

October, 2016

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

617-625-7961

# NEI NEWSLETTER



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

"We needed to stay current with our emotions and needs, or the same poisonous stagnation would soon build up again".

--S.L.A.A. Basic text Step 10 reading

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

**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](http://www.slaanei.org)  
**S.L.A.A. Inspiration Line**  
**215-574-2120**  
**Your 24/7 Sponsor**  
**A daily recorded message of experience, strength and hope with an opportunity to share by leaving your own message. Topics are brought up that one wouldn't think about or share on otherwise. Great for the drive to work!**

**S.L.A.A Fellowship Wide Services Newsletter**

If you love this newsletter, the fellowship's main office puts out a great newsletter as well. What a wonderful way to keep up on what is happening in our great fellowship. Knowledge is power.

<https://slaafws.org/fwsnews-previous>

## Please Donate to NEI's Scholarship Fund!

NEI has a scholarship fund to provide financial assistance to members who have a difficult time affording the full cost of our 12 step retreats. This fund has helped many who otherwise wouldn't have been able to experience the healing power of our retreats by providing partial and sometimes full assistance. The fund is running very low and NEI would appreciate it if individuals and meetings could donate towards this cause. Any help is greatly appreciated!

## Why attend a NEI weekend retreat?

In NEI 12 step retreats, we read and discuss the 12 steps as laid out in our basic text. We "breakout" into small discussion groups to talk about our experience with that section of steps. For me, the power of the retreats is in the intensive nature of the vulnerability. I was vulnerable all weekend and surprise - completely accepted! This gives me tremendous confidence to risk further. We grow in our recovery when we talk about our feelings. Not talking about feelings is why we found ourselves trapped in our addiction.

By the end of the weekend, we all feel like family. You can actually see the growth in the participants that the unconditional acceptance has created. I am an emotional anorexic ruled by the fear of being hurt. The unconditional acceptance at our retreats is so powerful for me. I'm sure NEI's retreats can be just as transformative for you.

The weekend is not all devoted to studying the steps, risking and exploring emotions. We have down time on Saturday afternoon to explore the beautiful Vermont countryside. The healing energy in our retreat house is amazing! Miracles have happened there. You can feel it in the walls. I always stay later on Sundays to write, as the spiritual energy of that house and the weekend really inspires my creativity. Let your own creativity be inspired! Please consider attending one of NEI's 12 step or anorexia retreats. Give your recovery the boost and nurturing it needs!

Craig G

## Why be a NEI rep for your home meeting?

Please consider being your home meeting's rep to NEI. In the SLAA Preamble, one of the resources we draw on to counter the destructive consequences of sex and love addiction is service in our giving back to the S.L.A.A. community what we continue to freely receive. As NEI rep, you represent your home meeting in the monthly NEI business meetings. We need your voice and energy, as NEI strives to serve the meetings under its umbrella by providing resources, literature and recovery events. Please join NEI in doing this important work and give your home meeting a voice! And like at your meetings, you will meet some great people doing service at the intergroup level. Take your recovery to the next step with service!

**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, October 9, 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.** Telephone meetings are a perfect driving companion! You will find a list of these at:

**<https://slaafws.org/meetings/>**

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 & TRADITION OF THE MONTH**

STEP 10: Continued to take personal inventory, and when we were wrong promptly admitted it.

TRADITION 10: S.L.A.A. has no opinion on outside issues; hence the S.L.A.A. name ought never be drawn into public controversy.

## Lessons from the “SLAA 40” Convention

I knew the convention would give a boost to my recovery, but I had no idea just how big a boost. This inspiring event featured no fewer than 36 workshops, from the Steps to intimacy, anorexia, trauma, self-care, cross-addictions, LGBT issues, setbacks, healthy sex with self and others, shame, meditation, and too many more to list.

I also didn't expect the difficult but crucial people skills I learned (with the help of my sponsor) through exchanges with other people, nor the valuable tools I would gain. Here are just a few:

### Service

Were it not for the huge service commitment of the organizers, I would not have learned all that I did. I decided to do service beyond my group to help bring recovery to many others.

### First things first

- 1) Higher Power (develop spirituality)
- 2) Self (self-care + program)
- 3) Others (relationships)

### Dating tips

- 1) First date should be no longer than 1 ½ hours
- 2) Call sponsor before and after
- 3) Write after each date (+ 10 pages before getting physical with someone)
- 4) No texting (except for last-minute changes)

Thanks to the convention, my recovery continues to evolve and grow!

Maria G., New Jersey

## LOCAL MEETING CHANGES

**SUNDAY - MA. BROOKLINE, 7:15 PM “One breath at a time” Women’s meditation meeting.** (O,h, 30 min) Please contact Khloe at 617-999-7874 for the location and for more information. **This meeting resumes as of 09/11/16.**

**SUNDAY - MA. BROOKLINE, 8:00PM Women’s meeting.** (OSLD12nf, 75 min) 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. **This meeting resumes as of 09/11/16.** (group was meeting on Thursday nights during for summer)

**IMPORTANT MESSAGE TO ALL GROUPS** All changes to the meeting list will require an NEI Meeting Registration Form to be completed. This applies to any time, date, place or address changes as well meeting name changes and contact changes. You can submit updates online at <http://slaanei.org/meetings/register-or-update-meeting/>