

Dear S.L.A.A. UK,

I wish to start by thanking you for electing me to represent the UK at the S.L.A.A. Annual Business Meeting and Conference (ABM/C) in Florida in July this year. It was an exhausting, exhilarating and life-changing experience and I am extremely grateful to have been given the opportunity to serve the Fellowship in this way.

I arrived at the Dayspring Conference Centre in East Parrish, Florida on the evening of Saturday 11th July to a warm welcome from all the volunteers, FWS staff and members of the Board of Trustees already there working hard to prepare for the Conference. I spent the next two days recovering from jetlag and acclimatizing to my new environment. The air was thick with humidity (and mosquitoes) and Spanish Moss hung in swathes from the tropical trees outside my cabin. For the next two days I stayed away from the blazing sunshine (and the alligators in the lagoon) and began to work my way through the mountain of literature that I had received on my arrival.

The 25th S.L.A.A. Annual Business Conference and Meeting commenced at 8.30am on Tuesday 14th July 2009. The ABM and Conference was an intense experience with back-to-back business meetings taking place from 8am-8pm over four long days. I learned much from this week ~ mostly how business can be conducted in a meaningful and spiritual way when we are willing to follow the principles and guidelines of the programme.

One of the highlights of my week was learning about the *Spiritual Reminder*, a practice whereby any Conference member may request a short period of silence at any time by announcing '30 seconds' or '60 seconds'. Upon hearing this request from the floor the Micro (who chairs the meeting) requests that all activity cease for the period of silence that has been called for. The elected Time Keeper calls time when the period is up. The Spiritual Reminder is expressly intended for moments of tension when the heat is rising, or prior to taking a vote. A mood of humility, serenity and unity was magically brought into the room each time we observed this simple practice. My first experience of it brought tears to my eyes.

With so much information to pass on to you I have decided to structure this report much like a newsletter with headed sections on each area of information. I have covered everything that I imagine would be of interest to members of S.L.A.A. UK, listing links and contact emails where I am able. However, this is by no means representative of the work being done at a worldwide level in S.L.A.A. For further information on all the items in my report, and much more, please visit the S.L.A.A. Fellowship Wide Services website: <http://www.slaafws.org>

My hope is that all S.L.A.A. UK GSR's will bring this, and my accompanying literature report, back to their groups and encourage members of their group to read it. It is you after all, the individual member of S.L.A.A., who paid for my trip to Florida this year through your Tradition 7 contributions. I imagine you would like to see a return on your investment.

I also hope that my report will inspire individual members and groups of S.L.A.A. to get more involved in service and help carry the message of recovery to the still suffering sex and love addict.

Yours gratefully in fellowship and service,

Lara F
UK Delegate S.L.A.A
2nd September 2009

The 2009 Annual Business Meeting and Conference of S.L.A.A.

The S.L.A.A. Annual Business Meeting and Conference met in East Parrish, Florida from July 14-17th. There were 34 Delegates present representing 25 Intergroups worldwide including France, Switzerland, Germany and Canada along with the UK. In total 42 voting members were present at the ABM/C.

There were 16 items on the BMIS (Business Meeting Items Summary) agenda to be discussed and/or voted on. One Board member rotated out of office and 4 new Board members were elected. A presentation was given on the Twelve Concepts of AA by one of the newly elected Board members and the Chairs of each of the Board Committees and Conference Committees gave their annual reports. I have outlined the main points gathered from each of those reports, with reference to the ongoing work within these Committees, below.

Board Committees/Fellowship Wide Services

There are three committees that make up the Board of Trustees. Each of these committees is tasked with a set of responsibilities. On each committee there are also 'non-Board' members – S.L.A.A. members who are particularly interested in the work of one of these committees and who have been invited by that committee to join them and work with them.

BFOC - Board Finance and Operating Committee

FWS - Fellowship Wide Services

At the General Assembly on the first day of the Conference, the General Manager of FWS (Fellowship Wide Services), Linda Hamilton, and the Chair of the BFOC (Board Finance and Operating Committee), Richard C gave a financial presentation. The General Manager's report and the 8-month Profit/Loss Financial Comparisons for Oct-May09 with Oct-May08 as well as other reports are all available in the September 2009 Fellowship Wide Services Newsletter. I will be sending the 2009 FWS Newsletter to the web-master of the S.L.A.A. UK website, along with this report, to post online: <http://www.slaauk.com>. Alternatively, you can subscribe to the newsletter via this link: <http://www.slaafws.org>

I learned from Richard C and Linda Hamilton's report that good progress has been made in the financial management of the FWS office. Tax reports have now been filed for 2006, 2007 and 2008 and Corporation reports are in progress. The Fellowship's fiscal year end is 1st September and total contributions for the fiscal year in 2008 was \$74.3K (from 1st September to July 2009 the date of Conference) broken down as follows:

- Groups \$40K
- Individuals \$25K
- Intergroups \$9.3K

However, the FWS budget remains tight and there is still a great deal of work being done by very few staff. The General Manager receives over 200 emails and 20 telephone calls a day. This year so far (Sep 08-July 09) the FWS Office has sent 26,000 invoices and 80,000 pieces of literature. The budget set aside for FWS is expected to be even tighter this year due to the recession.

