

Central Mass IG OA Announcements

Overeaters Anonymous

June 2015



Rose's Story Part 1

From time-to-time CMI likes to interview its members to share their OA journey.

This month Rose tells her story.

Rose has been in the program for over

21 years. She has been a member, a sponsor, a CMI representative and a friend. Here is her story in her own words.

I found out about OA through my sister who had suggested AlAnon Adult Children. She then got into OA and suggested that. There were and still are five meetings between Gardner, Fitchburg and Leominster. And the requirement to attend three a week has been reasonable for 21 years. My sister lived 80 miles away from me so, to get to an OA meeting I carried a community announcement from the newspaper around with me for six months before getting courage to go. It was beginning of the year when I went.

I justified the rightness of my first meetings because many speakers had said their therapists had recommended that they come. You see I was coming at it from a medical model, being a RN. I have changed in OA by coming to respect that anyone who shares in a meeting has more authority than they would if they had a degree in it. As Dr. Silkworth said, "You can trust absolutely anything they say about themselves."

In the first six or seven years I remained on the same abstinence my sponsor gave me the first day I called her. Then I learned (from a nutritionist) that I had food allergies, and indulging in those foods contributes to the craving. In adjusting to a different set of foods, not different portion sizes or distribution among Carbs Pros and Fats, I had to learn to trust HP with my food again. Abstinent periods were fewer.

Stay tuned for Part II

CMI Current Information

Help Wanted

Region 6 Assembly 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 rep are;

- At least six months of abstinence
- At least one year of service to CMI

Monthly stipends are included. If you are interested or want to know more, please attend our next intergroup meeting August 1, 2015 at the Unitarian Universalist Church, 90 Holden Street Worcester, MA

2015 CMI Activities and Goals

Region 6 Assemblies- Sept 26

Share-a-thon- Fall TBA

Region 6 Convention-**October 23-25**

Retreat -TBA

IDEA Day event -November 15

Thank - a - thon Thanksgiving

Twelfth-Step Within event-December 12

Interested in volunteering to help plan coming events? Email eventsmi@gmail.com

EXTRA! EXTRA!

News from the World Service Office

LATEST ISSUE OF A STEP AHEAD ONLINE The second quarter 2015 issue of *A Step Ahead* is posted online at www.oa.org/membersgroups/a-step-ahead-newsletter/. Download and copy for your groups.

MONTHLY TELEPHONE WORKSHOP/PODCAST ON THE IMPORTANCE OF WORKING ALL TWELVE STEPS Held the second Sunday of each month at 3 p.m. – 4 p.m. EST. Hear members share on the importance of working all 12 steps and how it changed their lives physically, mentally and spiritually. <http://www.oa.org/oapodcasts/-workshops>.

Next Intergroup meeting August 1, 2015

7 th 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