



The Trusted Servant

Fall 2006

YOU MAY HAVE NOTICED ...

that "The Trusted Servant" has changed a little bit. It is the result of the hand-off of responsibilities for editing our newsletter from Jane P. of Brookline, who did great service in this capacity for several years, to Michael P. of Arlington.

What's new:

◆ A new feature, "**My Home Meeting**," which appears on the next page. The idea is not only to help each other get to know about other meetings available to us all, but also to spread the word on meeting features that are making a difference.

◆ **The meeting list**, which used to be inserted inside the Servant, is now its back page. Please note that we now have an e-mail address to report alterations for the meeting list. It is meetings@metrowestoa.org.

◆ A **new address** for feedback to the editor of this newsletter, no matter who's doing the service at the time you write. You can use this address to seek corrections, suggest story ideas, or better yet, to offer to write a story for the next issue. The address: servant@metrowestoa.org.

THIRTY. FIVE. YEARS!

If it's Wednesday, it must be Needham

By Judy C. Newton

In September, the Needham Newcomers' Meeting celebrated its 35th anniversary. It is believed to be the oldest surviving meeting on the East Coast, whose seeds were sown in the first meeting on this side of the country.

The tale of its start has been pieced together from members' memories.

The Holliston meeting, the first OA meeting here, started when Bernice's husband was transferred from California for work. Bernice put an ad in the paper that attracted Ethel and introduced her to OA. They met in Bernice's house for awhile but when the group grew, it moved to a church in Holliston.

Some Needham members decided to start a group closer to home, and in 1971, they began meeting in a church on Great Plain Avenue in Needham, later moving to a temple on Central Avenue.

It was during this time, in 1979, that I came to the group. Back then, weight wasn't the media issue it is now. Most people who reached out for dieting help went to diet clubs such as T.O.P.S. (Take Off Pounds Sensibly), Weight Watchers, and Diet Workshop, which I attended. There was Ayds, a diet candy caramel that was supposed to fill you up before meals. I would eat the whole box, couldn't stop!

I got a sponsor and was given the gift of abstinence that first Wednesday

evening. I remember that it was dark and raining and I cried all the way there because I was afraid to drive and I couldn't find the temple. I know my Higher Power helped me get there because I just wanted to go home and eat. Instead I got a sponsor and 27 years of recovery from compulsive overeating and obsession.

In 1979, a rent increase caused us to seek another location and the Stephen Palmer Center was chosen. It has been a comfortable, welcoming meeting place to us ever since.

As our name implies, the Needham Newcomers' Group has long been very dedicated to welcoming newcomers and giving service to OA fellowship.

In 1987, the group held a share-a-thon that attracted 150 people to 24 workshops, and we repeated the event in 1988. In 1990 or '91 the group sponsored a retreat at a Rye Beach retreat center. It has sponsored several public-information events as well.

The group shared a meeting space for Metro West Intergroup's monthly meetings for many years, and its members have contributed many years of service at the intergroup level.

Our focus is still on the newcomer and has a newcomers' orientation as part of each meeting. We share on all the tools each week and we give out welcome tokens as well as chips for periods of abstinence.

Service, *n fr. L. servitium* **1 a** : Contribution to the welfare of others; **1 b** : Contribution to one's own recovery; **2 a** : Endorsed method for weight loss in Overeaters Anonymous, as in, "Service is slimming."

Every word of this newsletter was written, edited, composed, printed, and distributed by peers in OA who believe that when they do service, they get as good as they give. Are you doing enough service to support your recovery?

THINGS WE LOVE: The Traditions

Robert's Rules are a choice, not a rule for all

By Diane S.

Brookline

Q: Do the OA Traditions require the use of Robert's Rules of Order when conducting a business meeting?

A: No. Robert's rules of order are guidelines for meeting conduct that are based on parliamentary proceedings.

The formal use of motion, discussion, amendment, debate, and voting are the basis for Robert's rules of order. Some OA groups decide to use a variation of these guidelines for their business — or “group conscience” meetings — but such use is not required.

Each group is free to decide how to conduct its business meeting, because according to Tradition Four, “Each group should be autonomous except in matters affecting other groups or OA as a whole.”

The size of the group or the type of item being discussed may determine the degree of formality needed. A suggested format that does not include formal decision-making

methods is available for groups to adapt and use, at www.oa.org/pdf/GroupConscience.pdf.

The suggested format emphasizes the fact that consensus — not majority vote — is the basis for decision-making in an OA business meeting.

For example, in the case of a lack of clear consensus on a matter, it is suggested that the chair of the business meeting ask the group,

The suggested format emphasizes the fact that consensus — not majority vote — is the basis for decision-making in an OA business meeting.

“Does anyone have an idea of how to develop our informed group conscience in this situation?”

Solutions used by groups to reach consensus include appointing a committee to discuss the issue and make recommendations to the group, trying out the proposed activity for a limited time and deciding whether to continue at a scheduled meeting in the future, and discussing changes to the proposal that might address the concerns of those opposed to it.

OA, and other 12-step groups, are unique in the reliance on an informed group conscience to make the best possible decisions for each individual group.

Sources: *Overeaters Anonymous. AO Guidelines: guidelines for a group conscience meeting.* Available at: <http://www.oa.org/pdf/GroupConscience.pdf>. Accessed July 2006.

Robert's rules of order: summary version. Available at: <http://www.robertsrules.org/>. Accessed July 25.

THINGS WE LOVE: My home meeting

I hear what I need to hear

By Amy P.

