

RECOVERY LINES

A Twelve Step Publication of Overeaters Anonymous of Western Massachusetts

Jan/Feb 2020

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Thank You Thank You Thank You Thank You

Thank you to the meetings that planned and hosted special events and workshops in the last few months. These meetings have been well attended and offered additional experience, strength and hope to the fellowship. Any group that would like to plan and host a workshop, the intergroup may be able to help with expenses above the 7th tradition.

Thank you also to the PIPO Chair, Carol C., for contacting the medical staff, student services and administration at several colleges in the area through personal emails and phone calls. The committee is reaching out to young people in the area. This is also the focus of WSBC Delegate, Marlene B.

If you have a medical professional, exercise facility, and/or professional center that is interested in sharing Overeaters Anonymous information, contact Carol C at PIPO@oawmass.org or correspondingsecretary@oawmass.org.

Slogans/Acronyms

- ♥ FEAR – False Evidence Appearing Real
- ♥FEAR – Face Everything and Recover
- ♥Fear Out – Faith In
- ♥Fellowship Ends All Regret
- ♥Friendship Ends All Rumination

Contact Information

WMI of Overeaters Anonymous
PO Box 2911
Springfield, MA 01101-2911
Telephone: (413) 783-4198

E-mail: correspondingsecretary@oawmass.org

www.oawmass.org

Newcomer's Corner

Welcome to Overeaters Anonymous

“Humility is fundamental to anonymity. In practicing these principles, in giving up personal distinction for the common good, OA members ensure that the unity of Overeaters Anonymous will continue. According to the First Tradition, “personal recovery depends upon OA unity,” and anonymity is essential to the preservation of that unity.”

~from Where Do I Start?

OA 12/12 2nd Ed. “In OA we have discovered that humility is simply an awareness of who we really are today and a willingness to become all that we can be.”

WELCOME HOME

MEMBER'S SHARE

"Be not the slave of your own past. Plunge into the sublime seas, dive deep and swim far, so you shall come back with self-respect, with new power, with an advanced experience that shall explain and overlook the old."

~A quote from Ralph Waldo Emerson shared by Janet, Agawam

Responses to October 26, Voices of Recovery:

I liked how the person talked about their fear and how we should be proactive. The only thing I don't like to do is about our fears is to face them. I have learned to do this and it's not as bad or hard as I thought it would be. It took some time, but I did my 4th step over and over again, and each time I got deeper into what was eating me (as the saying goes; "It's not what I'm eating, it's what eating me"). I don't agree with the statement that you have to become abstinent before you do the steps or face yourself. I couldn't become abstinent until I did the steps at a thorough and deep level, which took me a few years in program. I am much happier with myself now, for I understand and appreciate myself much more than ever. I realize that I don't have to be like someone else – there is nothing wrong with me – I am unique. I don't have to react when another has a sharp temper and I don't have amends to make because I hold my tongue.

~Anonymous

Fear is a constant companion in my life. I can get held-up in my thinking if the fear is strong enough. I know I can rely on my Higher Power to guide me through it, IF I ask for help. Prayers lessen my fear and doing good deeds help, as well. When I am productive, I feel better about myself but fear will drown me in depression and isolation. When I feel that way, I am left to my own devices. I'll get food thoughts, in fact any excuse will lead me to food thoughts, I know they are just thoughts, not actions.

~ Anonymous



PLEASE: Cut the information below and share with you groups



Is food a Problem for You?

Are you 18-30 years of Age?

No matter what your problem with food

– compulsive overeating, under-eating, food addiction, anorexia, bulimia, binge eating or over exercising...

Overeaters Anonymous HAS A SOLUTION FOR YOU!

Thursday Night Phone Meetings, 8:00pm EDT

Ph. 605-472-5395 Access Code 378978#

Facebook: Overeaters Anonymous YP

For more information at www.oa.org



SERVICE OPPORTUNITIES

Recording Secretary

The intergroup is in need of a recording secretary. The position involves; attending the intergroup meetings, taking notes, typing them up and sending them out. Please consider this service.

