

April 2018

www.slaanei.org  
(617) 625-7961  
V2

# NEI NEWSLETTER



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

## Join the Spring Gathering on “Self-Care”

*“I am not discouraged  
because every wrong  
attempt discarded is  
another step  
forward.”*

*-- Thomas Edison*

### 2018 NEI Events

- April**  
8 NEI Monthly Mtg @ 5pm\*
- 21** Spring Gathering, 8:30-5:30pm  
**Theme: “Self Care”**  
Andover Newton Theological  
School, 210 Herrick Rd.,  
Newton Centre, MA  
Green Line Riverside D Train  
\$18 advance/\$20 at door
- May**  
6 NEI Monthly Mtg @ 5pm\*
- June**  
10 NEI Monthly Mtg @ 5pm\*
- July**  
8 NEI Monthly Mtg @ 5pm\*
- 23-25** 12 Step Retreat, Chester, VT
- 31-Aug 3** Annual Business Meeting  
San Antonio, TX

\* NEI Monthly Mtg @ 5pm  
Newton-Wellesley Hospital  
Open to all S.L.A.A. members.  
Allen-Riddle Bldg, Rm 100  
(Small brick building adjacent to  
main hospital)  
Or participate by phone.  
Call the conference line  
**(712) 432-6100**  
**Passcode: 74128638#**

NEI’s Activities Committee (AC) invites you to get involved in a variety of ways at this year’s Spring Gathering, Saturday, April 21, at Andover Newton Theological School in Newton Centre. Registration starts at 8:30am and there will be a 90-minute lunch break where attendees are encouraged to join one another at the nearby restaurants in Newton Centre.

**How can you help?** That day, you can sign up for a volunteer shift to staff the literature or bake sale tables, pitch in during clean up, or perhaps even step in and lead a workshop or two. However, it would be helpful for the AC to know of your support **ahead of time**, especially in the following areas:

**Donate Items to the Raffle or Bake Sale.** Raffle prizes sought include recovery-themed books and items, gift baskets, and handmade goods. For planning purposes, please email the AC at [activities@slaanei.org](mailto:activities@slaanei.org) with what you plan to bring. Happy note: Anyone who donates a prize to be raffled off or brings a bake sale item will receive two free raffle tickets!

**Co-facilitate a Topic Discussion Meeting.** If you have at least six months continuous sobriety, please consider leading one or two of the sessions listed below. All revolve around the theme of “Self-Care.” This includes speaking on the topic for about 10 minutes and then opening the meeting for others to share. Note: You can chair up to two sessions and a keynote speaker can chair one additional session in addition to their 15-20 keynote talk.

#### 10-11am

- Easing our Recovery with the Tools
- Finding Humor in Steps 1 – 3
- Don’t Wait for Me, I’m Okay (Letting go of intrigue and rain checking)
- Create Support with a Sponsor/Sponsee

#### 11:15am-12:15pm

- Empty the Cup of Fear and Fill it with Faith
- Being Gentle with Ourselves in Steps 4 – 7
- Mindfulness in our Bottom, Accessory, and Top Lines
- Avoiding the Porn Trap & Creating Internet Sobriety

#### 1:45-2:45pm

- Exploring Life Outside Anorexia & Isolation
- Kindness and Comfort in Steps 8 & 9
- There is Time for Play without Fantasy and Obsession
- Prioritizing Curiosity and Creativity (Visioning)

#### 3-4pm

- Patience and pacing (Dating: When, a Plan, Setting Boundaries)
- Joyful Living in Steps 10 – 12
- Awareness of Changing Relationships (with God, Ourselves, Others)
- Adjusting your Environment to Recover from Slips & Relapses

For more information or to volunteer, email [activities@slaanei.org](mailto:activities@slaanei.org)

*Want more event details?*

Ask your meeting’s NEI representative for a copy of the event flyer or visit the NEI website for full details.

# Webmaster Needed to Carry the Message ... Online!

NEI has been grateful to have had Lisa P. serving as our webmaster for many years now, updating information and coordinating responses to email inquiries to the NEI website [www.slaanei.org](http://www.slaanei.org) in a timely manner. But Lisa, and others, have pointed out a key tenet of service: positions should rotate on a regular basis, bringing into the fold newcomers -- as well as long-timers -- who are ready to give back what has so freely been given to them. Lisa has been continuing to serve as "interim webmaster" but is hoping to help train one or more volunteers to take over the management the website.

What's required? Six months continuous sobriety and a willingness to learn and participate in NEI monthly meetings. Whether you're a seasoned techie or a newbie to website design and maintenance, your energy and interest in helping to spread the message of S.L.A.A. recovery via electronic channels is more important than your technology skills. That said, those who have ideas for making the user interface more SmartPhone-friendly or integrate Apps would be awesome! There are so many ways to carry the message – we just need messengers. Lisa listed some of the current responsibilities as:

- Answering newcomer emails (don't worry we have pre-canned responses you can use).
- Making regular updates/uploads to website, using Manage Wordpress software which is user friendly. Some html knowledge would be helpful, but enthusiasm to learn is just as valuable.
- Work with Corresponding Secretary/ mailing list coordinator to maintain NEI email list (adds and deletions) – this is managed through Go Daddy email management system.
- Update Gravity forms on web site, also through Wordpress NEI mailing list.

Interested? Visit the website <http://www.slaanei.org> and follow the links!

## Is Your Group Mtg. Contact Info Current?

NEI service volunteers do our best to keep information updated, but we need help from each group, while always keeping in mind Tradition 4: Each group should be autonomous except in matters affecting other groups or S.L.A.A. as a whole.

The GROUP CONTACT'S information will remain CONFIDENTIAL and will NOT be shared. It is solely for NEI's monthly mailing list or if NEI needs to get in touch with a group. There are currently a number of groups that do not have a group contact.

Submit updates online at [slaanei.org/meetings/register-or-update-meeting/](http://slaanei.org/meetings/register-or-update-meeting/)

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Have an article suggestion for this monthly newsletter? We'd LOVE to hear from you [enewsletter@slaanei.org](mailto:enewsletter@slaanei.org)

**STEP OF THE MONTH, STEP 4: Made a searching and fearless moral inventory of ourselves.**

**TRADITION OF THE MONTH, TRADITION 4: Each group should be autonomous except in matters affecting other groups or S.L.A.A. as a whole.**

## New Local Meetings & Meeting Changes

**FRIDAY – NATICK, MA 8 p.m.** (OD12,h,nf, ns) Stepping Forward.  
Christ Lutheran Church, 113 Union St. **Enter through church office door behind church. Take hallway to right to Christmas Room. Effective 01/26/18 – meeting room change and new name for the meeting.**

**SATURDAY – NEWBURYPORT, MA , 9 a.m.** (CSD12,h, 45 min.) Changing Tides.  
Newcomer and Beginner's Meeting, St. Paul's Church, 166 High Street, Basement.  
Use main entrance in church courtyard, take right and go downstairs. Meeting room is to the left at the bottom of the stairs. **Effective 01/18/18 change in building entrance - we no longer use the Adult Daycare entrance off Summer St.**

**NOTE: All changes to the meeting list require an NEI Meeting Registration Form to be completed. This applies to any time, date, room or address changes as well as meeting name changes and contact changes. Submits updates online at [slaanei.org/meetings/register-or-update-meeting/](http://slaanei.org/meetings/register-or-update-meeting/)**