

May, 2016

www.slaanei.org

617-625-7961

NEI NEWSLETTER



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

"We could belong to the human race, and our shared vulnerability was our membership card to unconditional acceptance by others. We would never have to live closed or divided lives again".

--S.L.A.A. Basic text Step 5 reading

NEI Sponsored Calendar of Events 2016
(Check with NEI to confirm date & times or changes.)

May, 2016

- 1 NEI Monthly Mtg @ 5pm
- 21 Hike & Meeting at Top Wachusett Mountain

June, 2016

- 12 NEI Monthly Mtg @ 5pm
- 17-19 12 Step Retreat La Salette Retreat Ctr, Attleboro, MA

July, 2016

- 12 NEI Monthly Mtg @ 5pm
- 15-17 12 Step Retreat Chester, VT

August, 2016

- 5-7 40th Anniversary International Recovery Convention Hyatt Regency Boston Harbor Hotel (airport)

September, 2016

- 23-25 Anorexia 12 Step Retreat Chester, VT

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

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Help plan and celebrate 40 years of S.L.A.A.!

International Recovery Convention comes to Boston, Aug 5-7, 2016

Remarkably, SLAA began in Newton, Mass., in 1976 with just a handful of people desperate to find relief from sex and love addiction. Today, SLAA is a fellowship of strength and hope for some 16,000+ members in more than 42 countries – and counting!

We are celebrating the 40th anniversary year right here where it all began by hosting the International Recovery Convention (IRC) at the Hyatt Regency Boston Harbor Aug. 5-7, 2016. The weekend will include workshops and meetings on the 12 Steps, keynote speakers sharing their stories of recovery, a Saturday night banquet and auction, and more. And, of course, the chance to connect with others in recovery from around the world. Registration information below.

We want to extend the invitation to you, as a member of SLAA, to share in the planning and running of this special event. The planning committee meets every other Thursday in Wellesley from 6:30-8pm. Our next meeting is May 5 and you can attend in person or by phone. Whether you'd like to help with mailings, gifts for sale research, speaker search, gathering auction items, meeting planning, or some other skill, every act of service is needed and much appreciated.

For more info about:

- Volunteering with the local planning committee, contact: IRC2016@slaanei.org
- IRC Boston Convention, visit the NEI website slaanei.org and follow the links

Those who register by May 27th, 2016 qualify for the early registration discount of \$70 which includes the Saturday Banquet Dinner and all IRC activities Friday through Sunday. To register for the International Recovery Convention please visit Fellowship Wide Services website at <http://slaafws.org/irc2016>.

Bylaw Change Update

NEI previously announced updating our bylaws to change lengths of service agreements. We are considering this because we want to attract more participation. However we realized we needed to give it more discussion and did not want to proceed too hastily. Therefore we are tabling the issue. Stay tuned to our newsletter and website for updates.

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. 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, May 1, 2016 from 5:00 - 7:00 PM. We invite all S.L.A.A. members to join us **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:

<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 OF THE MONTH

STEP 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

For me, like so many aspects of our program, and as with many of the steps, the Fifth Step started in a small way the first time I shared myself with another SLAA member. That happened at my very first meeting and what I shared was not anything too candid. I just told him I could relate to what was being said. There was a sense of relief in being able to share that with someone who I knew could relate to me.

My formal Fifth Step was along the same lines, but exponentially more impactful. My Fifth Step started out in a Fourth Step meeting where we shared our resentments, character defects and assets. After participating in that meeting for a year, I had a list of many resentments which I distilled down to my character defects. My sponsor was also in that meeting so he knew much of what I told him when I did my Fifth Step with him. This made it much easier. My Fifth Step meeting with my sponsor (it actually took two meetings) was not that dramatic, partially because he already knew me so well. However the sense of relief I have in knowing that there is someone who knows all my flaws is dramatic.

Our fellowship suggests that whoever we do our Fifth Step with that it's important to have someone who offers support and someone who listens without judgment. Getting to the Fifth Step requires doing the work of the first four steps and then some. But this work also produces insights, personal power and a sense of freedom from the past. I have had all of these experiences in working the steps. After my Fifth Step, I had the experience which is quoted on the first page of this month's newsletter. I had the experience of being known. I felt I *"could belong to the human race, and (my) shared vulnerability was my membership card to unconditional acceptance by others."* I am also much freer from the shame which I used to feel when I was acting out. That makes a big difference in my life.

Peter S.

LOCAL MEETING CHANGES

SUNDAY – RI. BARRINGTON, 6:45PM (OLSD12, 1 hour). Women's Love Addiction Relief Meeting. St Matthew's and Mark's Church, 5 Chapel Road **New Meeting**

MONDAY – MA. JAMAICA PLAIN, 6:30PM (OLS12DTNFH, 60 min), "Alone No More" An Anorexia-focused S.L.A.A Meeting, Farnsworth House, 90 South Street, Library. Everybody's welcome! **New Meeting**

WEDNESDAY - MA. NEWBURYPORT, 7:00 PM (CLD) Women's Meditation Meeting, Library of St. Paul's Church, 166 High St. Lower Hall, last classroom. **New Meeting**

WEDNESDAY - MA Boston 7:00PM (OSD, h, nf) Sharing Our Strength (Men's Meeting) Church of the Covenant, 67 Newbury St. Second Floor Library. Enter Newbury Street door. If door is locked ring church office bell. For questions, information and tips on parking contact Mass4334@gmail.com. Beginners contact Rob at Rob2891@yahoo.com. **Effective 03/02/16 the two Wednesday Boston Sharing our Strength men's meetings (6:30PM beginner's & 7:30PM meeting) will be combined into one meeting which starts at 7:00PM**

THURSDAY – MA. EAST FALMOUTH, 5:30PM (OLS12. 1 hour) Women's Meeting. Waquoit Congregational Church, 15 Parsons Lane, Basement. **New Meeting**

FRIDAY - MA. ORLEANS, 8:00 PM (CDL12, 60 min) Pause A While, 26 Giddiah Hill On Hold Until Further Notice.

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/>