

Central Mass. Intergroup Newsletter September-October 2011

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ELECTION RESULTS – OFFICERS & DELEGATES

**Central Mass. Intergroup held elections at its October 1st meeting.
 Officers and Delegates elected include:**

Chairperson: <i>Rick</i>	2012 Region 6 Delegates: <i>Nancy</i>
Vice-Chairperson: <i>Maddy</i>	<i>Lynda</i>
Secretary: <i>Mary-Beth</i>	
Treasurer: <i>Tom</i>	
Newsletter Editor: <i>Nancy</i>	2012 WSBC Delegate: <i>Nancy</i>

Congratulations & thank you for your assistance in keeping CMI alive and well by your willingness to serve!

OFFICERS AND REPRESENTATIVES IN ATTENDANCE SEPTEMBER 10, 2011

Chairperson ProTem - Tom	Tuesday Worcester 7:00 PM - Laura
Web Coordinator – Not Present	Wednesday Southbridge 7:00 PM – Not Present
Vice-Chairperson – Not Present	Thursday Lancaster 7:00 PM – Not Present
Secretary ProTem – Austine	Thursday N. Leominster 7:00 PM – Not Present
Treasurer – Tom	Thursday, Shrewsbury 7:00 PM - Austine
Newsletter & WSBC Delegate – Nancy	Friday Worcester 6:00 PM AdCare – Not Present
P.O., P.I. Committee – Rose	Friday Southborough 10:00 AM – Not Present
Region 6 Reps. – Pam & Rose	Saturday Charlton 9:00 AM – Not Present
Sunday Fitchburg 7:00 PM – Not Present	Saturday Leominster 8:00 AM – Lynda
Sunday Worcester 7:00 PM – Not Present	Saturday Leominster 10:00 AM – Rose
Monday Auburn 7:00 PM – Rick	Saturday Worcester 7:30 AM – Randy
Tuesday Gardner 6:30 PM – Not Present	Interested Observers: Joyce, Mary Beth, and Shelly
Tuesday Westboro 7:00 PM - Maria	

DONATIONS AUGUST 7 – OCTOBER 1, 2011

Tuesday Worcester 7:00 PM	\$60.00	Thursday Shrewsbury 7:00 PM	\$120.00
Thursday, Lancaster 7:00 PM	40.00	Saturday Leominster 8:00 AM	100.00



NEW MEETING JOINS CMI – LOOKING FOR BIG BOOK DONATIONS!

Wednesdays 7:00 PM – Millbury - Big Book Meeting
 Millbury Federated Church - 20 Main Street
 Contact Person: Randy 774-437-9151

Members of this new meeting have requested donations of a Big Book from other groups belonging to CMI to get them started. If your group wishes to donate a Big Book, simply indicate your meeting day and time and send it to the CMI meeting through your Intergroup rep or contact Randy at 774-437-9151.



**OFFICERS AND REPRESENTATIVES IN ATTENDANCE
 OCTOBER 1, 2011**

Chairperson ProTem – Mary Beth	Wednesday, Fitchburg 11:00 AM – Not Present
Web Coordinator – Not Present	Wednesday Millbury 7:00 PM – Not Present
Vice-Chairperson – Not Present	Wednesday Southbridge 7:00 PM – Not Present
Secretary ProTem – Austine	Thursday Lancaster 7:00 PM – Not Present
Treasurer – Tom	Thursday N. Leominster 7:00 PM – Not Present
Newsletter & WSBC Delegate – Nancy	Thursday, Shrewsbury 7:00 PM - Austine
P.O., P.I. Committee – Rose	Friday Worcester 6:00 PM AdCare – Not Present
Region 6 Rep. – Rose	Friday Southborough 10:00 AM – Alice
Sunday Fitchburg 7:00 PM – Not Present	Saturday Charlton 9:00 AM – Not Present
Sunday Worcester 7:00 PM – Not Present	Saturday Leominster 8:00 AM – Lynda
Monday Auburn 7:00 PM – Rick	Saturday Leominster 10:00 AM – Rose
Tuesday Gardner 6:30 PM – Judy	Saturday Worcester 7:30 AM – Maddy
Tuesday Westboro 7:00 PM - Maria	Guests & Observers: Pat
Tuesday Worcester 7:00 PM – Not Present	



Meetings of the Month!

November: Saturday 7:30 AM Worcester
 Unitarian Universalist Church
 90 Holden Street

December: Tuesday 7:00 PM Westboro
 St. Luke the Evangelist Catholic Church
 70 West Main St. – Parish Center

Please show your support by visiting these meetings!



Holiday Meeting Notice!

