

Central Mass. Intergroup Newsletter

January – February 2011

P O. Box 20539 - Worcester, MA 01602 - (508) 754-7712
centmassint@yahoo.com www.centmassint.org

Officers and Representatives in Attendance

February 5, 2011*

Chairperson/Web Coordinator – Coreen	Tues. Worcester 10:00 AM - Cathy/Meeting Closed
Vice-Chairperson – Susan	Tuesday Worcester 7:00 PM - Not Present
Secretary – Stephanie	Wednesday Southbridge 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 – Not Present	Friday Putnam, CT 7:00 PM - Not Present
Region 6 Reps. – Not Present	Friday Worcester 6 :00 PM AdCare – Jodi
Executel/Hotline – Not Present	Friday Worcester 7:00 PM AdCare – Mary Ann
Sunday Fitchburg 7:00 PM – Not Present	Friday Southborough 10:00 AM – Not Present
Sunday Worcester 7:00 PM - Joy	Saturday Charlton 9:00 AM - Rick
Monday Auburn 7:00 PM - Mary Beth	Saturday Leominster 8:00 AM – Not Present
M/W/F Worcester 7:00 AM – Meeting Closed	Saturday Leominster 10:00 AM – Not Present
Tuesday Gardner 6:30 PM – Not Present	Saturday Worcester 7:30 AM – Gary
Tuesday Danielson, CT 7:00 PM - Melanie	Interested Observer: Joe
Tuesday Westboro 7:00 PM - Not Present	

*January CMI meeting was canceled due to inclement weather.

Donations December 5, 2010 through February 5, 2011

Sunday Fitchburg 7:00 PM	\$200.00	Thursday Shrewsbury 7:00 PM	\$115.00
Sunday Worcester 7:00 PM	43.00	Friday Putnam, CT 7:00 PM	40.00
Mon./Wed./Fri. Worcester 7:30 AM	283.00	Friday Southborough 10:00 AM	50.00
Monday Auburn 7:00 PM	200.00	Saturday Charlton 9:00 AM	50.00
Tuesday Gardner 6:30 PM	300.00	Saturday Leominster 8:00 AM	60.00
Tuesday Westborough 7:30 PM	100.00	Saturday Leominster 10:00 AM	175.00
Tuesday Worcester 7:00 PM	166.00	Saturday Worcester 7:30 AM	80.00
Thursday Leominster 7:00 PM	75.00		

How Stable is Your Three-Legged Stool?

By Nancy H.

I have come to believe what I've heard in the rooms that our program is like a three-legged stool, and all three legs have to be in balance for us to be in recovery. Through the years, I've become convinced that attraction to OA must include all three aspects of the disease, or OA is just another diet club.

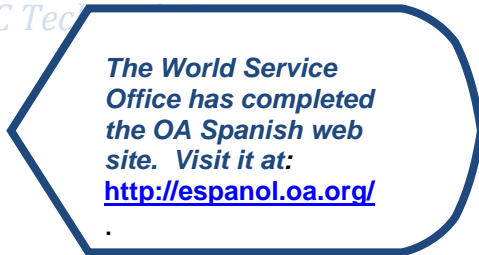
The physical aspect of the disease puts my food in order and allows me to honor my body as a temple of God (my HP of choice) and to nourish it properly. The emotional emphasis allows me to work the 12 Steps and live in the 10th, 11th, and 12th, thereby changing my behavior and becoming the person my HP intends me to be. As a result, I am then able to live life on life's terms, facing and sharing the pain *and*

the joys without overeating. The spiritual connection I've established with God through daily prayer and meditation has allowed me to trust God with my entire life—feelings, thoughts, behaviors, and actions—so that I no longer need to fear anyone or anything.

So, if you're having trouble achieving recovery, consider examining the "condition" of your three-legged stool.

Spanish Web Sites Complete!

WSBC Tec



The WSBC Tech Web Committee has recently completed the first Spanish Intergroup web site using the Joomla template offered to intergroups who currently have no web presence. See finished product at: <http://veracruz.oar2.org/>.

