

# PACE

## “Positive Action Changes Everything”

The Mid-Hudson Intergroup Newsletter

June/July 2010

### APRIL MINITHON

In April, we had our spring minithon in Beacon. There were 13 in attendance. We wrote and shared about how we can revitalize our program using the steps and tools. We also shared our personalized 3<sup>rd</sup> and 7<sup>th</sup> Step prayers. The message was strong that spirituality is the source of our solution for recovery from eating disorders.

### UPCOMING EVENTS:

July 10 Intergroup meeting  
Aug 21 Summer minithon 9am-3pm  
Aug 26-26 World Service Convention  
Sept 11 Intergroup meeting  
Oct 22-24 R6Convention

### DONATIONS:

Cornwall (Sat/Tues)	150.00
Ellenville	60.00
RedHook	81.35

**We appreciate group donations to Intergroup. They are the main income we have to pay for the hotline, website fee and other expenses.**

### Spring Retreat

It was unanimous! The retreat was a success! We listened to a wonderful leader share her journey through the 12 steps and came home with materials to enhance our step work for awhile. We are all looking forward to next year.

Find out about upcoming events, phone meetings and on line meetings on the internet at our website or World Service, [www.aa.org](http://www.aa.org).

### Public Outreach

Mid Hudson Intergroup Public Information Chairperson participated in a Health Fair at Wallkill High School in May. She is also finding out about participating at the 2 health fairs at Mount St. Mary College every year. We display literature and answer questions about the program to inform the public and professionals.

### A Member Shares

While working with my sponsor, I'm realizing that the same issues I have with my food, I have with my life. It is so much easier to think black and white than gray. My controlling nature tells me to refrain completely from certain foods or I will have no control. What I'm realizing, as I grow up in this program, is that moderation is possible in some cases. And that's true of my life as well. I am a person of extremes, all or nothing. Maturity helps me see that there is a middle ground, balancing my extreme thinking and behavior. With God's help and Power I can achieve moderation in my life.

### Contact information:

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