It is clear that FWS needs more resources in order to function effectively in its efforts to carry the message to the still suffering sex and love addict. Perhaps we might want to think about how we in the UK can help generate more income for our S.L.A.A. Fellowship Wide Services in order to help them provide the services they do to the UK and the rest of the world.

BPRC - Board Public Relations Committee

Amongst numerous other projects underway within the BPRC is the assisting of Danish documentary filmmaker, Pernille Rose Grønkjær in finding S.L.A.A. members who are willing to be interviewed for a forthcoming documentary on the subject of Love Addiction. If you are interested in being interviewed for this documentary you can contact the BPRC on the following link: <http://www.slaafws.org/contact/bprc>

The BPRC also announced that they had transitioned the webmaster position from a member volunteer position for the past 18 months to a paid position.

BGNC - Board Governance & Nominating Committee

This year the BPRC formed a Call Squad Oversight Team (CSOT) to help co-ordinate the work of the FWS Intergroup Call Squad. The Call Squad Oversight Team is preparing to arrange for calls to Intergroups in the last week of September to offer help and support to S.L.A.A. Intergroups all over the world.

BOT elections and open positions

At Conference this year three new members were elected on to the Board. There are two open BOT positions still remaining. If you or someone you know has three continuous years of self-defined sobriety and are interested in applying to become a Board member please contact: <http://www.slaafws.org/contact/serviceinfo>

Conference Committees

Each Conference Committee is made up of a group of Conference and non-Conference members that work throughout the year to help accomplish the work of the Conference. There are 17 Conference Committees all varying in focus and activity. I have listed a few of them below along with a summary of their current activities and relevant contact information.

CPIC – Conference Public Information Committee

This Committee deals with all matters relating to Public Information ~ carrying information about our Fellowship to the wider public. Current work highlighted for the year includes the assembly of a KIT of information to be made available to those who are interested in outreaching to hospitals, facilities and medical professionals. For more information on PI service worldwide or requests to join this Committee please contact: slaa-pub-info-comm-@googlegroups.com

CSTC - Conference Steps & Traditions Committee

This Committee works to bring thoughtful discussion and study of the Steps and Traditions and is available to assist S.L.A.A. members on any questions as they might relate to the Steps and Traditions. They are also currently working on a book project to write a 12 x 12 for S.L.A.A. with the working title of *The 12 Steps and 12 Traditions of S.L.A.A.* Sample sharing sheets are available as a guide for any S.L.A.A. member who wishes to submit writing on any of the Steps or Traditions as reference material for this forthcoming book. You can submit your 12x12 contribution directly via the website on this link: <http://www.slaafws.org/submit1212>. For more information, or to request sharing sheets for your group, please contact me on the email at the end of this report or the Steps and Traditions Committee on: steps_traditions@slaafws.org

CAC – Conference Anorexia Committee

The Anorexia Committee works to raise awareness on the subject of Anorexia, as we understand it in our Fellowship, to health professionals and the wider public. The Committee is currently working on the draft of a booklet with the working title 'The Anorexia 1-2-3 Project' focusing on the subject of Anorexia and Steps 1, 2 and 3. You are invited to share your experience, strength and hope on Step

2 by submitting stories, discussions and meditations to the Committee to help expand on this literature. Please send your submissions to: <http://www.slaafws.org/submit123Anorexia>

This Committee has drafted an Institutional flyer on the subject of Anorexia, as it is defined in S.L.A.A., with the sub-title 'The Starving Heart, Mind, and Spirit' to be sent to Professionals and Residents of Treatment Facilities, Prisons, Hospitals and Institutions to bridge the gap between treatment, incarceration, inpatient treatment and the suffering person's re-entry into every day life.

Regular tele-meetings are being conducted by the Anorexia Committee to which all members are welcome. These meetings take place on Fridays at 1am in the UK. To participate in these tele-meetings please email: anorexia@slaafws.org. If this time is too inconvenient you can listen to the meeting on playback. The playback number is **712-432-1281** with the access code **746879**.

