

November, 2014

www.slaanei.org

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NEI NEWSLETTER



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

"There is absolutely nothing in ordinary human experience to compare with the joy of the presence of the Love of God. No sacrifice is too great nor effort too much in order to realize that Presence."

-David R Hawkins



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



November, 2014

--November 1 - Annual Fall Gathering

--November 9 – NEI Business Meeting

December, 2014

--December 14 – NEI Business Meeting

--December 19 – 21 Vermont 12 Step Weekend Retreat

January, 2015

--January 11 – NEI Business Meeting

Upcoming Vermont 12-STEP Weekend Retreat Schedule

December 19-21, 2014

*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

Cell Phone Etiquette at Meetings

At a meeting recently, we had a discussion on the use of cell phones during meetings. Some people thought it was ok to text during a meeting as long as the phone was kept silent. It doesn't make noise, and it's not intrusive while someone is sharing. It doesn't prevent anyone from hearing a speaker. Web surfing on a phone also doesn't make noise, so shouldn't that be allowed during a meeting?

Even if the phone isn't making noise, using it during a meeting is still distracting to the speaker and others. I've seen people text during a meeting. If someone is texting while I'm speaking, it disrupts my train of thought and makes it difficult to share. To me, it feels like they're not present; as though they only came to speak, but not listen. I feel like I'm not worth listening to. Even worse, I wonder if they're acting out on the phone during a meeting. I wonder if they're contacting a qualifier, or browsing inappropriate web sites. This undermines our common welfare.

Many S.L.A.A. groups remind people to turn off or silence cell phones at the start of a meeting. I think this is a good reminder in case someone forgot to turn off their phone. It's also a good way to let newcomers know it's inappropriate to use their phones during the meeting.

Is it ever acceptable to use a cell phone during a meeting? It is, but mostly for things that benefit the group or others in the meeting. Some people like to use the stopwatch or timer on their phone when keeping time. Sometimes, you have to be available by phone in an emergency, for example waiting for news on a sick family member. I've invited others to my meetings and asked them to call or text if they need help finding the room. In these cases it's best to let others in the meeting know beforehand that you're expecting a call, and leave the room when you take the call. That way, you're not disrupting the meeting too much, and people in the meeting know you're not leaving to act out with a qualifier.

If you feel that cell phone use is disruptive during your meeting, you may want to bring up the issue during a business meeting. Of course, all meetings are autonomous and free to make their own rules about cell phone use during meetings. These are just suggestions. Take what you like and leave the rest.

David B.

NEWSBRIEFS

'KEEP IT SIMPLE': That is the theme of this Fall gathering scheduled for Saturday, November 1 at Grace Episcopal Church in Newton. **Note** the time of the conference is in the afternoon only. Registration starts at 12:30 PM. Opening and Welcome will start at 1:00 PM. Workshops will begin at 1:30 PM. There will be 3 sessions of workshops followed by a wrap up session with keynote speakers ending at 6:00PM. There will be the usual literature and sobriety chips available for purchase.

**** 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

**** NOVEMBER IS GRATITUDE MONTH:** November is Gratitude Month, a time to give back what has been freely given. Gratitude Month contributions help the Fellowship Wide Service (FWS) Office to support newcomers and the Fellowship as a whole in many ways.

**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, November 9, 2014 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 shut-ins 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/>.

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

STEP AND TRADITION OF THE MONTH

STEP 11 Sought through prayer and meditation to improve our conscious contact with a Power greater than ourselves, praying only for knowledge of God's will for us and the power to carry that out.

TRADITION 11 Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV, film, and other public media. We need guard with special care the anonymity of all fellow S.L.A.A. members.

God's Will For Us

Prayer is a devout petition to God or an object of worship. It is also defined as a solemn request or expression of thanks to a deity or other object of worship. Meditation is continued or extended thought; reflection; contemplation. It is to think deeply or focus one's mind for a period of time, in silence or with the aid of chanting, for religious or spiritual purposes or as a method of relaxation. These are the functions we use in Step eleven to improve our conscious contact with God.

After having worked through Steps one to ten in the program we had become quite familiar with God and spirituality. Our personal conceptions of God had changed radically. We were now in partnership with God and were aware of God's presence in our lives at even the most mundane moments. We were coming to realize that God had been and continues to be deep inside our being and accessible at any time. It didn't matter what our religious affiliations were, if any.

As is so beautifully written by Mary Stephenson in Footprints in the Sand when she noticed in her dream that the most difficult times in her life were represented by only one set of footprints in the sand and she asks God why this is so, God replies "THE TIMES WHEN YOU HAVE SEEN ONLY ONE SET OF FOOTPRINTS, IS WHEN I CARRIED YOU." We too have come to realize the same truth.

So, Step eleven is an **action step**. We are in active contact with God of our understanding. We express gratitude to God and ask for God's guidance to do God's will in all our daily activities. This is not a one-way conversation though. We need to **listen** also. God will direct us if we do. How do we listen? We still our mind and internal self-talk. In the stillness of our hearts we hear God's direction for us. Even during this writing, I have been praying and stilling my mind to hear and be directed to write this article. I have tried to put my EGO (Edging God Out) away and listen to GOD (Good Ordery Direction).

It is only through working this spiritual program, SLAA, and improving my conscious contact with God that I am able to say I am sober today and recovering from my addiction.
Rich N

LOCAL MEETING CHANGES

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

MONDAY MA. STOUGHTON, 7:00 PM (CL,h) Going to Any Lengths Meeting. First Congregational Church, 76 Pierce Street. Enter church through left door down ramp. Room 5 is straight ahead **Needs Support**

MONDAY MA. PROVINCETOWN, 6:30 PM (CSD12,h,60 min, men only) Provincetown Men's Meeting. AIDS Support Group, 96 Bradford St. **Meeting time changed from 7:30pm to 6:30PM**

THURSDAY MA. BOSTON, 12:00 PM (CD12) Thursday Noontime Meeting, St. Anthony's Shrine, 100 Arch St, Basement via elevator. **This meeting is still alive and well, contrary to previous information.**

THURSDAY MA. CAMBRIDGE, 7:00 AM (CDLT12,h, 60 min) **This meeting has disbanded as of 10/09/14**

FRIDAY MA. PROVINCETOWN, 6:30 PM (CSD12,h, 60 min) This group meets the 1st and 3rd Friday of each month. United Methodist Church, 10 Shankpainter Rd. Rear meeting room. **Group meets the 1st and 3rd Friday of each month**

SATURDAY MA. BOSTON, 8:00 PM (OSDT,60 min) 74 Kilmarnock St.. **Meeting is now coed and no longer men only.**