



Hello Survivors!

In this email you will find information on:

- How to register for the July 24th SIA Mini-retreat
- Workshop Descriptions
- 7th Tradition Call-Out
- New York Weekend Retreat (August 20th to the 22nd)



**"Learning to Love Ourselves:
Working Through Survivor Physical, Emotional, Mental &
Spiritual Pain."**

To love ourselves. To be able to provide the unconditional acknowledgment, normalization, and support that each of us deserves as survivors—this is a central goal of our 12 Step Recovery Process. Yet love, and the trust that love is built upon, doesn't come easily for survivors. As a result, we have difficulty living consciously. We have difficulty pursuing our possibilities and dreams. Some days, just the ability to get out of bed and face another day is a major accomplishment. Yet, learning to love ourselves when we can't get out of bed, have another setback, or experience

a host of other inevitable survivor challenges is the key to self-actualization. How then do we learn to love ourselves when lost in PTSD triggers or emotional flashbacks? How do we learn to love ourselves when physical pain and disability can interfere with the ability to move freely and make us feel that we have always been helpless, and always will be? How do we restore the “breath of life” or sense of spiritual well-being or faith in a loving Higher Power that is greater than ourselves when all notions of life being a place of beauty, wonder, and discovery were stripped from us by our perpetrators? These are some of the questions that SIA’s next World Service Conference Mini-retreat attempts to address. Indeed, learning to love ourselves is the pathway through survivor pain. It ushers in acceptance and a host of new affirming possibilities. Self-love creates new tools by which to live richer, fuller lives. Self-love heals our broken wings so that as survivors we can learn to soar again.

Call for Tech Volunteers

At this point, we still have a need for a number of tech hosts at our workshops and fellowship activities. Tech hosts have two responsibilities: letting the workshop presenter know when a person’s hand is raised and splitting folk up into random groups for processing/sharing workshop inventory ideas. If you can help please [write us](mailto:sia.wsc.miniretreats@gmail.com) (sia.wsc.miniretreats@gmail.com)

[How to Register](#)

Registration is a two-part process; registration is done by clicking [here](#) to email: sia.wsc.miniretreat@gmail.com
The suggested contribution for the retreat is \$20 and can be sent via PayPal after registering.

Please note that no one will be turned away for lack of funds.

"Learning to Love Ourselves" Workshop
Topic Descriptions

[Click here to download the descriptions for the workshops offered](#) ❤️

Events begin at 4:00 AM
PT/7 AM ET/12 PM
BST/01:00 ECT/4:30 PM
IST/9 PM AEST
Events end at 6:00 PM
PT/9:00 PM ET/2:00 AM
(Sunday) BST/03:00 AM
ECT/6:30 AM IST/11 AM
AEST



All workshops and meetings are an hour and half.
There will be a 15-minute break between workshops & a 45-minute meal break.

WORKSHOP DESCRIPTIONS!

Loving Communication with Inner Kids

This workshop explores the nature of healthy and unhealthy parent-child communication, and ways to improve our communication stances with the children within. This workshop will begin with a reading of the children's story, "Lizzy's Do's and Don'ts", and will then guide participants through a reflective inventory of the ways survivors communicate with their inner child(ren). The goal is to identify ways we communicate with inner children as we were communicated with by our caregivers that no longer serve us. Further, this guided inventory process will help participants identify ways the loving inner parent/healing self wants to communicate with the inner child(ren), and ways the inner child portion of the psyche wants to be communicated with. Following the personal inventory, participants will be split up into small groups to share about & process the feelings and thoughts that emerge in the process.

Shedding Light on Shame: Befriending the Hurt, Releasing Guilt, Building Hope

While shame is a universal feeling, it's rarely talked about outside of its direct experience. Shedding light on shame – when not directly experiencing shame – not only provides the opportunity to better identify shame feelings when they arise but also allows space to explore tools that aid in its removal and promote healing. Identification of shame sources increases one's ability to utilize available resources, expanding one's window of tolerance and potentially

preventing crisis situations. It's important to remember: shame is internalized from the external world; no one is born with it. When one understands this, one can begin to develop the ability to create lasting change and return shame to its source.

Self-Healing Meditation, Higher Power + Releasing Pain

In meditation, we will visualize the “energy” of our spirit and body, visualize and absorb the energy of our love & higher power, visualize and release the energy of pain and old outdated patterns. To create and hone the vibration of love in our worlds we will use the power of awareness to transform. After the meditation, there will be time to journal/draw and then share about the experience.

