

The *TRUSTED SERVANT*



Metro West Intergroup
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NEWSLETTER AND MEETING LIST

What's Up?!

- weekly OA Telephone Meetings, sponsored by Mass Bay Intergroup. Tuesdays and Thursday nights, 7:45 PM for chat and fellowship, 8–9 PM meeting. Call (641) 594-7500, enter PIN 59002 on Tuesdays, 79822 on Thursdays. Cost about \$3 per hour.
- May 22 “Promises” Day, Speakers & workshops. \$5. 9 AM–2 PM, Cole Spring Community Center, Wickford, RI. Bring your own lunch and picnic there.
- Jun. 5 Men’s Share-athon. 8 AM–2 PM. Chelsea Salvation Army, Chelsea, Mass.
- Jun. 11–13 Women’s Focus Step Retreat in. Chester, Vt. \$105. Call Frances (617) 620-9851.
- Jun 19 Sponsorship Workshop, sponsored by the New England Service Board. Panels, OA play, and more. \$5. 9 AM–4 PM, Newton-Wellesley Hospital, Washington St, Newton, Mass.
- Jul 17 Hiking trip up Mt. Washington. Call Joan or Larry (617) 241-9340.
- Aug. 27–29 Big Book Step Study Retreat, La Salette, Attleboro, Mass. For info call Mark (781) 829-4278.

Food for Thought

Brave New WorldWideWeb. MetroWest Intergroup now has a Web site, www.metrowestoa.org. Point and click for meeting list, contact information, and links. Send your comments, too.

Meeting Changes.

New (in Mass Bay Intergroup). Anorexia/bulimia focus. Thursdays 7–8 PM, 49 Pleasant St., Reading.

Food Plan News. The OA World Service Business Conference voted (3 to 1) in favor of the pamphlet “The Dignity of Choice.” This consists of a group of different food plans. It will go to print soon. You can also read it on the WSO Web site <www.oa.org>, but it may not be printed or distributed from there.

He thought not. Jim B. (aka Jimbo, of Boston), a longtime member of OA, died recently. He will be fondly remembered.

You Can Become a Household Name. MetroWest Intergroup is looking for a meeting list keeper. Thanks to Debra C. for holding the position for two years. If interested tell your IG rep or see www.metrowestoa.org.

For 24-Hour Meeting Information, call 508-875-0001

or see <www.metrowestoa.org>.

For e-mail Intergroup news, write <metrowestintergroup@rcn.com>.

Thoughts from a Blue Dot

This was my first Region 6 Assembly and my first service above the IG level. I found the experience, like most human endeavors, both exciting and frustrating; exciting because of the newness of everything, and frustrating because of the much needed group conscience process. That I felt frustration was a lesson I needed to learn: I'm not in charge.

I ate my abstinent breakfast at 7:40 a.m., which is early for me, a sure sign of too much thinking. I was wondering what to expect at the Assembly. Like my eyes at a buffet, my brain had imagined huge crowds of people in a big hotel. I've been to meetings like this, I thought, and braced myself for lots of strangers and strange ways. What I found was what I should have expected all along: friendly faces (OK, lets be honest, the level of friendliness in the face was variable but I did know that each of us was powerless over food) ready with a hug and a kind word—OAs of all shapes and sizes who had come together to form the group conscience from its constituent parts.

For those who have never been, let me say some things about being a new delegate. The first impression I got was that the "regulars" are thrilled to have a fresh face on board. For good reason, all OA service positions have time limits. Newcomers are the life's blood of OA.

Upon registration, all new delegates have blue dots affixed to their nametags. The Region 6 Trustee gave us a 30-minute orientation on how the Assembly works. We received a copy of the Region 6 Bylaws and Procedures, and the work of the meeting began.

Like most OA meetings, this one opened with the Serenity Prayer. Following some opening remarks, the first hour was spent in a workshop that introduced the Twelfth Step Within workbook. This gave us a great opportunity to learn about this resource.

