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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HERE AT SIA WE NEED YOUR GENEROUS HELP TO KEEP GROWING

March 2013

Secretary: Please read at 3 meetings and provide a copy for all members. Thank you.

Dear SIA Supporter,

Thank you for your generous support of SIA world-wide. Because of your financial support in 2012, we were able to respond to countless callers and email inquiries, send out free literature to those who couldn’t afford it and help many new people find their way to their first meeting. Phones were answered, letters responded and thousands of pieces of literature distributed. We were busy and it shows.

2013 is already bringing its own challenges. Donations have dropped dramatically, and we need approximately $350.00 to buy 2 software packages. This will enable volunteers to work from home, it will allow the office to update our database, and get a better idea of our financial health.

I and two other women started SIA 32nd year ago, and although I don't remember the countless thousands upon thousands of people that we have helped apply balm on a very deep, ugly pain, I am reminded that there are still so many survivors who are just now beginning their journey. SIA needs to be there for them. You can make it happen

Let's, together, keep it going.

Please donate individually, as a group, or as an Intergroup in order to purchase these much-needed computer programs. $5.00, $10.00, or any amount will help

Thank you.

Be gentle with yourself,

Linda D

Co-founder/Executive Director

All donations are tax-deductible!

Group Donations: CALIFORNIA: *Beverly Hills
* =$100 or more MARYLAND: Fallston, Columbia
**=$200 or more NEW YORK: Montgomery, Tues 7:00pm
*NY-150, Church of the Garden
NEW JERSEY: Westmont, Sat
OREGON: *Portland
Please register by June 1st to secure Early Bird rate of $200. Rate is $220 thereafter. Includes 2 nights in shared room, breakfast (Sat & Sun), and Saturday night dinner. Private rooms are available for $240 Earlybird/ $260 after June 1. (Please reserve private rooms as soon as possible as they are limited in number.) Day tripper rate: $75. Survivors only please.

Friday
4:00pm – Registration begins
6:00pm – POTLUCK DINNER. Please bring a dish or something to share!
8:00pm – Opening Meeting

Saturday
Breakfast, Workshops, Lunch (on own or leftovers) more Workshops,
6:00pm – Dinner in Kirkridge Dining Room, followed by Games and Open Mic

Sunday
Breakfast, Workshops
11:00am – Closing Meeting

How To Register:
Send your information from the form below to info@sianewyork.org and mail a check, pay through PayPal, or bring check/ cash to retreat center. (Register by 6/1/13 for early bird rate.) Our Paypal email address is: info@sianewyork.org. Or, by US MAIL: Send the bottom portion of this form and check/money order – payable to SIA NYC to: SIA NYC, PO Box 7413, NY NY 10150. Please include SASE or email address. (Snail Mail must be received by 8/15/13)
Questions? Email info@sianewyork.org

Please expect to pay in full upon your arrival. We cannot process credit or debit cards at the retreat center.
Name: __________________________________________
Email: (please print clearly)________________________ Phone number: ____________________________
Address(city,state,zip): ________________________________
Day, Time and Location of SIA Home Group:
_________________________________________________
Name of roommate(s) (2 or 3 beds per room)

_________________________________________________

I wish to donate to SIA World Service Organization and am enclosing an additional
$_____________________.

Spread the word... share this flyer at meetings!
Understanding and Supporting the Committees of the World Service Conference

This is the first in a series of quarterly Newsletter articles offered by the World Service Conference (WSC) Structure Committee, which functions as a sub-committee of the WSC Conference Committee. The Conference Committee, with its two chairpersons, the Planning Chair and the Standing Chair, plans, organizes, and conducts the yearly WSC. The Conference Structure Committee defines, helps build, and informs the membership concerning the following important entities: the WSC Structure voted upon at the 2008 and 2009 WSC’s, the WSC Committees solidified at the 2009 WSC, and the proposed SIA Concepts of Service suggested in 2008 and voted upon as a working draft in 2009. The Conference Structure Committee is in need of a planning Chair and a Standing Chair for the 2013 WSC, which is traditionally held in the Fall. The WSC Committees are the Literature Committee, the Outreach Committee, the Group Concerns Committee, the Finance Committee, and the Conference Committee and its various parts described above.

