

January, 2015

www.slaanei.org

617-625-7961

NEI NEWSLETTER



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

“if we work together, we can do everything, if we just watch each other, we can do nothing”

— [john paul santiago](#)

NEI Upcoming Events NEI is planning some fellowship-building events in the coming months.



January, 2015

--January 11 - NEI Business Meeting

February, 2015

--February 8 - NEI Business Meeting

March, 2015

--March 8 - NEI Business Meeting

Upcoming Vermont 12-STEP Weekend Retreat Schedule

March 27-29, 2015

July 17-19, 2015

October 2-4, 2015

December 18-20, 2015

*In Chester, Vermont
(2 1/2-3 hours from Boston)*

The retreats are not only about sharing experience, strength, and hope, but a chance to have lots of fun and laughs as well! We not only work the Steps, but also provide an opportunity to get to know ourselves, as well as other S&L addicts in a safe place. For more information, visit our retreat web page at www.slaanei.org/vtweekend.html

The views expressed in the NEI Newsletter are the opinions of the respective authors and do not necessarily reflect those of New England Intergroup.

THE FIRST TRADITION IN PRACTICE

Often when I go to S.L.A.A. meetings and when people introduce themselves I hear, “I am a sex and love addict,” then “I am a sex addict,” then “I am a sex and pornography addict,” then “I am a sexual and social anorexic,” or “I am a love and relationship addict.” Within S.L.A.A. we have many different manifestations of the symptoms of our disease. From time to time I have heard people grumble, “We are all sex and love addicts. Everyone in the fellowship should introduce themselves the same; as a Sex and Love addict.” But one of the wonderful things about 12 Step programs is that there are no S.L.A.A. enforcers. Through the traditions we are self-policing;

The traditions do not require us to introduce ourselves in any one “right” way. They just say “Our common welfare should come first; personal recovery depends upon S.L.A.A. unity.” The most important thing is that we have a fellowship to recover with. No one of us can recover alone. So while it may sound divisive to introduce ourselves with variations of our addiction, it may also be unifying because it shows how our diversity is accepted and acknowledged while we all focus on our common welfare, relying on a Higher Power to relieve us of our Sex and Love addiction.

Kim B.

LOCAL MEETING CHANGES

SUNDAY RI. WARWICK, 7:30 PM (CD12) All Saints' Episcopal Church, 111 Greenwich Ave **Needs Support**

SUNDAY MA. NEWTON, 7:30 PM (CD) (Men's Mtg) True Grit Meeting. Newton-Wellesley Hospital, 2014 Washington Street. **As of 12/07/14 the room location is Bowles Conf Center #4 which is in the Main Bldg. of the hospital. Enter at the Main building and take the South Elevator to the 2nd floor. Turn left out of the elevator.**

NEWSBRIEFS

**** NEI SERVICE OPPORTUNITIES AVAILABLE:** There are opportunities for service at NEI including but not limited to phone service volunteers, group reps and alternative reps. Please inquire to find out how you can share your experience, strength and hope to help yourself and others in this fellowship.

**** SLAA BASIC TEXT AVAILABLE IN EBOOK AND AUDIOBOOK:** For Audiobook, go to FWS website. **Complete Audio Basic Text [CD] \$43.95 Complete Audio Basic Text [MP3] \$12.99**
For the ebook format go to Amazon or iBooks \$9.99

****YOU ARE NOT ALONE:** Sex and Love Addicts Anonymous, or S.L.A.A., is a Twelve Step, Twelve Tradition oriented Fellowship based on the model pioneered by Alcoholics Anonymous. S.L.A.A. is open to anyone who knows or thinks they have a problem with sex addiction, love addiction, romantic obsession, co-dependent relationships, fantasy addiction and/or sexual, social and emotional anorexia. You are welcome here.

****WEBSITE OPPORTUNITY:** We are looking for help with building our new web site. E-mail info@slaanei.org if you are interested.

**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). Simply fill out the order form found at the NEI website, <http://www.slaanei.org>. 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 <http://www.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, February 11, 2015 from
5:00PM to 7:00PM.** We invite all
S.L.A.A. members to join us **AND
PARTICIPATE** at Newton -
Wellesley Hospital – Room AR 345
in the Allen-Riddle Building.

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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.** You will find a list of these at:

<http://directory.slaafws.org/>.

STEP AND TRADITION OF THE MONTH

STEP 1: We admitted we were powerless over sex and love addiction - that our lives had become unmanageable.

TRADITION 1: Our common welfare should come first; personal recovery depends upon S.L.A.A. unity.

Is S.L.A.A. For Me?



Sex and Love Addicts Anonymous, or S.L.A.A., is a program for anyone who suffers from an addictive compulsion to engage in or avoid sex, love, or emotional attachment. We use the Twelve Steps and Twelve Traditions adapted from Alcoholics Anonymous to recover from these compulsions. The following behaviors have been experienced by members.

- Having few healthy boundaries, we become sexually involved with and/or emotionally attached to
- Fearing abandonment and loneliness, we stay in and return to painful, destructive relationships..
- We confuse love with neediness, physical and sexual attraction, pity and/or the need to rescue or
- We sexualize stress, guilt, loneliness, anger, shame, fear and envy.....
- To avoid feeling vulnerable, we may retreat from all intimate involvement,...

Excerpts from the [Twelve Characteristics of Sex and Love Addiction](#) ©1985

You may be experiencing one or all of these characteristics, but only you can decide for sure if S.L.A.A. is right for you. To help you make this decision, it is suggested that you complete the [40 Questions for Self-Diagnosis](#). If you answer yes to any combination of these questions and think you may be struggling with sex and love addiction, you are welcome in S.L.A.A.

Copied from SLAA website: <http://www.slaafws.org/slaaforme>

New England Intergroup (NEI) invites you to join us for an evening of recovery, friendship and fellowship!

**We Are Not Alone
Get Together**



Speaker/Discussion Meeting with Games, Music & Fellowship to Follow!!!

Saturday, February 14, 2015

6:00 - 7:30pm —Speaker/Discussion Mtng. 7:30 - 10:00pm —Games, Food, Music and Fellowship

- WHERE:** All Saints Parish, 1773 Beacon Street, Brookline, MA (*handicapped accessible*)
- COST:** \$8.00 each—more if you can less if you can't – No one will be turned away! Cost is to cover the hall rental.
- WHY:** Valentine's Day can be a struggle, so get some extra support and fellowship to help stay sober.
- WHAT:** This is an OPEN MEETING for ALL - to come hear what it is like to be sober on such a day and share your experience, strength and hope with those who need the support... ALL OF US!
- FOOD:** NEI members have offered to bring food and refreshments. If you are able to bring a food item, please include a listing of ingredients as some of our members have food allergies. If you are able to bring something, please email the NEI Activities Committee at activities@slaanei.org or leave a message at 617-625-7961.
- BRING:** Feel free to bring games, musical instruments, etc. Friends and significant others are also welcome to attend.
- QUESTIONS:** Email activities@slaanei.org or leave a message with NEI's Answering Service at 617-625-7961. Also see flyer for additional information and directions.