

PACE

“Positive Action Changes Everything”

The Mid-Hudson Intergroup Newsletter

April/May 2008

FROM THE CHAIR:



We had a short, yet productive, Intergroup meeting in March. I appreciate the Beacon group planning and hosting the April minithon. I look forward to seeing many attendees. We decided to host less minithons during the year with the hope that more members come to them. I want to encourage each person planning to come to bring a friend. Hope to see you there. Love in recovery, Mary Ellen

UPCOMING EVENTS:

April 13 – Minithon
April 12 – Region6 Assembly
May 17 – MHIG meeting

April Minithon *SPRING INTO RECOVERY*

April 13, 2008 1 pm

First Presbyterian Church

50 Liberty St.

Beacon, NY

Suggested donation \$6

For info and directions, see flyer at

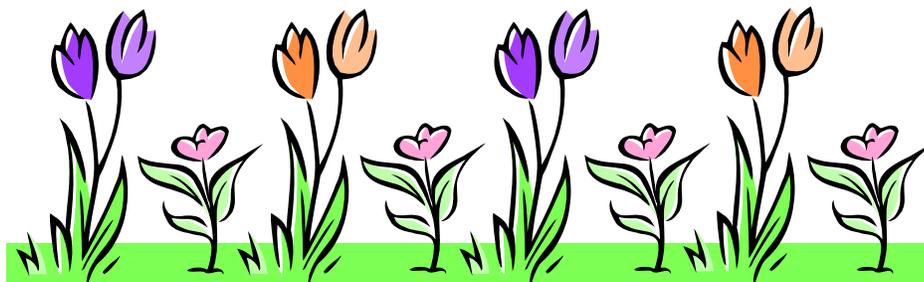
<<http://midhudsonoa.org/events.html>>

or call 845-831-3170

DONATIONS

Red Hook	\$82.54
Cornwall (Wed.)	50.00
Stone Ridge	60.00
Saugerties Wed. Am	19.00

We appreciate group donations to Intergroup. They are the main income we have to pay for the hotline, website fee and other expenses. We also use them to send our delegates to World Service Business Conference.



How does one DO anonymity?

When I use anonymity as a tool, I apply all the other tools in a manner which places "principles above personalities". Use of this tool helps me to do my service, attend meetings, be a sponsor, respect other's plan of eating choices, listen on the telephone, keep my writing focused, and read the literature with an open mind so that I am able to access the power of the steps free of personal judgments and personality conflicts. Without daily focus on anonymity which builds true humility within me, I am unable to recover because my own judgment and personality intrudes. Use of anonymity allows me to utilize the 12 steps and frees me from the need to analyze them.

Remembering always that I am a compulsive eater, no better than or worse than any other compulsive eater, keeps me open to the necessity of doing the Steps every moment of my life. So I **DO** anonymity by freeing myself of personality and focusing on principle. Personality tells me I am different and so should have special consideration by others. Principle tells me that I am here to serve others and they are the ones who require my special consideration. When I can live in service to others, free of the need to serve myself, I can live in abstinence and have a life that is "Happy, Joyous and Free". Doing the Steps frees me of the need to serve myself. Anonymity is the tool which helps me do the Steps most effectively.

Anonymous Submission

Contact information

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Questions: info@midhudsonoa.org

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Meeting changes: 845-783-5715

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