Of the above Committees, the Literature Committee is fully functioning and includes various “sub committees”, including the SIA Pamphlets, SIA “Big Book”, SIA Daily Meditation Book (proposed), and Newsletter sub-committees. Members may serve within the Literature Committee in many capacities. Articles in the SIA Newsletter give information regarding opportunities to serve. The Outreach Committee has been meeting regularly and will be reporting soon in the Newsletter. The important functions of both of these Committees can always be served by more volunteers.

The Group Concerns Committee is small and needs a Chairperson and more members at this time. The Finance Committee is also in need of a Chairperson. To chair a committee, a person should have enough time and active participation in SIA to be very familiar with the SIA Traditions, and become familiar with the proposed Concepts of Service, which are posted on the SIA web site.

To learn more about selecting which WSC Committee is the best fit for you, go to the SIA web site and select the Service Opportunities tab. You may email Juanita at 813juanita@gmail.com for more information.
Finding The Strenght Within
by Paul D.

Tears of pain, leave a trail of sorrow as they dry upon my cheeks. It is hard for them to even begin to well, for the pain is buried deep beneath the surface of my life. It usually takes a heart-felt melodramatic book or movie to get them flowing. Within the pain of my family history lies an ocean of unfathomable emotion. The rage and anger that moves as the tides of years pass us by, become even more engulfing.

As I watch my relationships with the ones I love, have loved and the ones that I know love me for me. I see a tsunami of betrayal and the loss of boundaries. For we have been raised to allow our emotions to control our behavior more so than our intellect. I could only wish to express my feelings without punishment from within, from the self hate and loathing I had been taught as a child. I am learning. I am aware. I am awakening!

I am coming into balance for the first time in my life as I sit here at thirty-nine, as my tear filled eyes become more focused on what is real and what is not, what it truth and what is not. And for that I am blessed beyond measure in this life.

It is never too late to know thy self. For I think, therefore I am, as long as I am true to thy own self. Out of all this pain from the abyss I have become less self-centered, less self-pitying and much more compassionate towards others. But when I really look at life from a distance, I see that it truly is all about convenience for most of us. Least we be inconvenienced. Whether it be raising a family, chartering a career or volunteering our services to our fellow man. There is always the sense of what is in it for me.

A mature person that has grown up as the season come and go may see it differently for they were sowed in a garden of unconditional love. I on the other hand experienced my foundation of life through chaos and confusion, not knowing that spring, summer, fall and winter had as well, come and gone. The over shadowing and over bearing of my mother's feelings suffocated all those that were in her mist. For she too was a child born out of chaos and confusion and, however short her life was, she never made it into the class room of life that teaches the lessons we really need to learn to live to be happy, joyous and free and seeing love as not a thing of convenience. Love is an action, it is not just a mere word to be spoken and actions speak louder than words in the end.

CON'T ON NEXT PAGE
Her broad of children all have different sights and sounds of memories from what they grew from, some are familiar to them as mine are to me. And yet others have a completely opposite understanding of events that unfolded around us all. Socrates said: Realty is the perception of time and space how it exists in our minds. I think for me I wasn't even present within my own mind and body. Just my spirit seemed to witness my salvation as I crawled, walked and ran from it all as I became a man.

Today, I stand on my own two feet, secure in my truth as I know it to be, regardless of the contentions of some of my fellow siblings. Their truth is theirs and this is mine. And with that said, may the seeds of growth, that are sown here today, create an even healthier outlook for generations to come.

I am just learning to feel my truth and understand my history for what it is and not for what others would have it be. This is my life and I am free to share my experience, strength and hope as I wish. There is no such thing as defamation of character when you don't even know what it means to have a character. We didn't live by any healthy principals whether they be moral or valued. As far as I know, we just came into being and were pretty much left to our own devices, as we tried to stay alive in a world that has yet to eat any of us alive. But God only knows what tomorrow will bring. As long as I stay awake from here on out, I have a chance of knowing what it means to be love and be loved and to have had a full life. And for that I am grateful beyond any words I could write upon these pages. Godspeed!