Newsletter Committee

The Newsletter Committee is looking for additional members to organize, create, print and distribute the newsletter every other month for the intergroup.

This requires a minimal amount of time and effort and delivers important information to the Overeaters Anonymous Fellowship.

Contact: Newsletter@oawmass.org or leave a message for Karen S at 860-668-7972

Public Info/Professional Outreach

Help WMI spread the word to young people, colleges, medical professionals: Join our committee

Email: newsletter@wmass.org

TRADITIONS AND CONCEPTS OF SERVICE

Tradition 1: Our common welfare should come first; personal recovery depends upon OA unity

Spiritual Principle: Unity

Concept 1: The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

Spiritual Principle: Unity Concept

~~~~~

**Tradition 2:** For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Spiritual Principle: Trust

**Concept 2:** The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

Spiritual Principle: Conscience

## New Beginnings Workshop-New Year's Day

This workshop was sponsored by the Westfield, Mon AM and the Wed PM and the FH Thurs AM meetings. This is the feedback the committee received:

- ♥ Thank you, Thank you, Thank you!
- ♥ Line Dancing was GREAT!
- ♥ Laughter, Fun and Joy
- ♥ Great way to spend New Year's Day, EXCELLENT DAY
- ♥ Learned NEW OA information: There weren't any Traditions for years
- ♥ Learned the Speaker's History
- ♥ Hearing other people say they "Hurt themselves with FOOD"
- ♥ Fun with MOVEMENT!
- ♥ As a newcomer, the people were GREAT to me!

## UPCOMING OA EVENTS

- **Friday, January 17<sup>th</sup>, 2020, Friday Night Southwick Anniversary, 6-7pm**  
Southwick Congregational Church, Rte202/10 and Depot ST., Southwick, MA
- **Wednesday, February 12, 2020, Westfield Meeting Anniversary, 7-8pm**  
Church of the Atonement, Court and Pleasant St., Westfield, MA
- **Tues, February 25, 2020, Light the Way Meeting 2<sup>nd</sup> Anniversary, 6-7pm**  
Felician Sisters Residence, 1315 Enfield ST., Enfield, CT  
Driveway is on South Rd.(St. Francis Residence) Enter Bldg thru Delivery Door
- **Saturday, February 29<sup>th</sup>, 2020 Longmeadow Anniversary Meeting 10:30-Noon**, First Church, 763 Longmeadow Street, Longmeadow, MA
- **Sunday, March 22, 2020, Swk Sunday Meeting Anniversary, 3:30-4:30**  
Southwick Congregational Church, Rte 202/10 and Depot St, Southwick, MA
- **Saturday, Mar 28<sup>th</sup>, 2020, Greenfield Mt/g. Sponsorship Workshop, 9:30-11:00am**  
Franklin Medical Center Conference Room C (Baystate Health)  
164 High St. (Immediate right, once in front doors, facing High St., but driveway is on Beacon St.
- **WMI Retreat, June 5, 6, & 7, 2020, Genesis Spiritual Life Center**  
53 Mill St, Westfield, MA Space available, Register NOW
- **Region 6 - OA Convention 2020 Burlington, MA** (<https://oaregion6.org>)  
Fri, Oct 23, 2020 3:00 p.m. - Sun, Oct 25, 2020 12:00 p.m.  
Boston Marriot Burlington, One Burlington Mall Road, Burlington, MA 01803.  
**Registration is currently \$55**

**Contact the Intergroup with any upcoming events. If there is difficulty with submitting an event, email the corresponding secretary at [correspondingsecretary@oawmass.org](mailto:correspondingsecretary@oawmass.org) or [websitecoordinator@oawmass.org](mailto:websitecoordinator@oawmass.org).**

## Parlez-vous francais?

Literature in French is available from our Region, including digital literature. If you're interested in French literature, contact the Region 6 Trustee at [region6trustee@gmail.com](mailto:region6trustee@gmail.com) and she will help you purchase it.