



Into Our Dreams

*A quarterly publication of
Survivors of Incest Anonymous*

In this Issue

Donate to SIA WSO *Page 2*

Recovery Column *Page 3*

New Meetings *Page 4*

Group Donations *Page 4*

Creativity Corner *Page 5*

Thank You SIA *Page 6*

2020 World Service Conference:

Committee Announcements *Page 7*

SIA WSO Financial Statements *Page 11*

SIA WSO Newsletter July 2020

Into Our Dreams, the SIA World Service Newsletter is published four times per year:

- March 1, Submission deadline Feb. 10
- June 1, Submission deadline May 10
- September 1, Submission deadline August 10
- December 1, Submission deadline Nov 10.

All SIA groups and members are encouraged to share news, stories and their experience, strength, and hope. Feel free to make submissions in the following categories:

SIA World Service Conference, SIA Intergroup, and SIA meeting/individual group news and activities, new meeting announcements, SIA personal survivor stories/testimonials/thankyous, creative writing, recovery columns, or anything else you'd like to share with our membership.

Send all submissions to:

sia.lit.newsletter@gmail.com

*Thanks to all who contributed to this issue
and special thanks to John+ and Mychele
for reviewing all the content!*

- Althea, SIA Newsletter Chair

Help Support SIA!

Please take a few seconds to read this really important information, group secretaries, please read to your groups.

Dear SIA Member,

As a survivor, I am writing to request that you support our organization, Survivors of Incest Anonymous. I was 31 years into recovery from drug addiction when I found SIA. In the years since working this program, my overall recovery has blossomed in ways I could not have imagined. I have been introduced to a new level of recovery, begun to remove another "layer of the onion" and found increasing peace and joy. I am thankful we exist as an organization!

While individual recovery from abuse may take help from many sources, including therapists and/or medication, we all desperately need each other. For ongoing recovery, we need our support groups to provide camaraderie and the assurance that we are not alone. Many of us share similar stories and consequences from the abuse. With each other, we find we are able to move out of isolation and not just survive but thrive. Aloneness thwarts healing. Survivors need each other!

Tragically, there are many survivors who are unaware that SIA exists. Most states in the middle of the country, including mine, have no SIA meetings. We are dependent on phone meetings and pamphlets and any other literature we as an organization produce. If we can get to retreats, we can meet other survivors face-to-face, but there are so many of us without access to retreats or face-to-face meetings! We need more literature and the capacity to produce, edit, translate into other languages and distribute. We have a website that requires professional attention.

We do not receive grants or money from any regular source, nothing from any governmental or religious organizations, and have no obligations to any outside enterprise. But we have expenses.

What has SIA meant to you? Could you give back financially? Please donate as large or as small an amount as you can. My recovery is priceless and worth much more than I have spent on therapy. What is yours worth? Please help us make SIA available to more survivors of trauma and abuse. Could you send a donation? We are run completely by volunteers and 100% of all donations go to support for survivors. **We need your help!**

Dawn

A Grateful Member of SIA

There are two ways to donate to SIA:

* Online, using a credit card or a Paypal account. Go to www.siawso.org and click on "Donations". Your donation will display as "WSO SIA" on your statement

* By mail, with a check or money order. To make a donation by mail, please make your check or money order to:

SIAWSO
PO Box 7078
Pittsburgh, PA 15425

Thank you for supporting SIA!

What Does It Mean to Be a Survivor?

A Quarterly Recovery Column by: John+
Announcement: *SIA's WSC Meditations Daily Reader Committee is looking for submissions. If you're interested in contributing, please write to our chair, Althea, for topics and submission guidelines. You can contact the committee at: Sia.Lit.Meditations@gmail.com*

A Daily Meditation by John+

Topics: Triggers, Calming the Inner Child, Growing the Loving Inner Adult

"It doesn't have to be anything, but suddenly it becomes everything."

A speck of dust that becomes a ten-ton boulder. A scent that becomes a choking blanket, making breath all but impossible. This is what it means to a survivor who is triggered. The past becomes the present, and the present becomes a dark never-ending future. Anxiety becomes fear and fear suddenly escalates into terror. In a flash, sadness becomes grief-laden sobbing. Irritation becomes anger and explodes into raging fire. Triggers control survivors, turning emotional dust specks into bullets.

