

April 2017

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

617-625-7961

# NEI NEWSLETTER



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

"Then we began to identify the emotions and motives that flowed underneath in a vile current".

-S.L.A.A. Basic Text, Step 4 reading, page 80

## NEI Sponsored Calendar of Events 2017 (Check with NEI to confirm date & times or changes.)

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

**NEI Monthly Meeting  
Conference Call-in Number  
(712) 432-6100  
Enter Participant Code:  
74128638#**

**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>

## Pocket-Sized Recovery – At a Great Value and Price

If you missed the International Recovery Convention (IRC) in Boston last August, you can still hear some great speakers sharing their experience, strength, hope, and gratitude for over 40 years of S.L.A.A. recovery. Audio recordings on commemorative flash drives and celebration t-shirts and tote bags are still available from the event for a limited time. Don't miss out on this unique opportunity!

### *The following items are being sold*

- 1) Complete set of 40 audio recordings on commemorative flash drive, 1 t-shirt and 1 tote bag – \$134 (free shipping)
- 2) 13 Keynote speakers on commemorative flash drive– \$20 (plus \$7.50 shipping)
- 3) Steps 1 through 10 on commemorative flash drive – \$20 (plus \$7.50 shipping)
- 4) Pick 6 - 6 popular workshops on IRC flash drive – \$20 (plus \$7.50 shipping)
  - Building Intimacy (with God, ourselves & others)
  - I Have No Time to Rush (Dating: When, a Plan, Setting Boundaries)
  - Healthy Sex with Self and Others
  - Do I Dare Disclose? When, Why, How & Who
  - Defining Our Sobriety: Setting Bottom, Accessory, and Top Lines
  - Relationships in Recovery
- 5) Pick 6 II – 6 more workshops on IRC flash drive - \$20 (plus \$7.50 S&H)
  - Using the Tools of Recovery
  - Withdrawal: The Only Way Out is Through
  - Fool's Paradise (Fantasy, Intrigue & Obsession)
  - Help I'm Acting In: Anorexia Setting Bottom & Top Lines
  - Healing the Shame Through Self Love/Self Compassion
  - Life Begins at the End of My Comfort Zone
- 6) T-shirt and tote bag – \$10 (specify t-shirt size)  
Order through NEI [[IRC2016@slaanei.org](mailto:IRC2016@slaanei.org)] or purchase these at the Spring Recovery Gathering on April 22<sup>nd</sup> in Newton and save on the shipping.

## Spring Recovery Gathering

Join NEI for a day-long event on April 22<sup>nd</sup> at Andover Newton Theological School to celebrate the miracle of our recovery. Listen to inspirational speakers and attend workshops on recovery. Meet people in recovery from all over the area!

## Massachusetts 12 Step Retreat – Need Participants!

NEI is hosting a 12 Step retreat so close to home on the weekend of April 7-9<sup>th</sup> at the beautiful La Salette Retreat Center in Attleboro, MA. We need more participants!! NEI needs to at least break even to continue to offer this convenient and powerful Massachusetts retreat. Please support your Intergroup! Please take the opportunity to treat yourself to a weekend study of the 12 steps where interacting with others in recovery.

NEI is hoping more members will sign up 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. 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 surrounding the property. 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/intergroup/ordering-literature/> 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 [store.slaafws.org](http://store.slaafws.org) or at 1-210-828-7900.

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**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, April 9, 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 or call in.

**Conference Call-in  
Number**

**(712) 432-6100**

**Enter Participant Code:  
74128638#**

❖  
**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/>

**STEP OF THE MONTH**

**STEP 4: Made a searching and fearless moral inventory of ourselves.**

When I came to Step 4, I really did not want to do it. I was starting to feel so much peace and serenity already, as I was so much more open minded. I was actually starting to put aside those resentments and fears, starting to feel some sense of relief, and now this Step wants me to dig up all those old resentments? Wouldn't it be for the better to take a pass? Can't I let these things go and just focus on the good that is now in my life? Yes, I do like to write. But I 'm thinking isn't writing about all these positive feelings more beneficial than bringing up all these old resentments and fears? But then again I recall that I did not want to think about my sexual behavior either, and it was writing about it – listing the pros and cons that finally led me to break through the delusion and see the real truth, which led me into this program. So I have found a tremendous value in writing things out. I was wrong about my sexual behavior. Could I possibly be wrong about even more? My track record has certainly not been stellar on getting things right.

One thing I have realized about my emotional life is that it is incredibly complex. Referencing the concepts laid out in the AA Big Book, my acting out is yet but a symptom. I had to get down to the causes and conditions as to what was blocking me from God and blocking me from a fulfilling life. Indeed, it was Self, manifested in various ways, which had defeated me. I had to consider that my way of believing and being in the world was wrong and possibly even insane. I certainly have felt insane at times when I feel pummeled by life.

So as I started writing out my 4<sup>th</sup> Step, of course, I quickly lost sense of its purpose. As I listed the people who I resented and wrote out why I resented them, it started to turn into an indictment of those people. They did behave badly. These people owed me an amends, not the other way around. My sponsor kept asking me how I was doing with my part in it? At first I thought, my part? Why this is such an open and shut case against these horrible people certainly nothing is to be gained by looking at my part in it. Besides, I don't like the questions. How was I self-seeking, selfish, dishonest and fearful? These people hurt ME, not the other way around...or so I thought. My sponsor kept encouraging me to turn around and look at my part. Once I started to actually write out my part, I finally started to see the same theme in resentment after resentment. I'm the victim. I fear that I'm going to be rejected or hurt. At times I was literally insane with fear... and so angry. My God, I'm bringing this all on myself! From my reactions, no wonder why my life is such a struggle. No wonder why I needed an addiction for at least some relief from the insanity until the insanity followed me even there. No wonder why my entire life is so screwed up. Most people don't think like this. Most people don't spend this kind of emotional energy on resentments and fears, living in this degree of constant negativity. I am truly insane! The AA Big Book is right. I am starting to comprehend the futility and fatality of my thinking. I do have a disease of perception. I am so delusional. And dare I say it - I am so wrong.

The physical act of writing out what has been rattling around in my delusional addict brain has been one of the best things I have done in my recovery. These beliefs now finally have some much needed perspective. I encourage everyone to write out your Step 4 – or just write period. Ours truly is a disease of perception and Step 4 is ingenious in how it methodically introduces the perception we all need. Craig G

**LOCAL MEETING CHANGES**

- 1) SUNDAY MA. FITCHBURG 6:00 PM (CD12NF) Restore to Sanity, Unitarian Universalist Church, 923 Main Street GPS Fitchburg, MA Sunday \*\*As of 03/05/17 not sure if this meeting is still active\*\*
- 2) 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.) GPS Newton, MA Monday \*\*Meeting needs support as of 03/06/17\*\*
- 3) MONDAY MA. JAMAICA PLAIN, 7:00PM (OLS12DTNFH, 60 min), "Alone No More" An Anorexia-focused Mtg. \*\*Meeting has disbanded as of 03/06/17\*\*
- 4) THURSDAY MA . FALMOUTH, 6:00PM (OLS12. 1 hour) Women's Meeting. Women Helping Women. John Wesley United Methodist Church, 270 Gifford Street, Front door, take a right, 1st class on the right after the chapel. \*\* As of 03/06/17 new location and meeting time has been changed to 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/>