

August, 2014

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

617-625-7961

# NEI NEWSLETTER



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

"We must give more in order to get more. It is the generous giving of ourselves that produces the generous harvest."

- Orison Swett Marden



**NEI Upcoming Events** NEI is planning some fellowship-building events in the coming months.



## August 2014

--August 10 - NEI Business Meeting 5PM

--August 16 - NEI Barbecue Houghton's Pond, Blue Hills, 11 AM

## September 2014

--September 14 - NEI Business Meeting 5PM

## October, 2014

--October 12 - NEI Business Meeting

--October 3-5 - NEI Vermont 12 Step Weekend

## Upcoming Vermont 12-STEP Weekend Retreat Schedule

October 3-5, 2014  
December 19-21, 2014

*In Chester, Vermont  
(2 1/2-3 hours from Boston)*

The retreats are not only about sharing experience, strength, and hope, but a chance to have lots of fun and laughs as well! We not only work the Steps, but also provide an opportunity to get to know ourselves, as well as other S&L addicts in a safe place. For more information, visit our retreat web page at [www.slaanei.org/vtweekend.html](http://www.slaanei.org/vtweekend.html)

## WE NEED YOUR HELP

NEI helps to provide our intergroup with support services. We have an answering service that helps to provide newcomers with information about meetings, pass along messages that provides addicts that still suffer with literature and be there when someone needs help.

NEI puts on two conferences each year to help members get together and help them learn from each other tips about recovery. There are four Vermont retreats to provide a concentrated walk through the twelve steps.

Throughout the year NEI puts on activities that promote recovery and to meet other addicts. We would like to promote retreats in-state for members who can't leave the state. We have a literature clearing house to help groups get help. NEI provides support when groups need help.

All of this costs some money. We are always cognizant of every dime. We need you, however. 7<sup>th</sup> tradition giving that goes to the intergroup has dropped and we're asking for your help. There are about 65 meetings in this intergroup, and only about 1/3 of the meetings contribute.

Year	Groups Giving	Amount
2009	22	\$5737
2010	28	\$5643
2011	22	\$3793
2012	23	\$2787
2013	27	\$3885
2014	25	\$2974

PLEASE, all groups. It would be great to have more groups contributing. WE NEED YOUR HELP.

--Bob G

## NEWSBRIEFS

**\*\* NEI SERVICE OPPORTUNITIES AVAILABLE:** Two officer positions are available for qualified SLAA members. The office of Vice chairperson is open to anyone with 1 year sobriety and the desire to serve. The office of Corresponding Secretary is an important and rewarding position for the right person. Please see [NEI bylaws](#) for more details of each of these roles.

[http://www.slaanei.org/library/NEI\\_Bylaws\\_Nov09.pdf](http://www.slaanei.org/library/NEI_Bylaws_Nov09.pdf). There are also many other opportunities for service at NEI including but not limited to phone service volunteers, group reps and alternative reps. Please inquire to find out how you can share your experience, strength and hope to help yourself and others in this fellowship.

**\*\*NEW MEETING INTEREST** I AM INTERESTED IN STARTING A NEW MEETING IN WALTHAM ON WEDNESDAY EVENINGS. IF YOU ARE INTERESTED IN STARTING THIS MEETING, CONTACT CHRIS ([christojo58@yahoo.com](mailto:christojo58@yahoo.com)).

**\*\* SLAA BASIC TEXT AVAILABLE IN EBOOK AND AUDIOBOOK:** For Audiobook, go to FWS website. Complete Audio Basic Text [CD] \$43.95 Complete Audio Basic Text [MP3] \$12.99 For the ebook format go to Amazon or iBooks \$9.99

**\*\*INTEREST IN STARTING A NEW COED MEETING IN THE BOSTON AREA:** An SLAA member in the Boston area is looking for others who might be interested in starting new coed meetings on weekends (Friday, Saturday, and Sunday nights) in the Boston area. If you share this interest please contact Cindy at [bostoncoedmtgs@slaanei.org](mailto:bostoncoedmtgs@slaanei.org)

**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, August 10, 2014 from 5:00PM to 7:00PM.** We invite all S.L.A.A. members to join us **AND PARTICIPATE** at Newton - Wellesley Hospital - Room AR 345 in the Allen-Riddle Building.



**CONSIDER THOSE ADDICTS --**

--who are isolated or shut-ins or otherwise unable to get to meetings. There are online and telephone meetings. **Attend online and telephone meetings as often as possible.** You will find a list of these at: <http://directory.slaafws.org/>.



*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 AND TRADITION OF THE MONTH**

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition 8: S.L.A.A. should remain forever nonprofessional, but our service centers may employ special workers.

**MAKING AN AMENDS LIST.**

Step 8 is a step that we prepare for through the fourth step. We look at our resentments and see the causes. Then we look at our part of the problem. Where were we selfish, self-centered, dishonest and fearful?

From this list we can see who it was we had harmed and how. Stealing, physically or sexually or emotionally harming, cheating, lying, back stabbing, neglecting, etc. We see our motives and insecurities which lead to our character defects. And also how we used these character defects to justify our actions and get our own way.

After going through the fifth, sixth and seventh steps we are prepared by our Higher Power to understand our shortcomings and become willing to make amends to all we have harmed.

There are people we can only make amends to spiritually or symbolically for many reasons including death, or the cause of further harm to them or others, like a spouse, parent or child. Clearly our family members especially spouses, children, siblings and significant others are on the list. A main person on the list is ourselves. We need to be able to make amends to ourselves and forgive ourselves.

This list should be developed and reviewed with a sponsor and/or therapist. The type of amends we make will need to be determined. Many will be face to face. Some will be in letter form. Still others may need to be made symbolically like donations to charities, service work, etc.

There are many publications that guide us through the steps. I recommend SLAA Basic Text, Hope and Recovery, AA Big Book and AA Twelve and Twelve.

The key part of this is TO DO IT! The results will be to end the isolation that so many of us have put ourselves in.

Rich N

**LOCAL MEETING CHANGES**

**SUNDAY RI. WARWICK, 7:30 PM (CD12)** All Saints' Episcopal Church, 111 Greenwich Ave **Needs Support**

**MONDAY MA. STOUGHTON, 7:00 PM (CL,h)** Going to Any Lengths Meeting. First Congregational Church, 76 Pierce Street. Enter church through left door down ramp. Room 5 is straight ahead **Needs Support**

**TUESDAY MA. WEYMOUTH, 7:00 PM (C)** Commitment to Reality, East Congregational Church, 1320 Commercial Street. Recovery Zone Workbook meeting. **Needs Support**

**THURSDAY MA. BARNSTABLE, 7:00 PM (CSD12,h)** *This meeting has disbanded as of May 2014.*

**SATURDAY MA. BOSTON, 8:00 PM (OSDTh, 60 min)** 74 Kilmarnock St. As of 03/23/14 group is now a coed meeting and **no longer men only.**

**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. A form can be downloaded at [www.slaanei.org/neiforms.html](http://www.slaanei.org/neiforms.html)