

June, 2016

www.slaanei.org

617-625-7961

NEI NEWSLETTER



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

"In humility, we understood that we were only being asked to get out of God's way, so that, with our cooperation, God's work could be done in our lives".

--S.L.A.A. Basic text Step 6 reading

**NEI Sponsored Calendar of Events 2016
(Check with NEI to confirm date & times or changes.)**

June, 2016

12 NEI Monthly Mtg @ 5pm
17-19 12 Step Retreat La Salette
Retreat Ctr, Attleboro, MA

July, 2016

12 NEI Monthly Mtg @ 5pm
15-17 12 Step Retreat
Chester, VT

August, 2016

14 NEI Monthly Mtg @ 5pm
5-7 40th Anniversary
International Recovery Convention
Hyatt Regency Boston Harbor
Hotel (airport)

September, 2016

11 NEI Monthly Mtg @ 5pm
23-25 Anorexia 12 Step Retreat
Chester, VT

30- Oct 2 12 Step Retreat
Chester, VT

October, 2016

9 NEI Monthly Mtg @ 5pm

November, 2016

13 NEI Monthly Mtg @ 5pm

December, 2016

11 NEI Monthly Mtg @ 5pm

16-18 12 Step Retreat
Chester, VT

(Check with NEI to confirm date & times or changes.)
617-625-7961 OR www.slaanei.org

You Mean I Can Go to the IRC in Boston this August?

Even though I'm newly sober and kind of clueless ...

By Betsy L

Perhaps you're like me and have heard the acronyms "IRC" and "ABM" thrown around during announcement time at meetings for a couple of months now. Some convention? In Boston? In August?

What is it ... and can I go even though I'm a relative newcomer? Can you go?

So at the Spring Gathering in Newton in April, I asked long-time S.L.A.A. member Rita H. from Montreal to tell me more about it from her experience. In short, she said it was truly "a life-changing event" for her and that she heartily encourages any member of S.L.A.A. whether they have one day, one month, one year or any amount of time in recovery to take part. (please see page 2 of newsletter "You and the IRC" for registration information.)

IRC stands for **International Recovery Convention** and it takes place every other year in different locations around the U.S. Groups from the U.K. and Australia have expressed interest in perhaps hosting someday, but, for now, "international" means S.L.A.A. members from anywhere in the world are welcome to attend. So far, registrations have come in from Canada, Poland, and Israel and it's still early!

ABM stands for **Annual Business Meeting**. Like the name implies, it is held every year, usually immediately prior to the IRC so delegates can more easily participate in both. It is at the ABM that literature is reviewed and voted on as Conference approved, sites for future conventions are announced, and other items are hashed out so the organization can grow and thrive.

Rita went to her first IRC in Clearwater, Florida, in 2003 and said the opportunity to be with so many other people from all over the world who were sharing a message of recovery helped her get more connected. English-speaking meetings in Montreal at that time were very few; she got lots of phone numbers.

"You have the opportunity to meet a whole lot of people in different situations in a safe and secure setting," Rita shared. And she had fun. "A lot of us don't know how to have fun when we're not in our addiction. The three-day convention allows for a variety of ways to connect with others, be it in meetings, sharing meals together, at the hospitality suite, or during the Saturday night banquet followed by the live auction. Volunteering is also an excellent way to feel "a part of," she continued.

This year's IRC convention — **40 Years Evolving and Growing in Recovery** – is extra special because it is being held here in Boston where the program was founded in 1976. So whether you're an old-timer or a newcomer, you'll be welcomed at the IRC. Please consider registering today. And tell your friends in recovery ... they may have as many questions as I had.

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, June 12, 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.

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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.** Telephone meetings are a perfect driving companion! 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.

You and the IRC!

So many ways to get involved

40 Years Evolving & Growing in Recovery - Hyatt Regency Boston Harbor, Aug. 5-7, 2016

Register via the Fellowship Wide Services website at <http://slaafws.org/irc2016> **by Friday, May 27, 2016** for \$70 which covers all IRC activities Friday, Aug. 5- Sunday, Aug. 7 including Saturday night banquet and auction. Price increases to \$79 after May 27th.

Some scholarships are available on a first come first serve basis and must be made prior to the event. The deadline for Scholarship requests is August 3, 2016. Please see [IRC registration flyer](#) for more details or send email to irc2016@slaafws.org.

Help with event planning by joining the IRC local planning committee every other Thursday in Wellesley from 6:30-8pm. Next meetings are June 2 & 16 and you can attend in person or by phone. Contact IRC2016@slaanei.org for more information.

Volunteer during the ABM, IRC or both – Doing service is a great way to get connected. Volunteers are needed for the Annual Business Meeting which precedes the IRC (Aug. 2- Aug. 5) as well as during the IRC itself. Volunteering is done in shifts, usually for 2 hours. Interested? Contact Peter at IRC2016@slaanei.org

Be a Speaker or Workshop Leader: Visit NEI's IRC 2016 page at <http://slaanei.org/events-and-retreats/international-recovery-convention-2016/> and see right side bar for "**Speaking Opportunities**". Fill out form and send in for consideration. We'd love to hear from you!