Too Late to Try? Making the Most of One’s Life as an Aging Survivor

Growing older, and growing old usher in hosts of challenges; this is particularly true for survivors. Whether one is 35 or 70, many survivors feel that they’ve missed out on many of the so-called “perks” or key signposts/achievements that compensate for some of life’s difficulties. In this workshop about aging and surviving, participants will be provided with the opportunity to explore what aging feels like as a survivor. Key elements of both loss and acceptance will be explored through a guided personal inventory process. Participants will then share their inventories with another in the workshop. The goal of this workshop is to create closer bonds with other survivors and develop resources and support as we attempt to create meaning and purpose from

the losses we've experienced as we walk further into the aging process.

Dancing the 5 Rhythms: An Introduction to Emotional Release via Conscious Dancing

Dancing the 5Rhythms is a practice- a dynamic way to both work-out and meditate in the same breath. Dancing the 5Rhythms teaches us that life is energy in motion, freeing us from any fixed notions about people, places, objects, or ideas. In this workshop participants will be introduced to conscious dance and how it assists recovery from the emotional wounds of childhood abuse. The process of conscious dance and setting of intention will be explained. Next, there will be a 20-30 minute period of 5Rhythm dancing, followed by processing the experience with other survivors in breakout rooms.

Loving Ourselves into Healthy Living

This workshop welcomes survivors to take the time to learn about how shame-based trauma has affected their lives. Using a PowerPoint presentation, survivors will gain deeper insight into understanding the biological effects that translate into everyday living and how to consciously and directly address these issues. There will be time for introspection, journaling, and sharing. The goal of the workshop is to create a simple plan for you to connect to your inner child with obtainable actions and accountability that will support you in making the best healthy choices for yourself today. Bring a photo of yourself as a child.

Anger, Grief & Feeling Release

In this workshop, a long-used method of feeling release and expression will occur. This workshop was originally developed by SoCal SIA. In it, both participants and those who choose merely to observe will have the opportunity to express long-held feelings of anger, grief, and other emotions connected with their abuse. Bring anything you'd like to get angry with (a pillow to hit, paper to tear up, or simply a willingness to voice your anger). Bring anything that will bring you comfort and support (a cuddle to hug, a blanket to wrap yourself in, etcetera). In the ten plus years that SIA feeling release workshops have been occurring at retreats across the country and regularly in SoCal and in the SIA World Service zoom rooms, it's been discovered that having such expressions witnessed by other survivors provides both release, and a capacity to grow the loving, healing inner self/inner parent's capacity to show up for survivor pain with the acknowledgment, normalization, and support that every survivor deserves.

Nightmares, Dreams & Recovery

This workshop explores how the body responds to past, childhood traumas. Why is it that the body responds to memories as if the past is being relived? What are various ways the body responds and what are ways to move forward, heal, and live evermore in the present? Specifically, after a brief introduction will be guided through an inventory process where they will explore the above questions. Next participants will be placed into

breakout rooms to process and share their inventory experience with other survivors.

Turning Pain into Art Share

In this fellowship event, survivors are encouraged to bring a piece of their art and share how it relates to their survivor issues. Forms of art may include writing, visual arts, musical performance, dance, etcetera. The maximum time length for shares is five minutes. Due to the limited amount of time for this activity, all who are interested are asked to write to sia.wsc.miniretreats@gmail.com no later than Thursday the 22nd if they wish to be guaranteed a timeslot to share and perform. You may also let the event coordinator, Steve H., know at the start of the event if you'd like to perform/share, and if all slots have not been taken, folk will be provided with a chance to share on a first-come, first-serve basis. Also, any retreat participants are welcome to watch and hold space for sharing.

The Practice of Unconditional Self-Acceptance

As workshop presenter Kit G. shares, "In my SIA recovery journey I went from self-hate and compulsive self-injury to what I call "unconditional self-acceptance." Through years of emotional incest, humiliation, verbal abuse, physical abuse, and neglect, my parents taught me to hate myself. In this workshop, I will share with you my journey of how I'm breaking through that wall of self-hate. Using self-help literature, you will be guided through a writing exercise that helped me tremendously with self-acceptance. Afterward,

participants will be placed in breakout rooms for processing their experience.

Trauma-Informed Gentle Yoga & Meditation

Come as you are! All levels and abilities are welcome to join this community gentle yoga class followed by a guided meditation. Trauma-Informed yoga provides a gentle and introspective class for students seeking to reconnect with their bodies, calm their nervous systems, and decrease their levels of anxiety. A guided meditation will follow. Bring a mat or towel and a bottle of water.

