

RECOVERY LINES

A Twelve Step Publication of Overeaters Anonymous of Western Massachusetts March 2021

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.

UPCOMING EVENTS

Newcomers Informational Meetings

Tuesdays 6:30-7:30pm Zoom: Mtg# 83149942732 PW 201236

For more information: <https://www.oawmass.org/for-newcomers/meetings-for-newcomers>

Young People's Retreat

YP in OA is defined as ages 18-30 and/or having come into OA during that age range. However, those under 18 and over 30 are more than welcome to attend.

Date: Saturday, March 6, **Time:** 12pm to 12am CST, **Location:** Zoom, **Cost:** \$10 USD

Hosted by: Metrowest Intergroup, Arizona Serenity in the Desert Intergroup, Foothill Intergroup **Register at:** <https://www.metrowestoa.org/ypretreat/>

Saturday Bright Live

March 6, Southwick Congregational parking lot 2 PM Bring a chair, mask, For Today book and ...a blankie! Weather permitting

OASIS Anniversary, ZOOM Mtg

Sunday, March 21, 2021 3:30-4:30

Mtg ID# 842259291 PW: 030886

March Informational Workshop

A Simple and Quick Tool for Yourself and Newcomers

Saturday, March 27th, 12:30-1:30

Zoom Mtg # 2517925996 PW 1232021



Thank you to our outgoing Corresponding Secretary, Julie, for your dedicated service.

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

INTERGROUP UPDATE – NEWS FROM THE CHAIR

Elections for our Trusted Servant roles at Western Mass Intergroup were held in December, and we've certainly started the year off with a bang!



Check out our NEW WEBSITE oawmass.org

Some of you have already noticed that we have a brand new website! Many thanks to our Website Working Group (Beth C., Carol Ch., Julie B., Karen O., Karen S., Marlene B., Rob R.), which met twice in January and once in early February to work on layout. Props also to Frances Wilson at OA World

Services for her guidance on OA content that we can use without restriction, and to Victoria, our volunteer webmaster, who invested many hours in building the site.

Our new website has *great* info for newcomers, returning members, long-timers, and professionals who might spread the word about OA to folks who are still suffering. Folks can sign up to receive emails (hopefully no more often than once a week!), and can check out the many events listed. Could you please let people know about it?

We are open for suggestions, comments and ideas

Contact: chair@oawmass.org



INTERGROUP GOALS FOR 2021

1. Update our website (*completed*)
2. Attract and support new and returning members, including young people and Black, Indigenous, and People of Color (BIPOC)
 - a. Provide a working "sign up for email" link (*completed*), and email important workshop and event info to those who opt-in (*MailChimp learning under way*)
 - b. Investigate social media as a Public Information and community-building tool
 - c. Support newcomers with Newcomers Meetings (*scheduled for Tuesdays, 6:30-7:30pm zoom Mtg # 83149942732 PW 201236*)
3. Support our OA Community
 - a. Focus on 12th Step Within outreach to fellow OAs we haven't seen/heard in the many Zoom, phone, and face to face meetings
 - b. Increase the number of workshops and events we offer (*workshops now scheduled for April and May*)
4. Build sponsor capacity
 - a. Focus on "First 12 Days of OA" process (*workshop scheduled, info is on website*)
 - b. Connect available sponsors with people who want sponsors

March Intergroup Mtg: March 14, 2021, 1-2pm Zoom # 85305799051 PW: 87654321

April Intergroup Meeting: April 11, 2021, 1-2pm Zoom # 85305799051 PW: 87654321

SERVICE OPPORTUNITIES

What Do We Need Now?

That's simple. We need you. Come to your Intergroup Meeting as a guest, to see whether you might want to pitch in. Maybe you'll decide to continue as a Group Rep, or a member of a working group. We meet from 1-2pm on the second Sunday via Zoom.

We start and end on time, and we have an agenda and stick to it. There's lots to be done – maybe one of these tasks or roles will especially interest you. You'll never know if you don't show up, though!

Public Info/Professional Outreach

Help WMI spread the word to young people, colleges, medical professionals: Join our committee:
Email: correspondingsecretary@oawmass.org

Region 6 Representative

Region 6 meets twice a year in Albany, NY. This is an opportunity to see what happens beyond the intergroup level. Our intergroup is allowed four reps. Contact the chair@oawmass.org if you have questions, or would like to attend.

MONTHLY ZOOM WORKSHOPS

The intergroup workshop committee is planning a workshop for sponsors and potential sponsors. This workshop will be using the First 12 Days of OA format. Anyone that is interested in doing service for this workshop or workshops to come, please contact the correspondingsecretary@oawmass.org

CREATIVE IDEAS WELCOME!

Informational Meeting for Newcomers and Returning Members

There is an informational meeting for newcomers/returning members every Tuesday, 6:30-7:30pm, on Zoom. We share information about OA through the readings we often hear at meetings, listen to an abstinent member share for 10-15 minutes, and answer newcomers' questions for the rest of the meeting. Spread the word and let newcomers know about it? More info here: <https://www.oawmass.org/for-newcomers/meetings-for-newcomers>

DO YOU ZOOM?

Zoom is available on a computer, tablet:

1. Go to Zoom.us
2. Join a Meeting
3. Enter the meeting number
4. Enter password if there is one for the meeting

Calling into a zoom meeting:

1. dial 1 -646-876-9923
2. enter the mtg # when prompted followed by the pound sign (#)
3. Enter the password, if needed followed by the pound (#) sign

If there is a busy signal, hang up and redial

MEMBERS' SHARE

WHY WALK?



So, it's been a few years,
Since the habit broke,
Now I know for certain,
Walking was no joke!

I keep hearing the same
From doctors far and near,
That just a short walk everyday
Keeps my mind and body in the clear!

I need to keep the blood running
From my heart to and fro,
Those large muscles,
Will help my heart, which I know!

What keeps me from taking that walk,
That keeps that health of mine
My excuses are so lame,
I just need to do it, one day at a time!

So I say to myself every morning,
"It's time to get walking and enjoy the day"
God has blessed me with my good health
And to thank him, I'll be on my way!

Karen S, CT

TOPIC FOR THE NEXT NEWSLETTER

Reaching out to Newcomers

Share your experience about reaching out to newcomers...calling, sponsoring, sharing, caring, etc.

What has this experience been like for you and how has it helped your program? Send it

SAVE THE DATE

**OA Western MA Intergroup
43rd Annual Retreat
June 4th-June 6th, 2020
An OA 12 Step Journey**



**Genesis Spiritual Life Center
Westfield, MA
All Single Rooms \$230**

All Covid 19 Safety Protocols taken

Registration begins in March

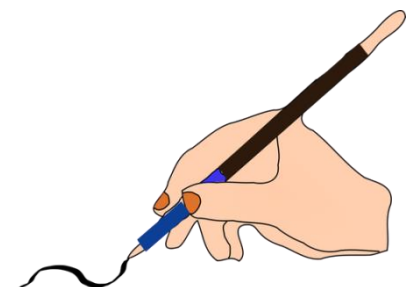
**Call or email Kristen for more
information**

roederkristen@gmail.com

413-687-3362

Share your Experience, Strength & Hope Here

Send your writings to Newsletter@oawmass.org



The opinions expressed are those of the writer, not those of Western Mass Intergroup or OA as a whole.