

# PACE

## “Positive Action Changes Everything” The Mid-Hudson Intergroup Newsletter

August/September 2007

### From the Chair:

*“Always to extend the hand and heart of OA to all who share my compulsion, for this, I am responsible.”*

I’ve heard this repeatedly since I joined OA in 1980. This program does not work for me if I am not doing service. As a newcomer, this meant being abstinent, going to one meeting a week and calling my sponsor. Then I realized it was important to support groups that were struggling and call people I wasn’t used to calling. Any service beyond the group level was someone else’s responsibility.

In 2001, I went to my first minithon, right after my mother died and I was in need of something, I wasn’t sure what. I realized there was another level of service – Intergroup. This group reached out beyond the group level to a whole area and connected the local groups to the Region and World Service. At first I helped with the minithons and took notes at the meetings.

After a few years, I became Chair. I really enjoy seeing people from other groups and planning things that will impact the whole area. It doesn’t take a lot of time but the rewards have been great.

My Intergroup service enriches my program and strengthens my commitment to living the steps. It keeps me connected to OA as a whole and aware of the need, worldwide, for this program.

I encourage anyone who wants to strengthen their program to come to a minithon or MHIG meeting and see for themselves.

Hope to see you all at the minithon August 18th in Jeffersonville, NY.

### Upcoming Events:

August 18th – all day minithon

Aug. 30–Sept. 2- WSO convention

Sept. 8 – Intergroup meeting

Oct. 21 - minithon

Nov. 17 – IDEA Day

### IMPORTANT REQUEST:

Group contacts or Secretaries, please contact us with any changes for your group. Also, contact World Service. People visiting, or new to, our area rely on the information on our website or World Service and it needs to be as accurate as possible.

### 7th Tradition Donations:

(March – July)

Beacon -	\$100
Blue Mt. -	\$ 24
Cornwall -	\$480
Cornwall (St.John)	\$ 80
Kingston -	\$101.60
Red Hook -	\$ 45.90
Saugerties -	\$ 48
StoneRidge -	\$120
Woodbury -	\$150

Your donations are greatly appreciated.

**Thank you.**

### ***What does Intergroup do?***

- Maintain the hotline for the area.
- Arrange special events
- Publish newsletters and meeting list
- Send delegates to Region and WSO
- Maintain website
- Provide literature for new groups

This is all done by volunteers. If you can help out, or have any questions, please contact Mary Ellen at 845-562- 1342 or email [mhighchair@midhudsonoa.org](mailto:mhighchair@midhudsonoa.org)

### **Contact information:**

Website: [www.midhudsonoa.org](http://www.midhudsonoa.org)  
Hotline: 845-657-6603  
Meeting changes: 845-783-5715  
Chair (Mary Ellen) – 845-562-1342

### OA Morning

This program is a one-day- at-a- time process. Each morning I pick up my books( not necessarily with pleasure) but once I get into reading and writing and planning my food my heart lifts. I feel my higher powers' guidance and I realize hope and joy and good works are possible for this day. I have a feeling of eagerness to follow through on ideas and plans and as I open to Gods' will for me today... Healing happens.... Abstinence happens...Life flows in the span of one single day. What blessings await me today? I am ready.

Thank you God. R.

## **Working Program is a Vacation for the Soul**

**All day mini retreat sponsored by  
MidHudson Intergroup**

Saturday, August 18, 2007

10am to 4pm

First Presbyterian Church

4907 State Route 52

Jeffersonville, New York

Suggested donation: \$10  
(If you can't pay, don't stay away)

Bring your own lunch.  
Beverages will be provided.

Also, bring a shoebox to decorate.