

May 2017

www.slaanei.org

617-625-7961

NEI NEWSLETTER



New England Intergroup of S.L.A.A.

"More importantly, in finally telling all, we could break the terrible, lonely isolation that had kept us from getting what we craved all along - unconditional love and acceptance for what and who we really were, both good and bad",

-S.L.A.A. Basic Text, Step 5 reading, page 83

NEI Sponsored Calendar of Events 2017 (Check with NEI to confirm date & times or changes.)

May 2017

7 NEI Monthly Mtg @ 5pm
20 Mt Wachusett Hike

June 2017

11 NEI Monthly Mtg @ 5pm
24 Canoeing/Kayaking
Newton

July 2017

9 NEI Monthly Mtg @ 5pm
14-16 12 Step Retreat
Chester VT

(Check with NEI to confirm date & times or changes.)
617-625-7961 OR www.slaanei.org

**NEI Monthly Meeting
Conference Call-in Number
(712) 432-6100
Enter Participant Code:
74128638#**

**S.L.A.A. Inspiration Line
215-574-2120**

*Your 24/7 Sponsor
A daily recorded message of
experience, strength and hope with
an opportunity to share by leaving
your own message. Topics are
brought up that one wouldn't think
about or share on otherwise.
Great for the drive to work!*

Mt Wachusett Hike – Recovery from on High

Please join NEI on Saturday May 20th for a one of a kind hike up Mt Wachusett!! After an invigorating hike with great conversation with other S.L.A.A. members, we break for lunch on the summit. After lunch, we have a getting current meeting on the summit. It is a memorable meeting because of the location. How many S.L.A.A. meetings have you attended outdoors, and on top of a mountain no less? You owe it to yourself to experience one! The Wachusett hike is special because we get to spend time with people in recovery in a way we usually don't, getting out of ourselves and our isolation and participating in a nurturing outdoor activity with others. So please participate in our Wachusett hike. It will be an unforgettable experience. Please see attached flyer for more information.

New Event! Recovery on the water! Charles River Canoeing/Kayaking

Come join NEI for another unique way to get a meeting in – by boat! NEI is hosting an afternoon of paddling on the Charles River in Boston on Saturday June 24th. We will paddle up river about an hour then break for a getting current meeting on the bank of the Charles, then paddle back downriver with that inspiring view of the Boston skyline. There will be nature, great conversation, recovery, delicious snacks and great views. What a better way to spend a Saturday afternoon and have another unforgettable recovery experience. Please see attached flyer for more information.

Volunteering for the ABM

The 2017 S.L.A.A. Annual Business Meeting ("ABM") will be held in the Boston area, at the Framingham Sheraton Hotel just off the Mass. Pike, from July 25 through July 28. The New England Intergroup ("NEI") will be hosting the ABM as we did last year when the ABM was held in Boston.

An organizational meeting of the Local Planning Committee for the ABM was held in late April and NEI is looking for volunteers who would like to either participate in the planning of this event or help out as volunteers during the event itself. We could really use your help and assistance.

If you are interested in helping out, please check the NEI website for future meeting dates and times. <http://slaanei.org/> All of these meetings will occur via telephone conference calls so you can just call in to be an active participant. NEI will be responsible for staffing the hospitality suite for the event and will also be organizing and facilitating a bus trip for all the ABM delegates to go to the original Founder's Meeting Tuesday night in Newton that week.

We need your help. Please join us in this helping out for this important S.L.A.A. event.

Does your group need S.L.A.A. Basic Texts, pamphlets or chips?

Local S.L.A.A. meetings in Eastern MA and Rhode Island are encouraged to order their S.L.A.A. literature through New England Intergroup (NEI). To save on shipping and handling, simply fill out the order form found at the NEI website, <http://www.slaanei.org/intergroup/ordering-literature/> Email an order to literature@slaanei.org. Orders may alternatively be mailed to our P.O. Box and picked up at the next NEI business meeting as long as it's ordered 3 weeks in advance. Or place your order through Fellowship Wide Services at store.slaafws.org or at 1-210-828-7900.



Contact us at mailinglist@slaanei.org to be added to our emailing list. Thank you.



OPPORTUNITIES TO GET INVOLVED

PLEASE FEEL FREE TO COME TO THE NEI BUSINESS MEETINGS TO SEE WHAT'S HAPPENING. THIS IS YOUR FELLOWSHIP.

