

The *TRUSTED SERVANT*



Metro West Intergroup
P.O. Box 600
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NEWSLETTER AND MEETING LIST

What's Up?!

- Sept. 18 Back-to-Basics workshop, sponsored by New Hampshire Intergroup. 1–4 PM. United Methodist Church, 18 School St, Lebanon, NH. Donations appreciated. Info: Eileen C., 603-448-3423.
- Sept. 18 The ABC's of Recovery Marathon. Sponsored by Rochester Area Intergroup. 9:00 am - 4:30pm. Seneca United Methodist Church, 121 Scholfield Rd, Rochester, NY. \$15 before 9/1, \$20 after. Contact Carolyn: (585) 671-2092, Emily: (585) 288-7254, or Michelle: (585) 256-1881.
- Oct. 2–3 Region 6 Assembly. Quality Inn, Albany NY.
- Oct 8–10 Fall Retreat, "There Is A Solution: A Weekend Walk Through The Steps." Sponsored by Southern Maine Intergroup. China Lake Conference Center, Neck Rd, China, Maine. \$115 before 9/8, \$125 after. Info: Pat at (207) 236-4101.
- Oct. 17 Body Image Marathon. Sponsored by Greater NY Metro Intergroup. 8:30am to 6:30pm \$5. Cabrini Medical Center, 16th floor, 227 E. 19th St (between 2nd & 3rd), New York, NY. Info: 212-946-4599
- Oct. 29–31 Region Six Convention: Lighting the Way to Recovery. Hosted by Cape Cod Intergroup. Four Points Sheraton, Hyannis, Mass. Deadline 10/1. Info Barbara 508-428-0878 Paula 508-280-3887 or see the Web site <www.oaregion6.org>
- Nov. 21 Back to Basics Workshop. Sponsored by NH Intergroup. 2–5pm, First Congregational Church, 115 South Main St, Wolfeboro, NH. Contact Erica (603-569-6865 or erica_kids@yahoo.com) or Nancy/Alton Bay (603-875-5875).
- Nov. 24, 25 Thanksgiving Sharathon. St. Elizabeth's Hospital, Boston, Mass. Wed night 7–9 PM; Thurs 9 AM–12.

Food for Thought

Meeting Changes:

- St. James Church in Wellesley is closing. Starting 9/13, the Monday and Thursday Wellesley 9:15-10:15 AM meetings will be held at United Methodist Christ Church, Brook St. (near new Library), Rts 16 & 135.
- The Friday W. Concord meeting has been canceled.
- The noon M-F Tremont Temple Boston meetings need support.

Welcome, Todd. Todd C. is our new MWI meeting-list master. All updates and changes should be directed to him. Preferred contact: e-mail <todd@world.std.com>, phone 508-541-8633.

They're Out There. The "Dignity of Choice" pamphlet, with suggested food plans, is now available from World Service. See <www.aa.org> to order.

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For 24-Hour Meeting Information, call 508-875-0001.
For e-mail Intergroup news, write <metrowestintergroup@rcn.com>.

more **Food for Thought** (continued from page 1)

Heads Up. The Women's-Focus 12-Step Study OA Retreat Weekend in Vermont in June 2004 was such a success that we've scheduled a second date. The second weekend will be Jan 28-30, 2005. Cost is \$95 and includes room, board, and breakfast on Saturday/Sunday. Late registration fee of \$105 after January 1, 2005. The space includes facilities for storing and preparing food, and both single and shared rooms are available. There is also a yoga room, a sauna, and a lovely garden, and a massage therapist is available if there is enough interest from the group. The format is very simple: Over the course of the weekend, we read through all 12 steps from the OA 12 & 12, and participants take turns sharing and leading discussions. Here's what one participant from June had to say: "It was such a great weekend, and I needed it desperately." For more information, please contact Frances at frances@gardenofwords.com, or 617.661.3045. To learn more about the space, visit <http://www.rovers.net/~gnikki/>

And another recap. The MWI-sponsored retreat, "There is A Solution: A Weekend Walk Through The Steps," was held April 23-25, 2004. Thirty-one members attended, and leader Don C. of NH guided the group through an in-depth study of the 12 Steps. We wrote, answered, and discussed in small groups such questions as: "Do I need to kick my program into a higher gear?" "What is stopping me from doing Step Four?" "Am I willing to let go?" "Why am I holding on?" "What am I getting out of it?" "What resentments am I holding onto?" On Sunday morning most of us made 15-30 day commitments about things that we needed to work on. The evaluations turned in were very, very positive. Many members received a lot of recovery examining and working the steps in this manner. Why not sign up for the retreat next year?

"I recently heard another person talking about fear; fear of not having enough, not being enough, of dying. For me, all of my fears eventually lead back to fear of dying, especially those that relate to being abandoned by my parents. Fear sits in the pit of my stomach and is easily mistaken for hunger. It's a primal need to be nurtured and loved as a young child. When I am driven by fear, I'll do anything I can to secure that love and nurture, including lying, cheating, stealing, and eating compulsively.

