



RECOVERY LINES

A TWELVE STEP PUBLICATION OF OVEREATERS ANONYMOUS

Dec. 2006

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.

BEFORE PROGRAM – Seven-day Journal- Day 1

Since I been in Overeater Anonymous my life has changed for the better. I found these old notes and can now understand what I wrote. I would like to share my written thoughts with you now.

In the summer of 2003, I took a 12-week writing course for the local college. My skills in writing are fair to partly cloudy on the best of days. I hoped the writing would better my skills and improve my letter writing at the place I was employed.

The first day the Professor a young petite woman started by opening up a small book started to read out of her journal. She shared with the class about her past and how she was addicted to drugs, alcohol and other vices that basically made her life unmanageable on all levels. She was not the way she used to be but she explains the writing was a tool that helped her. She had a husband and a new child in her life and she was happy. She gave us an assignment to write a seven-day journal due the following week.

DAY-1

Okay, you caught me missing the first day of this assignment. I intentionally missed the fourteenth of

October as the first day to start this journal project and it is actually the fifteenth of October. I plan to write twice today to make up for my sitting in front of the computer and playing a game that I have obsessed over this past year. I don't think I'm any better at this game since I started playing. I don't know why the computer, the television and the radio take up all my time. I think I'm searching for something inside myself when I stare at the television or trying to beat my high score on the computer game. I find myself crying at television commercials or at sad news stories. I laugh when I lose at the computer games that I play thinking about how much time I have wasted at such a foolish games. None of my laughs or tears are heard or seen by anyone, because I'm alone. I seek comfort from the machines; the devices fill my head with voices and challenges that I love. I can see now when women say that they need their brains to find or make love. The brain needs input likes my stomach aches for food. I choose the television and the computer to feed my brain; that's why I'm alone.

To be continued...

Anonymous OA Newcomer



New Speaker List next edition.

WESTERN MASS INTERGROUP CONTACTS

Please direct **WMI** correspondence to:

WMI of Overeaters Anonymous
Communications Committee
Post Office Box 2911
Springfield, Massachusetts 01101-2911

Telephone: (413) 783-4198
e-mail: correspondingsecretary@oawmass.org

Please mail **WMI** contributions to:

WMI of Overeaters Anonymous,
Treasurer,
Post Office Box 2911
Springfield, Massachusetts 01101-2911

The following information allows us to properly acknowledge your meetings contribution:

WSO Group Number
Meeting Name
Meeting Day and Time

Your canceled check is your receipt. Your meeting will receive an acknowledgement at either the next **WMI** meeting and/or can be found in the next issue of Recovery Lines. Group Representatives are to pick-up information and newsletter at the next **WMI** meeting. Please ask your group members to be as generous as possible. Thank you for your support, service and contributions.

Recovery Lines is the publication of Western Mass Intergroup of Overeaters Anonymous
Post Office Box 2911
Springfield, Massachusetts 01101-2911

What is **WMI**?

Western Mass Intergroup consists of Overeaters Anonymous group meetings from the following approximate geographical locations in: Agawam, Amherst, Brattleboro, -VT, Great Barrington, Canaan-CT, Greenfield, Holyoke, Longmeadow, Northampton, Palmer, Pittsfield, Southwick, Springfield, Westfield, West Springfield and Wilbraham.

Editorial Policy

Recovery Lines is the quarterly newsletter of Western Mass Intergroup. The deadlines for copy are March 1 for the spring, June 1 for summer, Sept. 1 for fall and, Dec 1 for winter. Materials sent to WMI cannot be returned nor can payment be made. All submissions to the co-editors must be signed and when published, will appear with first name and last initial unless otherwise requested. Names will be withheld upon request. Recovery Lines reserves the right to edit all submissions for length and clarity. Other OA groups may reprint without permission. We ask that you cite the writer and Recovery Lines as your source. Courtesy copies of reprinted articles are appreciated. The opinions expressed are those of the writer, not those of Western Mass Intergroup or OA as a whole. Please address all submissions and correspondence to Recovery Lines via e-mail to newsletter@oawmass.org or via US Postal Service in care of the Communications Committee at the address designated above.