OUTREACH COMMITTEE REPORT

SIA'S WSC Outreach Committee needs your help and support. Please join us in our efforts to bring more awareness to the issues surrounding survivors of sexual abuse. There is so much to do and we can really use your help. We are looking to do a PSA - (Public Service Announcement) to help those seeking help to know that SIA is available. If you are interested in participating on the committee or just want to help out when you can please contact Coco at ceeparis@gmail.com to request more information. Even if you just have questions or ideas they are always welcome. If you know of a group or individudal that would like to contribute info, stories, etc. please feel free to email me.

Come join us at one of our meetings which takes place every 2nd Friday of the month at 3:00pm EST. Our next meeting will be on April 12th, 2013 at 3:00pm. It's easy, just call the free phone conference number (712) 451-6000. The pin number for the meeting is 190373#.

Thanks, Coco
SIA WSC 2013 Outreach Committee Chairperson
The WSC Literature Committee is continuing to push forward and as LC chair, I’m thrilled to announce that there are some exciting new pieces of literature that are newly available to assist with your recovery processes. The first is a pamphlet called “Stuck.” This brochure examines how to work with the challenging thoughts that many of us experience about ourselves and our recoveries. Some of the thoughts addressed include, “I’m too afraid! It’s unbearable! It’s unfair! I need my dysfunctional family! I’m worthless! And, I’m doing my recovery wrong because others are improving faster than me!” Additionally, the pamphlet outlines why these types of negative thoughts occur and how to minimize their effect upon our emotions.

As a member of SIA, I am incredibly grateful for the many people who are coming together to help make dreams of healing into tangible realities through their service with the WSC Literature Committee! If you’d like to be a part of this wonderful undertaking, we’d love to include you. Right now we need transcriptionists, and people with writing and editing skills to assist with our newsletter, gold book, meditations and creative writing books. For more in-depth feedback on any questions you may have about the Literature Committee, or how to become involved, feel free to write to John+ at Siasocalintergroup@hotmail.com.

To participate in the WSC Literature Committee, please join us in our monthly conference call. The monthly meeting is on the first Wednesday of every month 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 and access code enter 190373 followed by the # sign. Please note, you do not have to be able to attend committee meetings in order to participate in committee activities.

For more in-depth feedback on any questions you may have about the Literature Committee, or how to become involved, feel free to write to John+ at Siasocalintergroup@hotmail.com.
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 30, 2013). We look forward to your input on this important spiritual recovery question. Online, electronic votes may be sent to: SIABIGBOOK@hotmail.com. If you have already sent in your vote, no need to resubmit. Thank you!

Send paper ballots to:

SIA
Attn: Literature Committee Vote
P.O. Box 190
Benson Maryland, USA 21018-9998
2013 SIA Big Book Roundtable Speaker Panel
Description & Topics

Be a part of making our Big Book, Hope Heals, 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 2 1/2 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 by answering the same set of questions the speaker panel discusses. Feedback from our first roundtable discussion was phenomenal and we hope that you’ll make these monthly meetings a permanent part of your recovery! To access the monthly topic flier for distribution to your group, click on the “Upcoming Events” or “Big Book Submissions” on the WSO SIA website.

Roundtable Days & Times:

First Sunday of Every Month (except December)
4:00 P.M. – 6:30 P.M. Eastern Time/1:00 – 3:30 P.M. Pacific Time

To Participate: Dial 1-626-677-3000; then press 673296

If you’d like to participate in a future WSC SIA Roundtable Discussion as a Speaker Panel Member, please contact John+ at siasocalintergroup@hotmail.com

2013 March—June, Roundtable Topics


Sunday, April 7: Of Body & Brain—aling the Mind-Body Split: Challenges & Solutions

Sunday, May 5: Ism-Work: How to Use Desires to Act Out to Facilitate Healing From the Wounds of Childhood Sexual Abuse

Sunday, June 2: Wounded—An Exploration of Two Issues: Covert Incest & Problems for the Childhood Sexual Abuse Survivor Created by Family Members that Were Not Sexual Perpetrators
This is the first in a series of articles to create awareness of the proposed Concepts of Service, first considered at the 2008 World Service Conference (WSC) and accepted as a working draft at the 2009 WSC. At the 2012 WSC, the Conference Structure Committee presented expanded definitions of each of these Proposed Concepts. These definitions are posted under “Conference Reports” on the SIA web site. The membership will be asked to vote to accept these Concepts as our service guidelines this year. Other 12 Step fellowships have their Concepts of Service and ours are based on Al-Anon’s and AA’s. Service Concepts guide those serving on WSC Committees much as the SIA Traditions guide our members in participation at the group level. The 12 Steps of SIA guide us in our personal recovery.