Get a Roommate: Whether you'd like to defray costs or want more time for fellowship, we'll help you find a roommate during the convention, email the local IRC housing coordinator at IRC2016@slaanei.org.

Take the IRC Home with You: The IRC on-site store will be selling audio recordings of the event, S.L.A.A. literature, as well as promotional items, such as t-shirts, pens, and more! Some items will be available for pre-order at discounted prices so you can show up in style. More information on this to follow.

Donate items or themed basket for the silent and live auctions to raise funds for FWS. Remember attendees will be traveling from all over the world, so *think big* but also *think portable*. Ideas or donations, contact **Jenny R** at IRC2016@slaanei.org and see flyer at http://slaanei.org/wp-content/uploads/Auction_Basket_Flyer_SLAA.pdf

Spread the word by announcing the IRC at your local meetings and distributing flyers or sharing the NEI's IRC web page at <http://slaanei.org/events-and-retreats/international-recovery-convention-2016/>

LOCAL MEETING CHANGES

SUNDAY – RI. BARRINGTON, 6:45PM (OLSD12, 1 hour). Women's Love Addiction Relief Meeting. St Matthew's and Mark's Church, 5 Chapel Road **New Meeting**

MONDAY – MA. JAMAICA PLAIN, 6:30PM (OLS12DTNFH, 60 min), "Alone No More" An Anorexia-focused S.L.A.A Meeting, Farnsworth House, 90 South Street, Library. Everybody's welcome! **New Meeting**

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**

WEDNESDAY - MA Boston 7:00PM (OSD, h, nf) Sharing Our Strength (Men's Meeting) Church of the Covenant, 67 Newbury St. Second Floor Library. Enter Newbury Street door. If door is locked ring church office bell. For questions, information and tips on parking contact Mass4334@gmail.com. Beginners contact Rob at Rob2891@yahoo.com. **Effective 03/02/16 the two Wednesday Boston Sharing our Strength men's meetings (6:30PM beginner's & 7:30PM meeting) will be combined into one meeting which starts at 7:00PM**

THURSDAY – MA. EAST FALMOUTH, 5:30PM (OLS12. 1 hour) Women's Meeting. Waquoit Congregational Church, 15 Parsons Lane, Basement. **New Meeting**

FRIDAY - MA. ORLEANS, 8:00 PM (CDL12, 60 min) Pause A While, 26 Giddiah Hill **On Hold Until Further Notice.**

STEP & TRADITION OF THE MONTH

STEP 6: Were entirely ready to have God remove all these defects of character.

TRADITION 6: An S.L.A.A. group or S.L.A.A. as a whole ought never endorse, finance, or lend the S.L.A.A.name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.

For me, the sixth step was another one of those “surrender” steps much like the first step. It just wasn’t quite as obvious as step 1 at first, but once I saw how unmanageable my character defects made my life, I then certainly became willing to have them removed. The fourth step was eye-opening in uncovering how entrenched my character defects actually were. For me, resentments are literally like another addiction. I am continuously captivated by them and they consume tremendous amounts of energy. And much like my sex and love addiction, I am powerless over them, as engaging in that negative thinking is so automatic. Resentments and my other character defects make my life unmanageable. Step 6 could actually be rephrased in the spirit of the first step “we admit we are powerless over our character defects and they make our lives unmanageable”. And just as with my addiction, I am willing to rely on my higher power to remove these defects of character, which in many respects, are much more insidious than my addiction. I have to constantly be watching for them and be willing to surrender them. So when I’m angry and raging, deep into resenting and plotting revenge, the power and control I feel is only an illusion, so much like how acting out in my sex and love addiction was also an illusion. My character defects keep me isolated, disconnected and so alone. I will never live a full healed life if I am not willing to let them go. Like everything else that is revealed in recovery, this is just another painful example of the utter futility of the life I have been living.

Sometimes I am entirely ready-but at other times I fall back into the familiarity of my character defects until the building pain prompts me to be willing once again. Each reprieve from acting out in my defects is mercifully longer. In step 6, we become entirely ready to let go of that which is blocking us from our higher power. Our entire recovery can be summed up as removing that which is blocking us from God. Step 6 is another step that brings us closer to our higher power.

Craig G

Report on the Spring Gathering, “FACE IT, TRACE IT, ERASE IT!”

Held Saturday, April 23, 2016, at Andover Newton Theological School.

Our Spring Gathering was a successful event for our fellowship. We had a total of 43 attendees, both paid and unpaid/partially paid.

Income:

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|---------------|------------|
| Registrations | \$809.00 |
| Bake sale | \$99.05 |
| Raffle | \$191.00 |
| Total income | \$1,099.05 |

Expenses:

| | |
|-----------------|------------|
| Rental | \$905.00 |
| Food & supplies | \$19.59 |
| Printing | \$71.29 |
| Total expenses | \$1,040.88 |

Profit from event: \$58.17. As per the motion passed at the April NEI business meeting, this amount (\$58.17) will be used as seed money for IRC.