

December, 2014

www.slaanei.org

617-625-7961

NEI NEWSLETTER



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

"We discovered that we could continue to affirm our recovery by working with other sex and love addicts"

--SLAA Basic Text

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



December, 2014

--December 14 - NEI Business Meeting
--December 19 - 21 Vermont 12 Step Weekend Retreat

January, 2015

--January 2 - 4 Vermont 12 Step Weekend Retreat
--January 11 - NEI Business Meeting

February, 2015

--February 8 - 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

The 2014 Fall Gathering, "Keep It Simple"

When I went to my first Gathering I felt the same way as I did as when I went to my first S.L.A.A. meeting: a little apprehension and some skepticism. After that I began to look forward to them. I knew they would be a whole day of recovery for me, which I love. Our last Fall Gathering on November 1st was no different. Our theme was "Keep it Simple". The format was shortened (1 pm to 6 pm) and there were just six breakout sessions. The shortened format meant that we had to stick with the theme of keeping it simple. Keeping it simple is a good theme for my own life too.

When preparing for the event I shared with another NEI (New England Intergroup) member that I was scared no one would show up. She told me that I should not worry and that if just one person got value from the event it was worth it. Here are some comments from some of the written surveys from Gathering participants when asked what they liked about the event: "That it Happened! Yeah!" "A Safe place with good topics." "Good sharing, insight." Another comment: "This is my first gathering event and I found it very beneficial and informative. I will look forward to attend future events." I've heard the same from all of the Gatherings I've been to.

Finally, putting these events together requires planning and work from many people. I am thankful for those people because the Gathering is an important part of my own recovery. I am also grateful to be able to be on a team that provides one of the tools of this program to others. It is a gift to me.

Peter S.

Kick off the New Year with others working the 12 Steps of S.L.A.A.!

Due to the overwhelming number of people who want to participate in the December 19-21st weekend (which is currently full), **NEI is offering an additional 12- Step S.L.A.A. weekend January 2nd - 4th.**

During the weekend we will review the steps from the S.L.A.A. Basic Text. There is also ample opportunity for "down" time. The weekend also provides an opportunity to get to know ourselves, as well as other S&L addicts in a safe place.

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.

**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.



**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, December 14, 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.



**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/>.



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 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to sex and love addicts, and to practice these principles in all areas of our lives.

TRADITION 12: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

S.L.A.A. Signs of Recovery

1. We seek to develop a daily relationship with a Higher Power, knowing that we are not alone in our efforts to heal ourselves from our addiction.
2. We are willing to be vulnerable because the capacity to trust has been restored to us by our faith in a Higher Power.
3. We surrender, one day at a time, our whole life strategy of, and our obsession with the pursuit of romantic and sexual intrigue and emotional dependency.
4. We learn to avoid situations that may put us at risk physically, morally, psychologically or spiritually.
5. We learn to accept and love ourselves, to take responsibility for our own lives, and to take care of our own needs before involving ourselves with others.
6. We become willing to ask for help, allowing ourselves to be vulnerable and learning to trust and accept others.
7. We allow ourselves to work through the pain of our low self-esteem and our fears of abandonment and responsibility. We learn to feel comfortable in solitude.
8. We begin to accept our imperfections and mistakes as part of being human, healing our shame and perfectionism while working on our character defects.
9. We begin to substitute honesty for self-destructive ways of expressing emotions and feelings.
10. We become honest in expressing who we are, developing true intimacy in our relationships with ourselves and others.
11. We learn to value sex as a by-product of sharing, commitment, trust and cooperation in a partnership.
12. We are restored to sanity, on a daily basis, by participating in the process of recovery.

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Having completed the 12th step, we carry the message and practice the principles in **all areas of our lives**. This means in everything we do every day, at home, work, recreational activities, religious and spiritual activities etc. It's not just for meetings. It's not being "Holier than thou". It's being real, humble, compassionate, understanding and principled with everyone.

This gives us freedom. Freedom from fear, anger and self-loathing. We celebrate ourselves and others. We are genuinely happy when we and those around us do well. We begin to understand real success and don't fear it.

Life becomes open ended as it says in the Basic text. New chapters in well-being await us. We see and accept with gratitude the blessings that God has bestowed on us.

Rich N

LOCAL MEETING CHANGES

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