



I am really out of control

"The certain pain of continuing our sex and love addiction brought us to the admission of Step 1"

--S.L.A.A. Basic Text

NEI Sponsored Calendar of Events 2016

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

January, 2016

10 NEI Monthly Mtg @ 5pm

February, 2016

13 Annual We Are Not Alone Mtg/Get Together Grace Church, Newton, MA.

14 NEI Monthly Mtg @ 5pm

March, 2016

18-20 12 Step Retreat, Chester, VT

13 NEI Monthly Mtg @ 5pm

April, 2016

10 NEI Monthly Mtg @ 5pm

23 Spring Recovery Gathering Andover Newton Theological School (ANTS)

May, 2016

1 NEI Monthly Mtg @ 5pm

21 Hike & Meeting at Top Wachusett Mountain

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

617-625-7961 OR www.slaanei.org

Traditional Chinese wisdom states that "A walk of a 1000 miles begins with one step." No journey worth taking in life can begin without first taking that first step. By taking it I can put things in motion. My first step in recovery meant finally admitting I had a problem. For way too long I was in denial of my addictive behaviors and I was hopelessly trapped by my denial and my fear. Taking the first step was finally admitting I was powerless and gave me the insight and courage to move forward and away from that hopelessness, denial and fear.

The first step of admitting there was a problem with my destructive behaviors was just the beginning of the journey, however. Admitting by itself was not enough to escape the misery of addiction but only the action of setting things in motion. To me, admitting, for a time, made things seem even more desperate with my situation - that my behaviors were out of control and those out-of-control behaviors feed my feeling of worthlessness (my addictive default position).

Admitting I was out of control certainly did not ensure that I could stop. I had to also become willing. Willing to make some significant changes in my life to break the addictive patterns and to allow me see a path to escape the hopelessness and rebuild my life. But admitting my powerlessness and the unmanageability of my life got me into my first meeting. Just stepping in the door of the meeting room and hearing other sex and love addicts share about their strength, hope and experience gave me the feeling that I belonged and that I could have what they had if I would just honestly share my own story and accept the help and support of others. It all began with taking that first step.

--Seth S

January 10th NEI Business Meeting will determine the future of NEI and the New England Fellowship

NEI will be holding elections of officers and other important positions of service which are 2 year positions. There are many devoted people in NEI but many will end their service and vacate positions that are needed to keep the NEI operations functioning. If you feel your sobriety is important and is sustained by the work and services of NEI, then you should be there. Everyone can help and no one is asked to do anything that he/she can't do. **CONSIDER ATTENDING AND GIVING A FEW HOURS PER MONTH SO THAT THE SERVICES OF NEI CONTINUE.**

NEWSBRIEFS

10th Anniversary Celebration/Meeting for the Men's Quincy Saturday Morning 12 Step Study Group. It will start at 9:30 am on Saturday, 9-January. Atlantic Evangelical Church, 65 Newbury St., (corner of Sagamore & Newbury), North Quincy, MA. There will be coffee, donuts and bagels.

** **IS YOUR MEETING REPRESENTED IN NEI?** CHECK WITH YOUR MEETING. IF NOT YOU CAN REPRESENT YOUR MEETING AS A GROUP REP OR ALTERNATE REP AND ATTEND NEI BUSINESS MEETINGS.

**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, January 10, 2016 from 5:00 -7:00 PM. 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 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.

"Oh my God! No more Meeting Lists!"

Now that I have your attention we need your help. Elections for NEI Officers will be held at the January Intergroup meeting. **We need your help and input!** Please send a representative from your group. You can even send two voting representatives, a group rep and an alternate rep. The Intergroup is made up of people like you doing service to help our Intergroup. We do things like publish the meeting list and produce events. If there are no representatives at the meeting then we have a difficult time with what we want and need to do for our fellowship. Please Come!!

Newsletter Submission Deadline

Articles from the fellowship regarding sobriety, meetings and any other Sex or Love Addiction recovery related information are always welcome and encouraged.

If you want to submit an article, it needs to be within eight days after the Intergroup meeting. This gives the editor time to review and format it and get it to the printer in time for printing which is 10 days after the intergroup Business meeting. For the January newsletter this would be Monday, 18-January.

NEI TO HOST ABM/IRC FOR 2016 AND 2017

NEI is excited about hosting the 2016 Annual Business Meeting and International Recovery Convention, which will mark the 40th anniversary of S.L.A.A. S.L.A.A. started as a meeting in Newton, Massachusetts in 1976.

This will require a great deal of work by the intergroup. Are you interested in being a part of a local planning committee? The dates are planned for August 5-7. Please contact NEI to help.

Lots of opportunities to help create the event: suggest topics, decorate, create a list of area activities for out of town guests, make signage, help with registration, plan the banquet, create recovery souvenirs, stock the hospitality suite, share your experience, strength, and hope to make this a great recovery experience.

Email: IRC2016@slaanei.org **Postal mail:** NEI, P. O. Box 1375, Brookline, MA 02446

LOCAL MEETING CHANGES

SUNDAY - MA. BROOKLINE, 7:15 PM (O, h, 30 min) "One breath at a time" Women's meditation meeting. Please contact Khloe at 617-999-7874 for the location and for more information. **New Meeting**

MONDAY - MA. CAMBRIDGE, 7:00 PM (C12, nf, h, 60 min) Men's Step Meeting – As of 12/07/15 new location of First Church Cambridge, 11 Garden Street. **New location as of 12/07/15**

WEDNESDAY - MA. NEWBURYPORT, 7:00 PM (CLD) Women's Meditation Meeting, Library of St. Paul's Church, 166 High St. Lower Hall, last classroom. **New Meeting**