This is why we must work to understand the relationship between our present and our past. This is why we must uncover and discover the feelings that there was no space to express as a child--the terrible pain that was never acknowledged or comforted. This non-acknowledgment of emotional truth is what made feelings our enemies in the past, and often continues to do so today. This stance no longer serves. But how do we learn to be at

peace with the suppressed feelings that trigger instantaneous emotional flashbacks?

How do we prevent irritation, anxiety, and sadness from turning the present into rage, terror, and gut-heaving grief?

The answer is to disconnect the present from the past. Not by denying our emotional responses, but rather by acknowledging the rooms of stored grief, anger, fear, abandonment and shame that exist within our psyches. When doing so, we remember to step into the loving, healing inner adult, and then comfort our wounded inner child's heart. We remember to let those small selves know that they are no longer alone and that their feelings make sense. We tell them that they are loved and valued, and that the long nightmare is over. By doing so again and again, our inner children are gradually able to move on. As they do so, they bring increased levels of enthusiasm, curiosity and energy into our present tenses. Life, in turn, becomes more engaging. The loving, inner adult grows stronger and more capable of affirming that there are reasons to live in a place of hope and possibility. This is how emotional bullets become dust specks again. This is how triggers crumble into soft, rich loam that new green growth can emerge from. This is how the boulders we have always carried become grains of sand.

Just for Today: *Today I will remember that feelings are not my enemy and that I have a choice to comfort my inner child's pain whenever we are triggered.*

Welcome New Meetings & Groups!

(in person, phone conference, zoom) *

* *This is not a complete list due to the current revamping of the directory. To have your new meeting listed/registered, please go to: SIAWSO.org, press the "Fellowship" tab, then press the "Meetings & Groups" box.*

Zoom

SIA World Service Conference Group Concerns Committee is hosting several open-share SIA Meetings on Zoom each week.

- Wednesday's at 1:00 P.M. PT/4:00 P.M. ET/9:00 P.M. BST/22:00 CET
- Saturday's at 1:00 P.M. PT/4:00 P.M. ET/9:00 P.M. BST/22:00 CET
- Starting in July 2-3 more meetings, days and times will be added
- To receive entrance information about existing & new meetings, send an email to Sia.WSC.GroupConcerns@gmail.com and put "Zoom Meetings" in the "Re:" box.

SIA Creativity Heals: Thursdays 10:30 P.M. ET/7:30 P.M. PT; after readings, participants have 20 minutes to draw, write, make music, dance, improv, etcetera. When the creative period is finished members come back together to share their creations or what came up for

them about being survivors during their creative process.

For room entrance information write Tina at: johnsontinarenee@yahoo.com

Guided Art and Creativity Workshop for Survivors:

Bring your art supplies to the ZOOM meeting. Every first and third Thursday of the month. 7 to 10 PM EST. At this workshop people will create visual art together and chat.

Visit our web site for the schedule of events <https://www.sia.lessismoreinc.com/>

For more information contact Raf at 201-575-3485 or email njnyfar@gmail.com

SIA Coming Home Phonline *

Mondays: "Exploring Codependency & it's Links to Survivor Trauma & Betrayal" 6:30 P.M. EST/3:30 P.M. PST

Tuesdays: "All the Colors of the Rainbow: LGBTQ+ Survivors" 9:00 P.M. EST/6:00 P.M. PST

Thursdays: "Too Late to Try? Exploring the issues related to being an Aging Survivor" 11:30A.M. EST/ 8:30 A.M. PST

* *There are 26 SIA meetings per week on the CHP. For more information about meeting topics and times go to: siacominghomephonline.org; to call in dial: 712-432-8808, access: 742247#, and follow the prompts.*

** Group Donations & Contributions **

Thanks to the following SIA Groups for contributions during the last two quarters in support of SIAWSO!

Mid Atlantic Intergroup New York Intergroup SoCal Intergroup
People of Courage SIA, Uniontown, PA

If your group has donated during the last two quarters and you are not recognized, click About, Contact Us on SIAWSO.org website to let us know

Creativity Corner

This section of the newsletter will publish one or two pieces each edition that we receive from our members. Feel free to submit any poem or piece of shaped creative writing. The maximum page limit is two pages.

“Memories”

By: Deborah F.

Memories captured in amber,
therefore perceptions can change
just as one turns the angle of the stone.



