

PACE

“Positive Action Changes Everything”

The Mid-Hudson Intergroup Newsletter - June/July 2009

APRIL MINITHON

In April, we had our spring minithon in Beacon. There were 16 in attendance. We wrote and shared on each of the tools of the program. A wonderful afternoon of fellowship was experienced by all.

REGION 6 ASSEMBLY

The Region6 Assembly was held in Albany. Supporting Outreach and Public Information projects is a main priority for Region6. Encouraging Intergroups to be actively involved in Region6 is also a main concern. Further information about the meeting can be found on the Region6 website.

UPCOMING EVENTS:

July 18 – Intergroup meeting
Aug 16 – To be announced
Sept 13 – Intergroup meeting
Oct 24-26 R6Convention

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

Mid Hudson Intergroup is looking into planning an OA retreat at a facility in the Hudson Valley for Spring 2010. If you are in favor of the idea and would plan to attend, we would like to hear from you. Also, if you would like to help plan the retreat let us know. You can email the PACE editor with your input.

DONATIONS:

Cornwall (Sat/Tues)	\$270.00
WappingersFalls (Tues)	50.00
Woodstock(Mon)	64.52
Harris	80.43
Minithon	84.00
NewPaltz(Wed)	100.00
RedHook	53.29

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
Hotline: 845-657-6603
Meeting changes: 845-783-5715
Chair (Hilda) – 845- 226-4769

August Minithon

Saturday, August 15, 2009
First Presbyterian Church
Main St., Jeffersonville, NY

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

A MEMBER SHARES:

One morning, I was racing around under a cloud trying to fit multiple errands into a short time span. I needed to go into town for a medical test and in order to be economical, I had tacked on three additional tasks. With this tension, I began preparing my salad-to-go for my lunch and half way through, knocked it off the counter, spilling most of the cut veggies onto the floor. A fit of anger took hold and I burst out with a few unchoice expletives.

My wife volunteered, from another room, to help me, being tuned into my state by my raised voice and words. I muttered back, “No thanks. All I need is to get out of this state of bile.” As soon as I heard that, it came to me that I needed to give the entire fit to my HP and ask that it be taken from me, which I promptly did with a surrender prayer. Wonder of wonders, I immediately felt better and, in less than a minute, I was laughing at the comical nature of the episode as I washed the fallen food.

After I finished preparing the salad, I reordered my priorities and postponed three of the tasks till the next day. I sat down to my mid-morning fruit and ate it in serenity without compulsion, free of any time urgency. Afterwards, I spent a peaceful pleasant time taking care of things which need to be done, without any pressure that they needed to be done immediately.

I thank my HP for doing for me what I can't do for myself, for helping me remember that a state of tension is unnecessary and harmful. I thank my OA program for the 12 Steps which have given me access to my HP and a process for dealing with my character impediments.

After my fruit, I was able to do an inventory which revealed the perfectionism and self-seeking which set me up for the anger. I was trying to be perfectly “green” by saving an extra car trip to town. It is very interesting to me that I spoke about my perfectionism while sharing at a 12 Step fellowship meeting the night before.

My HP was showing me that I had more work to do to move toward acceptance and away from perfectionism and the self-judgment that triggers. It seems ironic that the self-seeking which leads me to perfectionism fuels the self-judgment which fuels the self-seeking. Slowly, with the help of my HP, I am learning how to stop running in my squirrel cage. Anonymous