

Central Mass. Intergroup Newsletter

May - June 2011

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CMI NEEDS A NEW CHAIRPERSON AND SECRETARY!

Your Central Mass. Intergroup is asking for two volunteers to fill vacant positions, one for Chairperson and the other for Secretary. Elections will be held in October. The Chairperson is responsible for preparing an agenda and chairing each monthly meeting. The secretary is responsible for taking the minutes at each meeting.

Please take a moment to reflect on whether this might be a good time for you to do service at the intergroup level. If you feel you could serve your intergroup in the position of chairperson or secretary, please come to our next meeting on August 6th and see how it works.

Meetings are held the first Saturday of each month from 8:45-9:45 AM at the Unitarian Universalist Church, 90 Holden Street, Worcester, MA. (The church is located on Shore Drive just down the road from the Greendale YMCA.)

OFFICERS AND REPRESENTATIVES IN ATTENDANCE MAY 7, 2011

Chairperson ProTem - Laura	Tuesday Westboro 7:00 PM - Not Present
Web Coordinator – Not Present	Tuesday Worcester 7:00 PM - Laura
Vice-Chairperson – Susan	Wednesday Southbridge 7:00 PM - Rick
Secretary ProTem – Joy	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. – Laura & Rick	Saturday Charlton 9:00 AM – Not Present
Sunday Fitchburg 7:00 PM – Not Present	Saturday Leominster 8:00 AM – Not Present
Sunday Worcester 7:00 PM - Joy	Saturday Leominster 10:00 AM – Rose
Monday Auburn 7:00 PM - Mary Beth	Saturday Worcester 7:30 AM – Not Present
Tuesday Gardner 6:30 PM – Not Present	Interested Observer: Joe

DONATIONS APRIL 3, 2010 THROUGH MAY 7, 2011*

Sunday Worcester 7:00 PM	\$100.00	Friday Putnam, CT. 7:00 PM (closed)	40.00
Monday Auburn 7:00 PM	245.00	Friday Worcester 7 PM (closed)	42.25
Tuesday Worcester 7:00 PM	33.00	Saturday Leominster 10:00 AM	200.00
Thursday Shrewsbury 7:00 PM	100.00	Saturday Worcester 7:30 AM	50.00

*Any donations after this time will be reported in the next *CMI Newsletter* at the end of August.

NEW STATEMENT ON ABSTINENCE AND RECOVERY
Adopted at World Service Business Conference – April 2011

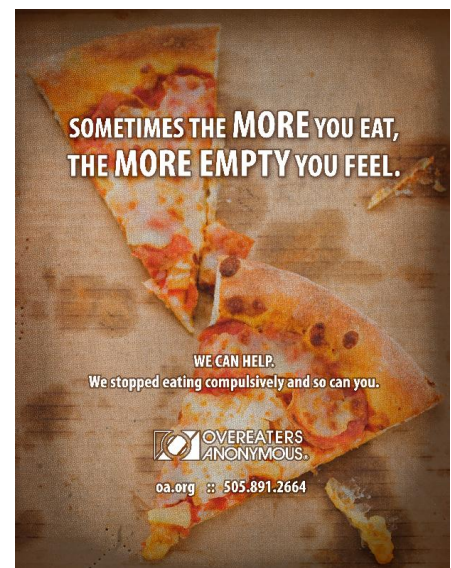
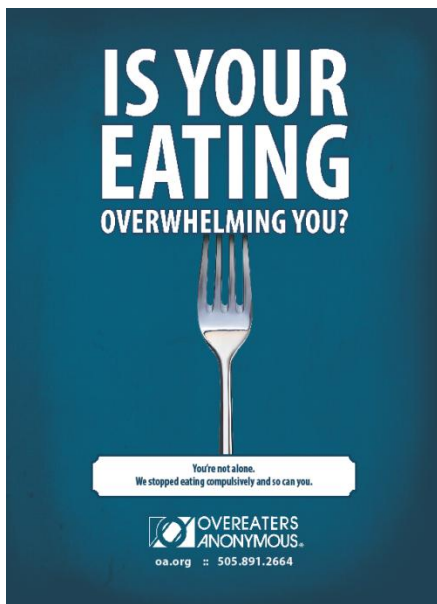
“Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.”

