held, recorded and listened in on by 27 individuals. The purpose of these monthly events is to take chapters or sections of chapters from our Gold Book and have an experienced speaker's panel answer a series of questions related to content in that chapter. This is being done to create rough draft text for the book and to allow SIA members through out the world to listen to experienced SIA step workers share their collective wisdom. (**see Appendix 4 for the November 2012 Roundtable for an Example and to Share with Your Meeting**)
- For the "Doctor's Opinion" section of the Gold Book, Dr. Judith Herman (a long time specialist and writer about healing from the wounds of traumatic abuse and therapist, is being contacted to explore whether or not she'd be willing to write a "Doctor's Opinion" piece for our Gold Book
- **And Then There Were TWO:** Only excerpts will be used from survivor personal stories/narratives in our Gold Book; however, a second text is under construction at the same time. This will be a book of complete survivor personal stories. It's method of organization is yet to be determined.

Newsletter Subcommittee

- A new newsletter editor has stepped forward: Karin H. The first letter she'll be shepherding through to completion will be the 2012, 4th issue (due out in December);
- A series of ideas for revamping the newsletter/making it more attractive is being discussed. Chief amongst these is improving the visual appeal of the letter and combining all the various attachments (Linda's section, fundraising requests, member polls, retreat announcements into one document) into one, easy to read newsletter.

Translations Subcommittee

Translations are underway or have been completed for the following language groups of all SIA pamphlets: Spanish, Dutch, German, Italian and Portuguese.

Meditations Book Subcommittee

- A book of meditations created by a former member, called *Surviving With Serenity* is being pursued by Linda for SIA use. The meditations are beautiful and she is seeking permission from the survivor's estate to make this into an SIA publication.
- The committee has discussed creating a weekly meditations book until such a time as we have a daily meditations book. One idea that emerged was that a series of process/inventory/reflection questions be added to each meditation in order to allow the survivor to explore what the meditation means for his/her recovery.
- Linda has 45 meditations from an author in England that were sent to SIA some years ago. She will send them to the committee for comment.

Creative Writing Book Subcommittee

- Very little active work has occurred with this area but the LC is looking for an individual to serve as chair for this subcommittee and take responsibility for encouraging submissions.
- Liz, in the Maryland group has been working on a book of collected personal narrative essays, poetry, that's centered around different recovery themes. She and others in the group have been working on creating this book for some time. Such a book would make for another invaluable SIA publication. Some of these works or pieces of them might be suitable for inclusion in the Big Book. More needs to be done to publicize this effort and help Liz collect contributions for it.
- Meri, one of our members, has been looking into receiving permission for SIA to print a book of poetry about survivor issues that was left to us as a bequest after the poet's death.

Conclusion

SIA's WSC Literature Committee wishes to thank all members who have given service to our committee. Literature is a key component of SIA's mission in all areas of WSC activity. The energies and time of everyone who has been a part of reactivating the Literature Committee this year, along with all of those individuals who have made contributions in the past, have been invaluable. Thank you everyone!

See Appendices on next page.

Appendix I:

**GUIDELINES FOR LITERATURE COMMITTEE SUBMISSIONS & COPYRIGHT
RELEASE FORM**

- 1) Survivors of Incest Anonymous World Service Office, Inc. will be the sole owner of Submission; therefore, we cannot accept anything that has been previous copyrighted.
- 2) The author must sign the Copyright Release Form at the bottom of this document with all submissions
- 3) The SIA World Service Office will reserve the right to edit for space or clarity.
- 4) There are no requirements or restrictions concerning the length of the submission.
- 5) Artwork will be printed in black and white. We cannot accept artwork on paper larger than 11 x 17 inches.
- 6) Please remember to write about the program and how it has helped you in your recovery. Authors do not need to be “over it,” but we would like to remain as positive as possible and convey the message that there is hope, and that healing is possible.
- 7) Send all submissions to SIABIGBOOK@hotmail.com
- 8) Be sure to send a signed copy of the Copyright Release Form with your submission.
- 9) Non electronic submissions should be sent to:

SIA WSO
Attn: Literature Committee
P.O. Box 190
Benson, MD 21018
(410) 893-3322

SIA Copyright Release Form

(Thank You for Sharing Your Experience, Strength & Hope!)

Name _____ Phone & Email _____

Address _____

Actual or Electronic Signature _____

_____ Please use my first name, last initial and state/province/country

_____ Please sign me “Anonymous”

_____ Please update me about future SIA WSC Literature Committee Activities and Needs.

I understand that all writing becomes the property of Survivors of Incest Anonymous World Service Office, Inc., and may be used in whole or part in the development of SIA’s materials. Although SIA will own the document you submit, SIA recognizes that you may want to use your writing in another publication. Therefore SIA will be happy to grant a copyright release any time that you request it for use of your piece in other publications.

Appendix II:

SIA WSC Literature Committee Membership Poll Question: "In all SIA literature can the terms, 'God' and 'Him/Her' be replaced by 'loving Higher Power'?"

