



Central Mass Intergroup

www.centmassint.org

Pass It On.....

Save the Date Sat Sept 22!

Central Mass will hold a workshop on Saturday September 22 at the Unitarian Church Worcester MA. Looking for volunteers in the planning of this event. Email dupellrandy@gmail.com if you want to help. *More information coming soon!*

Nuts and Bolts of Sponsorship

How should I sponsor? How should I be sponsored? Is there a right way and a wrong way? Learn what works August 14, 1-4, Spaulding Rehab Hospital Cambridge St. Cambridge

The CMI newsletter is available to download through our website. Go to www.centmassint.org, print and bring copies to your group to share.

Have important announcement or OA related news? Email newsletter editor lisad.mendes@gmail.com

CMI Service Positions Available

Chair
Vice Chair
Public Information/Outreach
Region 6 Rep
Group Reps

What OA offers you

©1979 Overeaters Anonymous, Inc.

- * **Acceptance of you** - As you are now, as you were, as you will be.
- * **Understanding** of the problems you face now – and share, almost certainly, with others in the group.
- * **Communication** – Since we find that we identify with each other, communication becomes a natural result of our mutual understanding and acceptance.
- * **Relief** – Having found acceptance, understanding and communications with others, we have found relief from our illness and help toward a new self-acceptance and self-understanding.
- * **Power** – by the acceptance and the understanding of oneself, by the practice of the Twelve Step Recovery Program, by the belief in a Power greater than oneself, by the support and companionship of the group, a door is opened to a new way of life.

<i>Before Surrender</i>	<i>After Surrender</i>
-------------------------	------------------------

Frustrated	Safe
Angry	Cared for
Tense	Relaxed
Nervous	Grateful
Cornered	Open
Panicky	Teachable
Afraid	Willing
Guilty	Honest
Ashamed	Hopeful

NEXT Central Mass Intergroup August 4

8:45-10:15

Unitarian Church Holden
Street, Worcester MA



I do not need to fear failure. I need, rather, the peace of mind that comes with taking the action I have been putting off
- For Today, p. 168

Events in Region 6

12th Step within

Telephone a member on the 12th and focus on carrying the message to OA members who are in relapse or still suffering from compulsive eating



Region 6 Convention 2018

Oct. 26-28, 2018
Portland ME



We Light the Way
oaregion6.org

CMI Meeting List

Looking for a meeting? OA offers face-to-face, telephone, and online meetings. This is a list of the current meetings in the Central Mass Intergroup. You can also search the **OA.ORG - Find a Meeting** page. For CMI meetings, search under Intergroup #09106. If you have questions, there is a contact person listed for each.

Day/Time	Town	Location	Contact	Special Topic/Focus
Monday 7:00pm	Auburn	Bethel Lutheran Church	Karol P 508-757-1952	Speaker/Topic
Tuesday 6:30pm	Millbury	St. Brigid Church	Anita 508-366-2966	Big Book Step Study
Tuesday 6:30pm	Gardner	Gardner Rehab. & Nursing Center	Paula 978-652-5797	Varies
Tuesday 7:30pm	Westboro	St. Luke Evangelist Church	Janice 508-481-6203	OA Steps & Traditions
Wednesday 11:00am	Fitchburg	Madonna Holy of Rosary Church	Isabelle 339-927-3477	Big Book
Wednesday 6:00pm	Milford	Milford Public Library	Marge 508-259-0057	Literature Study
Wednesday 6:00-7:30pm	Putnam, CT	Day Kimball Hospital	Kim 860-774-4962	OA Steps & Traditions
Thursday 6:00pm	Athol	Athol Hospital	Mike 978-249-7030	OA Steps & Big Book
Thursday 7:00pm	Shrewsbury	Fire Station (center of town)	Joyce M. 617-834-0534	OA Steps & Traditions
Saturday 8:30am	Leominster	Leominster Hospital	Gerene 978-582-4787	Varies
Saturday 7:30am	Worcester	UU Church, Holden St.	Carlene C. 508-596-7793	Voices of Recovery
Saturday 10:00am	Leominster	Leominster Hospital	Rose 978-502-9387	OA Steps & Traditions
Sunday 8:30am	Clinton	Clinton Hospital	Shawna 617-697-9872	Big Book
Sunday 7:00pm	Worcester	St. Michael's on the Heights	Tom 508-363-0192	Speaker
Sunday 4:00pm	Fitchburg	The Highlands Nursing Home	Chris B. 978-582-1573	Literature Study