Our next NEI business meeting is Sunday, May 7, 2017 from 5:00 - 7:00 PM. We invite all S.L.A.A. members to join us in person or by phone **AND PARTICIPATE** at Newton - Wellesley Hospital – Room AR 100 in the Allen-Riddle Building or call in.

Conference Call-in Number

(712) 432-6100

Enter Participant Code: 74128638#



TELEPHONE AND ONLINE MEETINGS --

There are those of us who are isolated or otherwise unable to get to meetings. Consider online and telephone meetings. **Attend online and telephone meetings as often as possible.** Telephone meetings are a perfect driving companion! You will find a list of these at: <https://slaafws.org/meetings/>

STEP & TRADITION OF THE MONTH

STEP 5: Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

TRADITION 5: Each group has but one primary purpose – to carry its message to the sex and love addict who still suffers.

I had been hoping that Step 5 could be reworded to “Admitted to God, to ourselves, and to another human being the exact nature of THEIR wrongs”. That would be perfect, or so I thought. Now I can air these grievances in front of my sponsor-get him to see just how wrong all these people have been. It was easy to admit the exact nature of their wrongs, as I had done such a thorough job of keeping score. But my sponsor kept insisting that I look at my part in the resentment. Why, what fun is that? That's certainly not where my energy has been directed. I directed my energy squarely at these people who wronged me. Surely my sponsor can see that these people owe me an amends.

Reluctantly I did my 4th Step in the format my sponsor suggested, with my part also identified. As I started reading my 4th Step, I was anticipating of how my sponsor was going to take my side against these terrible people. I was actually excited thinking I was going to finally have someone acknowledge how much the victim I have been at the hands of all these seriously misguided people. But he kept focusing on my part in it. How was I selfish, dishonest and self-seeking? As the reading of the resentments ticked by, I began to realize that I was the terrible one-that I had victimized these people just as much by my own bad behavior. As reading my moral inventory went on and I observed the reactions of my sponsor, I began to realize that I am literally crazy. Most so called “normal” people don't put this kind of emotional energy towards resentments. The hours and hours of reading these resentments and fears were very sobering. I have to let these go! They literally are draining the life out of me. The energy I spend on these resentments and revenge campaigns is staggering. No wonder why I needed an addiction for distraction!

Writing out my 4th Step, then reality checking my thinking with my sponsor, was the best thing I have ever done for my recovery. I gained a new level of humility on how delusional I truly am. I literally need to let go of entire way of thinking and living. Step 5 is an evaluation of our inventory with the goal of finding the truth, as most of us don't have a good record when it comes to truth. In Step 5, we let another help us to gain perspectives we never would have gotten any other way. We finally let another person in and accept help. We take another step out of isolation and towards freedom.

Craig G

LOCAL MEETING CHANGES

- 1) SUNDAY MA. FITCHBURG 6:00 PM (CD12NF) Restore to Sanity, Unitarian Universalist Church, 923 Main Street GPS Fitchburg, MA Sunday **As of 03/05/17 not sure if this meeting is still active**
- 2) MONDAY MA. NEWTON, 7:00 PM (CSD,nf) Partnerships in Recovery, Grace Episcopal Church, 76 Eldredge Street 2nd fl. (Do not need to be in a partnership to attend.) GPS Newton, MA Monday **Meeting needs support as of 03/06/17**
- 3) MONDAY MA. JAMAICA PLAIN, 7:00PM (OLS12DTNFH, 60 min), “Alone No More” An Anorexia-focused Mtg. **Meeting has disbanded as of 03/06/17**
- 4) THURSDAY MA . FALMOUTH, 6:00PM (OLS12. 1 hour) Women's Meeting. Women Helping Women. John Wesley United Methodist Church, 270 Gifford Street, Front door, take a right, 1st class on the right after the chapel. ** As of 03/06/17 new location and meeting time has been changed to 6pm (instead of 5:30pm)**

IMPORTANT MESSAGE TO ALL GROUPS All changes to the meeting list will require an NEI Meeting Registration Form to be completed. This applies to any time, date, place or address changes as well meeting name changes and contact changes. You can submit updates online at <http://slaanei.org/meetings/register-or-update-meeting/>