This article will focus upon the first three Proposed Concepts of Service of SIA. They are:
Concept #1: The ultimate responsibility and authority for SIA world service belongs to the collective conscience of our whole fellowship.
Concept #2: The World Service Conference and its service arms have become, for nearly every practical purpose, the active voice and effective conscience of SIA as a whole.
Concept #3: The right of decision makes effective leadership possible.

In a sense, the first three Concepts form a basis for the rest of the nine Concepts in that they express the Who, What and Where of WSC service. The first Concept states where and with whom the authority in our fellowship begins and ends. It lies with our members as they gather in fellowship to heal, share, and grow. Although the membership occasionally seeks the guidance of the WSO (World Service Office), Concept One echoes what Tradition Two states: ….Our leaders are but trusted servants; they do not govern. The role of the WSO is essential and important and its authority is delineated more fully in Concepts 6-12. Concept One asserts that as long as members and groups adhere to the SIA Traditions and follow the WSO’s legal and functional directives in matters which affect SIA as a whole, they as the membership are the WHO, through their collective group consciences, guiding and “governing” SIA.

Concept Two tells us WHERE and through WHAT means the members and groups can express their VOICES. The World Service Conference is that vehicle. Even though the WSC meets yearly, the work of the WSC Committees is ongoing. Members may serve on those Committees and send designated group representatives to the WSC. As the WSC becomes more fully functional, there will be quarterly WSC Committee meetings in which Committee members and group representatives can share concerns and visions, and prepare Proposals for the WSC. The WSC becoming fully functional and representative will insure SIA’s survival in the event that SIA should become less functional in any way. The WSO and WSC support each other and have definite but separate authority.
Concept Three also states WHO will express the voices of the groups and members. It means that the groups trust their designated group representatives, who are familiar with their groups, to express, fairly and with equanimity, the intentions of the members they represent. These representatives are entrusted to represent the groups in matters affecting SIA policies, principles, and programs. In contrast, the WSO and its Board of Trustees plays a leadership role in matters which are administrative and legal.

So, the first three Concepts answer the following questions:
1. Who has the ultimate authority in SIA? You, the members, do.
2. What authority do you have? You have ultimate authority except in matters legal and administrative.
3. Where do you express that authority? At the WSC, through your representation at the WSC, and participation in the WSC Committees.

Help Needed with Group Concerns

At the 2008 World Service Conference, it was determined that there were group concerns that had impact beyond the group level and needed addressed by the SIA fellowship as a whole. Or, that there were matters that groups had tried to resolve, but needed additional support from others in the SIA fellowship. The Group Concerns Committee was developed to help discuss these matters and determine at what level or by what branch of the SIA fellowship these matters could be addressed. In all of the discussions, names and group names would not be used, respecting our Tradition of anonymity. The Group Concerns Committee would, also, be proactive through helpful postings of “best practices” on the SIA web site. If you are interested in serving on the Group Concerns Committee, contact Juanita at 813juanita@gmail.com. Thank you for your service.

-submitted by Juanita S., SIA Board Group Concerns liaison
Life has been surreal since you passed. 
You gave me birth. Why were there no feelings of regard or attachment?

Mom I never knew you.
I never understood you.

Oh, how I tried. I persevered. 
I gave it all I had. 
I looked under every rock. 
I turned the soil over and over searching- 
Always searching for a crumb of kindness, 
A thimble of attention, a sign of love.

What were you thinking as you took pictures of daddy molesting me? 
Was there humor or satisfaction? 
Could you have enjoyed the picture of your 7 year old girl being mistreated?

Mom I never knew you. 
I never understood you.

A memory springs forth: 
The look of pure hatred as you slapped me across the face. 
Terror has haunted my nights since you committed me to the psych hospital

Mom I never knew you. 
I never understood you.

CON'T on next page
You told me I was different
from my siblings.
You told me you loved
me.

Mom I never knew
you.
I never understood
you.

Now you are gone. I don't know
how to say goodbye.
You are a stranger
to me.

