

Central Mass IG Newsletter

Overeaters Anonymous

July – August - September 2014

Central Mass Intergroup Survey

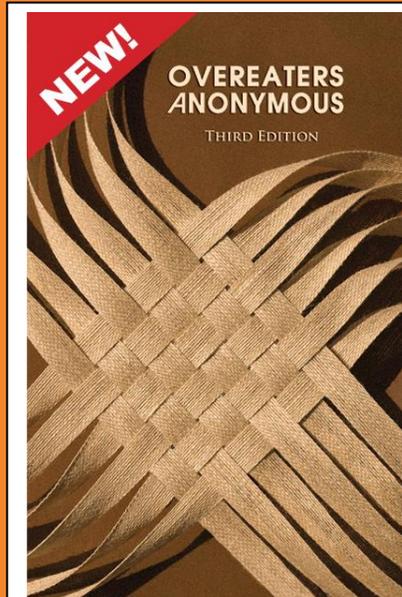
If you haven't already, please complete the survey at

http://www.centmassint.org/survey_2014.html

If the above link does not work, the survey can be accessed from the home page of the Central Mass Intergroup of OA.

Don't have Internet access? Ask your Intergroup Rep at your regular meeting to get you a printed copy.

Survey will close November 1 2014.



OA's new Brown Book, with forty never-before-published stories, is now available for purchase in the OA bookstore.

The book features an all-new appendix, "The Role of a Plan of Eating in Recovery from Compulsive Eating," by a dietitian specializing in addictive and compulsive eating disorders, plus a new Foreword by an eating-disorder treatment professional. The book also includes Rozanne's story; the complete text of "Our Invitation to You"; and the original appendices, "A Disease of the Mind," "A Disease of the Body," and "A Disease of the Spirit."

This newsletter is offered by the Central Massachusetts Intergroup of Overeaters Anonymous. Submissions are welcomed. Original writings, or firsthand reports from retreats, marathons or 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 or by mail to CMI Newsletter, PO. Box 20539, Worcester, MA 01602.

Meet the Intergroup Members

In this issue we hear from Emily D:

Tell us your OA story. How long in OA? Abstinence? Home meeting?

I've been in OA, a day at a time, for two years and ten months. Abstinence for me is 4 weighed and measured meals per day, which I submit to my sponsor each morning along with my exercise plan. I do not eat sugar, white flour, or other trigger foods I've identified such as dried fruit and nut butters. These substances are highly-addictive drugs when I put them in my system. My first meeting was Worcester Sunday at 7:00pm at St. Michaels on the Heights. Its members lovingly ushered me into our fellowship. I attend 3 meetings on a weekly basis today and consider Milford Wednesday at 6:00pm my home group.

Describe your life before and after recovery?

I could write for pages about how my life has changed since coming into OA. The essence of my transformation (which is still unfolding) is this: I used to turn to food every time I was uncomfortable. It didn't have to be some grand reason, though there were those moments too. Boredom would do it. When I wasn't eating, I thought about food all the time and obsessed about losing weight and dieting. Food completely consumed my life. I struggled constantly with my weight and always hated my body.

Now, a day at a time, I am able to sit with my discomfort without trying to escape it. I'm learning to look to other people for guidance, support, and friendship, and to take interest in things outside of myself. Interestingly, this, as well as writing my 4th Step inventory, is helping me to accept myself where I am right now. My relationship with my Higher Power grows as I cultivate it daily. I now know that I can't do this alone, and I was never meant to. I have maintained a stable, healthy weight for a year and ten months and largely enjoy freedom from food obsession. I will never be "done". I will never be "cured". Thank god.

What are your recommendations for newcomers?

The most important thing we bring with us to OA is willingness. Try on a new idea or behavior for a day and see how it fits. This is literally a day at a time, sometimes a moment at a time, program. The foods and behaviors we used to engage in will always be there should we choose to go back to them. Have faith that every form of service we do helps others as well as ourselves. Every time we open our mouths at a meeting we enhance the experience.

Tell us about your Intergroup service?

I am relatively new to Intergroup and I'm still learning the ropes. I started out as a group representative this past winter, but CMI needed a recording secretary and I was happy to fill that position. Currently, I'm also working with other members on a Step and Sponsorship Hotline. The goal is to provide a source for those looking for experienced guidance and/or sponsorship.

Why get involved in Intergroup?

Intergroup exposes me to other members I wouldn't interact with otherwise and takes me out of my comfort zone in a positive way. I don't know how I can be helpful, but I'm willing to try. It's important to me to feel like I'm doing my part to keep OA thriving and available for all who seek it.

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: Open
Events Committee Chair: Jacki G
Region 6 Reps: Rick B and Pamela A
WSBC Delegate: Nancy H

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 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

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.

Thank you to our member groups for your **donations**. As always
10% goes to Region 6 and 30% goes to World Service.

Upcoming Events - Regional

The 2014 OA Region 6 Convention is only days away!

October 24 - 26 in Burlington, Massachusetts

Theme: "Wicked Awesome Recovery"

Upcoming Events - CMI

Thanksgiving Day 2014: Thank-a-thon

December 12 2014: 12th Step Within

February 28 2014: Unity Day

March 2015: Retreat

****More information to come****