SIA Annual Creative Healing Journal Call for Submissions

*“Art is a wound turned into light.”
—George Braque*

Starting this year, SIA will publish an annual creative healing journal. Submission guidelines and deadlines are yet to be finalized, but we are asking survivors to submit no more than five pages of your creative work(s). Creative works can be visual or written. Forms of creativity may include poetry/fiction/memoir, drawing/paintings, collage, photography, comic or graphic pieces, scenes from play/movie scripts, etc. A wide range of emotions and places in the healing journey will be represented, and there is no theme for this first issue. Deep pain gives birth to deep joy, so please share what you are inspired to submit. Authors agree to let SIA use their piece or portions of their piece in any way that SIA wishes, however authors retain ownership of their pieces. All submissions must be accompanied by an SIA Copyright Release Form to be accepted. To receive that form, write to SIA at Sia.Lit.Creates@gmail.com. All submissions are sent to the same address.

In Service,
Tina J
SIA WSC Creative Journal Chair

Thank You SIA!

If you'd like to write a SIA testimonial, thank you or share your survivor story, please consider doing so!

It has been so long since our sweet little SIA meeting at the Women's Center in Santa Cruz, CA. I often return to my recovery experiences in those rooms. I remember Mandana House in Oakland back in the 90's. I remember meeting the bravest people I had ever met. They showed me that my abuse, that seemed so minor in comparison, was welcome in SIA. My tears of gratitude flow here.

My favorite line from the secretary script in Oakland read, "we respect our fragile inside people." I have never felt so safe or confident in my ability to create safety with others. I was taught that. I also learned that anger is the backbone of recovery. I learned to respect the inner child's anger and to channel his energy into healing. Nothing can ever take that away. I am so grateful.

In '95 when the False Memory thing hit, meetings were decimated. How fragile we survivors were. Eventually we were able to pick it back up. My healing has also moved into ACA, OA, SLAA and CoDA. It is so beautiful to see fellow survivors in those meetings. It feels safe to identify as such.

My inner child got woke in SIA. He has permission now to tell me what is important. I'd like to share some of that with you.

He says, "Continue to champion for the children of the world and all those who are vulnerable. That is why we shelter in place. I am so lonely but I know it is for the greater good. I know you love me and are taking care of me as well as you can. I am angry at the powers that be but find peace in the abundance of a loving spiritual source. I feel the connection with higher power and what that means for me in a failing society. Together with others we will create a better world for the children."

David E.



World Service Conference – Committee Announcements

The SIAWSC Conference Committee (two subcommittees/parts):

Conference Planning

Purpose and Duties: The *Conference Planning Chairperson* and Committee plans and organizes the World Service Conference Gathering. This takes place yearly on the last weekend of January, via Zoom. The planning includes, creating an announcement and registration form for the WSC, receiving registrations and sending back confirmations, preparing handouts of Committee reports, proposals, the previous year's minutes, and any other relevant documents, seeing that group representatives from the SIA groups receive the documents in a timely fashion, coordinating the Conference Agenda with the *Conference Presenting Chair*. The Presenting Chair facilitates the conference gathering and keeps track of the progress of all SIAWSC Committees throughout the year.

Members- Becky G, Ilona (Planning Chair), Joe K (Presenting Chair), John+, Patty L

Meetings, 2nd Monday of the Month at 7:30 PM EST

For more information or to join this committee email sia.wsc.cpc@gmail.com

Conference Structure

Purpose and Duties: To work with the SIA Board of Trustees to see that all WSC actions are in accordance with SIA Bylaws, SIA Traditions, SIA Board legal considerations, and the 12 Concepts of Service. To prepare the long form explanations of Proposed SIA 12 Concepts of Service for a vote of acceptance by the SIA membership. To coordinate with other SIAWSC Committees to create a Service Manual. To work with the Conference Planning Committee and the Conference Presenting Chairs to ensure the various Conference Committees are fully formed and prepared for the yearly WSC.

Members- Bob S (Chair) Steve H., John+, Becky G.

Meetings- 4th Thursday of the odd months, 5:30 PM EST

For more information or to join this committee email sia.wsc.csc@gmail.com

WSC Fundraising Committee

Purpose and Duties: To plan and execute measures to financially sustain SIA to expand its support of survivors; ever mindful of SIA Tradition 7 regarding "*compromising contributions*" and SIA Concept 12 "*taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle*". To communicate and cooperate with the corresponding service arms.

