

The *TRUSTED SERVANT*



Metro West Intergroup
P.O. Box 600
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Winter 2004-2005

NEWSLETTER AND MEETING LIST

What's Up?!

- Nov. 24, 25 Thanksgiving Sharathons: St. Elizabeth's Hospital, Brighton. Wed. 7–9 PM in auditorium; Thurs. 9 AM–12 in Conference Room 1. Contacts: Judy C. (617-527-1705) or Dinan (617-718-7039).
- Metro West Medical Center, Lincoln St., Framingham. Wed. 7–8 PM (regular meeting, doctor's dining room); Thurs. 9 AM–12 in 1st floor auditorium. Contacts: Lisa M (508-881-2996) or Jean (508-881-4372).
- Lawrence Memorial Hospital School of Nursing, Medford. Thurs. 8 AM–4 PM. Thankathon, sponsored by Mass Bay Intergroup.
- Jewish Health Care Center, 629 Salisbury St, Worcester. Thurs. 9 AM–12. Contact: Linda (508-867-2308). Sponsored by Central Mass Intergroup.
- Dec. 21 MetroWest Intergroup meeting. (Meets the third Tues of each and every month.) Newton-Wellesley Hospital, Allen Riddle Bldg. Room 100. 7–8:30 PM
- Jan. 14–16 12-Step Retreat, sponsored by NH Intergroup. Bedford, NH. Info: (603) 434-7578.
- Jan. 28–30 Winter Retreat, sponsored by Mass Bay Intergroup. Franciscan Center, Andover. \$135. Contact: Carol (781-279-4793).
- Feb. 26 Unity Day. 2:30 PM Eastern Standard Time.
- Mar. 18–20 OA Big Book Study Retreat, sponsored by Westchester United Intergroup. Mariandale Retreat & Conference Center, Ossining, NY. Info: <www.oawestchester-ny.org>.
- Apr. 22–24 Spring Retreat, sponsored by MetroWest Intergroup. Grotonwood Retreat Center, Groton. Stay tuned for more details.

Food for Thought

Meeting Changes:

- Friday West Concord meeting is cancelled.

Message from Prue S. and Ed S. We want to thank MetroWest Intergroup for giving us the honor of doing service at the regional and national levels. It was a wise sponsor who suggested doing service but also warned against becoming a "service junkie." Keeping the same service position for too long is a disservice. Rotation of service is important. New members need to have the opportunity to get involved and gain the benefits of service.

Ring in the New. Members looking for a New Year's Day meeting are encouraged to attend one of the regularly scheduled Sunday meetings: St. Elizabeth's Hospital, Brighton at 9 AM and 11 AM; St. Cecilia's, Ashland at 10 AM; or Metro West Medical Center, Framingham at 4 PM.

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

Highlights from The Fall Region Six Assembly, October 2, 2004

(from report of outgoing Secretary, Beth B. (Western Mass IG), adapted by Prue S. and Ed S.)

Thirty-five intergroups were represented by a total of 68 delegates plus five Region 6 Officers for a total of 73 members. Margaret Ann B. (Chair, MetroWest IG) opened the Assembly and mentioned that the Board's plan is to offer Region 6 morning workshops focusing on manuals available from OA World Service. Tina C. (PI/HIPM Chair, North Shore IG) introduced the workshop about the HIPM (Hospitals, Institutions, Professionals, Military) manual. The purpose of the manual is "to offer methods, strategies, and step-by-step guidelines to OA members for contacting professionals in positions to refer compulsive eaters to Overeaters Anonymous."* Presentations were made by Helen (New Brunswick IG) about the professionals; Howard B. (New Hampshire IG) for working with Institutions; Mary (NYS Capital District IG) regarding health fairs; and Tina C. concerning panel discussions about OA. This was followed by meetings of Assembly representatives. Representatives either brought their intergroup's HIPM manual or were given or paid for a copy. Committee reports are as follows:

- **Finance Committee.** Met and reviewed the audit.
- **Intergroup Committee.** Established a subcommittee to create an Intergroup quilt. Discussions continued about contacting intergroups whose member hadn't attended at this Region 6 Assembly. They are also creating a flyer to introduce Region 6 with its function. The committee will review the Region 6 Handbook on the Region 6 Web site.
- **Convention Committee.** Reported that 440 people registered for the October 2004 Region 6 Convention. The 2005 Region 6 Convention slated for New Hampshire has 70 volunteers and 12-15 Committees. A representative asked the Committee to approve the request of advance of \$650 for Convention needs. Keynote speaker applicants for the 2005 Convention are requested to send tapes of themselves, to be reviewed at the R6 Spring Assembly. Guidelines state that speakers need three years of continuous abstinence. Tapes must be recent, made at an OA meeting, and focused on OA experience and recovery.
- **Newsletter Committee.** Reviewed the last *Messenger* issue produced by the Committee. They also discussed translating *The Messenger* into French. Two members of the Committee volunteered to write and edit the translation.
- **PI/HIPM Committee.** Met; no report.
- **Twelfth-Step-Within Committee.** Reviewed two- and five-year goals. Moved to a two-year goal the idea of the Sponsorship workshop with goal of presenting it at a future assembly. Other two-year goals: present the Meeting of the Month to intergroups, and have individuals motivate someone to start a Relapse Recovery meeting. Five-year goals: to put on a TSW project at the 2010 (OA's 50th anniversary) World Service Convention. Also a five-year goal is to encourage a TSW Committee member to adopt an intergroup without a TSW Committee.
- **Young People's Committee.** Discussed getting the message out to young people, since there is a lack of meetings and adult commitment. Goals at meetings: need flexibility of food plans, need for sponsors to be flexible. "Love and tolerance" is the code. We want young people to come to meeting and keep them there. Young people have unique needs:
 - questions and answers can be permitted by meeting format
 - sitting still may be difficult
 - kids need rides to meetings
 - since parents purchase food for young people, young people may not get what they need
 - emphasize doctor's approval of food plan
 - it is important to refer to HP rather than God
 - the anonymity message must be kept in simple language
 - important info should be shared with sponsors

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 Aug–Oct 2004

35562 Boston Mon 5:30 pm	\$ 20.00	32696 Jamaica Plain Sun 9 am	\$335.00
47285 Brookline Thu 7 pm	\$270.98	33239 Natick Mon 6 pm	\$150.00
13855 Brookline Mon 7:30 pm	\$450.00	10873 Natick Fri 7 pm	\$100.00
12877 Framingham Thu noon	\$ 15.00	18460 Natick Tues 10 am	\$150.00
18990 Framingham Sat 4 pm	\$ 46.75	03476 Needham Wed 8 pm	\$300.00
22935 Framingham Sun. 10 am	\$ 209.50	38114 Southboro Thu 7 pm	\$ 25.00
18980 Holliston Mon 7 pm	\$ 55.00	24451 Southboro Fri 10 am	\$ 40.00
31285 Hudson Wed 7 pm	\$ 35.60	40388 W. Roxbury Tue 7:30 pm	\$ 75.00