

# Central Mass IG Newsletter

Overeaters Anonymous

April – May - June 2014

## EVERYONE CAN RECOVER

- Reprinted from the June 2014  
Lifeline magazine.

Tradition Five states, "Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers." The principle of Tradition Five is purpose. When I think of purpose, it is as a spiritual concept. I am on this earth to fulfill a purpose. What is that purpose? I believe it is to carry the message, not only about OA as it relates to food and compulsive overeating, but as it relates to the essence of people, people's worthiness, people's strength. My purpose is to reinforce my belief that recovery is available for everyone and everyone can recover. There are people in the program who carried this message to me over 30 years ago and continue to carry this message to me. I consider these people my cheerleaders. They saw my worthiness when I couldn't see it. They believed in me when I didn't believe in myself. No one believed I was beyond hope. I try to carry this same message to others; this is my purpose in program.

-- Dorothy W., Wilksburg, PA

## Central Mass Intergroup Officer and Service Position Openings

*Nominations for Intergroup Positions are held in September each year and elections in October. Terms of service begin following the regular October Intergroup meeting. The following positions will become vacant after this term. If you are interested in any of the following please let any member of the Intergroup know, and plan to attend the September meeting:*

**Corresponding Secretary**

**Region 6 Representatives**

**World Service Business Conference  
Delegate**

**Newsletter Editor**

*For a description of the responsibilities and requirements for each of the above openings, see the following page of this newsletter.*

*This newsletter offered by the Central Massachusetts Intergroup of Overeaters Anonymous. Submissions are welcomed. Original writings, or firsthand reports from retreats/ marathons/conventions are all appropriate for sharing. Opinions expressed are those of the writer or editor and not those of the Central Mass Intergroup or OA as a whole. Address all newsletter correspondence to Heidi K by email to [heidicoe@gmail.com](mailto:heidicoe@gmail.com) or by mail to CMI Newsletter, P.O. Box 20539, Worcester, MA 01602.*

**More about the Positions that will have vacancies next term:**

**Corresponding Secretary**

- Verifies registration information on each CMI-affiliated group;
- Answers correspondence not otherwise handled by another Officer or Service Position holder;
- Maintains a mailing list of CMI member groups' contact persons.

**Region 6 Representatives**

- Represents Central Mass at the Assembly; shares Region 6 news with the Intergroup;
- Attends the Region 6 Assembly in Albany, NY twice a year (travel expenses reimbursed);
- Must have 6 months of current abstinence\* and 1 year service at the Intergroup level.

**World Service Business Conference Delegate**

- Represents Central Mass at the World Service Business Conference of OA;
- Attends the Conference when it is held – generally April of each year – in Albuquerque, NM;
- Current requirements are 1 year of abstinence\* and 2 years of service beyond the group level.

**Newsletter Editor**

- Prepares newsletter for Intergroup members and anyone else who wishes to receive it;
- Newsletter is emailed periodically; a few issues are "snail mailed";
- Maintains contact list of people who wish to receive newsletter.

*Continued next column....*

In addition to the four positions detailed above, the positions below will also be accepting nominations and at this time it is expected that the current officer holder also wishes to continue:

- Chair
- Vice-Chair
- Recording Secretary
- Treasurer
- Web Master

*\*Each person shall be the sole judge of his or her abstinence*

**PI/PO stands for Public Information and Professional Outreach.** OA is a program of attraction not promotion. However, if someone doesn't know OA exists, it is difficult to be attracted to it. So Public Information walks the fine line between selling OA and making sure people know about OA.

Professional Outreach is the part of spreading the word on OA that is directed to health professionals. These can include doctors, nurses, nutritionists, physical therapists, psychologists, eating disorder counselors, inpatient treatment centers and Bariatric Surgery Centers. We try to enlist their support to refer patients to OA who may be compulsive eaters.

If you have ideas and/or energy to spare to extend the hand of OA, please join the PI/PO committee. Email the PI/PO committee chair, Randy D, at [r.dupell@yahoo.com](mailto:r.dupell@yahoo.com). Ideas as to how we can best spread the word about OA are always welcome.

## Meet the Intergroup Members

*In this issue we hear from Rick B:*

My name is Rick, a recovered compulsive overeater. Thanks to Heidi for asking me to write a few words. I've been involved with Overeaters anonymous for about eight years. My first meeting came as a result of seeing a news piece on TV about something called "binge eating disorder". I identified with the speakers in that documentary although they were not from OA. I Googled the disorder and the results I got were mostly OA. This led me to research OA online and later attend a local meeting.

My first year in OA brought a forty-five pound weight loss that was short lived. I gained about half of that weight back. About four and a half years ago I was challenged by an OA friend about my food. I took on her challenge and eliminated sugar and flour products from my diet. I lost the weight that I had gained and have maintained the weight loss. Abstinence was only the beginning.

Shortly after losing this weight I found Big Book Step Study and other Big Book events, retreats, meetings and teachers. I made the decision to go forward with a recovery program. I learned as much as I could about the program outlined in the Alcoholics Anonymous textbook. I got a sponsor and worked the steps.

Through this work I came to believe that there was a God and later my eyes were opened as to who He was. Some of my favorite quotations come from the chapter titled "We Agnostics"

Page 45 "Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power?"

Page 45 "Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem. That means we have written a book which we believe to be spiritual as well as moral. And it means, of course, that we are going to talk about God."

