

RECOVERY LINES

A Twelve Step Publication of Overeaters Anonymous of Western Massachusetts

Nov/Dec 2019

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.

TRADITIONS AND CONCEPTS OF SERVICE

Tradition 11 Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Spiritual Principle: Anonymity

Concept 11: Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided. Spiritual Principle: Humility

Tradition 12: Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities. Spiritual Principle: Spirituality

Concept 12: The spiritual foundation for OA service ensures that:
(a) No OA committee or service body shall ever become the seat of perilous wealth or power;
(b) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
(c) No OA member shall ever be placed in a position of unqualified authority;
(d) All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
(e) No service action shall ever be personally punitive or an incitement to public controversy; and
(f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action. Spiritual Principle:

Slogans

- ♥ **Abstinence delivers everything food promised**
- ♥ **Act as if**
- ♥ **A program of tools, not rules**
- ♥ **Celebrate YOU**
- ♥ **Change is a process, not an event**
- ♥ **A journey of 1000 miles begins with the first step**

Contact Information

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SERVICE OPPORTUNITIES

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

Newcomer's Corner

Welcome to Overeaters Anonymous

"Our symptoms may vary, but we share a common bond: we are powerless over food and our lives are unmanageable. This common problem has led those in OA to seek and find a common solution in the Twelve Steps and Twelve Traditions of Overeaters Anonymous. We find that, no matter what our symptoms, we all suffer from the same disease – one that can be arrested living this program one day at a time."

~from Where Do I Start?

WELCOME HOME

Morning Abstinence Prayer

“Higher Power, today is a new day for me and with your help it can be a day of abstinence. I ask for you protection, in case sometime during the day my desire to overeat is greater than my desire to abstain. I also ask for your protection from anyone and anything that may interfere with my abstinence. I know that I am powerless over food (step one). I believe you will restore me to sanity (step 2). Please help me know your will for me today and give me the willingness to carry that out. I turn my life, my food and my will over to you (step 3). Adapted from Lifeline - Karen, IO

A Journal Entry

I always thought - what right do I have to ask for help - what's my excuse? I should be able to take care of everything myself. Other people need help more than I do. It's selfish to take help when others need it more?

The above means I think there is a limited supply of help, but what if help is unlimited? They say God is infinite - does God's help have limits? How do I know what God's limits are? Isn't it arrogant of me to assume that there isn't enough God for me to be included?

~Anonymous



ABOUT PHONE CALLS

I was talking to someone; we are both working on making more phone calls. She said “I made three calls one day, I left my phone and no one called back.” I was not sure what to say to her. I know when I get calls, I think it was just a program call, they are doing that 3 calls a day thing and I don't call them back, I am used to leaving messages and not getting a call back. **The tool is not just about making calls. Taking a call and returning calls are also part of the tool.** For someone who is using the phone as a tool for the first time not getting a return call might mean they will not try again. It is an act of service to take and return calls. When the phone book is past around, we say the first time around is for people who will TAKE calls. I think that returning calls is part of that. I know that I want to change my ways. I hope you will want to change too. If someone leaves you a message, be sure to call them back!

~Anonymous

Up-Coming OA Events

- **Thursday, November 14, Abstinence through the Holidays Workshop 5-6pm**
Faith United Church, Sumner Ave, Springfield, MA
- **Saturday, November 16, IDEA DAY Celebration 2-3pm**
Faith United Church, 191 Montcalm St., Chicopee, MA
- **Thursday, November 28, Thanksgiving Day meeting 10-11am**
St David's Episcopal Church, 699 Springfield ST., Feeding Hills, MA
- **Friday, November 29th, Gratitude Gathering, 5-6pm**
First Church, Rte 5, Longmeadow, MA
- **Sunday, December 8th, Sunday Intergroup Meeting, 1:00-2:00**
Holyoke Medical Ctr (Exit 16 off I-91), 4th floor conference rm, main building.
- **Saturday, January 5th, New Year's Workshop 10-12**
St David's Church, 699 Spfld St., Feeding Hills, MA, sponsored by the Thurs am FH group
- **Saturday, January 12, 2020, WMI Marathon, 8:30 – 3:00pm**
Living in Steps 10, 1 and 12, Beyond our Wildest Dreams
St. David's Episcopal Church. 699 Springfield St.. Feeding Hills