

November, 2016

www.slaanei.org

617-625-7961

NEI NEWSLETTER



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

...“When we walked through each day with the sense of being hand in hand with God, a spring of love seemed to flow from within”....

--S.L.A.A. Basic text Step 11 reading

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

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
**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>

NEI's 2nd Anorexia Focused Retreat

A bunch of anorexics spending the weekend together? My, that sounds like a recipe for fun. Well fun it was! NEI held their 2nd anorexia focused retreat in Chester VT on September 23rd-25th attended by 16 brave souls, some from as far away as Chicago! Especially for anorexics, we recover when we can share openly and courageously while being unconditionally accepted, as anorexia is so based in fear. It is so vital that we break out of our self-imposed isolation, deprivation and inaction. Having the opportunity to share and be vulnerable all weekend long is why our NEI retreats are so powerful for our recovery.

We studied and shared on some of S.L.A.A.'s cutting edge anorexia literature, including some that is still in draft form. How's that for being pioneers? We shared on what resonated with us, both in small groups of 3 and as a full group. The format was similar to meetings with the no crosstalk rule, as crosstalk is so easily perceived as confrontation and rejection by anorexics. We shared deeply, we laughed together, we cried together and we came together as a team to do retreat house chores. We even had a yankee swap as a social activity to bring out that hidden competitive nature (and sadistic nature for some).

For an anorexic, the words "we get better together" could never ring more true, given our pasts of isolation, fear and inaction. One can participate in as little or as much as you like. Some of us used the downtime on Saturday afternoon to recharge our batteries by napping or by doing something by ourselves, as being so socially engaged is tiring for some of us. NEI is honored to help our anorexic members with retreats tailored to their needs. Even if you think you are only a tiny bit anorexic, do yourself a favor and treat yourself to a NEI retreat designed just for you. I find that my recovery grows by leaps and bound whenever I attend a NEI retreat and can be vulnerable in such a nurturing setting. Give your recovery the boost it needs! Let's make this anorexia retreat a more than once a year event!

Craig G

NEI's Retreat from the Holiday Stress

One of my favorite retreat's is the 12 Step weekend in Vermont in December. There is so much going on at that time of year—family, friends, work gatherings, celebrating, shopping, eating, drinking, spending money—joy and pressures combined. The weekend with other recovering addicts is truly a blessing and allows me to get away from it all and remember what is important to me. Connecting with fellows sharing experience, strength, hope, meals, tears, laughter, and fun social time doing a Yankee swap (including a hat swap!), truly offers a respite from the world and a great boost to my recovery for the new year. Come join us for our December 16th-18th Vermont retreat to feel that peace to carry through the season!

Jenny RW

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, November 13, 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 11: Sought through prayer and meditation to improve our conscious contact with a Power greater than ourselves, praying only for the knowledge of God's will for us and the power to carry that out.

TRADITION 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, TV, film and other public media. We need guard with special care the anonymity of all fellow S.L.A.A. members.

Step 11 – Work as it all depends on us

One thing about being a sex and love addict, it is a lonely existence. Step 11 encourages us to not slip back into isolation. We seek through prayer and meditation to improve our conscious contact with the God of our understanding. We find that if we can be always conscious of God, we no longer feel alone and are less likely to need our addictive escapes to medicate the painful loneliness. Step 11 encourages us to pray ONLY for the knowledge of God's will for us and for the power to carry that out. Here we have moved beyond Step 3, where we were making a decision, to now actively seeking to turn our will and our lives over to God. We pray for ONLY God's will for us, as our will was quickly leading to our destruction. Being swept up in our will has always caused pain. Steps 4-9 clear away what is blocking us from God. Here in Step 11, we are to be God's servants, receiving guidance through prayer and meditation in order to carry out his will for us. It's easy to see how our will and insatiable need for control has caused nothing but pain and unmanageability in our lives. Now we are confronted with 2 choices. Seek God's will and be blessed with a life of serenity, purpose and love; or follow our will and continue to get beat up by our ego and character defects. Our journey in recovery has proven that our lives run more smoothly when God makes all the decisions.

This is a spiritual program. Nothing reflects that as much as Step 11. As the AA Big Book observes "The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous". So here with gratitude and humility, we seek to have the strongest relationship with our Higher Power possible. We have seen how rich our life can be when we act according to God's will and treat all of life with compassion and love. Here we seek the power to always be acting from our hearts, where God resides. We need to pray as if it all depended upon God and work as if it all depended upon us. God's will for us is to do nothing but love deeply from our hearts.

Craig G

LOCAL MEETING CHANGES

SATURDAY – MA. NEWBURYPORT, 9:00 AM (CSD12,h. 45 min.) Changing Tides Newcomer meeting, St. Paul's Church, 166 High Street, Basement. Use Harborside Adult Day Health Center entrance on Summer St. **(as of 10/01/16 start time 9:00AM instead of 9:15AM)**

MONDAY- MA JAMAICA PLAIN, 7:00 PM (OLS12DTNFH, 60 min), "Alone No More" An Anorexia-focused S.L.A.A Meeting, Farnsworth House, 90 South Street, Library. Everybody's welcome! **As of 10/17/16 start time is 7:00PM instead of 6:30PM)**

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/>