

# PACE

“Positive Action Changes Everything”

The Mid-Hudson Intergroup Newsletter

August/September 2009



## UPCOMING EVENTS:

Aug 15 – Summer Minithon  
Sept 12 – Intergroup meeting  
October 3 – Region6 Assembly  
Oct 24-26 R6Convention

**12<sup>th</sup> Step Suggestion to groups: Keep old phone lists and call members that haven't been at the meeting for awhile, on the 12<sup>th</sup> of the month.**

## SPRING RETREAT

Mid Hudson Intergroup is planning an OA weekend retreat in May 2010. Spaces are limited Watch for further details coming soon.

## DONATIONS:

Ellenville Thursday	60.00
Stone Ridge Saturday	60.00
Wappingers Falls Tuesday	50.00

**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 representative to World Service Business Conference.**

## Contact information:

Website: [www.midhudsonoa.org](http://www.midhudsonoa.org)  
Hotline: 845-657-6603  
Meeting changes: 845-783-5715  
Chair (Hilda) – 845- 226-4769

## *August Minithon*

Saturday, August 15, 2009  
First Presbyterian Church

### Upstairs

Main St.

Jeffersonville, NY

Look for the flyer on the website with all the details.



### ***I Need Service***

*My life recently has been about as stressful and hectic as it can be! Family health concerns, home renovations, full-time job, and the care of a new grandchild have thrown my life off balance. Service commitments in the program have become a rudder to keep this boat afloat.*

*Chairing a meeting is enough push to get me to a meeting when I could easily talk myself out of going. Getting a daily call from a sponsee is a serene 15 minutes of program reminders, in the midst of a hectic day. Calling my sponsor regularly keeps me facing my stuff instead of stuffing my face to avoid bottling up feelings or popping a cork.*

*Experience has taught me that “This too shall pass”. At some point I will be talking about this in the past tense. But during the process it affects my serenity. I need service to survive the process with less of a “hangover”, feelings of guilt and shame for not handling life on life’s terms perfectly. I always atefulexpect perfection from myself.*

*Using the tools helps keep everything in a better perspective and reminds me that I’m human, not Superman. Higher Power gives me what I need, when I need it and not a minute before. All I need to do is ask as often and as soon as I can. Using the tools, especially service, reminds me there’s help.  
A Grateful Member in OA*