

PACE

“Positive Action Changes Everything”

The Mid-Hudson Intergroup Newsletter

December 2009/January 2010



7th Tradition Donations:

(October-November)

Harris	- \$ 99
Woodridge	- 60
Beacon	- 100
Red Hook	- 28.86

Your donations are greatly appreciated. Thank you. 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.

REMINDERS:

Group contacts or Secretaries, please contact us with any changes for your group. Also, contact World Service. People visiting, or new to, our area rely on the information on our website or World Service and it needs to be as accurate as possible.

Contact information:

Website: www.midhudsonoa.org

Hotline: 845-657-6603

Meeting changes: 845-783-5715

Chair (Hilda) – 845-226-4769

Spring Retreat

Mid-Hudson Intergroup is hosting a 12-Step Study retreat at St Lawrence Friary in Beacon, NY, There are a limited number of openings, so send in your deposit soon. The flyer and registration form can be downloaded from our website: www.midhudsonoa.org

Upcoming Events:

Jan. 23 MHIG meeting 1pm

April 25 Minithon 1-3

May 21-23 Retreat



There will be OA phone Marathons on the following dates:

Twelfth Step Within – 12/12/09	8am – 10 pm EST
50 th Birthday Party - 1/17/10	8am – 10pm EST
Unity Day - 2/28/10	8am – 10pm EST

To participate call 712-432-3900 Enter PIN 1212811#

For more information about these marathons and other phone meetings go to the OA website www.oa.org.

IDEA DAY

There were 15 members at IDEA Day on Nov. 21 in Wappingers Falls. We listened to a speaker share their experience, strength and hope about dealing with the stressful holiday season and maintaining abstinence.

We had a chance to review slogans, tools, gratitudes and prayers. We used the word HOLIDAYS to list things we wanted to remember about our holidays, after the holidays. Our program packet included an OA recovery crossword, a list of 102 program slogans and other helpful aids to assist us in surviving and thriving abstinely during the holidays.

We had time to write and share with each other some of the plans we'll use this holiday season as a result of this workshop.

We also had the annual business meeting, approving the calendar, budget and officers for 2010. The minutes and budget are available on the web site from the "Downloads" page.

A big thank you to the Speaker, the Special Events Committee for their work and preparation, and to all those who contributed to the day.