To submit quarterly reports to the Conference Standing Chair. To prepare a report for the WSC and to contact the WSC Chairperson in a timely fashion regarding committee activities.

Meetings: May, August, November, February-First Tuesday at 7:30 to 9:00 pm EST

Members: Becky (Acting Chair) Bob S, Ilona, Sherrian, Steve S

For comments and suggestions or to join contact Sia.WSC.Fundraising@gmail.com

WSC Group Concerns Committee

Purposes & Duties: The SIA WSC Group Concerns Committee's goal is to share best practices and provide support for SIA members, meetings, and intergroups in several key areas. It's focus, specifically, is to help create safe communications between members in and outside of meetings, provide support in establishing new meetings and/or find meetings, connect members to other members who are willing to provide sponsorship and other forms of support, to help standardize SIA readings, share new meeting types and their meeting format scripts, and coordinate the new WSC zoom room open-share meetings & workshops. We welcome interest and participation from all SIA members.

Group Concerns Subcommittees, Functions & Email Addresses

Additionally, if you'd like to participate in and Group Concerns subcommittees or are wondering whom to share any group concerns issues you or your group may be experiencing, you can contact us at any of the email addresses listed below.

Fellowship/Membership Development Support: (Sia.GC.Members@gmail.com) for info about how to find meetings or get them started, readings, scripts to use, or assistance with your group's growth and development.

Safety Subcommittee – (sia.gc.safety@gmail.com) the safety committee addresses all aspects of safety concerns that arise in our fellowship in order to encourage best practices & safe communication training for SIA members. This may include safety concerns related to individuals crossing boundaries or dominating meetings, learning to work with how to communicate with others when triggered, the development of new safety guidelines for SIA, and providing safety training and support for meetings and their members.

100 Points of Light Project Subcommittee – (sia.gc.100pointsoflight@gmail.com)

The purpose of the 100 Points of Light Project is to help connect Survivors who are willing to share their experience, strength and hope in SIA with other Survivors who may be new to our program or are simply looking for new contacts, recovery buddies or even their first sponsor. We've updated our survey in the past year and are continuing to distribute and announce this project wherever possible. The number of Survivors on the 100 Points of Light list and who have received the list is growing every week! Please write for more information, to put your name on the list as a Survivor willing to give support, or to receive the 100 Points of Light list.

And please feel free to share, post, announce this project and email at meetings you attend and in fellowship.

Standardization Subcommittee – (sia.gc.standardization@gmail.com)

The Standardization Subcommittee has two subcommittees: Literature and Meeting Scripts.

Standardization of Literature subcommittee: The mission of this group is to gather and maintain a library of core SIA documents that are WSC approved and to gather and share "alternative versions," that may exist in the SIA fellowship and offer wisdom, insight and value to SIA as a whole. This group also works to collect various documents versions to ensure that they meet SIA Traditions, and official SIA readings & document guidelines.

Meeting Scripts subcommittee: The mission of this group is to gather & create standardized script formats that can be made readily available on the SIA website for all to use. Some examples include: Step Study, Tradition Study, Anger/Grief Release, Inner Parts Lab, and Arts Therapy meetings.

WSC Zoom SIA Open-Share Meeting & Workshop Coordinating Committee (to request information write: Sia.WSC.GroupConcerns@gmail.com & put “Zoom Room Meetings” in the “Regards” field at the top of your letter).

This committee coordinates & develops open-share meetings and workshops in SIA WSC’s new zoom room. Responsibilities include: sharing information about new zoom meetings and their entrance information, maintaining an updated calendar for all meetings and workshops, distributing applications for new SIA WSC zoom room meetings and workshops.

Meetings: July, October, January, April; 2nd Tuesdays of the month, noon PT/3:00 P.M. ET/8:00 P.M.BST/21:00 CET

Members: Andrea R, Bob. S, D.A., Eudora H, Jessica H., John+ (Acting Chair), Kimberly P, Liz P, Luc S, Sherrian, Steve S

For comments and suggestions or to join contact: Sia.WSC.GroupConcerns@gmail.com

SIA WSC Outreach Committee

Purpose and Duties: The outreach committee works to spread the word about SIA meetings being available to survivors, is developing a speaker’s bureau, and is working to develop SIA public service announcements.

