

# Central Mass IG Newsletter

Overeaters Anonymous

January 2015

## Relieved

I didn't think I needed OA when I went to a meeting with a friend many years ago. While I knew I was overweight, I thought, "I'm not one of them. I can handle it." A few years ago, I went to support another friend at an OA meeting. I went for several weeks with the same attitude I had before. However, things were getting worse for me. I was heavier. Even in the midst of my active disease, I knew something was wrong. Most people don't have two lunches or dinners. Most people don't race to the store to stock up for the overnight binge in front of the TV. Maybe something better exists here. It took a while before I admitted to being a compulsive overeater. When I did, it was a relief. I remember feeling so alone while I binged, and not enough food existed to make that go away. Now I have friends in OA, have lost 50 pounds (23 kg) and am happier. While I'm still getting used to being "weight appropriate," I know I never have to go back to that hell.

— L.W., Rhode Island USA

Reprinted from Lifeline March/April 2012

## Reach Out for Recovery

In Hartford CT



Region 6 of Overeaters Anonymous invites you to attend the **2015 Region 6 Convention** in Hartford Connecticut.

Whether you arrive as a day tripper or join us for the entire recovery and fun-filled weekend, come Reach Out for Recovery in Hartford.

Hear experience, strength and hope from all of the provinces and states which comprise Region Six — from Eastern Canada to the Northeast United States — maybe even Bermuda! If you've never been to a convention, make this your first. Registration is quick and easy on-line.

**[OARegion6.org/2015](http://OARegion6.org/2015)**

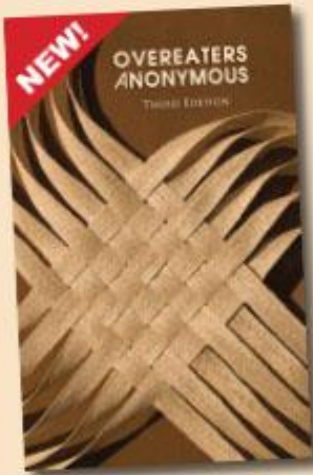
*This newsletter is offered by the Central Massachusetts Intergroup of Overeaters Anonymous. Submissions are welcomed. Original writings, or first-hand reports from retreats/ marathons/conventions are all appropriate for sharing. Opinions expressed are those of the writer or editor and not those of the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

***"To the world you may be one person, but to one person you may be the world."***

**Bill Wilson**

# The New Brown Book

40 all-new stories



To purchase  
Overeaters Anonymous,  
Third Edition, go to  
[bookstore.aa.org](http://bookstore.aa.org)  
(#980/\$13.50;  
#981/\$303.75,  
box of 25). E-book  
available from popular  
online retailers.

For expedited orders,  
please call 1-505-891-2664.

## Central Mass. Intergroup Upcoming events

**Step Into Recovery Retreat March 20-22, 2015**

**\*Early bird special rate deadline January 15\***

**For more information: [eventsctmi@gmail.com](mailto:eventsctmi@gmail.com)**

**12 Step Opportunities!**

*You asked for more opportunities to study the Steps, here are two!*

- ★ **2<sup>nd</sup> Sunday Virtual Step Study presented by World Service**
- ★ **The CMI Step into Recovery Retreat is all about the Steps**

**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 [dupellrandy@gmail.com](mailto:dupellrandy@gmail.com). Ideas as to how we can best spread the word about OA are always welcome.

## 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 [lisad.mendes@gmail.com](mailto:lisad.mendes@gmail.com) AND also update the information on the OA.org website.

| Town                      | Day       | Time     | Location Name                       | Special Topic/<br>Focus |
|---------------------------|-----------|----------|-------------------------------------|-------------------------|
| <i>New!</i><br>Shrewsbury | Monday    | 11:30 AM | Fitness Asylum                      | Varies                  |
| 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  | 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 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                | 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                       | 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/>

**I**nternational **D**ay **E**xperiencing **A**bstinence

November 2014

**IDEA** Day is celebrated throughout the OA community around the world. It's a day to reaffirm and focus on \*abstinence. It is an important part of my program as I work toward living a spiritual, emotional and physical recovery as a result of living the OA Twelve-Step program. I abstained from compulsive overeating to address the physical side of my disease. This year, OA of Central Mass held **IDEA** day at Fidelity Bank in Leominster Mass. Upon arrival, myself and one of my fellow OA companions, parked the car and found our way to the conference room where a crowd was gathering. We signed in and wrote our names on one of those **Hi My Name Is...** nametags. Next we were given a ticket for a door prize and we had the option to purchase raffle tickets to win an array of OA literature that was displayed on the registration table. We settled in our seats looking around to see if we recognized any of our friends. The program started on time and we began with the Serenity Prayer. Next a volunteer read the 12 Steps and the 12 Traditions and for fun we sang an OA rendition of *Row, Row, Row your Boat* and *Show Me the Way to Go Home*. Nancy H. our CMI Chairperson, and arraigned to have 2 people qualify on their journey.

Both of them spoke about their experience, strength and hope for about 20 minutes. In-between the sharing we paused for a raffle prize. We all took out our tickets hoping it was our number that was drawn. I actually won! Later, after the speakers had concluded their personal journey's, Nancy passed around a sheet of paper, double-sided, that contained several OA slogans and asked if any one related to one of the slogans and wanted to share. Several people stood up and shared. It was powerful and inspiring. The program ended and we all gathered in a circle, holding hands and after a moment of silence, in unison said the serenity prayer. We said our goodbyes to old friends and new ones, and headed home. I was so happy to have been able to participate in this event. I left full of gratitude with a renewed commitment to my abstinence, my program and my OA family!

Yours in Service,

Lisa M.

This review is the opinion of Lisa M.

\*Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, Emotional, and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

As defined by 2011 OA World Service Business Conference

*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.



*All work and no play makes  
intergroup dull!*

*More Announcements:*

- **Unity Day** February 28 2015 Seacoast OA, Portsmouth NH [www.seacoastoa.wordpress.com](http://www.seacoastoa.wordpress.com)
- **Second Sunday Virtual 12 Step Workshop** for more information contact [vst4oa@hotmail.com](mailto:vst4oa@hotmail.com) or 727-641-3437
- **Intergroup Meetings: First Saturday of the month at the Unitarian Church**
- **Thank you** to our member groups for your **donations**. As always we pass on 10% to Region 6 and 30% to World Service
- **The Events Committee:** is looking for volunteers to help out with coming events like retreats and share-a-thons. If interested, email [eventsctmi@gmail.com](mailto:eventsctmi@gmail.com)



*Thanks everyone who participated in our survey!*

*Be sure to check survey results in*

*December's special edition newsletter.*

*As OA's responsibility pledge states:*

*"Always to extend the hand and heart of OA to all who share my  
compulsion; for this, I am responsible."*

<http://www.centmassint.org>

If you want to opt out from any CMI emails contact [lisad.mendes@gmail.com](mailto:lisad.mendes@gmail.com)