Mom I never knew
you.
I never understood
you.

by: Liz

Southern California Intergroup Notes:
Making Dreams Come True
By: John+

Yesterday, a number of intrepid survivors shared their SIA 9th steps with one another at the SIA SoCal Intergroup step workshop. I was one of those individuals. It is my fourth time working the SIA steps and the second time I have done so in the last four years. It never ceases to amaze me, but every time I work these steps, they work me. There were no amends to be made to others at this point but there were many amends to make toward myself, particularly in the realm of body amends and in regards to living more consciously in the world. Once again, I feel as if great strides forward have occurred as a result of my step work. There is a feeling that I have reclaimed integral parts of my being that were stolen from me by my perpetrators.

As a multiple, this body is viewed as a curious affair. Few of the parts that comprise the “We of Me” identify with the aging, 57-year-old body We occupy. Additionally, given the fact that the body was a site of profound physical and emotional pain as a child, there is little desire to take care of or own the physical form. You see, my body, along with my psyche, belonged to my perpetrators. I learned very quickly as a young person, that to try to defend my body from injury only intensified the abuse that was meted out on me. Is it any wonder.... CON'T on next page
this body can so easily be disassociated from and ignored? Work on my 8th and 9th steps has helped me to realize just how much I was still allowing my childhood abusers to control my body. In turn, that realization allowed me to become angry. While processing this anger I was able to return my fire to its source. Although my parts and I don’t have a strong connection to the body, it is our body and we told our perpetrators this in no uncertain terms. Using anger release techniques, my parts and I yelled, telling the adults who hurt us that they were wrong. We shouted, “How dare you teach a child to surrender its body to those who harm it!” Of course, all this dialoguing was internal as my perpetrators are long dead, but amazing outcomes have begun to occur as a result of this 9th step work.

All of a sudden, I’m walking more, I’ve dropped several pounds of weight and have made and actually went to two doctor appointments that shame and triggering had kept me from following through on previously. Moreover, the “We of Me” has been looking at behaviors that affect the body for the last two weeks during the daily morning check-in sessions my parts and I have to see how everyone in the system of self is doing. Put another way, all of us are making living amends to this body, treating it with a deeper level of respect than we ever have before.

And of course, none of this would have been possible without the support of other survivors at the step workshop we’ve all been showing up for during the last twelve months. I’m so grateful for this group of survivors I share my process with. We’ve travelled many miles together on the roads of recovery over the years. At inner kid play days, open-share meetings and the third, step workshop that many of us have worked together in the last three years, we’re learning ever more about what it means to be loving, supportive, non-controlling human beings. We’ve created guidelines for safety that help us to mediate conflicts with one another in affirming manners. We walk through triggers with one another and have learned to speak our truths. We’ve let go of countless secrets thanks to the emotional support of one another and the miracle is, there was no shaming, only honoring of the pain those secrets had caused. Together we’re teaching one another what it means to be healthy and whole. What we have is precious—more valuable than any treasure chest full of jewels and gold. It is my sincere hope that survivors everywhere can come together as we are doing because heaven knows, every survivor deserves to have the sense of support and connection that we have in southern California.
A HUGE WELCOME TO OUR NEW SIA MEETINGS!!!

Ohio, Ashtabula  Thursdays at 7-8pm  gdpdpm@ yahoo.com  
Call or email for meeting information

Massachusetts Brookline  Wednesdays 7- 8:30pm  
St. Pauls church Brookline, 15 st Paul  
philgsia@ gmail.com

New Jersey, OAKLYN  Wednesdays  
6:30PM to 8:00PM  215 Highland Avenue, Suite C Westmont, NJ 08108  
richssara@ comcast.net Men only

PHONE MEETING  
WE HAVE NO MORE SECRETS Sundays 8pm to 9pm EST 712-432-8808 Pin code 1212#  
pdonahuefla@ aol.com

Pennsylvania Pittsburgh  Step Meeting Saturdays 10am- 11am  
Mifflin Avenue United Methodist Church 905 Mifflin Avenue Regent Square  
deborahpttt@ aol.com

Washington Seattle  Art, Reading, Writing, & Affirmations Downtown Seattle ~ Meeting held every other Sunday Women meeting @ 10am & Men's meeting at 1pm  
becaley@ gmail.com 206*903*9427  
( Please call the number to be screened :)  
we as a group only list a phone number because we want to always keep the meetings safe for survivors we are growing in numbers.