"The antidote to these fears is faith. God/dess has gotten me through tougher times than this. Time and again when I've been backed into a corner, my Higher Power has opened doors for me I didn't even see, and the results were much better ones than I could have come up with on my own. Today, I'm grateful to say that there IS a kind, loving Higher Power in my life who is looking out for me. All I have to do is clear the ground and dig the hole to the deep well of Her abundance. The cool, clear water wells up from the ground of its own accord."

~ Frances, Cambridge Mass

A Cure for Relapse?

The recent Relapse workshop was a wonderful collaborative effort by many of the local intergroups, fostering unity around a topic that tugs at the heartstrings of all members of OA.

I was struck by the desire of those who were obviously struggling to find the missing clue to the riddle of how to stay abstinent. And by the good intentions of those trying to support the workshop by passing along their own experience in overcoming relapse, myself included.

As the day unfolded, I started to think, What's the answer to the puzzle? What is it that you could package and transmit to a struggling OA member that would enable him to withstand the call of the food and reinforce his desire to abstain? What is lacking in the mind of an addict that produces a relapse response?

While there is no "answer," I believe that anyone who has gotten abstinent with the help of a supportive sponsor and has in turn helped another suffering compulsive overeater get and stay abstinent has experienced the essence of a "cure" for relapse.

Attaining consistent, day-at-a-time abstinence without working the twelve steps is impossible. And trying to do so without a sponsor and without passing that gift along to others is a recipe for isolation and spiritual anorexia.

The big book tells us that—unlike doctors, psychiatrists and clergymen—a recovering addict has been granted the gift of helping another addict get and stay well.

We have what it takes to capture the imagination and undivided attention of a sick and suffering soul and infuse him or her with hope that an answer exists for them. We've experienced the sort of hell that produces instant credibility with someone we've never met and about whom we know little except that they are struggling to keep their drug of choice down.

In being reminded of our early recovery by our sponsors and watching with appreciation the birth of abstinence in others, a grateful heart is born. And a grateful heart doesn't need to eat.

I needed to trust in someone else's belief in my potential to become abstinent until I could understand for myself that it is my Higher Power's will for me to stay abstinent. Recreating that experience for another addict is the greatest joy that I've come to know since and the strongest incentive I have to stay abstinent for another day. And anyone who allows this to happen to them will be loath to surrender it very easily.

Yours in service,

N.R., Ipswich, MA

THE TRUSTED SERVANT is the quarterly newsletter and meeting list of the MetroWest Intergroup, PO Box 600, Needham Heights, MA 02494, or on the Web at www.metrowestoa.org

The MetroWest Intergroup meets on the third Tuesday of each month from 7–8:30 PM in the Allen Riddle Bldg., Room 100, Newton-Wellesley Hospital, 2014 Washington St., Newton. All are welcome to attend.

For information about OA outside our area, contact the following organizations:

Berkshire Intergroup PO Box 755 Sheffield, MA 01257-0755	New Hampshire Intergroup PO Box 1363 Derry, NH 03038 (603) 434-7578	South Central Mass Intergroup PO Box 306 Stoughton, MA 02072 (781) 341-4106
Cape Cod Intergroup PO Box 273 Centerville, MA 02632 (508) 428-9848	North Shore Intergroup PO Box 181 Billerica, MA 01821 (978) 667-9998	South Coastal Intergroup PO Box 6415 N. Plymouth, MA 02362-6415 (781) 829-4278
Central Mass Intergroup PO Box 20539 Worcester, MA 01602 (508) 754-7712	Ocean and Bay Intergroup PO Box 41273 Providence, RI 02940-1273 (401) 732-9190	Western Mass Intergroup PO Box 2911 Springfield, MA 01101 (413) 783-4198
Mass Bay Intergroup PO Box 1440 Arlington, MA 02474 (781) 641-2303 or [866] DONT EAT	Seacoast Intergroup PO Box 1422 Portsmouth, NH 03802 (603) 433-5464	OA World Service Office PO Box 44020 Rio Rancho, NM 87174-4020 Phone: (505) 891-2664 Fax: (505) 891-4320 E-mail: info@oa.org Internet: www.oa.org

and our region, Region 6
Internet: www.oaregion6.org



Seventh Tradition

May – June 1004

19132 Ashland Sat. 10 am	\$ 70.00	22935 Framingham Sun. 10 am	\$ 83.50
10748 Boston Sat 11 am	\$100.00	01867 Framingham Wed 7 pm	\$150.00
35562 Boston Mon 5:30 pm	\$ 5.00	15043 Framingham Sun 7 pm	\$100.00
47285 Brookline Thu 7 pm	\$301.00	32696 Jamaica Plain Sun 9 am	\$186.00
21664 Brookline Sun 6 pm	\$100.00	19402 Marlboro Monday noon	\$ 40.00
13855 Brookline Mon 7:30 pm	\$756.40	10873 Natick Fri 7 pm	\$100.00
12877 Framingham Thu noon	\$ 11.64	38114 Southboro Thu 7 pm	\$ 75.00
18990 Framingham Sat 4 pm	\$ 25.00	39194 W. Roxbury Wed 7:30 pm	\$161.50
		40388 W. Roxbury Tue 7:30 pm	\$100.00