The purpose of Western Massachusetts Intergroup of Overeaters Anonymous is:

- To further the OA program in accordance with the Twelve Steps and Twelve Traditions of OA;
- To maintain communication for all Western Massachusetts OA groups. Specifically excluded is the endorsement of any outside enterprise as outlined in Tradition Six;
- To provide a forum for the selection of Intergroup, Regional and General Service Representatives;
- To host Western Mass Intergroup Marathon;
- To work for OA as a whole within the Region, Intergroup or Committees appointed by World Service.

The **WMI** meeting is scheduled for the 2nd Monday of the month, from 6:30 pm to 8:00 pm at the Holyoke Medical Center, Rte. 202, Holyoke Mass. (Exit 16 off I-91), park in Lot C. meeting in Auditorium Building, everyone welcome.

RECOVERY LINES STAFF-

The Recovery Lines is produced through the combined efforts of the members of the WMI Newsletter Committee, the Communications Committee and Archives Committee.

**WMI ANNOUNCEMENTS –
Being a group representative is an
important link for your group to
communicate with Intergroup, Region
and World Service Organizations.**

Communication Umbrella Committee

CUCumber Meeting “it’s like a retreat”
When: Last Friday of each month.
Time: 7:00pm
Where: Southwick Community
Episcopal Church, Southwick, MA

WMI Marathon 2007

When: Saturday, January 6. 2007
Time: 8:30am to 3:00pm
Where: St. David’s Episcopal Church
699 Springfield Street
Feedings Hills, MA 01030

WMI Annual Retreat

When: June 1 - 3, 2007
Where: Genesis Spiritual Life Center
53 Mill Street
Westfield, MA 01085

See **WMI** website
www.oawmass.org for:

- OA Information
- Meetings locations and times.
- Event Calendar
- OA Promise and Prayers
- Recovery Insurance Policy
- Lifeline Magazine Form
- **WMI** minutes
- **WMI** e-mail contacts

OA Region 6 ANNOUNCEMENTS –

Here is the web site to subscribe to the
Region 6 OA newsletter for your group
(great information on region wide meetings
and what we are doing in carrying the
message) Link up for your group keeps
informed:

oa newsletters-subscribe@yahoo groups.com

The web edition of Region 6 OA newsletter
is now posted on:
<http://www.oaregion6.org/newsletter/index.htm>
Ask at your group’s business meeting who’s
your rep for Intergroup!

WSO ANNOUNCEMENTS –

Ring in Recovery

When: August 30 – September 2, 2007
Where: Loews Philadelphia Hotel
Philadelphia, Pennsylvania
Web site: conventioninfo@oa.org

WSO seeks contribution to the
Professional Exhibits Special Fund
Web site: www.oa.org/contributions.html
For more information please e-mail to
info@oa.org

OA literature online:
www.oa.org/literature_catalog.htm

GROUP ANNOUNCEMENTS –

Raffle Rita Needs You!
Please Sponsor a theme related basket for
the 2007 WMI Marathon. Contact the “New
Hope Group” Friday nights 7:30 – 9pm in
West Springfield



Tee Shirts Now Available!

Please fill out order form or send a **note** with name,
address, phone, and sizes to:

**Western Mass Intergroup
P.O. Box 2911
Springfield, MA 01101-2911**

Tee shirts costs: \$15 plus \$5 for mailing.
Please make checks payable to: Western Mass
Intergroup with completed order form or note
required.