Sweden Stockholm  Saturdays 15:00- 16:30 Women only  
mailen.ellen@ gmail.com Helgalunden 17  
Allhelgonakyran, Helga rum Allhelgonakyran, Skanstull
LINDA'S THOUGHTS

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

A few months ago I wrote about an incident which happened at the local Detention Center where I work. A woman suffered a sexual assault by another woman. The case came up in court this past week.

I listened to the judge chastise the perpetrator saying that what she did was disgusting, vile, humiliating and the lowest act a person could do to another. He said he didn’t believe her story and that he did believe the victim’s version and that she was very credible. He believed that her emotional testimony was appropriate for what she’s been through. He believed the victim without reservation and told the perpetrator that her version of what happened didn’t even make sense. It didn’t.

The victim waited outside the courtroom after giving her testimony. When it came time for sentencing, her attorney brought her back in. The judge sentenced the perpetrator to 5 years in the Department of Corrections. The perpetrator assured everyone in the courtroom that she wasn’t “that kind of person.” She didn’t convince anyone. The victim watched the officers handcuff her and take her away while the perpetrator cried.

I managed to hold it together, but when I got home that night, I wept. I wept for joy because the victim and the witness got their day in court. They had the opportunity to tell what happened. The victim was sad that it happened. She was angry that it happened. She was determined not to let her get away with it.

I also wept because I wanted a “judge” to tell Christine and Sam (my parents) that what they did was disgusting, vile, humiliating and the lowest act a person could do to another especially to their own child. I want to hear a judge tell them that they didn’t deserve to have me as a child, that I was a blessing and that any healthy family would have wanted me, enjoyed my company and took pride in me. I want to hear a judge tell them that I was clean, innocent and lovable.

I’ve imagined this many times. It has been very healing to “hear” my judge say these things. What do you need to hear a judge to say to you? to your perpetrator?

I’ll hope to see you at the August Retreat. I will also be on the Roundtable panel on the subject of female perpetrators.

Linda D.
Ex. Dir./Co-founder of SIA
RECOVERY WORKS CON'T

Tearing away the layers of pain
I try, I cry, what's really to gain
Sick and tired of being a victim
Will these Steps give me freedom?
I searched and found SIA
The guilt, the shame, is less each day
Now I know, I'm not alone
With other survivors, I feel at home
All that God intended for me
Slowly but surely I'm learning to be
There's still a lot of work to do
I'm a Survivors, My name is Suz

Suzanne R, NV

Grief

How can I begin to describe the flood and depth of my grief as I remember the abuse?

Wrenching itself from my soul, my grief is profound. It fills my world. I can't scream enough. Nor can I stop. I scream long after my voice leaves me. Crying and raging nightly, I scream into my pillow.

I silently share during my walk to work, at work, and returning from work.

I openly scream my anguish during support groups meetings and listen as others sob their accounts.

I wonder if I will ever feel like not screaming.

Excerpt from a book by Wanda R., WV

COMMENTS? Send them to: sia.sub.newsletter@gmail.com
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 signed, written permission to print it.
What does speaking my truth mean to me in my recovery? To me it means reclaiming the tiny voice that was stolen so many years ago. To allow that little child inside me to express her feelings, her reality and her truth as she sees it. It means being able to have an opinion and to have that opinion respected. I don’t expect everyone to agree with me - that would be unrealistic but I do expect that if people disagree with me they will treat me with respect and dignity. I respect myself enough now to ask for my needs to be met and if they can’t be met than I hope a compromise or another solution can be found.

Speaking my truth means I no longer have to hide in the shadows. I am no longer embarrassed or ashamed I am an incest survivor. I am not the one who committed the perpetration - I have no reason to feel guilty and I realize that now as an adult. I accepted so many lies when I was a child that it got to the point I did not know the truth from a lie. I live my life in the open now. People can accept or reject me. If people chose to reject me because they cannot handle my history or my beliefs, my belief is they were never meant to have a place in my life. Instead, I view their choice as a chance for me to reflect on my strengths and what I bring to my other relationships. I enjoy sharing my experience, strength and hope with the ones I love and care about. I only wish that others in recovery could be blessed with the wonderful things that I have been blessed to receive and enjoy in my own recovery.