

OA Western MA Intergroup
**A GUIDED JOURNEY THROUGH
THE 12 STEPS OF OA**



JUNE 1ST-3RD 2012
GENESIS SPIRITUAL LIFE
CENTER
53 MILL ST,
WESTFIELD MA 01065

MEETINGS:
NEWCOMER
SPEAKER
SPECIALTY
RELAPSE RECOVERY
FELLOWSHIP

All are welcome!

Check out WMI website:
www.oawmass.org

Registration Details:

Cost: \$195 includes: accommodations, five healthy meals and lots of recovery!
To Register please send: registration form & payment in full to:

**WMI Retreat
PO Box 2911
Springfield, MA 01101-2911**

Registration and payment must be received by **March 15, 2012** to reserve your room. Space is limited. First Paid, First Served. Rooms are assigned as payment is received.

REFUNDS AND CANCELLATIONS POLICY:

There will be no refunds after March 15, 2012. However, you are welcome to find a substitute up until the Wednesday before the retreat.

You must register with the **\$45** deposit before 3/15/12 to be considered for a **scholarship**. Scholarships of up to **\$150** are available by lottery for members in need. **Please ask for the minimum that you need.** An OA member will notify recipients via email the week of 4/1/12 if awarded. Deposits will be returned if scholarships are unavailable.

* Payment will be acknowledged via email. If you have no email, please include a self addressed stamped envelope. If you do not receive an acknowledgement within 30 days please contact

For more information contact
Roberta or Michele at
wmiretreat@oawmass.org or 413-862-9627
Please allow 24 hours for a reply

Name _____ Phone: _____

Address _____

Email _____

I request the following reasonable accommodations: _____

Please **do not** put my name-phone-email-town on the "We-Care List" which will be available to all retreat attendees.

I request a single room if available. (A limited number of single rooms are available by request on a first paid first served basis).

Roommate Preference: _____ a roommate will be assigned to you if this is left blank.

I have enclosed the **total cost of \$195** and have paid in full.

I would like to request a **scholarship** and have enclosed my **\$45** deposit. (must be received by 3/15/12 to be considered)

I would like to contribute to the scholarship fund and have enclosed \$ _____ (Thank You)

I have an idea for a small group topic and/or free time activity: _____

The 12 Steps of OA

- 1 We admitted we were powerless over food - that our lives had become unmanageable.
- 2 Came to believe that a power greater than ourselves could restore us to sanity.
- 3 Made a decision to turn our will and our lives over to the care of god as we understood him.
- 4 Made a searching and fearless moral inventory of ourselves.
- 5 Admitted to god, to ourselves and to another human being the exact nature of our wrongs.
- 6 Were entirely ready to have god remove all these defects of character.
- 7 Humbly asked him to remove our shortcomings.
- 8 Made a list of all persons we had harmed, and became willing to make amends to them all.
- 9 Made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10 Continued to take personal inventory and when we were wrong promptly admitted it.
- 11 Sought through prayer and meditation to improve our conscious contact with god, as we understood him, praying only for knowledge of his will for us and the power to carry that out.
- 12 Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

The OA Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower.

We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.



The Serenity

Prayer

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, an **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

The OA Preamble

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively.

There are no dues or fees for members; we are self supporting

through our own contributions, neither soliciting nor accepting outside donations.

OA is not affiliated with any public or private organization, political movement,

ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.