CHRC - Conference Healthy Relationships Committee

This Committee is seeking the experience, strength and hope (in written submissions) of S.L.A.A. members who are currently in healthy relationships or who have experienced some success around dating while in S.L.A.A. If you are interested in participating, please send your written submissions to: <http://www.slaafws.org/contact/HealthyRelationships>

The Conference Healthy Relationships Committee is also running a series of monthly tele-meetings scheduled for September 2009 through to April 2010 each focusing on a different characteristic of healthy intimacy as follows:

- 12th September 2009 - Taking the Initiative
- 10th October 2009 - Working for resolution of problems
- 14th November 2009 - Vulnerability
- 9th January 2010 - Keeping the Focus on Yourself
- 13th February 2010 - Remaining Engaged
- 13th March 2010 - Nurturing
- 10th April 2010 - Honesty

These meetings will be taking place on Saturdays at 6pm in the UK and any S.L.A.A. member is welcome to attend. The call in number is **0870 35 204 74** with the access code **225844**.

CLC - Conference Literature Committee

The CLC works alongside writers groups to revise and edit all the writing that has been submitted by members for Conference approval. Comments and input are also invited from the wider fellowship on all draft documents. The various books and pamphlets currently being written within the Fellowship and being reviewed and/or edited by the CLC are as follows:

- Romantic Obsession
- People of Color
- Tools To Achieve And Maintain Sobriety In S.L.A.A.
- Triggering Language and Behaviors in Meetings
- Daily Meditations (This project was initiated by an inspired member of S.L.A.A. in Brazil and another member has stepped forward in service as a Portuguese-to-English translator)
- Sex and Love Step Recovery Booklet
- Measuring and Celebrating Progress - how to measure your progress in S.L.A.A.

Please note the the closing date for submissions to the draft document 'Tools To Achieve And Maintain Sobriety In S.L.A.A.' is 2nd October 2009.

There is also a Writer's Group Liaison Sub-Committee of the CLC. This Sub-Committee assists in finding writer's groups for members to join or can forward member's requests for new literature on to an established writer's group. The contact for this committee is Patrick W and he can be contacted on: pwakerman@yahoo.com

Other Conference Committees

Other Conference Committees currently active and providing services to the Fellowship are:

- CBC - Conference By-Laws Committee
- CCC - Conference Charter Committee
- CDC - Conference Diversity Committee
- CFC - Conference Finance Committee
- CIFC - Conference Interfellowship Committee
- CICC - Conference Intergroup Communication Committee
- CIC - Conference Internet Committee
- CJC - Conference Journal Committee
- CMRC - Conference Members Retention Committee
- CPOC - Conference Prison Outreach Committee
- CSC - Conference Service Committee
- CSPC - Conference Sponsorship Committee

Joining a Conference Committee

S.L.A.A. members are invited to join any of the 17 active Conference Committees. These Committees are working to fulfill our Primary Purpose as suggested in Tradition 1 of carrying the message of recovery to the still suffering addict. My own experience has been that service at both Intergroup and worldwide level connects me to the wider fellowship in a way that supports and strengthens my personal recovery. There is no condition of membership or required level of commitment. You can choose to become very involved or just simply browse through the emails, files and minutes of that Committee's google group to find out more about their activities. Your level of involvement is entirely up to you!

You can contact any of the Conference Committees by visiting the S.L.A.A. FWS website: <http://www.slaafws.org>, clicking on the Fellowship Wide Services tab and scrolling down to Conference Committees.

Other matters

Literature Report

I have written a separate report dealing with a number of issues surrounding literature including; the cost of shipping literature from the US, the question of whether we might be granted permission to print literature in the UK, the UK's use of S.L.A.A. copyrighted material without permission in HOW related literature and the question of whether FWS should be profiting from the sale of Conference approved literature.

I recommend to GSR's that they bring a copy of my Literature Report back to their groups to discuss the issues it raises. Each individual member of S.L.A.A. has a voice and has a right to have their voice properly represented by their GSR in the discussion process at S.L.A.A. UK Intergroup. I believe that some of these issues require careful debate and decision-making.

The S.L.A.A. Preamble

Whilst at the Conference in Florida I attended a few local S.L.A.A. meetings. It was during one of these meetings that I realized we are using an outdated version of the S.L.A.A. Preamble at some (if

not all) of our meetings over here. The most recent version of the Preamble lists five resources and I believe the Preamble we have over here still only lists four. The up-to-date Preamble is on the S.L.A.A. UK website: <http://www.slaauk.com>

Writing new literature

I gathered a number of items from UK members prior to my trip to bring to Conference and a few of those referred to new literature that UK members were very keen to see written. The feedback I received from the CLC was positive and encouraging but also very clear – new literature doesn't get written by us, it gets written by you! You can submit your writing to the CLC if you wish to request for it to be considered for Conference approval.