For comments and suggestions or to join contact Chair Carol S.: Sia.WSC.Outreach@gmail.com

SIA WSC Literature Committee

Purpose and Duties: The Literature Committee’s purposes include the creation and dissemination of helpful SIA literature of many types. To contact the committee or its chair to share your desire to contribute to these important projects please write Maryjean at: sia.wsc.lit@gmail.com

For comments and suggestions or to join contact the particular subcommittee chair at the addresses listed below.

Audio Conversion (Chair, Steve T) sia.wsc.lit@gmail.com This committee works to convert written materials (pamphlets and SIA readings at this point) into audio form. Volunteers are needed to listen to the recordings and check for any discrepancies as well as contribute their voices for future conversions.

Creative Journal Subcommittee (Chair, Tina) Sia.Lit.Creates@gmail.com This committee is working to create an annual journal that includes both written and visual art. Forms of creativity may include poetry/fiction/memoir, drawing/paintings, collage, photography, comic or graphic pieces, scenes from play/movie scripts, etcetera. If you wish to contribute or help with editing/putting the journal together, or for submission guidelines please write.

SIA Big/Gold Book (Title Hope Heals) Needs a chair sia.wsc.lit@gmail.com A very rough draft has been created, but requires much more work. Contributors, writers, and readers are needed. Requirements to chair are as follows: need strong editing & writing skills, 3 years SIA program and has worked the SIA steps. If you are interested in taking on this important project, please write to the Literature Committee at the address listed above.

SIA Steps Workbook Committee (Chair, John+) Sia.Lit.Workbook@gmail.com A pre-release copy of the workbook is available by making a \$25.00 contribution via PayPal to SIA at SIAWSO.org. You will receive an electronic copy and a copy of the final edition electronically at no extra charge. After the final edition is released, work will begin to integrate survivor stories related to step work into the next edition.

The hope is for the book to become a living document that is updated every couple of years. Please write if you are interested in writing or providing editing assistance.

Meditation Subcommittee Chair (Chair, Althea) Sia.Lit.Meditations@gmail.com This committee is working to create a daily meditations reader for survivors. If you'd like to contribute and receive the list of topics for creating meditations, please contact the committee.

News Letter Subcommittee (Chair, Althea) Sia.Lit.Newsletter@gmail.com This committee edits and puts together the SIA WSO quarterly newsletter. Please consider making a submission or contributing your writing and editing skills. Submissions being sought include SIA group news, testimonials, survivor stories, creative writing and recovery narratives to name a few. To receive the free quarterly newsletter, go to SIAWSO.org, scroll down to the bottom of the front page.

Survivor Stories Subcommittee (Chair, Luc) Sia.Lit.SurvivorStories@gmail.com This committee is working to assemble an SIA book of survivor stories. Additionally, committee members read stories for portions of them to be included in the SIA Gold Book related to various topics in the book.

Pamphlet Subcommittee (Chair, Maryjean) Sia.Lit.Pamphlets@gmail.com This committee is updating existing pamphlets, developing new pamphlets and preparing pamphlets for electronic download. Please contact the committee if you are interested in assisting with editing, contributing ideas as pamphlets are being developed or in writing pamphlets

Translations Subcommittee (Chair, Jens) Sia.Lit.Translations@gmail.com Currently Jens is talking with members who have already translated some pamphlets and readings into other languages.



Financial Report for SIA World Service Inc for Year 2019

10:55 PM

SIA World Service, Inc.

03/23/20

Balance Sheet

Accrual Basis

As of December 31, 2019

	<u>Dec 31, 19</u>
ASSETS	
Current Assets	
Checking/Savings	
Paypal Account	7.98
PAYPAL Store ACCOUNT	5,049.74
PNC Bank	20,971.62
PRUDENT RESERVE	6,500.00
Total Checking/Savings	<u>32,529.34</u>
Total Current Assets	<u>32,529.34</u>
TOTAL ASSETS	<u>32,529.34</u>
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Other Current Liabilities	
Step Work book Revenue	1,000.00
Total Other Current Liabilities	<u>1,000.00</u>
Total Current Liabilities	<u>1,000.00</u>
Total Liabilities	1,000.00
Equity	
Opening Balance Equity	18,758.16
Perm. Restricted Net Assets	6,500.00
Unrestricted Net Assets	-370.77
Net Income	6,641.95
Total Equity	<u>31,529.34</u>
TOTAL LIABILITIES & EQUITY	<u>32,529.34</u>