

Virtual Fall Recovery Gathering by New England Intergroup



Out of Isolation & Into Healthy Connection

Nov. 6th, 2021 - 11:30am to 4pm
Eastern Standard Time, US/Canada



Schedule:

11:30am:

- ✓ Registration & virtual hang out

12pm-12:50pm

- ◆ Self-care and Sobriety in a Digital World
- ◆ Saying “No” Is A Complete Sentence

1pm-1:50pm:

- From Love Addiction to Healthy Relationships
- Finding the Balance Between Self-Care & Self-Centeredness

2pm-2:50pm:

- Tools and Solutions for Daily Living
- Living in the Moment And Walking With Higher Powers

3pm-4pm:

- ▶ Meeting With Two Speakers & Gratitude Shares

Registration cost: \$21 - more if you can, less if you can't.

The suggested contribution helps to support New England Intergroup (NEI) to continue its work to help the addict who still suffers—website, phone line, answering service, P.O.Box, etc. This is especially essential since 7th Tradition contributions have dropped off significantly over the course of the pandemic.

Please register here: <https://slaanei.org/event/fall-gathering-2021>

NEI: Phone: 617-625-7961 Website: <https://slaanei.org/> Email: Activities@slaanei.org

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Nov. 6th, 2021 - 11:30am to 4pm EST

Session 1) 12:00-12:50PM EST **Choose one:**

Self-Care and Sobriety in a Digital World: The COVID-19 pandemic has changed our worlds. With in-person meetings being moved online and social distancing guidelines preventing us from meeting with sponsors and friends in recovery, we have had to become creative and extra vigilant about prioritizing our recovery. This session explores how we can care for ourselves in a digital world and stay on our recovery path and connect with others.

Or

Saying “No” Is A Complete Sentence: Do I feel like I have to justify myself when I say “No” to doing something that doesn’t feel right for me to do? Do I worry that I don’t have the right “reason” to say “No.” or that because of something that happened previously I “have” to say “Yes.”? Am I having difficulty identifying and expressing how I feel about my choices or difficulty sticking with the decision I have already made? This session explores boundaries and how our disease gets us into trouble when communicating with others and taking care of ourselves.

Session 2) 1:00PM-1:50 PM **Choose one:**

Finding the Balance between Self-Care & Self-Centeredness:- How do we practice taking good care of ourselves in order to maintain our program, without becoming self-obsessed or overly concerned with our own desires? What does balancing my needs and wants to take care of myself look like when I also have other responsibilities in my life to attend to as well? This session explores finding balance between caring for our physical, emotional, mental, and spiritual needs, while still being of service to our friends, families, and others in S.L.A.A.

Or

From Love Addiction to Healthy Relationships: Do you find yourself unable to stop seeing a specific person even though you know that seeing this person is destructive to you? Do you feel that life would have no meaning without a love relationship or without sex? Have you ever wished you could be less emotionally dependent? Do you feel that you're not "really alive" unless you are with your sexual or romantic partner? This session explores developing healthy connections with fellows in recovery, and finding balance in your life.

Session 3) 2:00-2:50PM EST **Choose one:**

Tools and Solutions for Daily Living: What tools of the program are we using to help us stay sober one day at a time? Are we making outreach calls, going to meetings, and meeting with a sponsor to do Step work? What kind of spiritual practices do we use? What is part of your routine, and what would you like to change or add? This session explores what our S.L.A.A. toolboxes look like - what solutions for daily living we use to maintain our sobriety and our serenity.

Or

Living in the Moment and Walking with Higher Power: The past is gone and can't be changed. The future cannot be guaranteed. To dwell in either place for too long can steal one's serenity. Mindfulness is available to us in every moment. We just have to turn our focus to it. Walking hand in hand in the presence of your higher power can give you the strength to keep fighting the battle by reminding yourself that your addiction does not define you. This session focuses on how you can presently live in a new and wonderful world no matter what your present circumstances by following your higher power.

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