

# RECOVERY LINES

A Twelve Step Publication of Overeaters Anonymous of Western Massachusetts

October 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 10** Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Spiritual Principle: NEUTRALITY

**Concept 10:** Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided. .

Spiritual Principle: CLARITY

### Call 5 and Keep 'em alive—

If everyone makes five phone calls to people we haven't seen at meetings in a while, think of all the people we will reach!

You could make all the difference in the world. Look through your "We care" books or meeting phone lists and write down 5 names and phone numbers you haven't seen recently. Then call, email or text them just to say "Hello", invite them to a meeting, and let them know they are important and missed.

#### Take the challenge—Call 5 and keep 'em alive

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Contact Information

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## Thank you, Thank you, Thank you

*Thank you to all of the OA members that attended the Overeaters Anonymous Informational meeting at the Holyoke Hospital Medical Center on September.*

*We couldn't have done it without you.*

*We are hoping to take the event to area hospitals and more!*

*The Intergroup Professional Outreach/Public Information Committee (PIPO)*

## **Newcomer's Corner**

### Welcome to Overeaters Anonymous

You probably have many questions about this program of recovery. What makes OA different from other programs? How can OA help you recover from compulsive eating and maintain a healthy body weight when everything else you have tried has failed? Can OA help you stop bingeing or yo-yo dieting? How can you achieve freedom from food obsession and compulsive eating? Is there any hope?...We promise that if you work the Twelve Steps to the best of your ability, regularly attend meetings and use the OA Tools, your life will change. You will experience what we have, the miracle of recovery from compulsive eating.

~from Where Do I Start?

**WELCOME HOME**

## Humility and Step Seven

I wanted to be humble,  
But then it came to me  
That surrendering my defects  
Would be too hard for me.

I turned to God for help  
To rid myself of these.  
With gentle revelation  
Each defect became clear.

Opening fists let them go:  
Self-righteousness was one,  
Self-pity, jealousy, judging,  
Gossip, and shame, as well.

The list may yet be longer  
But in its place, I see  
Serenity, peace, and joy—  
Sweet gifts have come to me.

~Lifeline, Nov/Dec 2018

## 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. I believe you will restore me to sanity.  
Please help me know your will for me today and  
give me the willingness to carry that out. I turn  
my life over to you.

~Lifeline Nov/Dec 2018

## NEW LIFELINE.ORG



There is a NEW Lifeline page on oa.org. It is filled with many, many articles from members. There are 21 new articles from this month alone. There are sections on Steps, Traditions & Concepts, Tools, Diversity, HP, Relapse and recovery.

You can also join the OA facebook page from this site.

Check it out today! ~~Karen S, CT

## OA's New Definitions of Abstinence and Recovery

**Abstinence:** The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

**Recovery:** Removal of the need to engage in compulsive eating behaviors.

*From the July 2019 Service Body Bulletin*    **Please change this in your meeting format**

# Up-Coming OA Events

- **October 18-20th, 2019 Region 6 Convention, “Rooted in Recovery”**  
Crowne Plaza, White Plains, NY
- ⇒ **October 26, Saturday, 10-12 Workshop on Sharing and Caring  
Keeping the Door Open for Recovery**  
St. David’s Episcopal Church, 699 Springfield St., Feeding Hills., MA
- **Sunday, November 3, 2019 HOPE, HAPPINESS & the HOLIDAYS!  
Recovery in Celebration 3:30-5pm**  
Enjoy the Holidays in Recovery, Speakers, Panel Discussion, Ask it Basket  
Southwick Congregational Church, 10/202 and Depot St., Southwick, MA  
Suggested Donation \$5—**can't pay, don't stay away! Give Service!**  
sponsored by the Friday and Sunday Southwick Meetings
- **Sunday, November 10th, Intergroup Meeting, 1:00-2:00**  
The Western Mass Intergroup Meeting is scheduled for the 2nd Sunday of the month, from  
1:00 to 2:00 pm at the Holyoke Medical Center, Rte 5 and Beech St. (Exit 16 off I-91) in the  
fourth-floor conference room of the main building. EVERY OA MEMBER IS WELCOME.
- **Thursday, November 14, Abstinence through the Holidays Workshop 5-6pm**  
Faith United Church, Sumner Ave, Springfield, MA
- **Thursday, November 28, Thanksgiving Day meeting 10-11am**  
St David’s Episcopal Church, 699 Springfield ST., Feeding Hills, MA
- **Friday, November 29<sup>th</sup>, Gratitude Gathering, 5-6pm**  
First Church, Rte 5, Longmeadow, MA
- **Sunday, December 8<sup>th</sup>, Sunday Intergroup Meeting, 1:00-2:00**  
The Western Mass Intergroup Meeting is scheduled for the 2nd Sunday of the month, from  
1:00 to 2:00 pm at the Holyoke Medical Center, Rte 5 and Beech St. (Exit 16 off I-91) in the  
fourth-floor conference room of the main building. EVERY OA MEMBER IS WELCOME.
- **Saturday, January 5th, New Year’s Workshop 10-12**  
St David’s Episcopal Church, 699 Springfield St., Feeding Hills, MA  
sponsored by the Feeding Hills, Thurs am group
- **Saturday, January 12, 2020, WMI Marathon, 9-3**  
St. David’s Episcopal Church, 699 Springfield St., Feeding Hills

## Combined Meeting List for MA, CT & VT See [oawmass.org](http://oawmass.org) for more details

### **Sunday MA**

10:00 am Greenfield  
10:30 am Pelham  
3:30 pm Southwick  
4:00 pm Northampton  
5:00 pm Longmeadow  
7:00pm Holyoke

### **Sunday CT**

10:00 am Rockville  
7:00 pm Unionville

### **Monday MA**

10:00am Westfield  
5:15 pm Amherst  
5:30 pm Greenfield  
7:00 pm Williamstown  
6:30pm Agawam

### **Monday CT**

1:00 pm West Hartford  
5:00 pm Manchester  
6:45 pm Middletown  
7:00 pm Avon  
7:00 pm Canaan  
7:00 pm Oakville

### **Tuesday MA**

9:30 am Feeding Hills  
12:30 pm Amherst  
5:15 pm Holyoke

### **Tuesday CT**

6:00 pm Enfield  
7:00 pm New Britain  
7:15 pm Hebron/Amston

### **Tuesday VT**

7:00 pm Brattleboro

### **Wednesday MA**

12:15 pm Pittsfield  
5:30 pm Northampton  
7:00 pm Westfield  
7:00 pm Greenfield  
7:30 pm Great Barrington

### **Wednesday CT**

10:00 am Bristol  
10:00 am East Hartford  
10:30 am Granby  
5:30 pm Southington  
7:00 pm Windsor

### **Thursday MA**

7:45 am Northampton  
10:00 am Feeding Hills  
12:00 pm Longmeadow  
12:30 pm Amherst  
5:00 pm Springfield  
4:00 pm Belchertown

### **Thursday CT**

6:00 pm West Hartford  
7:00 pm Canton/Collinsville  
7:00 pm New Britain

### **Friday MA**

9:30 am Longmeadow  
12:00 pm Great Barrington  
5:00 pm Longmeadow  
6:00 pm Southwick  
6:00 pm Greenfield

### **Friday CT**

5:00 pm Southington

### **Saturday MA**

8:30 am Amherst  
9:30 am Greenfield  
10:45 am Longmeadow  
11:30 am Great Barrington  
2:00 pm Chicopee

### **Saturday CT**

9:00 am Torrington  
9:30 am West Hartford  
10:00 am Willimantic  
10:00 am Rockville  
11:00 am Bristol