Many OAs brought their lunch. I don't know about you, but I have roving eyes and I had to secretly examine the lunch of everyone else at my table. This confirmed that food plans differ but the definition of abstinence remains the same: Adherence to *my* food plan is my abstinence.

In committee meetings I learned you can never say the Serenity Prayer too often. OAs are, first of all, human beings with human emotions and passions. OAs simply have a resource many others do not: a way to call time out and regroup. Our Higher Power is that resource, and the Serenity Prayer is the tool we can use to call on that resource.

Following committees, the Assembly as a whole regrouped to deal with motions to change Region 6 policies and bylaws. This is when you really come to appreciate parliamentary procedure. This is also when you have confirmed that the making of OA sausage is every bit as messy as the original recipe. Some proposals passed easily but most raised honest debate.

Maybe it was just the way I heard things but, as in the committee meeting I attended, OAs had really invested their honest passion into the discussions. The Serenity Prayer was invoked as needed and business was conducted and concluded. At the close of business, we first-timers got to peel off our blue dots as a symbolic gesture that we had survived and passed our first "Region," as the veterans refer to the Assembly.

I enjoyed a nice dinner with OA friends following the Assembly and then headed out on my drive home. As I had arranged the day before, I had a sponsee call me at 8 PM. I was grateful for the company. I did something that I wouldn't have thought to do before attending the Assembly.

I was driving in the right lane. Several times in 30 minutes, the same car passed me, pulled in front of me and slowed down. Without touching my cruise control, I pulled in the left lane and began easily to overtake this car. As I drew just about even with this car, it sped up just enough to slow my progress to the point where I either had to speed up or back off. I sped up and passed, resuming my prior controlled speed when a safe distance had been established. A few minutes later I was passed by this car again, and the cycle repeated itself.

All this time I was on the phone with my sponsee. Finally, I explained what was going on and what I planned to do if that car pulled this stunt again. With that, I asked my sponsee to say the Serenity Prayer with me. We did and, amazingly, or maybe not, the next time this car passed me it just kept going and I never saw it again.

The program works if you work it.

—Steve M.

...and a Green Dot

Being a World Service Business Conference delegate "Green Dot" (first-timer) proved to be invigorating, exciting, interesting, and intense. It was pretty wonderful being in rooms filled with recovering compulsive overeaters of all shapes sizes, colors, and nationalities. "Unity: Together We Can" was the theme, and I surely felt it.

The first thing I did after arriving was go to an OA meeting (held at least three times a day, every day during the conference) where I met an OAer from France and others from all over this country. We had no format but shared our experience, strength and hope.

My next adventure was the forum, "Unity Through Diversity: How Do We Bridge Our Differences?" There were 16 tables of 10, one topic or issue relating to unity at each table. My table's topic was Service. The subjects were lack of rotation (one person dominates a position), control issues, criticizing without knowing the facts, trying to control outcome, lack of volunteers (10% do 90% of the work). The questions we raised: How did it affect us in our program? How did we deal with these issues lovingly with others? Our table had six nations represented (Belgium, Canada, Finland, Israel, Sweden and the US). It was awesome how we were all very much the same in the principles and practice of handling these topics, the 12 steps in action.

The committee meetings where we worked on short- and long-term goals were informative. My committee was "The Twelve Steps Within."

Being one of the delegates to vote on the new business motions and proposed amendments brought before and from the board of trustees (one trustee from each of the 10 regions) was exciting. Being one of 208 voting delegates from all over the world, discussing, making motions, and doing business according to Roberts Rules was truly intense. I was proud to be a delegate from the MetroWest Intergroup, Region 6.

Region 6 had the most number of delegates attending, and our Region 6 chair, Margaret Ann, wrote and directed the wonderful entertainment we all enjoyed at the closing dinner dance.

"Service is the essence of life, service is not a part time thing you do in your spare time"

My thanks to MWI for sending me as a delegate to the WSBC. Everybody said it would be wonderful...and it was!!