Recently, the WSC Literature Committee spent a great deal of time discussing the concept of "Higher Power" and how the idea of Higher Power should be referred to in SIA's literature. The idea that prompted this discussion was the fact that Higher Power is referred to in several ways in SIA's existing literature and the Literature Committee and Big Book Subcommittee would like to standardize our descriptions of this concept to be suitable for the largest number of survivors. In our existing literature Higher Power is referred to in the following fashions: "God," "Him/Her" and "loving Higher Power." We would like to standardize the reference to both improve readability

Some of the concerns that have been shared have been that Higher Power needs to be open ended and personal. Many of us do not subscribe to the Christian, Muslim or Jewish idea that God is a penultimate being that is male. However, many of us do feel that God is exactly that. Others of us find that our personal relationship with Higher Power needs to be female, and thus the terms Goddess and She feel appropriate. Still others of us label Higher Power as "Creator," "Mother," or "Father." As the WSC continued to discuss this issue we arrived at two conclusions: we want to provide the maximum number of members with the opportunity to connect with the term "Higher Power," and we want to convey, from those who've worked the steps what the notion of Higher Power is that has guided and been an integral part of our recoveries.

Consequently, the Literature Committee arrived at the idea that all of our references to Higher Power be conveyed by the term "loving Higher Power." The term love was applied to the idea of Higher Power because we believe that love, which means compassion, acceptance, understanding and non-judgment, is an essential aspect of Higher Power that must be tapped into for recovery to occur. Without these qualities we believe the self cannot be re-parented and cannot come to trust that the survivor is safe today.

As a result of these feelings, the Literature Committee put forth a motion that carried and needs to be put before our membership. That question is this: ***"In all SIA literature can the terms, 'God' and 'Him/Her' be replaced by 'loving Higher Power'?" (Put check in box next to your group's vote)***

_____ **Yes**

_____ **No**

_____ **Group name, Day/City of Meeting**

_____ **Group Contact Name**

& Contact Information in Case of Questions

SIA will be collecting polling information from every group and member for the next six months (All ballots must be received by March 1, 2013). We look forward to your input on this important spiritual recovery question. Online, electronic votes may be sent to: SIABIGBOOK@hotmail.com. Send paper ballots to:

SIA
Attn: Literature Committee Vote
P.O. Box 190
Benson Maryland, USA 21018-9998

Appendix III

Help Make Our Gold Big Book Reality!

SIA's Big Book & Steps Workbook Subcommittee is in full swing and we need your help. We've now created an outline for our Big Book, whose working title is *Hope Heals*. To complete this important project we need your help. Below you'll find a list of potential topics to write about. We're interested in hearing about your experience, strength, and hope as it relates to the issues below. To submit a piece of writing simply create it, and send it to us. Also, read the brief submission guidelines and fill out and send the attached copyright agreement form with your submission. We look forward to hearing from you. Also, if you'd like to participate on the Big Book Subcommittee or SIA WSC Literature Committee we'd love for you to be involved. The Big Book Subcommittee phone conference meeting is on the 3rd Wednesday of every month and the Literature Committee meeting is on the first Monday of every month. Both meetings are at 6:30 P.M. EST and 3:30 PST. The access number for the meeting is: 712-451-6000. When the recorded message asks you to input an access code enter 190373. We look forward to hearing from all of you— together we will help ourselves and other survivors to heal.

Potential Topics to Write About

How have you changed as a result of your recovery work?

Your story of abuse: We're seeking all types of stories (parent incest, sibling incest, authority figure incest [teacher, minister, boss, babysitter, etcetera], ritual abuse, covert & emotional incest.

Your experience with and working through the traits survivors develop to cope with the wounds of incest and sexual abuse: various isms [& how by working on your core incest issues you were able to attain successful outcomes], disassociation, inability to form lasting relationships, PTSD challenges, difficulties in managing day to day challenges (work, child-rearing, marriage, etc.), co-dependency, boundary setting issues, self-esteem issues, body relationship issues, etc.

How a relationship with a Higher Power of your own understanding assists with your recovery processes (challenges with finding a Higher Power of your own understanding, what your Higher Power looks like, the type of relationship with a Higher Power that assists with your recovery)

Your experience with the "interwoven family chaos" (various types of abuse that co-exist in households where there is sexual abuse) and healing from its effects; including emotional, physical, mental, spiritual abuse. Also, we're interested in your experiences in working with the non-sexual perpetrating individuals in your family/circle of acquaintances (their effects upon you and how you've dealt with these family members in recover).

Your experience working the 12 Steps, how they've helped you & how you've worked them. Also, what are your experiences/suggestions in working the steps in workshop (and what elements are conducive to creating successful outcomes), with sponsors/sponsees, and with recovery partners? Also, how have the 12 Traditions, Slogans, literature, meetings, sponsorship etc. helped you in your recovery process?

What other tools in recovery have you used (e.g. medications, structured therapy, writing, journaling, artwork, bodywork, meditation, yoga etc.)?

