

---

---

# RECOVERY LINES

WMI

Western Mass  
Intergroup

A TWELVE STEP PUBLICATION OF  
**OVEREATERS ANONYMOUS** of Western Massachusetts

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 with the changes that take time,  
appreciation of all that I have,  
tolerance of those with different struggles,  
and the strength to get up and try again,  
one day at a time.

## *FALL 2008*

Dear God:

It is 2:00 A.M. and I have this big empty, and the kitchen is closed. This hole in my soul only happens now and then, and I know that no food will fill it. So here I am asking for help. I have gone to the bathroom, brushed my teeth again, done all that I could to keep from going to the kitchen. I know in my heart, "This too shall pass," so what is eating me? I used to wake every night with this hunger, but this is the first time in months I have not been able to go back to sleep. What is eating me?

As I write this article, I am beginning to feel tired. Thank you, God, I think I will rest now. As I think about lying down, I feel you here beside me. The big empty has left me very tired. I know in my heart I have been freed of the shackles of my dis-ease, once again.

Thank you for being there for me.  
I love you.

## WESTERN MASS INTERGROUP (WMI)

Intergroup Representatives are the connection between our groups and the **Western Mass Intergroup**. The Intergroup meeting is where information is distributed: the latest copy of RECOVERY LINES, updated meeting lists, and ideas to help carry the OA message to those who share our disease.

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

### "THROUGH OUR OWN CONTRIBUTIONS, OA IS SELF-SUPPORTING AT ALL LEVELS"

~TRADITION 7

Our seventh tradition states that OA supports itself ONLY through the contributions of its members. And while *no fees or dues will ever be required for membership*, OA needs help to keep its rooms open, provide opportunities for fellowship, and to spread its message to still-suffering compulsive overeaters. [WSO suggests \$3, keeping in mind the money we spent on our binges.]

"It is suggested that 60% of our group's excess funds be sent to intergroup... 10% to region, and 30% to World Service Office. However, it is acceptable to alter this formula in any way groups see fit."

~from WSO 7th tradition Pamphlet

Please include the following with your correspondence and contributions so we can properly acknowledge your meeting:

WSO GROUP NUMBER (see meeting list or website)

MEETING PLACE, DAY AND TIME

Your cancelled check (made out to WMI) is your receipt..

## Contact Information

WMI of Overeaters Anonymous  
PO Box 2911  
Springfield, MA 01101-2911  
Telephone: (413) 783-4198

E-mail: [correspondingsecretary@oawmass.org](mailto:correspondingsecretary@oawmass.org)  
[www.oawmass.org](http://www.oawmass.org)

## RECOVERY LINES COMMITTEE

Editor Beth B  
Layout Lyn C

RECOVERY LINES is the publication of  
**WMI** of Overeaters Anonymous

SUBMIT ARTICLES TO  
[newsletter@oawmass.org](mailto:newsletter@oawmass.org)

Western Mass Intergroup consists of ~50 Overeaters Anonymous group meetings from the following geographical locations: Amherst, Feeding Hills, Great Barrington, Canaan-CT, Greenfield, Holyoke, Lanesboro, Lee, Lenox, Longmeadow, Northampton, Palmer, Pelham, Pittsfield, Southwick, Springfield, Westfield, West Springfield, Wilbraham and Williamstown.

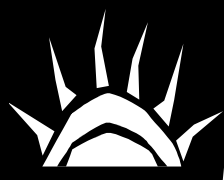
### Editorial Policy

Recovery Lines is the quarterly newsletter of Western Mass Intergroup. **The deadlines for copy are March 15 for the spring, June 15 for summer, September 15 for fall, and December 15 for winter.** Materials sent to WMI cannot be returned nor can payment be made. All submissions to the newsletter 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](mailto:newsletter@oawmass.org) or via US Postal Service in care of the Communications Committee at the WMI address designated above.

# Looking for Speakers?

The following people are willing to speak at your meeting, sharing their experience, strength and hope of recovery in Overeaters Anonymous. If your meeting has specific requirements to speak, i.e., length of time, length of abstinence, etc, please inform the person at the time you ask him or her to speak. Please tell us *if you would like to add/remove your name to/from the speaker's list.*

Beth B.	Northampton	413-584-0238	Kathleen	Monson	413-267-3869
Carol C.	Pelham	413-256-3754	Kathy	Windsor, Conn.	860-688-5697
Cindy B.	Longmeadow	413-567-2002	Linda A.	W. Springfield	413-788-7167
Chris	Springfield	413-737-7630	Linda B.	Longmeadow	413-567-7204
Darcy	Chicopee	413-575-0971	Linda C.	Agawam	413-786-5480
Dawn	Southwick	413-569-3495	Maria S.	Windsor, Conn.	860-688-3535
Deb	Connecticut	860-623-8501	Mark C.	Pelham	413-256-3754
Ellen	South Hadley	413-534-0000	Melanie	Northampton	413-582-0351
Epi	Amherst	413-549-8421	Naziia	Springfield	413-731-0798
Gabrielle	W. Springfield	413-734-8285	Phyllis	Longmeadow	413-567-0762
Jeffrey	W. Springfield	413-734-4305	Robin	Westfield	413-568-0349
Jess	Longmeadow	413-567-6544	Robin	Feeding Hills	413-789-1396
Joette	Springfield	413-781-4070	Sarah K.	Amherst	413-549-0266
John C.	Westfield	413-454-8180	Sue	Holyoke	413-536-5904



Western Mass Intergroup presents  
**NEW OA SPEAKER CDs**

2007 World Service Convention  
 Topics include:

- Food holding you hostage?
- Freedom on 3 levels: Emotional, Spiritual, Physical
- Men in OA •Peeling off the pounds: 100 pounders
- Freedom with body image & sexuality •Follow your leader: sponsorship •Ending the debate: abstinence
- Key note speaker •Grand closing

**CONTACT TERRY  
 TO BORROW 413-827-0077**

Los Angeles Intergroup presents  
**THE VIRTUAL SPEAKERS  
 BUREAU**

Alone and need a meeting at 2:00 am?  
 On the road and need a speaker  
 with long-term recovery?  
 Over 60 MP3 sound files of great OA speakers.

**Visit us at [www.oalaig.org](http://www.oalaig.org)**