



"As we continued to have to live with ourselves, however, we found the consequences of indulging in our character defects increasing uncomfortable to endure",

-S.L.A.A. Basic Text, Step 6 reading, page 86

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

**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

**August 2017**

13 NEI Monthly Mtg @ 5pm  
26 Houghton's Pond BBQ & Outdoor Meeting

*(Check with NEI to confirm date & times or changes.)*  
617-625-7961 OR [www.slaanei.org](http://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!*

**S.L.A.A. Fellowship-Wide  
Services Newsletter**

## 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 24<sup>th</sup>. 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. If you are unable to bring a boat, please e-mail the event coordinator at [CanoeCoordinator@slaanei.org](mailto:CanoeCoordinator@slaanei.org) or call NEI at 617-625-7961 so we can plan on boats and equipment. Boats can be rented at Charles River Canoe and Kayak, where we will be meeting. Please see attached flyer for more information.

## Volunteering for the Annual Business Meeting

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](mailto: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](http://store.slaafws.org) or at 1-210-828-7900.

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**Contact us at [mailinglist@slaanei.org](mailto:mailinglist@slaanei.org) to be added to our emailing list. Thank you.**

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**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 June 11, 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#**

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**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 6:** Were entirely ready to have God remove all these defects of character.

**TRADITION 6:** An S.L.A.A. group or S.L.A.A. as a whole ought never endorse, finance, or lend the S.L.A.A. name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.

## My First NEI 12 Step Retreat

When I attended my first NEI 12-step weekend, I had only two months of sobriety. It was an amazing experience. What a jumpstart to my recovery! I truly did not know what to expect. Being a control freak anorexic, the focus of my life is all about being sure of what to expect. I can obsess about the craziest things. I was so sure that the snoring was going to be completely out of control, and being an addict, I must control the uncontrollable. So I brought my truck, fully expecting to sleep in the back in the March cold of Vermont. What an insane example of my need to control and have everything go my way, where I am not inconvenienced in any way, shape or form. No wonder why I am an addict!

Angst around people is another one of my anorexic traits. Our host in Vermont was so happy to see me. She showed me to my room, even though I was convinced there was going to be a cacophony of snoring later that evening. But even with those reservations, I could feel the energy just walking in the door-the energy of contented sobriety, the acceptance and the serenity. The initial checking in meeting of that first night was powerful, as it spurred me to sum up where I was in my recovery amongst perfect strangers. Up until that point, I never had reflected upon my journey in recovery quite like that.

We picked names to speak on a Step. I was chosen for Step 9, even though I had no direct experience with that Step. But I am an addict, so I definitely have an opinion on it, much as I have an opinion on everything. It was so funny when I told my sponsor later that evening that I was "doing" Step 9 - he thought I was actually making my amends. He exclaimed you are not ready for Step 9! I had to clarify that I was speaking about it – that I wasn't actually making amends.

I find that when I devote time to my recovery, I experience periods of profound growth. The small breakout groups, where we talk about the Step, are powerful. Being able to share for a longer period of time than the usual 3 to 4 minutes of a standard meeting is so beneficial. As I speak and share, not only am I being vulnerable and processing my feelings, I am being accepted at the same time. This quality intimate sharing adds up to a very profound experience.

The format of the weekend is so just the right mix between sharing and downtime. During downtime, I walked on the packed snowmobile trail in back to the retreat house, grounding myself in nature, which gave me that alone time to process and decompress. The weekend retreat experience reminds me of when I was in treatment and how I wanted to live in that safe nurturing environment forever. The NEI retreat weekends provide a slice of that kind of nurturing for a mere fraction of the cost of rehab. You owe it to yourself to nurture yourself by attending an NEI retreat weekend.

Craig G

## LOCAL MEETING CHANGES

- 1) **THURSDAY- MA 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 05/02/17 meeting no longer solely S.L.A.A.-affiliated.**
- 2) **SUNDAY MA. BROOKLINE, 8:00 PM (OSLD12NF, 75 min) Women's meeting.** Literature, step study, and speakers, 4th Sunday of the month focuses on sexual anorexia. All women suffering from sex and love addiction are encouraged to attend. **As of 04/23/17 meeting is on hiatus while the group searches for new meeting space. In the interim, the group will meet via conference call at the same time.** Please contact Tina at [btina6650@gmail.com](mailto:btina6650@gmail.com) for more info or if you have questions.

**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/>