Open Share Meetings (Survivors of Color)

Survivors of Color will be hosting an open share meeting to discuss/share about issues & impacts that stem from the dual abuse experience of incest and systemized racism. Additionally, members of the group will be hosting a freeform fellowship activity before the meeting in the fellowship room where survivors of color can gather, share a meal or drink, and visit prior to the open share meeting.

Closing Processing Share Meeting

At this open share meeting, all participants will be provided with the opportunity to share and process their experiences at the retreat.

Fellowship & Play Room Activities:

Sing-Along

A long-time member, Chris, will lead those who attend in a sing-along. Bring your inner kids or anyone else inside that

wants to sing to this wonderful and playful opportunity to sing along with other survivors.

Share a Meal, Visit with a Survivor Friend, Play a Game

The fellowship room will be open throughout the retreat for survivors to take a load off, catch up with friends, share a meal or play a game. Simply zoom in with your friends and all of you can be placed in a private breakout room. Or just hang out in the room and participate in whatever activity or conversation is occurring in the main room. Please note, during times there are scheduled activities in the breakout room, you must zoom in at the beginning of the timeslot (better yet 5 minutes before) to alert the tech host or you may not be placed in a private room due to the tech host's responsibilities to assist the presenter.

GSRs

The Fiscal Self Support Committee of the SIA World Service Conference was asked to provide guidance for groups regarding their 7th Tradition announcement. Please take this document back to your groups the [7th Tradition Guidance for Groups](#) and decide together if you would like to use it during your "pass the basket" time of your meeting.

7th Tradition Guidance for SIA Groups

Dear SIA groups,

Here is a statement that you may wish to use during your 7th Tradition time at your meetings.

We suggest making the statement towards the beginning of your meeting with a possible reminder at the ending announcements for latecomers.

Zoom meetings may wish to post into chat during the meeting.

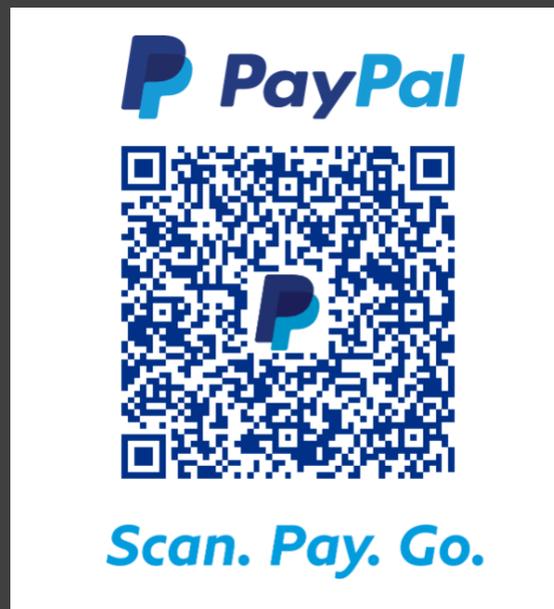
Thank you.

In fellowship,

Your Fiscal Self Support WSC Committee

The 7th Tradition: In SIA we have no dues or fees, however, we do have expenses to help connect newcomers to meetings and support our fellowship. These include paying group rent or fees, operating our SIA World Service Office, and maintaining the [SIAWSO.org](https://www.siaawso.org) website. As a 12-step fellowship, we are fully self-supporting through our own contributions. Please give what you can in accordance with your ability and gratitude.

Zoom meetings may use the QR code or Paypal link provided.



Many survivors find it convenient to set up recurring contributions through PayPal.

paypal.me/SIAWSO

! 2021 SIA NY Weekend Retreat !

“Together Again”

Fri Aug 20th - Sun Aug 22nd

early arrival on Thu Aug 19 available

Location: Cornwall-on-Hudson, NY



www.siaawso.org

~ Survivors Only ~

More info coming soon

Planning Committee Service Needed

Contact: recoverserenity@gmail.com



[Click Here to make your Self Supporting Contribution](#)

SIAWSO 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:

- Maintaining a world-wide directory of SIA, self-help, support groups (meetings)
- Providing information to start SIA groups, intergroups, and national service offices
- Creating and distributing SIA information tools (literature, newsletter, electronic media)
- Guiding SIA's public information efforts worldwide
- Offering a speakers' bureau

Interested in furthering your recovery with special interest groups? The Group Concerns Committee issues an updated meeting list for groups with a focused topic. For more information and to keep up to date, please subscribe to the [Group Concerns](#) email list.



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siawso.org

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