Issues/dynamics with doing inner children and reparenting work. This includes how you work with your inner children, what the process is like, why it's important to you/how it assists with your recovery.

What are your experiences/suggestions about healing from sexual abuse while coping with working with various mental health challenges (including dissociative identity disorder/multiplicity, PTSD, bi-polar, borderline personality, schizophrenia, depression, etc.)?

Finding a place in the world: your hope and dreams for yourself and other survivors.

What changes have you seen as a result of recovery work – at home, with children, at work, in relationships, with family of origin? How is your life moving forward?

What do you want the newcomer to know?

Appendix IV:

**A SIA World Service Conference Roundtable
Discussion:**

**“Creating Safety & Support for Healing, Remembering &
Working with the Emotional Content of Memories”**

Purpose:

To create text for the SIA Big Book, *Hope Heals*

Background:

The SIA WSC Literature Committee & Big Book Subcommittee is seeking your assistance in making our dream of an SIA Big Book come to life. To help with the creation of this text, we are conducting a series of discussions by experienced SIA members about various chapters in the book. You may listen in and participate in these discussions. Each discussion will be two hours in length and non-speaker panel members are encouraged to participate during the last portion of the meeting. Additionally, all SIA members are encouraged to share their experience, strength and hope in written form with the committee.*

Roundtable Particulars:

Date:

Sunday, 11/18/12

Time:

4:00 P.M. – 6:00 P.M. Eastern Time
1:00- 3:00 P.M. Pacific Time

To Participate:

Dial **1-218-936-4700**; then press **673296**

To access the discussion questions for the Roundtable, go to the SIA World Service Web Site (SIAWSO.org) and click on the “Big Book Submissions” tab on the left side of the screen.

*** If you'd like to participate in a future WSC SIA Roundtable Discussion as a Speaker Panel Member, feel free to contact Becky (beckysawso@gmail.com) or John+ (siasocalintergroup@hotmail.com)**

“Creating Safety & Support for Healing, Remembering & Working with the Emotional Content of Memories”

Chapter 6 in *Hope Heals* (the SIA Gold Book or Big Book)

Perhaps the most important act that any healing survivor must take is to build a safety or support network. Without support, it is virtually impossible to enter into painful memories, or even make it safe for such memories to emerge. Why? Healing from the pain of childhood sexual abuse and the interwoven family chaos of physical and emotional abuse and neglect is fraught with challenges at every turn. PTSD triggers, isolating and minimizing behaviors, act-out responses and profound experiences of shame, anger, grief, fear are but a few of the intersections one passes across while healing from the wounds of abuse and neglect. Growing up, we were denied comfort and support when we were traumatized by our abusers. Thus we pushed our true selves aside in order to survive. Healing requires that we release the many traumas that we buried and this cannot be done without support.

Being a 12-step survivor and living within one's dreams and possibilities means finding both an external and internal loving Higher Power that one can draw strength from. Put another way, finding comfort, compassion, and unconditional acceptance is what makes personal transformation possible. When there is safety and support, memories needn't be fought with. When there is safety and support, terror, self-loathing, grief and anger can be released. When there is safety and support we are finally able to win free of the toxic inner prisons of smallness and shame so many of us felt confined in. This Roundtable will discuss these concerns and three long time SIA members will share why creating safety has been essential for their recoveries. The panel will also share how they created both external and internal support systems that have helped them walk through painful memories in order to reclaim their true self's possibilities.

Below you will find the a list of topics that the Gold Book Subcommittee is hoping to address in this chapter along with a series of questions that we will appreciate your verbal feedback on at our first Roundtable Discussion. It is doubtful that we will have time to hear everyone's responses to all the questions. Therefore, we also ask that you be kind enough to put your thoughts and feelings down on paper and share them with us because the more survivor stories we have in our big book, the better it will be.

Topics

- The differences between safety and hiding versus safety and living fully empowered
- The qualities of internal and external safety
- The role of internal parts dialogue/active reparenting in creating internal safety
- How safety/support systems are built
- How and why true safety can feel dangerous to survivors
- Why safety/support is an essential aspect of making it safe for memories and their contents to emerge
- How safety reorients the one's responses to challenging emotions and situations
- The relationship between safety and a loving Higher Power in one's life
- The importance of fellowship, step-work and service work for creating a strong support network

Questions for Consideration

- Why do survivors need to create safety and support systems in order to heal?
- How does safety look different in recovery than it did prior to recovery/What internal and external safety qualities are necessary for recovery from the wounds of incest and abuse?
- How are safety/support systems built?
- What role does internal parts dialogue and active reparenting play in the creation of safety?
- Why does true safety feel dangerous to survivors at times?
- What is the relationship between safety, remembering and working with the emotional content of memories/how does safety help one stop running from memories?

- How does the creation of safety reorient one's relationship with challenging emotions and life situations?
- What's the connection between safety and a loving Higher Power?
- In terms of survivor healing, what's the connection between fellowship, step-work and service work in building a strong support network?