(Please update your group’s *Tools of Recovery* pamphlets with this new statement.)

New PI Tools Available

Help spread the word to the still suffering compulsive overeater by displaying these colorful posters in prominent spots in your community. Full 8 ½ by 11 sheets can be downloaded from OA website at:

http://www.oa.org/pdfs/OAPoster_Fork_tagged.pdf and
http://www.oa.org/pdfs/OA_PIZZA_poster.pdf



CMI Meeting

Next Intergroup meeting will be held on **Saturday, August 6, 2011**. All are welcome to join us at the Unitarian Universalist Church, Holden St., Worcester, MA from 8:45–9:45 AM.



July: Monday Auburn 7:00 PM
Bethel Lutheran Church
90 Bryn Mawr Avenue
Speaker Meeting

August: Thursday Shrewsbury 7:00 PM
Calvary Retreat Center
59 South Street
Steps and/or Traditions Meeting

Please show your support to these meetings!

Highlights of the World Service Business Conference

Albuquerque, NM - April 2011

- Delegates gave the Conference Seal of Approval to the revised pamphlets, *Recovery Checklist* and *The Tools of Recovery*.
- Gave the Conference Seal of Approval to a new pamphlet, *A Common Solution: Diversity and Recovery*.
- Approved the definition presented on the ninth tool, Action Plan.*
- OA Fellowship bestowed the title of “founder” to Rozanne S.
- Revised the statement on abstinence and recovery (see page 2)
- Adopted a statement on public media (see below)
- Adopted a motion to require groups to be *guided* by the *Twelve Concepts of OA Service*.

* Please update your group’s *Tools of Recovery* pamphlets with the definition of the ACTION PLAN which can be downloaded at: <http://www.aa.org/new-to-aa/tools-of-recovery.php#actionv>.

CONFERENCE POLICY STATEMENT ON PUBLIC MEDIA

Adopted at World Service Business Conference – April 2011

“While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the 2011 WSBC recommend against any OA member, group, or service body endorsing (sponsoring, creating, funding, or using) *for OA purposes* any public media of communication where the personal anonymity of OA members cannot be maintained.”

Revised Definition of an OA Group

Adopted at World Service Business Conference – April 2011

The following points shall define an Overeaters Anonymous group as stated in OA Bylaws, Subpart B, Article V, Section 1: (*underlined parts indicate the changes*)

1. “As a group, they meet to practice the Twelve Steps of OA, guided by the Twelve Concepts of OA Service.
2. All who have the desire to stop eating compulsively are welcome in the group.

3. No member is required to practice any actions in order to remain a member or to have a voice (sharing at a meeting).
4. As a group, they have no other affiliation than Overeaters Anonymous.
5. The group has affiliated as an Overeaters Anonymous group by registering with the World Service Office. (This does not mean it *must* affiliate with an Intergroup.)

I ♥ Recovery! Don't Miss

REGION 6 CONVENTION 2011

Sponsored by Greater NY Metro Intergroup and Region 6 Convention Committee

October 21-23

Crowne Plaza Hotel

64 Hale Avenue

White Plains, NY

Cost: \$289.67/double occupancy, plus registration fee (accommodations plus five meals included)
For details and other options, visit: <http://oanyc.org/iheartrecovery/>



**HOW OFTEN DO YOU READ THE BIG BOOK?
IT HAS THE ANSWER TO ALL OF OUR LIVING PROBLEMS**

THERE IS MORE TO PROGRAM THAN **ABSTINENCE!**

**SOME OF US HAVE RECOVERED FROM A SEEMINGLY
HOPELESS STATE OF MIND AND BODY **THROUGH A
SPIRITUAL EXPERIENCE THAT BROUGHT ABOUT A
PERSONALITY CHANGE SUFFICIENT TO ACHIEVE
RECOVERY.****



Be Happy, Joyous, and Free!