



# PAGE

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June/July 2006

## From the Chair

**B R E A T H E...** That's what I have to keep telling myself at times like these. I forget! With the end of the school year, my son graduating High School, summer trips to plan, parties, concerts, etc. I get all caught up in activity and forget to take a breath, say a prayer and do the next right thing. I remember hearing that all the things that program gives me can take me away from program, and then I'll lose them all. "Thank you, God, for the situation and the opportunity to grow."

Several people have helped to find new places

to hold our minithons. I'm grateful for their service. At the Intergroup meeting, it was decided to use different locations each time, to be more convenient to more areas of our Intergroup. So watch for the flyers and see when we're in your neighborhood. It would be nice to see some new faces at our special events.

I'd like to thank all those members who do service regularly, and keep meetings going, big and small. Service is the true gift and result of recovery.

Love in Recovery,  
Mary Ellen W.

## GET INVOLVED

Each OA group is encouraged to send a representative to Mid-Hudson Intergroup meetings to vote on matters affecting OA and to relay information to their home meeting.

Representatives from all groups are needed for MHIG to be of the greatest service. Please be sure that every group you attend is represented. If a group has no representation, why not volunteer?

You need not be an elected representative to come to MHIG meetings or to give service through our committees. Don't wait for someone else to do it!

Mid-Hudson Intergroup will meet on Saturday July 8, 2006, at 1:30 pm  
At Family of New Paltz  
51 N. Chestnut St. (Route 32N)

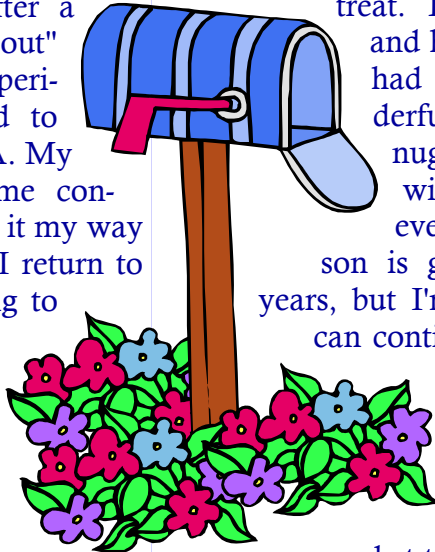
For more information email:  
MHIG chair@midhudsonoa.org



## Hands Across the Oceans

I have recently returned to the OA program after a few months of thinking I didn't belong here (in denial again!). After a painful "bottoming out" that I never want to experience again, I decided to submerge myself in OA. My Higher Power gave me concrete evidence to make it my way of life, and each time I return to the rooms I am willing to do more.

This time I decided to use Service by Mail to supplement the OA tools. I wanted to write to OA members who had long recoveries, and I chose several who had maintained abstinence from OA's early days. After writing by regular mail to women fitting that description, I received one letter,



which arrived in time to take along on vacation (the first abstinent vacation I had had in a long time). I saved the letter for a time when I could relax and make it a treat. This beautiful and heartfelt letter had many wonderful nuggets, and I will keep it forever. This person is getting up in years, but I'm hoping we can continue to correspond for a while. I also used the Service by Mail packet to pick several women to contact by email, and now I have two women who write to me in cyberspace. Their emails seem to appear just when I need them (like my subscription

to *Lifeline*).

I don't think enough people realize how much Service by Mail could help them. To make people aware of it, I bring it up at meetings I attend. It is a wonderful resource that allows members to find fellow OAers anywhere in the world. Now we can join hands across the oceans without leaving our homes! I'm not in an isolated situation, but the meetings in my area sometimes falter, so receiving letters and emails from others in the world reassures me that OA is alive and well. It is the boost I need to improve what meetings we do have and to get back to working the program the way it has proven to work.

Thank you again for creating another "sub tool" from the tool of writing!