The Promises

- We are going to know a new freedom and a new happiness.
- We will not regret the past nor wish to shut the door on it.
- We will comprehend the word serenity and we will know peace.
- No matter how far down the scale we have gone, we will see how our experience can benefit others.
- The feeling of uselessness and self-pity will disappear.
- We will lose interest in selfish things and gain interest in our fellows.
- Self-seeking will slip away.
- Our whole attitude and outlook on life will change.
- Fear of people and of economic insecurity will leave us.
- We will intuitively know how to handle situations, which used to baffle us.
 - We suddenly realize that God is doing for us what we could not do for ourselves.



The Holiday (Bermuda) Triangle

In the name of love, I made this just for you. You have to have at least one. I have been blessed with a Sponsor who helped me to just say no thank you. I also learned to agree to disagree, when I no longer argue the need to overeat has been lifted.

This holiday season has been a gift. I was able to ask for a Lifeline subscription for me. Yes, I am worth asking my family or friends to support me in my recovery. I did not buy any ones love this year, I gave gifts of self, and I feel better than ever about doing for others. The Steps told me over and over the joy I get from these simple things I can do and still do to help others.

I came for vanity and I stayed for sanity. Thanks OA for a whole new way of life. I pray each day that Higher Power bless you all.

In Loving Service Your OA Sister



QUOTES

“Don’t worry what other people think – they don’t do it very often” ~Ben Franklin

According to a Japanese legend, two monks were walking down the road when they saw a finely dressed young woman standing before a large mud puddle. She explained that she had no way of crossing the water without ruining her clothes. Without saying a word, the first monk picked her up in his arms and lifted her safely across the obstacle.

A few hours later the second monk said in an accusatory tone, "How could you have picked up that lady? Don't you know that the rules strictly forbid us to touch a member of the opposite sex?" His friend smiled and then replied, "I put the woman down back at the puddle. Are you still carrying her?"

“When the chess game is done the king and pawn go back into the same box” ~ Italian proverb



Ask-it-basket Corner:

Q: How can a group secretary handle people bringing up outside issues by name — such as exercise clubs, doctors, therapists or books — during sharing?

Write to the Recovery Lines give us your answers or ask us a Ask-it-basket question.

Now that the Pink Cloud's of Recovery are gone!
The question is now what to do to next?

Below are 12 suggestions and questions to Recovery
Produced by the WMI 12th Step Within Committee

1. LIST ALL OA BOOKS AND PAMPHLETS YOU OWN.
PUT THEM ALL IN ONE PLACE. HAVE YOU READ THEM?
2. DO YOU OWN AN OA SECOND EDITION?
IF NOT WHY?
3. HOW MANY TIMES DO YOU PICK UP FOOD EACH DAY?
HOW MANY TIMES DO YOU PICK UP LITERATURE EACH DAY?
4. HOW MANY SPONSEES DO YOU HAVE?
YOU ARE NOW 4 QUESTIONS AHEAD, YOU CAN NOW SPONSOR.
5. DO YOU HAVE A PROBLEM?
WHAT IS THE SOLUTION? (DO ONE EACH DAY)
6. DID YOU GET A OA SECOND EDITION YET?
IF YOU DID GET OA SECOND READ PAGES 229 TO 247
IF NOT READ JUST FOR TODAY OR VOICES OF RECOVERY TODAY AND
WRITE ON IT.
7. CALL SOMEONE AND ASK THEN TO READ JUST FOR TODAY TO YOU AND
WRITE ON HOW IT FELT.
8. CALL SOMEONE AND ASK THE TO READ VOICES OF RECOVERY TO YOU AND
WRITE ON HOW IT FELT.
9. DID YOU PRAY TODAY?
IF YES WRITE WHAT YOUR PRAYER MEANT TO YOU.
IF NOT WHY?
10. WOULD YOU GO TO DETOX FOR EATING IF THERE WAS ONE IN
MASSCHUSETTS?
11. WHAT WOULD YOU NEED TO RECOVER?
12. WRITE A DISCRIPTION OF A RECOVERY HOUSE?

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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.  
Grant me Patience for the changes that take time; Appreciation for all that I  
have; Tolerance for those with different struggles; and, the Strength to get up  
and try again – one day at a time.