

May, 2015

[www.slaanei.org](http://www.slaanei.org)

617-625-7961

# NEI NEWSLETTER



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

"The Twelve Step program of S.L.A.A. has helped many of us break free from the grip of sex and love addiction. You Are Not Alone." --- S.L.A.A. website



## NEI Upcoming Events

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



### May, 2015

- May 3 – NEI Business Meeting
- May 16 – NEI Mount Wachusett Hike
- May 29-31 – NEI Massachusetts 12 Step Weekend Retreat

### June, 2015

- June 14 – NEI Business Meeting including Group Inventory 5-6 PM

### July, 2015

- July 12 – NEI Business Meeting



### Upcoming 12-STEP Weekend Retreat Schedule

- May 29-31, 2015 MA
- July 17-19, 2015 VT
- October 2-4, 2015 VT
- December 18-20, 2015 VT

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](http://www.slaanei.org/vtweekend.html)



## 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 people without knowing them.
- 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 be rescued.
- 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*

## NEWSBRIEFS

### NEI Announces Massachusetts 12 Step Weekend Retreat

A twelve step weekend retreat like the Vermont twelve step retreat is being planned for a Massachusetts location from May 29 to 31 at La Salette in Attleboro, MA. The Registration cost is \$210.00 till May 1, \$230.00 after that date. This covers the retreat, private room and 5 meals prepared by an excellent chef.

This will allow those in the fellowship who cannot leave the state to attend a 12 step weekend. Also for those who choose to stay in-state can take advantage of this.

**\*\* NEI SERVICE OPPORTUNITIES AVAILABLE:** There are opportunities for service at NEI including but not limited to phone service volunteers, group reps and alternative reps.

### NEI NEEDS A TREASURER AND CORRESPONDING SECRETARY ASAP

Please inquire to find out how you can share your experience, strength and hope to help yourself and others in this fellowship.

### Mount Wachusett Hike May 16

Get ready for the Annual Hike up Mount Wachusett. Enjoy fellowship during the hike. Have lunch and get current at the mountaintop while enjoying spectacular views and hopefully outstanding Spring weather. **There is no rain date.**

Wear appropriate clothing expecting cooler weather at the mountaintop.

Wear good shoes for hiking.

Bring your own lunch and drinks including water. No fees.

See Flyer for further details

**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](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 <http://www.slaafws.org> or at 1-210-828-7900.



**Contact us at [mailinglist@slaanei.org](mailto: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, May3, 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 100 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 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

**Tradition 5: Each group has but one primary purpose -- to carry its message to the sex and love addict who still suffers.**

**The Fifth Tradition: Call to a Higher Purpose**

Each group has but one primary purpose -- to carry its message to the sex and love addict who still suffers.

Sometimes in recovery I have lost sight of this tradition. This tradition is essentially the opposite of Step 5. In the fifth step I made a list of wrongs, taken from the fourth step and admitted them to God, myself and someone else. In the fifth tradition I am using my experience in addiction and recovery, strength from God through working the program and hope for my future sobriety and recovery as well as for those in the program.

In many ways the 5<sup>th</sup> tradition is a turning point in my life. I have a purpose in my sobriety, not only to stay sober but to carry the message to those who suffer with their demons. The reason I felt comfortable walking out of my first SLAA meeting was because I realized that I finally was with people who understood what I was going through. They had gone through many of my trials and were able to have dignity and understanding in a non-judgmental way. They reached out to me and accepted me even though I couldn't accept myself. They told me I was OK and that I belonged. I was not alone. This is my purpose, to make sure that those who suffer realize that they are OK. They are not alone.

That is **each group's** purpose. Any 2 people who get together for recovery from sex and love addiction can call themselves a group.

There are those with sobriety who would prefer to have meetings with only others with sobriety to their liking. This is understandable because issues can be different for long time sober individuals than for those who struggle with sobriety. But, we should never forget our primary purpose which is to carry the message. A good way around this problem is to have a "meeting after the meeting" for those with sobriety or a private meeting at someone's house or at a predetermined place. But... stay true to the fifth tradition too which is to be available to newcomers and those who suffer.

Many times I have heard newcomers tell their story at a meeting, explain their "hitting bottom" and the drastic effects it has on their lives; how they are suffering and feeling hopeless. It is from these encounters that I can gain strength and give that back to newcomers. That is my opportunity to give that person hope in the program of recovery. If I am not at that meeting, I can't do that. So attending meetings with a home group being present to all especially newcomers is important for them and for me.

Rich N

**LOCAL MEETING CHANGES**

**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. Please contact Kim at [12stepkim@gmail.com](mailto:12stepkim@gmail.com) for the location and for more information. **New women's meeting**

**TUESDAY MA. WEYMOUTH, 7:00 PM (CL)** Commitment to Reality. **Disbanded**

**FRIDAY MA. NEWTON, 8:00 PM (O12.h, NS)** Steps for a Sober Weekend, Newton-Wellesley Hospital, 2014 Washington Street, Allen Riddle Building is a separate brick building to the left of the main hospital. Meeting is open to all sex love and relationship addicts. As of 01/02/15, **room location changes to Allen-Riddle Building - Room 100.**