

## How OA Changed my life

Reprinted from Lifeline magazine



Before OA: I spent 35 years of my adult life consumed with a food obsession

After OA: Now my mind and body know freedom from craving, bingeing, and obsessing about food.

Before OA: I spent most of those years weighing between 250 (113 kg) and 300 pounds (136 kg).

After OA: In the past three years, I have lost 92 pounds (42 kg) with little effort.

Before OA: Most of my adult life I spent in fear with several phobias

After OA: My phobias are almost gone, and whatever fears I have left I face with the help of my support team. Who is on my support team? I envision my sponsor on my right, sponsees on my left, Higher Power at my back and the OA Fellowship around us all.

Before OA: I used vast amounts of food to try to fill my hole within, but I was never successful.

After OA: Program and spirituality now fill the hole in my soul.

Before OA: I spent most of my adult life eating, sleeping, watching television, and working .

After OA: I fill my life with program, meetings, Step-study leadership, sponsoring, retreats, and friendships. I will begin my first college class in a few weeks, something I have always wanted to do. Writing has become a passion, and I spend lots of time writing about OA. I have also improved my relationships with my parents and siblings.

Before OA: I had no real life

After OA: My life has just begun.

# Happy New Year!

### CMI Activities and goals 2016

Retreat – April 15-17, 2016 Framingham  
Region 6 Assembly April 16 & Sept 24 2016

WSBC May 2-7 2016

IDEA Day November 15

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

## Service Positions Needed

\*Webmaster

\*Public Information Outreach

(No experience necessary; will train)

*Come to our next intergroup meeting and volunteer for service*



## News from Regions Near and far

**United in Recovery:** Hosted by New Hampshire Intergroup-Saturday February 27 [www.oanewhampshire.org](http://www.oanewhampshire.org)

## News from World Service

Go to [www.OA.org](http://www.OA.org) for information

\*Breaking out of Relapse Video

\*OA Convention 2016 Boston MA Lodging in open

7 <sup>th</sup> Tradition		
Leominster	Sunday 10 AM	\$75

*"Believe that you can be abstinent, you will be. Believe you can have sanity, peace of mind, and freedom to live the life you want. You will have them. Believe that you will recover. You will"*  
-For Today p.354

**Next Intergroup:** February 6, 2016 8:45 AM  
Unitarian Universalist Church 90 Holden St Worcester

## Central Mass Intergroup Newsletter

Overeaters Anonymous

September 2015

### 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)

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	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