

RECOVERY LINES

A Twelve Step Publication of Overeaters Anonymous of Western Massachusetts April 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>

1-2-3 Step Meeting, 7:45-8:45pm Tuesdays

For the next quarter (April, May, June), we're offering a 1-2-3 Step meeting from 7:45-8:45pm on Tuesdays. We'll read from the OA 12 & 12, and from AA's Big Book, and we'll have at least one speaker on the step every month. Come on out, virtually, to support this new meeting, and maybe find a sponsee! Zoom link -

<https://us02web.zoom.us/j/82740222159?pwd=YnFacUV4THNiK0JtdnBGTnJIZytrUT09>

Pass code – 1232021

Intergroup Meeting

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

Spring Event: Relapse Prevention

4/24 @ 10:00 am - 1:30 pm, Sunday (registration 9:30) ZOOM format. Meditation, Relapse Prevention Literature, Stories, Sharing and Raffles! Afternoon: creating an action plan project/craft. Lunch 11:45-12:15 Suggested \$5.00 donation via PayPal - covers raffle entries. SIOA.org Contact information to be included in the event posting: Gina R. gbrizz2@aol.com

Saturday Bright Live

May 4th, Southwick Congregational parking lot 2 PM Bring a chair, mask, For Today book and ...a blankie! Weather permitting

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 HAS BEGUN, Call or email Kristen for more information, 413-687-3362

roederkristen@gmail.com or go to: <https://www.oawmass.org/meetings-events/bulletin-board>

Overeaters Anonymous Region III Convention August 20-22 2021

August 20 @ 8:00 am - August 22 @ 5:00 pm Overeaters Anonymous Region III Convention and Assembly Hosted by SoAZ Intergroup "ACT AZ IF" August 20-22, 2021 Flyer here.

OA NON - Picnic

8/29 1-5pm, Camp Shepard, 370 NW Rd., Westfield, MA 01085 (Flyer will soon be on our website)

SUBMIT YOUR UPCOMING EVETS TO: webmaster@oawmass.org



INTERGROUP UPDATE – NEWS FROM THE CHAIR

We are open for suggestions, comments and ideas

Contact: chair@oawmass.org

INTERGROUP GOALS FOR 2021

1. **(completed)** Update our website
2. Attract and support new and returning members, including young people and Black, Indigenous, and People of Color (BIPOC)
 - a. Investigate social media as a Public Information and community-building tool
 - b. **completed** Provide a working “sign up for email” link and email important workshop and event info to those who opt-in
 - c. **Completed** Support newcomers with Newcomers Meetings
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
4. Build sponsor capacity
 - a. Focus on “First 12 Days of OA “ process (**Workshop completed**)
 - b. Connect available sponsors with people who want sponsors
 - c. Build a list of available sponsors (email contact info to vicechair@oawmass.org)

Carrying the Message

One of our 2021 goals is to “attract and support new and returning members” to OA. We need everyone’s help with that!

Welcoming Newcomers!

An argument can be made that, from an individual point of view, an OA fellow *might* do this out of pure self-interest! I’ve heard it said that “You have to give it away to keep it.”

There are immediate benefits to greeting a newcomer warmly, making them welcome, and introducing them to other OA fellows! Don’t we feel better about ourselves when we hold out the hand of friendship to another suffering compulsive eater? Aren’t we reminded of useful practices when we share them with a newcomer – and realize that we probably ought to be doing what we’re recommending? When we walk with a newcomer through The First Twelve Days in OA, don’t we learn about ourselves, too?

Informational Meeting for Newcomers, 6:30-7:30pm Tuesdays

Our Tuesday 6:30-7:30pm informational meeting for newcomers is attracting newcomers. Now the question is, how do we support folks who want to see whether our Program works for them? Well, you could offer to take a newcomer through The First Twelve Days in OA. There’s a clearly defined set of readings and questions for each day, so you don’t have to worry about mastering all the mysteries of sponsorship! You just have to be able to read and talk, and be willing to hear their experience and share yours. Come to the newcomers meeting, and put your hand up when the leader asks, “Who’s willing to go through The First Twelve Days with someone?” Who knows?

Public Information and Professional Outreach Work

Welcoming and helping fellow sufferers who come to meetings is great – *once people have found us.*

What about those who don't know about OA? There's work to be done here to get the word out:

- Figure out how to consistently let people know about OA and oawmass.org using one or more of the area newspapers: Daily Hampshire Gazette, The Republican, Western Mass Penny Saver, The Reminder, The Westfield News, The Recorder....any others? Free classified ads, announcements, any other ideas?
- Get Radio and/or TV stations to broadcast Public Service Announcements (PSAs).
- Contact churches to get notices placed in bulletins and websites

How about contacting nutritionists, doctors, counselors and therapists to let them know about OA? They may have clients and patients who may be compulsive eaters, and who might benefit from coming to OA.

Why not pick one of these things to do? You might help save a life. It might be your own. And your service will certainly enhance your recovery. Please email me at chair@oawmass.org and let me know what you've selected. If someone's already doing it, I'll let you know right away!

