

# PACE

April/May 2013

**OA**

WEB:  
[WWW.MIDHUDSONOA.ORG](http://WWW.MIDHUDSONOA.ORG)

## OA EVENTS:

### BUSINESS MEETINGS:

#### *New Paltz, NY*

Saturdays on odd months, at Family of New Paltz, Route 32, 1pm - 3pm  
May 11th, July 13th, September 14th,  
November 16th (IDEA Day) 2013

### MINI-THONS:

#### *Stone Ridge, NY*

The Saturday morning Stone Ridge meeting is hosting this year's mini-thon on April 20th, 2013

### SPRING RETREAT:

#### *Beacon, NY*

May 17th - 19th, 2013. Tools! Flyer online.

### REGION 6:

#### *Albany, NY*

The Region 6 calendar for assembly and convention dates is available at R6 Assembly.

<http://oaregion6.org/en/events/>

### WORLD SERVICE BUSINESS CONFERENCE AND CONVENTION:

World Service Events are available here:  
<http://www.oa.org/world-service-events/world-servicebusiness-conference/>

## SERVICE

### POSITIONS OPEN:

Please help fill the following open Intergroup Service Positions:

**VICE CHAIR, LITERATURE CHAIR,**

**12 STEP WITHIN CHAIR, PROFESSIONAL OUTREACH CHAIR, PACE EDITOR**

## Donations

**Woodstock Fri AM - \$15.00**

**Stone Ridge Sat 9 AM - \$60.00**

**Cornwall Tue PM & Sat AM- \$200.00**

**Sunday Middletown PM- \$100.00**

**Your donations are the main income we have to pay for the hotline, website fee, and other expenses. We also use them to send our representative to the World Service Business Conference.**

## BIG BOOK STEP WORK:

1. How long has it been since you've done a Step 4 in writing? Do you agree that this step is best done with a sponsor?

2. In program we hear many times that the only way to do a Step 4 badly is to not do it at all. Share/write about the pros and cons of doing a Step 4. How does fear factor in?

"A business which takes no regular inventory usually goes broke. Taking commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values. We did exactly the same thing with our lives. We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations."

Big Book, How It Works

3. If abstinence prepares you for experiencing and accepting the reality of your life as of today, what do you hope to gain from working Step 4?

"Faith did for us what we could not do for ourselves. ... You have made a good beginning."

Big Book, How It Works

**STEP 4:**  
Made a searching and fearless moral inventory of ourselves

4. What are your thoughts/feelings on resentments being "the number one offender" (Big Book, How It Works) - the reason why we are spiritually sick?

"In dealing with resentments, we set them on paper. We listed people, institutions or principles with who we were angry. We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened. ... On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with? We went back through our lives. Nothing counted but thoroughness and honesty."

Big Book, How It Works

5. Are you willing to look for your own mistakes instead of pointing the finger at others? How is fear an issue here? List your fears in detail.

6. Share/write about the connection between fear and self-reliance.

7. How has your sex conduct hurt others and yourself? Have you been selfish? How?

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

“We have admitted certain defects; we have ascertained in a rough way what the trouble is; we have put our finger on the weak times in our personal inventory. Now these are about to be cast out. This requires action on our part, which, when completed, will mean that we have admitted to God, to ourselves, and to another human being, the exact nature of our defects. ... This is perhaps difficult - especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking.”

*Big Book, Into Action*

**1. WHAT IS YOUR OWN PERSONAL DEFINITION OF HUMILITY? HOW DOES HUMILITY APPLY TO THE PROCESS WE UNDERTAKE COURAGEOUSLY IN STEP 5?**

**2. WHAT ARE YOUR FEELINGS ABOUT ADMITTING THE EXACT NATURE OF YOUR WRONGS TO ANOTHER PERSON?**

**3. HOW DO YOU DETERMINE WHO YOU WANT TO TRUST WITH YOUR 5TH STEP?**

“More than most people, the alcoholic leads a double life. He is very much the actor. To the outer world he presents his stage character. This is the one he likes his fellows to see. He wants to enjoy a certain reputation but knows in his heart he doesn’t deserve it. The inconsistency is made worse by the things he does on his speers. ... As far as he can, he pushes these memories far inside himself. He hopes they will never see the light of day. He is under constant fear and tension.”

*Big Book, Into Action*

**4. KNOWING THAT HALF MEASURES AVAIL US NOTHING, HOW DO YOU MUSTER THE COURAGE TO PRESENT TO ANOTHER HUMAN BEING THE ‘REAL’ YOU INSTEAD OF THE STAGE CHARACTER?**

**5. WHAT ARE YOUR FEARS REGARDING THIS STEP? ARE YOU WILLING TO KEEP AN OPEN MIND TO THE POSSIBILITY OF RELIEF AND SPIRITUAL GROWTH THIS STEP OFFERS?**

**6. ARE YOU READY TO BE COMPLETELY HONEST WITH ANOTHER HUMAN BEING, HAVING FAITH THAT YOU ARE LOVABLE EVEN WITH ALL YOUR DEFECTS, AND MAYBE EVEN BECAUSE OF THEM?**

“We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us.”

*Big Book, Into Action*

I see the details and fret over them; my Higher Power sees the big picture. This is my HP’s plan for me:

To be free of fear;  
To march after every single dream;  
To recognize where my passion is;  
To let my passion loose;  
To be strong of mind, body, and spirit;  
To grasp for all the good things that could be mine;  
To love unreservedly;  
To keep the real priorities in front of me;  
To experience joy without limits.

When I am able to accept that this is my HP’s will for me, I see the need to stay out of the picture. My plan wasn’t nearly as good.  
- Voices of Recovery, 3/22

**MARK YOUR CALENDAR: OA MINI-THON 🍂 APRIL 2013**



**THE MID-HUDSON INTERGROUP'S  
STONE RIDGE 9:00 A.M. SATURDAY OA GROUP  
IS HAPPY TO PRESENT:**

**OA MINI-THON  
SATURDAY, APRIL 20<sup>TH</sup>  
1:00-4:00 P.M.**

**WHERE: LOCATION TO BE DETERMINED  
CONTACT: AMY [AMYINRECOVERY@HOTMAIL.COM](mailto:AMYINRECOVERY@HOTMAIL.COM)**

**“CONNECTING”  
WITH  
OUR HIGHER POWER  
EACH-OTHER  
OURSELVES**

**THE AGENDA WILL INCLUDE:  
CENTERING MEDITATION/VISUALIZATION  
GUEST SPEAKER  
SEVERAL CREATIVE & INTROSPECTIVE ACTIVITIES:  
“WE’RE AS SICK AS OUR SECRETS”  
RELATING TO HIGHER POWER  
A BRIEF VIDEO CREATED DURING THE MINI-THON  
REFLECTING PARTICIPANTS’ PERCEPTIONS OF THEIR H.P.  
CLOSING ACTIVITY**

***\$6. SUGGESTED DONATION.  
LITERATURE WILL BE AVAILABLE FOR SALE AT THIS EVENT***