



Central Mass Intergroup

www.centmassint.org

Pass It On.....

Scholarship Opportunity

Want to attend the Region 6 Convention in Portland ME, but don't have the \$\$? Central Mass Intergroup can help. Email your contact information to:

centmassint@yahoo.com by May 31

and you may be awarded a scholarship.

Men Welcome to OA

Connect with other men in OA. Add your name to our Google Group. The e-mail address is; OA4men@oa-brandywine.org. Indicate that you would like to be added to the Outreach List to either make or receive outreach calls from other men.

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

**NEXT Central Mass Intergroup
June 2**

8:45-10:15

Unitarian Church Holden
Street, Worcester MA



Why I take Step One.

N.G., Illinois

1985 Lifeline Magazine

I admit I am powerless over food and that my life has become unmanageable because I can cook a casserole and eat the whole thing, telling myself with every bite that I'm going to save some for later; then, when I'm in physical pain from the sheer bulk of what I've consumed, I can eat something else "to settle my stomach."

I can eat three meals at dinnertime--one while I'm cooking, one while I'm sitting at the table, and one while I'm cleaning up. I'm unnerved if someone clears the leftovers from the table before I get to them. I can eat raw, stale or frozen food when I can't wait to prepare something.

I read while I'm eating so I don't have to think about what I'm doing. I feel threatened if I'm caught someplace without food in my purse. I eat food from the packages on the way home from shopping. I will not allow myself to think about what I am eating. No eating practice is too humiliating for me.

I am often nauseated by the amounts of food I eat. I suffer from burning indigestion, stomach cramps, chest pain and blinding headaches. My skin breaks out. I can eat myself into a stupor, sleep for a few hours, and eat again when I awaken. In the middle of the night I'm bothered by abdominal and chest pains that frighten me; I eat away these fears. I don't dare to think about what they mean; it might stop me from eating.

My obesity is a crushing disability. In the morning I roll myself out of bed because I'm too stiff to sit up straight. I must wear shoes that lace because slip-on types aren't sturdy enough to bear my weight; but I can't tie them myself so I'm forced to ask my children to do it for me. I don't wear socks or girdles because of the effort of putting them on exhausts me. I haven't worn my wedding ring for three years. My joints ache constantly. My doctor refers to me as morbidly obese.

I never thought I would come to know, firsthand, the kind of obesity I am writing about. I always thought I could handle my fat. Keeping my weight under control was as important as eating. I could never get that bad.

Yet I maintained the illusion that my overeating was not my responsibility for this obesity. Left to myself, I would have persisted in this delusion until the day I died. Nothing mattered as long as I could eat. I could not admit that I'm not able to eat as normal people do; I was not capable of the responsibility that admission requires.

I don't know whether other compulsive overeaters have a chance of avoiding my plight without abstaining. I do know that this disease gets worse. When I'm a practicing overeater, every good thing in my life is secondary to food.

That is why I come to OA and take the first step.

Events in Region 6



**12 Step Retreat
Weekend**
June 8-10

Wareham MA
See attached flyer

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

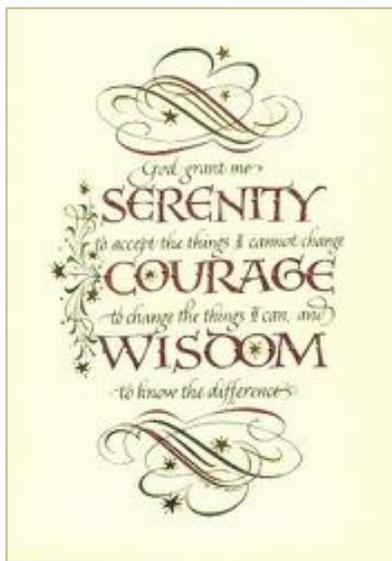
Oct. 26-28, 2018
Portland ME



We Light the Way
oaregion6.org

An OA 12 Step Retreat Weekend!

June 8-10, 2018



Join us for a weekend of fellowship, serenity, and recovery at
the ***Sacred Hearts Retreat Center***, Wareham, MA
*Located on 118 acres woodlands and waterfront on the shore of
Buzzards Bay.*

This retreat often sells out so sign up early!
Cost of registration for the weekend is \$175
We start at 7pm Friday, June 8th (no dinner served)

For information on scholarships and how to register,
check the back of this flyer.



Scholarships Available to a limited number of members with financial need. Preference given to those who have not received one in the past 3 years. To apply check **Scholarship Requested**, submit your completed registration, and a check for \$88.00. Awards are on a **first come, first serve** basis. If not awarded, your prepayment is returned in full. Deadline is April 30, 2018. Often all scholarships are awarded before the deadline.

Check in begins after 5pm and the program begins promptly at 7pm on Friday and concludes Sunday after lunch. We lodge in our own 3 story manor, complete with dining and meeting rooms. Meals are served cafeteria style and if you chose to bring your own food, shared refrigerator and microwave are available.

You can expect a study of the 12 steps led by an experienced OA member with discussion and writing. Also guided walks, morning and evening yoga and or meditation, crafts and other recreation. In addition, we have access to Sacred Hearts Boat house, beach, and trails.

Rooms are shared and may accommodate 2-4 people. Please indicate roommate requests on your registration or a roommate will be assigned to you. Space is limited to 50 people. No day-trippers. Your registration will be confirmed by e-mail; a waiting list is formed after spaces are filled. Register early. Once registration is accepted, no refunds made after April 30, 2018.

For more information, please contact by phone Margaret Ann B. at (617) 943-1470 or Veronica C. (508) 505-0620 or email at retreat@metrowestoa.org.

Register online at www@metrowestoa.org/2018

Or

Complete the form below with **check or money** order payable to: MetroWest Intergroup at MWI PO Box 600, Needham, MA 02494 Attn: Retreat 2018

Name: _____ Phone _____

Full Address: _____

Email: _____ Roommate Name: _____

Roommate Email: _____ Roommate Phone: _____

() June 8, Friday after 5pm includes 2 nights/5 meals for **\$175.00**

() Scholarship Requested (no scholarship in the last 3 years) **\$88.00**

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