Page 55 "...for deep down in every man, woman, and child, is the fundamental idea of God. It may be obscured by calamity, by pomp, by worship of other things, but in some form or other it is there. For faith in a Power greater than ourselves, and miraculous demonstrations of that power in human lives, are facts as old as man himself."

Page 51 "When many hundreds of people are able to say that the consciousness of the Presence of God is today the most important fact of their lives, they present a powerful reason why one should have faith." The Big Book says about itself, "Its main object is to enable you to find a Power greater than yourself which will solve your problem." The fulfillment of this promise dwarfs everything else I have done in OA. Intergroup Chairman, Region Six Representative, IG meeting representative, meeting treasurer and sponsor are some of the activities and duties I have performed over the years. These are important positions and I am grateful to have been allowed to serve, but they do not produce recovery.

That Power comes from God.

### Central Mass Intergroup of OA – Officers and Service Positions

**Chairperson:** Nancy H  
**Vice Chairperson:** Pamela A  
**Recording Secretary:** Emily R  
**Correspondence Secretary:** Anita  
**Treasurer:** Tom D  
**Web Mistress:** Julie O  
**PO/PI Committee Chair:** Randy D  
**Newsletter Editor:** Heidi K  
**Events Committee Chair:** Jacki G  
**Region 6 Reps:** Rick B and Austine R  
**WSBC Delegate:** Austine R

**How to contact CMI:**  
**P.O. Box 20539,**  
**Worcester, MA 01602**

**OUR MEMBER GROUPS (MEETINGS)**

The meetings below are associated with our Central Mass Intergroup. If anything about your meeting is not correct, please contact the newsletter editor [heidicoe@gmail.org](mailto:heidicoe@gmail.org) AND also update the information on the OA.org website.

Town	Day	Time	Location Name	Special Topic/ Focus
Auburn	Monday	7:00 PM	Bethel Lutheran Church	Speaker/Topic
Millbury	Tuesday	7:00 PM	Millbury Federated Church	Big Book
Gardner	Tuesday	6:30 PM	Legend Rehab & Nursing Ctr	Varies
Worcester	Tuesday	7:00 PM	Adcare Hospital	For Today
Westboro	Tuesday	7:30 PM	St. Luke Catholic Church	OA Steps and Traditions
Fitchburg	Wednesday	11:00 AM	Madonna Holy Rosary Church	Big Book
Milford	Wednesday	6:00 PM	Library	Literature Study
Shrewsbury	Thursday	7:00 PM	Veteran's Inc.	OA Steps and Traditions
Leominster	Thursday	7:00 PM	Our Lady of the Lake Church	Varies
Southborough	Friday	10:15 AM	Southboro Public Library	Big Book
Leominster	Saturday	8:30 AM	Leominster Hospital	None listed
Worcester	Saturday	7:30 AM	UU Church, Holden St	None listed
Leominster	Saturday	10:00 AM	Leominster Hospital	OA Steps and Traditions
Worcester	Sunday	7:00 PM	St. Michaels on the Heights	Speaker
Fitchburg	Sunday	7:00 PM	The Highlands	Literature Study

Meeting time and location for any OA meeting around the world can be found on the web at <http://www.oa.org/membersgroups/find-a-meeting/>

The Events Committee is looking for new members and volunteers to help out with coming events like retreats and sharathons. If interested, email [Jacki@jackirose.com](mailto:Jacki@jackirose.com)

### *Calling All Meetings: Is Your Voice Being Heard?*

Do you want to strengthen OA in your area and throughout Central Massachusetts? Make sure your voice is heard in full force by sending an Intergroup Rep to your monthly Intergroup meeting. Give your members an opportunity to serve and help all of us benefit from a strong and diverse OA organization.

CMI meets the first Saturday of each month starting at 8:45 AM  
at the Unitarian Universalist Church at 90 Holden St. in Worcester.

### *More Announcements:*

- **Intergroup Meetings:** Please note that there will be no Intergroup meeting in July and that August's Intergroup Meeting will be held August 9 in lieu of the first Saturday in August.
- See our newly designed website at [www.centmassint.org](http://www.centmassint.org). Forward comments or suggestions to Julie at [boscopippa@gmail.com](mailto:boscopippa@gmail.com).
- Thank you to our member groups for your **donations**. As always we pass on 10% to Region 6 and 30% to World Service.

## *Get ready for the 2014 OA Region 6 Convention*

*October 24 - 26 in Burlington, Massachusetts*

*Theme: "Wicked Awesome Recovery"*

### **TWELVE GREAT REASONS TO COME TO THE CONVENTION!**

- 12 – The Burlington Marriott Hotel is just 5 minutes off Interstate 95.
- 11 – The hotel offers a fitness center, indoor and outdoor pools and whirlpool tub.
- 10 – Starbucks coffee served!
- 9 – There is a HUGE shopping mall about a mile away.
- 8 – Free shuttle to the huge shopping mall.
- 7 – Sign up for the hotel/meal package and you've got 5 abstinent meals in the bag.
- 6 – You can stay up all night with your new best friend/roommate!
- 5 – You will leave with at least 5 new phone numbers.
- 4 – If you're struggling, this is a great opportunity to kick-start your recovery.
- 3 – More than 50 workshops and meetings over the course of the weekend.
- 2 – Three keynote speakers to share their experience, strength and hope.
- And, the Number 1 reason to come to Burlington MA, October 24-26, 2014***
- 1 -You'll be with hundreds of fellow OAs living Wicked Awesome Recovery!