I hope this knowledge spurs some members to start writing the very literature they would like to see as the next recovery tool. If you are interested in setting up a writing group you can contact either the CLC on: literature@slaafws.org or fill out the contact page for the Conference Service Committee on the S.L.A.A. FWS website: <http://www.slaafws.org/contact/Conference+Service+Committee>

New items for sale at FWS

The following new wristbands are now available for sale at the FWS online store:

- Gold – 'Progress Not Perfection'
- Light blue - 'Let Go and Let God'
- Yellow – 'One Day At A Time'

Also new are the 'Twelve Steps' and 'Twelve Traditions' scrolls similar to those in AA, four new Step chips (4,5,6 and 7) and a range of clay chips for lengths of sobriety less than one year.

We rarely see recovery CD's over here in S.L.A.A. meetings so I brought a few back for myself (and to take to my home group) as I think they are a great recovery resource. You can encourage your Literature Secretary to order CD's direct from the FWS online store or simply order some for yourself. I bought a few extra CD's on my return to London - the postage was not overly expensive and they arrived promptly within 2 weeks.

Incidentally, this is contrary to the information currently given on the S.L.A.A. UK website where it states that '*The official website for conference-approved SLAA literature and merchandise is based in the USA and can take between 1-3 months to process deliveries*'. In fact there is a great deal more literature and other items for sale than we have listed on our UK website. Any member or group can buy direct from FWS if they wish to by visiting the FWS online store on the following link: http://store.slaafws.org/merchant.mvc?Screen=CTGY&Store_Code=SOS&Category_Code=CAUDC

The Journal – request for submissions

The Journal is a bimonthly publication prepared by members of S.L.A.A. This valuable recovery tool offers personal stories, poetry and discussions on important recovery topics as well as worldwide announcements and event listings.

It was suggested to me by the editor of the *Journal*, Douglas D, that we might want to consider electing *Journal* Representatives in our UK groups. If we were to take our lead from the *Grapevine* Reps in AA (the AA equivalent of the *Journal*), *Journal* Reps would be responsible for ordering copies of the *Journal*, announcing availability of the *Journal* during the service announcements section of the meeting, selling copies to members and collecting written submissions from the group to send to the *Journal* editor (stories, meditations, articles) for possible inclusion in the next edition. I think this would be a great way to encourage members to carry their anonymous message of experience, strength and hope to the fellowship at large and the wider public.

For submissions to the *Journal* contact Douglas D on: thejournaleditor@slaafws.org

Gratitude Month

November is Gratitude month in S.L.A.A., a simple 7th Tradition gesture that originated in AA as a means to express our gratitude to the Fellowship. One suggestion as to how to collect money during this period is to pass the pot around a second time each week during November to send directly to FWS. The money collected goes towards the FWS Office's main responsibilities of carrying the message to the sex and love addict who still suffers.

To download a Gratitude month flyer from the S.L.A.A. FWS website visit the following link: <http://www.slaafws.org/search/node/gratitude+month> or send me an email (details at the end of this report) requesting a copy and I'll send you one.

Hosting the 2011 ABM/C and IRC

S.L.A.A. FWS is taking bids from Intergroups and individual groups who wish to nominate their city as the host for the 2011 International Recovery Convention and ABM/C. Intergroups or groups who wish to do so should create a proposal that includes the city, venue for the events and costs. It is the 35th Anniversary of S.L.A.A. in 2011 and a European Conference would be a wonderful way of marking the growth of the Fellowship. Perhaps we could consider working with another European country, or indeed the whole of Europe, towards a European Hosting of this event. To submit a proposal, or for more information on the 2011 International Recovery Convention, send an email to: <http://www.slaafws.org/contact/Board+Public+Relations+Committee>

Distributing this information

I will be posting this UK Delegate report and my Literature report on the S.L.A.A. UK website. I also have a number of other documents in electronic format that you may wish to distribute at your meetings. Any UK GSR's or interested individual members who wish to receive these, or any of the other documents mentioned in this report please send me an email to: laraslaa@googlemail.com stating clearly which documents you want me to send you! Here is a complete list:

- Delegate report
- Literature report
- September 2009 FWS Newsletter
- Up to date Conference approved S.L.A.A. Preamble
- Copies of financial reports as submitted by S.L.A.A. FWS at 2009 ABM
- Official Minutes of the 2009 Annual Business Meeting and Conference
- Sample sharing sheets for 12x12 book project
- Anorexia 1-2-3 literature project flyer
- Conference Healthy Relationships Committee tele-meetings flyer
- Gratitude month flyer
- Hosting the 2011 International Recovery Convention and ABM/C flyer
- Draft literature - Romantic Obsession
- Draft literature - People of Color
- Draft literature - Tools To Achieve And Maintain Sobriety In S.L.A.A.
- Draft literature - Triggering Language and Behaviors in Meetings