

New England Intergroup of SLAA (NEI) presents



“Keep Coming Back”

Hybrid Spring 2022 Gathering

co-sponsored by the Newton Beginners' & Fundamentals Group

Saturday June 4, 2022

9:00 am to 1:00 pm

In-Person: Grace Episcopal Church

76 Eldredge Street

Newton, MA 02458

Note: Mask wearing is mandatory. Please plan accordingly.

Virtual: Zoom info TBA at SLAA NEI website (you will receive zoom details when you register online—see below)

Event Info: <https://slaanei.org/event/spring-gathering-2022>

Schedule: (descriptions on back of this flyer)

- Setup 8:30 am
- Registration 9:00 am to 9:30 am
- Session 1 “Coming Back After A Relapse” 9:30 am to 10:20 am
- Session 2 “Keep It Simple” 10:30 am to 11:20 am
- Session 3 “What Does the Serenity Prayer Mean to You” 11:30 am to 12:20 pm
- Gratitude Meeting 12:30 pm to 1:00 pm

Cost: \$18 includes the full Gathering (more if you can, less if you can't)

Register/donation in person the day of or

Register/donation in advance or as a virtual participant:

<https://slaanei.org/event/spring-gathering-2022>

Please share this flyer with other members & announce at your meetings.

Schedule

In-Person or Virtual Hang-out 9:00-9:30AM EDT

Connect with old & new recovering friends before the sessions start

Session 1: 9:30-10:20AM EDT

Coming Back from Relapse. Have you just returned to S.L.A.A after being “out there”? Are you looking for ways to strengthen your recovery to protect it from that part of the disease that is “doing pushups in the parking lot”? We welcome you. We’re glad you’re back, or if you didn’t leave, we are glad you are still here. If you've been sober for a while after a relapse, we'd love to hear what is making a difference in your recovery now to keep you sober. This session explores the steps, tools and support we need to have in place to continue working our program over the long term.

Session 2: 10:30-11:20AM EDT

Keep It Simple. Do you suffer from black and white thinking? Does it feel like everything is so complicated and there is too much to think about and do? This session discusses how we can make our lives less complicated and filled with more joy in recovery.

Session 3: 11:30-12:20PM EDT

What does the Serenity Prayer Mean to You? What is serenity? How do we find acceptance? What are the things that I can change? What are the things I cannot change? We often say the Serenity Prayer at the start and end of our meetings, but how often do we really think about what those few words mean to us. This session explores the Serenity Prayer with its request from a higher power for serenity, acceptance, courage, wisdom. How do the words of the serenity prayer have meaning for you?

Gratitude Meeting / Closing 12:30-1:00PM EDT

Close out the Spring gathering with gratitude for fellowship and our recovery.

If you would like to volunteer to do service for the event—online or in person, let us know.

Call: 617-625-7961 and leave a message for Darren or Activities@slaanei.org