News on 7th Tradition Donation

A CMI Group Representative contacted Sarah, Associate Director of OA at the World Service Office, inquiring if there actually is a suggested donation for members of \$3.00. Sarah indicated that there is no set amount requested. The latest pamphlet, *7th Tradition of OA*, suggests, "Give as if your life depends on it," remembering how much you spent on binge foods when into your addiction. The pamphlet goes into detail, explaining OA's finances and how they are put to good use as well as several examples of how members give. Free pamphlets should be available at your meetings. If not, email hawkinshugabear@verizon.net, and packets will be sent to you.



Did You Know?

The Massachusetts Directory of Meetings (face-to-face, phone, or online) can be printed from the OA website (www.oa.org). Simply click on the MEETINGS menu (on top right), select the type of meeting you want, and then select Country/State/City. Select *printable view* at bottom/left, and a meeting list comes up with the criteria you have chosen. Set your printer specs to landscape for better results.



New!

FITCHBURG, MA
Wednesdays - 11:00 AM
Madonna of the Holy Rosary Church
118 Theresa St. – Classroom in basement
Special Topic Meeting: Big Book discussion

Needs Support – or Closing!

Friday Worcester 7:00 PM
AdCare Hospital
Special Topic Meeting:
Voices of Recovery

Meetings of the Month!

March: **Sunday Fitchburg 7:00 PM**
Highlands Nursing Home
335 Nichols Road
Voices of Recovery discussion

April: **Tuesday Gardner 6:30 PM**
Legend Rehabilitation & Nursing Center
Eastwood Circle
Meeting Varies

Worcester Meetings CLOSED!

Mon./Wed./Fri. 7:00 AM
St. Matthew's Church
Tuesday 10:00 AM
Unitarian Universalist Church



OA "TO GO"
Anonymous

Recently, a group of OA members showed up for a Big Book discussion meeting, only to find that the key to get into the meeting place could not be found. After a few minutes of "serene panic," one of the members offered to clear out her van so the meeting could still take place.

Members filed into the van in rows (front/middle/rear seats), with Big Books in hand and proceeded to hold a fabulous discussion. The only thing missing from the old theatre-style meeting was that members couldn't come up to the front to share. As members began to leave the van for hugs after the meeting, a member suggested that the van owner have, "OA TO GO" painted on the side of her van before the next meeting.



CMI Meeting

Next Intergroup meeting will be held on **Saturday, March 5, 2011**. All are welcome to join us at the Unitarian Universalist Church, Holden St., Worcester, MA from 8:45–9:45 AM.

Upcoming Events

REGION 6 SPRING ASSEMBLY

Saturday, April 9, 2011

Best Western Sovereign Hotel
Western Avenue, Albany, NY

SEASIDE SERENITY RETREAT

Sponsored by Metro West Intergroup

April 15, 16 & 17, 2011

Sacred Hearts Retreat Center
Wareham, Mass.

Cost: \$150 (includes shared room and five meals)

Contacts: Amy P. (617-283-8749) or Rebecca (617-633-9279) or email: retreat@metrowestoa.org

35TH ANNIVERSARY MEETING - GARDNER TUESDAY 6:30 PM GROUP
Tuesday, May 17, 2011 – 5:30-8:30 PM – Legend Rehabilitation & Nursing Center
Looking for Speakers with long-term recovery!
Contact: Nancy H.. (978-632-7242) or email: hawkinshugabear@verizon.net

A GUIDED JOURNEY THROUGH THE 12 STEPS OF OA

Sponsored by Western Mass. Intergroup

June 3, 4 & 5, 2011

Genesis Spiritual Life Center

53 Mill Street

Westfield, MA

Cost: \$175.00 (accommodations plus five meals included)

Contact person: Roberta at wmiretreat@oawmass.org or (413) 862-9627



**I PUT MY HAND IN YOURS,
AND TOGETHER WE CAN!**