Many of us have reduced our face-to-face interactions significantly over the last year due to COVID, but it's not going to be like this forever! Eventually most of us will feel safe interacting in person, and there will be more opportunities to spread the word:

- Posting meeting and workshop notices on bulletin boards in shopping malls, grocery stores, libraries, community colleges and universities, waiting rooms, hospitals, and other public places
- Delivering and resupplying brochure holders in nutritionists', doctors', counselors' and therapists' offices

Many Hands Make Light Work

Nobody has to do it all, *but almost everybody can do something.* Won't you share in the joys and benefits of doing service, and help get the word out to those who are still sick and suffering?

Remember....we have to give it away to keep it!

Yours in grateful service,

Rob, WMI Chair, chair@oawmass.org

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

May Intergroup Meeting: May 9, 2021, 1-2pm Zoom # 85305799051 PW: 87654321

Contact Information

WMI of Overeaters Anonymous, PO Box 2911, Springfield, MA 01101-2911

Telephone: (413) 783-4198, E-mail: correspondingsecretary@oawmass.org visit our website at
oawmass.org

MEMBERS' SHARE

What I do for the Newcomers



There have been several newcomers at my home meetings lately and I was trying to figure out how I could help them. When meetings are on zoom we don't get a chance to have time after the meeting to talk to newcomers. I decided to purchase some "Where Do I start?" pamphlets from the oa.org bookstore and offer to send them out to newcomers. The brochures cost \$1 and I put a Forever stamp plus 20 cents on the envelope. For the small contribution of under \$2, I could be helping someone change their life and relieve them from compulsive eating. I have received many thank yous from those newcomers. It is just a small service to do, with such an enormous reward. ~ ~Anonymous

The Footprints of My Path

The Footprints poem says that when there is only one set of prints, You are carrying me. I know You have carried me through the most difficult times in my life. I believe that you and I are on a spiritual journey. I think you were carrying me when I was in the disease. When I got to know You, You put me down. I did not know how to walk at first. So you started to teach me how. Learning to walk spiritually was a lot like learning to walk physically. You gave me fingers to hold onto and I pulled myself up to standing. At first when I let go of the finger I would fall landing on my butt. Your hands were always right there for me to grab hold of so I could try again. As I took my first step on my spiritual journey I did not know much you would help me through. As time went by I got stronger and we were able to walk together. As I continued through the steps both set of prints were there. Sometimes they would not be next to each other. My prints would slowly move away sometimes I stumbled, sometime I fell down, sometimes there would be to hand and knee prints. Every time that happened Your hand was always there. You were never angry. You knew this was my journey and I was the only one who could put my hand in Yours. You could not pull me up no matter how much You may have wanted to. When there was just one set of prints I was resting in Your arms of grace. When You knew I was ready You set me on my feet again and as we walked there are two sets of prints. I sometimes let go and You are always ready for me to put my hand in Yours. ~ ~Anonymous

Thoughts about Sponsorship

My sponsor shared this with me the difference between myself and a normal eater:

	<u>The Normal Eater's Decision</u>	<u>The Compulsive Eater's Decision</u>
Identified Need – thirst	Drink Water	EAT
Identified Need – fatigue	Rest	EAT
Identified Need – hunger	Eat a Meal	EAT
Identified Need – loneliness	Phone a Friend	EAT
Identified Need – Feelings – Joy, Anger, Sadness	Sharing	EAT

My sponsor is a mirror that helps me look at myself, a voice of conscience that asks me to look inside for the answers and an anchor that assures me I won't be swept away. ~ ~Anonymous

**To Be or Not to BE?
That all Depends on Serenity!**

Am I being honest? How is my food?
It takes what it takes to be in the right mood.

Am I sitting on the steps? Or do I walk them every day?
Losing my recovery is a high price to pay!

A day at a time, am I making sane choices?
It's insane to listen to that committee of voices!

Do I ask God for help, and then do it my way?
Or do I accept whatever comes my way?

The OA Program has the only key,
To finding a lifetime of Serenity!

To be or not to be?
That is the question that I ask of me.

~~Anonymous

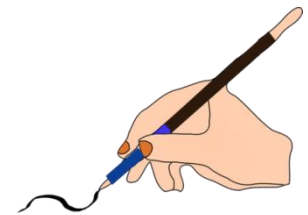


Things to Do Today!

1. Inhale
2. Inhale
3. Inhale
4. Inhale
5. Inhale
6. Inhale
7. Inhale
8. Inhale
9. Inhale
10. Inhale

Have a Wonderful Day!

Share your Experience, Strength & Hope Here



Thank you to everyone who took the time to contribute to this newsletter.

TOPIC FOR THE NEXT NEWSLETTER

There are 9 Tools of Recovery

Share your experience about the tools of the program you use on a regular basis that help in your recovery. Send in your writing to share with others: newsletter@oawmass.org

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

SERVICE OPPORTUNITIES

It's 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 of every month via Zoom. # **85305799051** PW: **87654321** 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!

Sponsor List

The intergroup is looking to build a list of available sponsors. This list will be kept by the Vice Chair of the Intergroup and will not be publicized. Whether you will be a temporary sponsor, food sponsor, step sponsor, etc., please step up. Sign up on the website under About WMI/give service.

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.

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!

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