—C.N., Macungie, Pennsylvania USA  
Reprinted from *Lifeline* April 2005

## 7th Tradition Donations to MHIG

★ Anonymous Donation	★ \$40.00
★ Intergroup Meeting Donation	★ \$13.00
★ Woodstock #39318	★ \$30.00
★ Stone Ridge #38963	★ \$180.00
★ Red Hook	★ \$30.00
★ Blue Mountain #22578	★ \$30.00
★ Intergroup April 23 <sup>rd</sup> Minithon	★ \$34.00

★ Thank You! ★

## NEW PALTZ MEETING CHANGES

★ The Friday meeting has CLOSED

★ The Monday meeting time has been changed to 5:15 pm

★ The Thursday evening meeting time has been changed to 5:00pm



## June Special Events

Date: Friday, June 2 ~ Sunday, June 4, 2006  
 Event: **OA Retreat 2006**  
 Location: Genesis Spiritual Life Center  
 53 Mill Street  
 Westfield, MA  
 Sponsored by: Connecticut Intergroup  
 More Information: Visit the Connecticut Intergroup website [www.connecticutoa.org/events](http://www.connecticutoa.org/events)  
 Contact: Sue 413-568-5694

Date: Friday, June 2 ~ Sunday, June 4, 2006  
 Event: **OA Spring Into Action! Retreat 2006**  
 Location: Shalom House, St. Raphael's  
 (Lancaster) Ontario  
 Sponsored by: English OA Intergroup of Montreal  
 More Information: Visit MHIG Events web page for event flyer  
 Contact: Josée 450-624-0271 email: [labrossejosee@hotmail.com](mailto:labrossejosee@hotmail.com)

Date: Saturday, June 3, 2006  
 Event: **You Are Not Alone Anymore**  
 Time: 9:30 am ~ 4:00 pm  
 Location: St. Clare's Church Hall, Lower Church  
 1918 Paulding Avenue  
 Bronx, NY  
 Sponsored by: Bronx Intergroup  
 More Information: Visit MHIG Events web page for event flyer  
 Contact: Shawnda 347-217-6114 or email: [bronxa@onebox.com](mailto:bronxa@onebox.com)

Date: Friday, June 16 ~ Sunday, June 18, 2006  
 Event: **Relationships and the 12 Traditions Spring Retreat 2006**  
 Location: The Warwick Conference Center  
 Warwick, NY  
 Sponsored by: Greater New York Metro Intergroup  
 More Information: Visit the Greater NY Metro IG website [www.oanyc.org/oanyc.specialevents.html](http://www.oanyc.org/oanyc.specialevents.html) or the MHIG Events web page for event flyer



## July Special Events

Date: Saturday, July 8, 2006  
Event: **Mid-Hudson Intergroup Business Meeting**  
Time: 1:30 pm  
Location: Family of New Paltz  
51 N. Church Street (Rte. 32N)  
More Information: Email [MHIGchair@midhudsonoa.org](mailto:MHIGchair@midhudsonoa.org)



## August Special Events

Date: Friday, August 11 ~ Sunday, August 13, 2006  
Event: **OA Retreat—There is a Better Way**  
Location: Christ the King Retreat Center  
500 Brookford Road  
Syracuse, NY  
Sponsored by: Greater Syracuse Intergroup  
More Information: Visit the MHIG Events web page to download an event flyer/registration form  
Contact: 315-598-4603



Date: Sunday, August 19, 2006  
Event: **The Traditions are Coming...The Traditions Are Coming Mini Retreat**  
Time: 9:30 am ~ 6:00 pm  
Location: St. Andrew's Episcopal Church  
110 Overlook Road  
Poughkeepsie, NY  
Sponsored by: **Mid-Hudson Intergroup**  
More Information: Visit the MHIG Event web page to download event flyer/registration form  
Please reserve by July 31, 2006  
Contact: Donna 845-233-4045 or email [events@midhudsonoa.org](mailto:events@midhudsonoa.org)

