

March 2017

www.slaanei.org

617-625-7961

NEI NEWSLETTER



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

"With time, practice and encouragement, we begin to love ourselves the same way our Higher Power and our peers in S.L.A.A. already love us".

-S.L.A.A. Anorexia 1-2-3 Booklet, Step 3 reading, page 11

NEI Sponsored Calendar of Events 2016

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

March 2017

12 NEI Monthly Mtg @ 5pm
24-26 VT 12 Step Retreat

April 2017

7-9 MA 12 Step Retreat - Attleboro
9 NEI Monthly Mtg @ 5pm
22 Spring Recovery Gathering - Newton

May 2017

7 NEI Monthly Mtg @ 5pm
20 Mt Wachusett Hike

June 2017

11 NEI Monthly Mtg @ 5pm
24 Canoeing/Kayaking Newton

(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.

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

Represent Your Home Group!

The wisdom of this program is passed on when we give back what was freely given to us. We need to be of service to others. Many groups do not have active representation in NEI, which does both your home group and NEI a great disservice. Please, at your next home group business meeting, inquire as to the status of your NEI group rep. If your home group does not have a rep, please elect one! It has never been easier to do service and express your gratitude to your home group and your intergroup than by being an intergroup rep. NEI meetings can now be attended by phone. Doing service has never been easier! Your home group's input will be much appreciated at NEI meetings. Please let your groups know that we need more participation at NEI meetings.

Spring Recovery Gathering

The Spring Recovery Gathering is on! Join NEI for a day-long event on April 22nd in Newton to celebrate the miracle of our recovery. Bring your friends in recovery and listen to inspirational speakers and attend workshops on recovery topics that are sure to resonate and take your recovery to new levels. We learn so much about ourselves by relating to others. God works through others. God will be working all day long in Newton. Come and see what our Higher Power does best – work through others. Save the date! More details to follow in flyers.

Participate in NEI Meetings by Phone!

NEI members, new and old, can call-in to our new conference call number:

(712) 432-6100

Enter Participant Code: 74128638#

Be a part of the monthly NEI meeting. NEI needs your HELP, SUPPORT and your IDEAS

Massachusetts 12 Step Retreat

NEI is hosting a 12 Step retreat close to home on the weekend of April 7-9th at the beautiful La Salette Retreat Center in Attleboro, MA. Please take the opportunity to treat yourself to a weekend study of the 12 steps where interacting with others in recovery can deepen your recovery.

NEI is hoping for more participants so we can continue to offer intensive recovery programs so close to home. Participants share and listen all through the day and early evening to our individual experiences with the steps. I find that such a weekend allows me to get in the recovery "groove". Much of the heartfelt sharing resonates with me, and the ample opportunities to share leads to greater and greater insights and growth in my own recovery. I'm sure the same would happen to you. Meetings are powerful. This retreat is like a weekend long meeting with more shared insight, connection and intimacy. La Salette is a beautiful facility. Participants get their own room complete with air conditioning! The food is always excellent. Many of the break out discussion groups take advantage of the beautiful grounds to hold their step discussion meetings sitting out on the lawn. La Salette also has a system of well marked trails through the woods. God works through others. Please treat yourself to this local weekend retreat and watch your growth!

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). To save on shipping and handling, 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, March 12, 2017 from 5:00 -7:00 PM. We invite all S.L.A.A. members to join us in person or by phone **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 3: Made a decision to turn our will and our lives over to the care of God as we understood God.

TRADITION 3: The only requirement for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. Any two or more persons gathered together for mutual aid in recovering from sex and love addiction may call themselves an S.L.A. A. group, provided that as a group they have no other affiliation.

Step Three – Made a decision to turn our will and our lives over to the care of God as we understood God.

I start every day praying to turn my will and my life over to God. As I pray, I reflect on what my "will" means, which grounds me in what acts of willfulness I may be planning and how I'm trying to solely control my own life once again. Step 3 is so powerful for me--turn my will and life over. In other words, actually ask for help. A particularly painful part of my sex and love addiction was the feeling that I was all alone in my struggles. It was excruciatingly lonely in my addiction. The deep loneliness and powerlessness made my life feel so hopeless. I felt so lost. I was completely controlled by my addiction. I could not say no and I felt like there was nowhere to turn. I was all alone with an addiction that was escalating and on its way to killing me with this insane inability to say no to unsafe sex...or to say no to any sex. After a painful period of acting out, I went to my first S.L.A.A. meeting and admitted that I was powerless--that my life was unmanageable. Just having others in the room who understood me was a watershed event. I was so alone with my pain. I could turn my pain over to people in the rooms who understood. I no longer have to be so totally alone.

Slowly I developed a personal relationship with God. Every time I say those words--turn my will and life over to the care of God--I can feel the willingness and the hope. I immediately feel lighter and hopeful.

Step 3 is so humbling. I turn my will and life over to my Higher Power because I can't run my own life. Every time I try to run my own life, powerlessness and pain is the result. When I surrender and let go of running the show, my life always runs more smoothly. When I feel myself turning my will and life over, I feel excited, as I know God has something great in store for me. Whenever I get out of the way, God always amazes.

One of my favorite morning prayers contains the phrase "God, take my life and lead me to total surrender". I like to visualize what it would feel like to live in "total" surrender - it would be so awesome! It would be automatic--total surrender. I never would be trying to take my will back. I would always be completely open and accepting of whatever life threw at me. There would be this unshakeable sense of gratitude. What a way to live! No disturbances--just continuous unbroken serenity and gratitude.

It starts with the decision in Step 3 and grows into total surrender. No wonder why life in recovery is the ultimate way to live! Why did I wait so long?

Craig G

LOCAL MEETING CHANGES

MONDAY- MA. NEWTON, 7:00 PM (CSD,nf) Partnerships in Recovery, Grace Episcopal Church, 76 Eldredge Street 2nd fl. (Do not need to be in a partnership to attend.) **Meeting needs support.**

THURSDAY-MA. FALMOUTH 6:00 Women's meeting new location is John Wesley United Methodist Church, 270 Gifford Street Falmouth. Also meeting start time is now 6pm instead of 5:30pm.

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/>