

# *PACE*

“Positive Action Changes Everything”

The Mid-Hudson Intergroup Newsletter

October/November 2007



## **From the Chair:**

Fall is the time of the Harvest and I am reminded of reaping the rewards of working the program – healthy mind, body and spirit. The more I use the tools, the more I get back in return. It's the best investment I can make to insure my abstinence and sanity. If I feel the need for additional support, I can use a new tool or use the tools more. The result is usually immediate; I feel better. No other situation guarantees such positive returns. If I overwork, overspend, or try to control people, places and things, the result is negative. The more I focus on positive actions, the less time and energy I have for these negative actions. Thank you, God, for the situation and the opportunity to grow!

## **August Minithon**

On the beautiful Saturday morning of August 18<sup>th</sup>, 12 of us gathered in the charming hamlet of Jeffersonville to enrich our programs with fellowship and sharing. The folks there traveled from many areas of the mid Hudson and enjoyed the mountain views and nature at its best. As we settled in for the day we noticed interesting and clever artwork. A yellow brick road poster started our 12 step journey and we decorated our boxes to take along. We were introduced, name tagged, then our memories were tested with a telephone game. Our moods were lifted with laughter.

Next we went to a poster of 12 mountains and we climbed them with a game of “Pin the motto on the step”. Lots of sharing was inspired by this game and we all participated. We all got to know each other better at lunch break. This is always the best sharing time as we realize how spread out our meetings are but how close we are in structure and purpose.

Then a poster of a cruise ship brought us to another bell ringer game and more lively sharing. The final poster of Tiki huts and a “Fill in the blanks of the Traditions” game ended our country workshop.

The effort the committee made in arranging this different retreat was appreciated by all and as we ended with the serenity prayer everyone felt grateful for a special day.

Robin



**7<sup>th</sup> Tradition Donations:**  
(August - Sept)

Ellenville - \$60  
Harris - \$60  
Poughkeepsie HOW - \$100  
Wappingers HOW - \$100

Your donations are greatly appreciated. Thank you.



**Upcoming Events:**

Oct. 21 - minithon  
Nov. 17 – IDEA Day  
( All-day minithon  
& Elections

**REMINDERS:**

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.

**Groups Are Struggling**

Many groups report that their meetings are in need of support. Hopefully, this is a seasonal malady. The August issue of *Lifeline* (pg17), also addresses this issue. We hate to see a meeting close and many thanks go out to those people who stay committed to a meeting and keep it going.

**A Snowman's Tips on  
Making the Holidays  
Melt Away.**

October 21, 2007 1:30 – 4 pm

St. Johns Episcopal Church  
58 Clinton St.  
Cornwall, NY

Suggested Donation - \$6  
(If you can't pay, don't stay away)

Contact: Donna 845-233-4045

**Physician's Assistants Expo**

Many Intergroups around the state are supporting the Syracuse Intergroup's participation in a Professional Outreach project in Verona, NY in October. PAs from all over New York State will be there and the Intergroup will display OA literature and answer questions at the Expo. Our Intergroup voted to send a donation to support this service.

**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

