

August 2017

www.slaanei.org

617-625-7961

NEI NEWSLETTER



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

"We had closed "their" side of the books, and audited ours unsparingly", -S.L.A.A. Basic Text, Step 8 reading, page 92

NEI Sponsored Calendar of Events 2017

(Check with NEI to confirm date & times or changes.)

August 2017

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

September 2017

8-10 Anorexia Focused 12 Step Retreat – Chester VT
10 NEI Monthly Mtg @ 5pm
16 Fall Walk & Meeting – Ravenswood Park, Gloucester MA
29-Oct 1 12 Step Retreat Chester VT

October 2017

15 NEI Monthly Mtg @ 5pm

(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!*

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

If you love this newsletter, the fellowship's main office puts out a great newsletter as well.

<https://slaafws.org/fwsnews-previous>

Connecticut Intergroup Augustine Alchemy August 12th

The Connecticut Intergroup is hosting a day long recovery retreat with workshops and speakers on Saturday August 12th from 8 am to 5 pm at the United Methodist Church at 941 Old Rock Hill Rd in Wallingford, CT. This event is a similar format to the spring and fall day long gatherings that NEI hosts. It is so fun to meet members of other fellowships and build on our experience, strength and hope. Suggested 7th tradition donation is \$18. Please contact NEI at the following e-mail address: carpool2ctconf@slaanei.org if you are interested in carpooling or for more information.

Houghton's Pond BBQ August 26th

Please join your fellow members for NEI's annual summer BBQ at Houghton's Pond. Besides delicious food and great people, the meeting held under the towering pine trees is something to be experienced! Recovery in wide open spaces! Please join us in August! Please see attached flyer for details.

Communication plays a vital role in recovery

Communication is a process of sending and receiving information among people. It is essential to spread knowledge and information. The sharing of knowledge and information has allowed mankind to progress from the stone age to the present day. It is no doubt that communication has played, and continues to play a vital role in human life. Therefore, the importance of communication cannot be underestimated.

NEI has decided to make an increased effort to better communicate with the S.L.A.A. community. We want to share the recovery knowledge and information we have within our community. One of the first steps we will be taking to accomplish this is to make sure we have a contact for each and every group we represent.

- Every meeting list information form will now require group contact information (email or phone).
- NEI will be visiting groups that do not have group contacts and requesting that information.
- Group contact information is not published, or shared. It is for NEI use only.

Communication plays a vital role in recovery.

Please help NEI communicate with you and S.L.A.A. as a whole.

Register or update your meeting information <http://slaanei.org/meetings/register-or-update-meeting/>

NEI thanks you for your help.

STEP & TRADITION OF THE MONTH

STEP 8: Made a list of all persons we had harmed and became willing to make amends to them all.

TRADITION 8: S.L.A.A. should remain forever nonprofessional, but our service centers may employ special workers.

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.

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Contact us at 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 August 13, 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/>

Willing to Make Amends

On the surface, Step 8 seems like a bookkeeping step. “Made a list” is simple, but then there is this uncomfortable emotional part, “became willing to make amends”. And even more important, not only willing to make amends, but also willing to forgive that person for what they did to us so that we won't mistreat them again where we have to make further amends. Step 8 is hardly a bookkeeping step. We have to do some serious soul searching around humility and forgiveness. We have to let go of the hurt this person caused us so our amends are from our heart, and hopefully a one time event. We have to reflect deeply on our relationship with this person and decide that we will from here on out, treat this person with dignity and respect. We truly have to put ourselves in this person's shoes and always interact with them from that perspective. Step 8 requires a dramatic shift in our thinking around how we relate to people and the world. Only then will we be truly ready to make an amends.

Craig G.

A Perfect Day for the 11th Annual Mt. Wachusett Hike

This year's annual recovery hike up Mt. Wachusett was on Saturday, May 20. It was a perfect day for a hike - not too hot and not too cold. We started the hike from a different location this time, meeting in the much larger parking lot of the Ski Area. This also meant a longer and more difficult hike to the summit. We started on the Balance Rock Trail, then the Semuhenna Trail, and finally the Old Indian Trail to the summit. As usual, we had lunch and a getting current meeting at the summit. I always enjoy the experience of getting exercise and fresh air and experiencing nature with my fellows in recovery.

We only had 5 people on the hike this year. Even though it was a small turnout, all who attended seemed to enjoy themselves. This event has traditionally been on the 3rd Saturday in May. We have always been fortunate to have nice weather for this hike.

David B.

LOCAL MEETING CHANGES

1) 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 05/02/17 meeting is no longer solely S.L.A.A.-affiliated.**

2) FRIDAY MA. CAMBRIDGE, 7:00 PM (OT, 60 min) Check In, Don't Check Out, Men's Beginner's Meeting. First Parish in Cambridge, 3 Church Street. For questions or more information contact Rob at email or 617-922-2843 or Mark at email or 617-283-9106. ****New temporary meeting location at First Parish in Cambridge while current location is under renovations through the end of September.**

3) SUNDAY, MA. BARNSTABLE, 7:00PM (C), Unitarian Church of Barnstable, 3330 Main St (Rte 6A), go through church, to the back and there will be the library where the meeting takes place. **Group starts meeting on 07/16/17****

4) SUNDAY MA. FITCHBURG 6:00 PM (CD12NF) Restore to Sanity, Unitarian Universalist Church, 923 Main Street **As of June 2017 meeting has disbanded.****

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/>