The **Saturday Leominster 10 AM** meeting **will meet on December 24 and December 31.**



Newsletter Theme!

Hope you are enjoying our addition of a Newsletter Theme. The **November-December theme** will be **“Action Plan.”** Please send us short descriptions of how you and your sponsees use this newest tool. E-mail your contributions to: hawkinshugabear@verizon.net. If no access to email, simply send them

through your Intergroup Rep. to the monthly CMI meeting. Feedback on any **theme you would like to see** is welcomed.

This Month's Theme - Abstinence

Revised Definition of Abstinence and Recovery

Abstinence in Overeaters Anonymous 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.

Is Maintaining Continuous Abstinence a Matter of Life & Death To You?

“No matter how long we abstain from eating compulsively, and no matter how adept we become at facing life’s problems, we will always have these abnormal tendencies. (*Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 2, and *Voices of Recovery*, p. 285)

“When I abstain, I strengthen the habit of abstinence. If I eat compulsively, I strengthen my compulsion.” (*Voices of Recovery*, p. 285)

“No food tastes as good as abstinence feels.” (*unknown - heard at meetings*)

“Once an alcoholic, always an alcoholic. Commencing to drink after a period of sobriety, we are in a short time as bad as ever. If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that someday we will be immune to alcohol.” (*Alcoholics Anonymous [Big Book]*, Fourth Edition, p. 33)

“If you want to keep your abstinence, remember **HALT!** Never let yourself get too **H**ungry, **A**ngry, **L**onely, or **T**ired.” (*unknown – heard at meetings*)

“Nothing gives me more strength than abstinence. It is the Number One necessity in my life.” (*For Today*, p. 124)

“The pain of eating is much worse than the pain of going through something abstinent.” (*unknown - heard at meetings*)



Lifeline Magazine is in Jeopardy!



There are two articles appearing in WSO’s *A Step Ahead* – Fourth Quarter 2011 concerning the financial status of the *Lifeline* magazine. In “The Future of Lifeline Magazine” (pp. 1-2), the Chairperson of the Board of Trustees addresses the steady decrease of *Lifeline* subscriptions through the years. In the article on page 2, “Is *Lifeline* Magazine our History or Our Future?,” the Treasurer of the Board of Trustees addresses the financial history of *Lifeline* and its decline in subscriptions after 1990. Both articles address the crucial need for *Lifeline* to become self-supporting, so funds currently being funneled into subsidizing the cost of *Lifeline* publication can be used for other outreach efforts to the still-suffering compulsive eater.

To that end, the Board of Trustees has launched a new campaign, "**Lifeline 1 X 1 Campaign: Make Lifeline Self-Supporting.**" The goal of the campaign is for each OA group worldwide to purchase one subscription to *Lifeline* and to renew the subscription each year for the life of the group. If every group participates, the cost to each group would be minimal; and the desired result would be achieved.

Let's be creative and do everything we can to help increase *Lifeline* subscriptions. This little "journal of recovery" can be coming into our homes for \$2.30 per month. Don't let *Lifeline* be a thing of the past. Together we can do what we could never do alone!



Does Your Group Have a Lifeline Rep?

Being a *Lifeline* Rep is a great form of service that's easy to do at your regular committed meetings. Simply request a Lifeline Representative's Kit from the World Service Office (email: info@oa.org and put Lifeline Rep in the subject line), and your group will be eligible for free literature items based on how many subscriptions you generate.

Then simply announce at your meeting that you are the *Lifeline* Rep and state that you will be happy to order the *Lifeline* magazine for anyone interested. The kit contains instructions, costs, and an order form booklet as well as suggestions on how to share your enthusiasm about Lifeline with members. When sending in subscriptions, be sure to indicate your name in the "Credit to LL Rep" slot on the form to be given credit for your group.

A flyer can be downloaded to assist you in promoting the position of Lifeline Rep at your meetings (www.oa.org/pdfs/ll_rep_flyer.pdf) should you choose not to be a rep yourself.



Upcoming Events!

IDEA Day – International Day of Experiencing Abstinence

Sponsored by North Shore Intergroup
Saturday, November 19, 2011 - 1:00-3:00 PM
Amesbury Health Center
24 Morrill Place
Amesbury, MA
Contact: Edie (978) 373-9865 or pixdal@aol.com

Western Mass. Intergroup – Marathon 2012 The 12 Steps: A Way of Life

Saturday, January 7, 2012 (*snow date: 1/14/12*)
8:30-3:00 PM
St. David's Episcopal Church
699 Springfield Street
Feeding Hills, MA
Contact: wmim Marathon@oawmass.org
Sally (413) 786-8652
Detailed flyer at: www.oawmass.org

