



### Rose's Story - Part Two

In the last newsletter, CMI presented the first part of an interview with long-time member, Rose. In this issue, we will conclude our conversation as Rose talks about the accomplishments she made in the last 20-plus years as an OA member.

**Rose:**

I've been in OA 21 years; and the 40-pound weight loss (chosen as a goal with my first sponsor), has stayed off.

In the early years, I took commitments to be a speaker at meetings and I took on sponsees. Then I was an intergroup rep for at least ten years, being PO and PI committee chair (Public Information/Professional Outreach). I felt strongly that medical people should know about OA as should the public know.

*Question: How has OA changed over the years?*

**Rose:**

Advances in technology may have limited some from participating and allowed others to soar, but thank HP (Higher Power) the program stays intact.

I am really grateful that the really important things have not changed. Reaching out to those in trouble inside and out of the rooms, keeping your own food in order, appreciating the witness of an abstinent sponsor, learning to treat others with kindness and tolerance, 10th step check-ups daily and making amends if needed.

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If you have an interesting story and would like to share it, contact CMI's Newsletter Editor Lisa M.

[lisad.mendes@gmail.com](mailto:lisad.mendes@gmail.com)

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### Taste of Lifeline book



A collection of stories from the pages of Lifeline magazine, Taste of Lifeline features more than 100 personal stories by OA members writing about their challenges and recovery and how they work the OA program. Included are stories for newcomers; stories about recovery from relapse; stories about long-term recovery; stories from international members.

Available at <http://bookstore.oa.org/>

### CMI Alternates Needed

CMI is looking for volunteers to be available to represent our region if the current rep is not available. It's a great way to meet fellow OA' members beyond the CMI. Find out what other regions are doing. Share information about CMI and provide an important service to OA as a whole. The requirements to be a Region 6 rep are:

- At least 6 months of abstinence
- At least 1 year of service to CMI
- Travel stipends are provided.

If you are interested or want to know more, please attend our next intergroup meeting September 12 at the Unitarian Universalist Church, 90 Holden Street Worcester, MA



**CMI's Retreat**  
Friday April 15-Sunday April 17, 2016  
Edwards House Framingham MA  
More information Coming soon!

**CMI Activities and Goals**

Region 6 Assembly – October 3

Share-a-thon - Fall TBA

Region 6 Convention - October 23-25

Thank-a-thon - Thanksgiving

Twelfth-Step Within event-December 12

Retreat –April 15-17, 2016 Edwards House

**Interested in volunteering to help plan coming events? Email [eventsmi@gmail.com](mailto:eventsmi@gmail.com)**



**“Service: Carry the message to the compulsive overeater who still suffers.”**

Nominations for CMI officers will be held September 12 at the intergroup meeting; 8:45 a.m. Unitarian Universalist Church, 90 Holden Street Worcester, MA. Elections will take place in October.

	7 <sup>th</sup> Tradition	
Worcester	Sunday 7 PM	\$15
Gardner	Tuesday 6:30 PM	\$50
Millbury	Tuesday 7 PM	\$100
Milford	Wednesday 6:00 PM	\$100
Worcester	Saturday 7:30 AM	\$75
		\$340

Next Intergroup meeting: September 12, 8:45 a.m. Unitarian Universalist Church, 90 Holden Street Worcester.

**Our Member Groups (Meetings)**

The meetings below are associated with our Central Mass Intergroup. If there are any updates or corrections, please contact the newsletter editor Lisa M. (lisad.mendes@gmail.com)

<b>Town</b>	<b>Day</b>	<b>Time</b>	<b>Location Name</b>	<b>Special Topic/ Focus</b>
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	Gardner Rehabilitation & Nursing Center	Varies
Worcester	Tuesday	7:00 PM	Adcare Hospital	For Today
Westboro	Tuesday	7:30 PM	St. Luke Evangelist Catholic Church	OA Steps and Traditions
Fitchburg	Wednesday	11:00 AM	Madonna Holy of the Rosary Church	Big Book
Milford	Wednesday	6:00 PM	Library	Literature Study
Shrewsbury	Thursday	7:00 PM	Veteran's Inc.	OA Steps and Traditions
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	Voices of Recovery
Leominster	Saturday	10:00 AM	Leominster Hospital	OA Steps and Traditions
Worcester	Sunday	7:00 PM	St. Michael's on the Heights	Speaker
Fitchburg	Sunday	7:00 PM	The Highlands Nursing Home	Literature Study