

Overeaters Anonymous Central Mass Newsletter January 2017

Upcoming Events:

February 25th - Unity Day 2017
Beth Israel Deaconess Hospital
275 Sandwich St.
Plymouth, MA
1pm – 4pm

March 7th – Ocean & Bay Mini
Workshop Tools: Reorganize
your Toolbox
St. Patrick Catholic Church
2868 Cranston Street
Cranston, RI
6-7pm



Winter Retreat – THIS MONTH: The Elevator is Broken! – Take the steps

Friday – Sunday January 20th-22nd

Guest House is located in **Chester CT**

Single Rooms – SOLD OUT
Double Room - \$335
Triple Room - \$295

Please see www.oanyc.org/retreat/ for details

Personal Experience: I went last year and it was AMAZING!

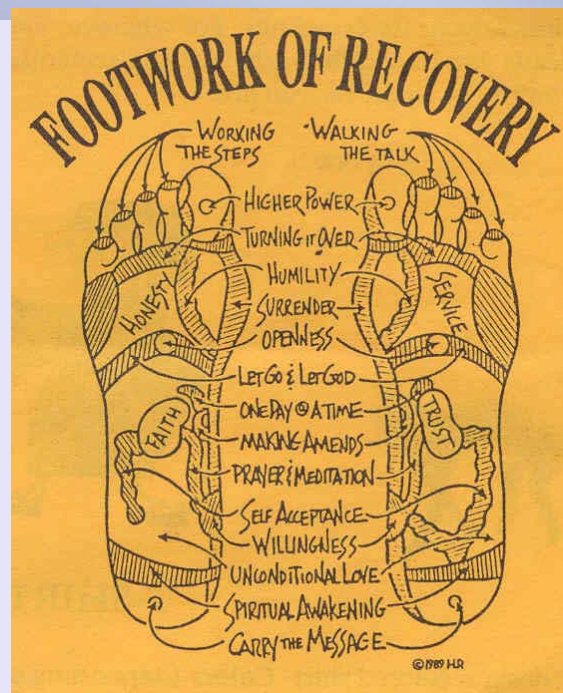
“Been Slipping and Sliding? A Reading Tool and Writing Tool
Help turn around a relapse and recommit to your OA program with this new revised questionnaire which is composed of 30 questions for prompting self discovery and sponsor-sponsee discussion. Available on OA.org/whats-new

JUST FOR TODAY I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

Sending the Message to your Health Care Provider:

Here are some quick and easy tips to start a valuable discussion:

- Mention OA at health care appointments, You carry the message whenever you share your recovery
- Keep it short and simple.
- Invite your interested health care professional to a meeting. Medical professionals are welcome to come to any open meeting
- Take issues of *Lifeline* magazine to leave in waiting rooms, and add a label on them with a local contact.



New for 2017!

Check out the new Lifeline Website for hundreds of stories of real recovery!

oalifeline.org

One year subscription is \$23

Always to extend the hand and heart of OA to all who share my compulsion for this I am responsible

Please contact Naama82@me.com for any suggestions, events or feedback