—Virginia

Highlights from WSBC 2004 (from a Dot of indeterminate color)

- **“DIGNITY OF CHOICE” pamphlet passes by a 3–1 margin.** The 4-year debate over the "Dignity of Choice" pamphlet ended when delegates voted to approve the pamphlet by a 3–1 margin (2/3 vote required). This new piece of literature contains information on choosing a plan of eating that works for each individual, evaluating eating behaviors, and assessing the nature of the disease of compulsive overeating. It offers six sample food plans based on ones submitted by members and developed with a dietitian and a committee from WSO (these are only suggestions). The pamphlet will be published by August 1, 2004, and will include a list of related OA literature to reflect that the "Plan of Eating" by itself is not to be interpreted as working the OA program.
- **Non-OA Trustees proposal not acceptable.** Delegates voted down all three amendments to bylaws that would augment the Board of Trustees with three additional non-OA trustees.
- **OA Online Meetings a go.** Online meetings will now be registered and affiliated with WSO but will not be able to form and register as separate "cyber" intergroups or regions. Delegates approved this as a Policy motion after defeating two bylaw amendments on the same issue. Some procedural issues still need to be addressed.
- **Voting Delegates Approved Intergroup Conformity.** Intergroups registered before May 2001 must submit bylaws and list of groups to WSO for review by January 1, 2005, to conform to OA Bylaws and have representation at WSBC. An appeal process is now available.
- **Black/African American Men.** The Literature Committee is completing work on the black/ African-American pamphlet but still needs stories from black/African-American men. If you know of any black/African-American men with strong recovery in OA, please have them contact Naomi Lippel, c/o WSO, PO Box 44020, Rio Rancho, NM 87174-4020 or < nlippel@oa.org >.

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:
Internet:
www.oa.org

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

FIVE IMPORTANT POINTS for a RECOVERY from RELAPSE MEETING

1. Is there a need for an R&R meeting (and committed OAs willing to do service, i.e., start and maintain a meeting)?
2. What does it take?
 - a. Location (time of day)
 - b. Publicity (support from Intergroup and other meetings)
 - c. Literature (source: TSW handbook)
 - d. Format (source: TSW handbook)
3. How do we keep relapsers coming back?
 - a. Encourage members to do service for the meeting (secretary, leader) as a commitment to the survival of the group.
 - b. Invite members to support each other with the recovery insurance policy (have extra copies available).
 - c. How can we help each other? (sponsorship, hugs)
 - d. Keep a telephone list and encourage members to call each other.
4. How do we keep the meeting fresh and interesting?
 - a. Try a new and different format.
 - b. Read from A New Beginning: Stories of Recovery from Relapse. Encourage all members to share on the story.
 - c. Invite members with long-term abstinence to attend and share their difficulties in relapse as well as their experience, strength, and hope in recovery.
5. How do we encourage all who are in recovery from relapse?
 - a. Keep your goals simple.
 - b. Ask your Higher Power for help.
 - c. Let go and let God.
 - d. Each day is a new beginning.
 - e. Lighten up on yourself.
 - f. Use the tools of recovery.

Feb-Apr 2004 7th Tradition:

19132 Ashland Sat. 10AM \$100;
19695 Boston Sat. 9AM \$200;
05960 Boston Sun. 10AM \$100;
10748 Boston Sat. 11AM\$70;
21664 Brookline Sun. 6PM \$450;
47285 Brookline Thu. 7PM \$145;
18990 Framingham 4PM \$132;
15043 Framingham Sun. 7PM \$118;
22935 Framingham Sun. 10AM \$50;
12877 Framingham Thu. noon \$14.65;
18980 Holliston Mon. 7PM \$62;
32696 JP Sun. 9AM \$387;
45933 JP Tue. 7:15AM \$138;
24451 Southboro Fri. 10AM \$50;
39733 Sudbury Tue. 7:30PM \$106