Sudbury

I love the Sunday morning Big Book meeting in Framingham (10 a.m., *MetroWest Medical Center, 115 Lincoln St., 1st floor*).

Why?

Because I love the Big Book!

This format never fails to give me exactly what I need: experience, strength and hope, as it was written by AA's founders. We take turns reading two paragraphs at a time, and after each two, the meeting is open for sharing.

There is such a joy and a lightness in that room, as together we bridge the past to the present, finding that what was written in the '30s, about alcoholism, is absolutely dead on today regarding the disease of compulsive overeating.

Who knew?!

I don't always know where the group will be at in the reading on any given week, but oddly enough, (and by no coincidence I am sure), it is usually what I need to hear.

Case in point: A few weeks ago I returned after three meetings away. The group was up to the chapter “To Wives.” My first thought was, “Bummer; I don't really need this; wish they were up to something else, wish I had chosen a different meeting today, etc., etc.” (Just a sampling of my own best thinking...)

“Well, God,” I grumbled in my head, “You brought me here, so just show me what you want me to hear today.” Meanwhile, I'm still second-guessing God, thinking He has an outdated meeting list.

I sat down. I listened. “... Seed has started to sprout in a new soil, but growth has only begun. ... Many of the

old problems will still be with you. This is as it should be.” No coincidence that I had been working on my 6th Step at the time, looking at my major defect of pride, of my tendency to be a know-it-all.

And I'd thought I didn't need to be there! What relief I felt upon hearing, “This is as it should be,” for I was reminded that I am not in charge, and that I am on the right path, and that I am not alone.

This is just one example of many. Come visit sometime — it could be exactly what you need to hear.

My Home Meeting is a regular feature of “*The Trusted Servant*.” If you like your home meeting, please consider sharing about it in a future issue. Write to servant@metrowestoa.org for details.

HAPPY FEET

Fellowship, fun, and ... dancing!

By Steve M.
Ashland

I am the Great Procrastinator. What could make me plan ahead, write a check, address an envelope or two, fill in a registration form?

The 2006 Region 6 Convention in New York's Catskill Mountains can!

This will be my third convention but the first where I've signed up to attend from the first day to the last. Why do I return? Well, there are a few reasons.

◇ First, the workshops are great. Many topics and lots of recovery to hear and learn from. I love the OA meetings. New faces and new stories. Always something to identify with.

◇ Then, there are the people. I get to connect with OAs that I might only see once a year, at events like this.

◇ The banquet on Saturday night is fabulous. It's a wonderful time for sharing recovering, talking, laughing and, just so I don't forget about it,

MIRACLE IN THE MOUNTAINS: LIBERTY AND RECOVERY FOR ALL

Friar Tuck Resort and Convention Center, Catskill, NY

Oct. 27-29

◇ Hotel rates vary. Registration is \$35. Saturday daytrippers can purchase lunch and banquet tickets separately.

◇ Service positions may still be available.

◇ For more information, go to OARegion6.org

dancing! My own story was that I was always afraid to dance because I was heavy my whole life. In 2004 at the convention in Cape Cod I danced, by choice, for the first time in my life and I loved it. What a gift.

Please join me and OA's from all over the region and world at this years convention, October 27-29.

I'll see you on the dance floor.

LOOKING AHEAD

Convention may come here

Events in mid-September might lead to the OA Region 6 Convention coming to the South Shore in 2008 or 2009.

South Coastal Mass. Intergroup, which is proposing to host the event, was to vote Sept. 10 on whether to propose itself to Region 6 the following week. If the group voted yes, delegates to the assembly in Albany were to vote on the proposal Sept. 16.

This would be the third time the convention would come to the state this decade. It was held in Danvers in 2000 and in Hyannis in 2004.

Plenty of service opportunities will ensue if the proposal is approved. To learn more, contact South Coastal Mass. Intergroup at scmi@adelphia.net or call 781-834-7708.

Stay tuned for more information.

OTHER RECOVERY EVENTS OF INTEREST

Back to Basics Workshops

Saturday, Sept. 23, 2-5 p.m.
Hollis Congregational

Church, Monument Square,
Hollis, NH

Contact Howard 603-886-1928 for directions, and Pam 603-424-6349 for information about the program.

Sponsored by New Hampshire Intergroup

Relationship and Recovery Workshop

Saturday, Oct. 7

St. Andrew's Episcopal Church

Parish House

354 Main St., Hopkinton, NH 03229

For more information, call Diane L. 603-746-3173

Sponsored by New Hampshire Intergroup

There is a Solution: A Weekend Walk Through the Steps

Friday, Oct. 13-Sunday, Oct. 15

Marie Joseph Center, Biddeford Pool, Maine

\$145; registration deadline: Sept. 23

Sponsored by Southern Maine Intergroup

Contact: Pat, 207-236-4101

OA "Big Book" Step Study Weekend Retreat

Friday, Nov. 17-Sunday, Nov. 19

Wonderland Retreat Center, Sharon, Mass.

\$170 for semiprivate room, private bath, and six meals

Sponsored by South Coastal MA Intergroup

Contact South Coastal MA IG, 781-834-4447 or 877-317-2111 (out-of-state toll free line)

MEETING CONTRIBUTIONS

May through August, submitted by treasurer Julie C. of Medway

Group	Total	Group	Total
Ashland Sat 10AM	\$101.65	Marlboro Mon noon	\$4.00
Boston Mon 5:30PM	\$20.00	Natick Tues AM	\$117.65
Brookline Thurs PM	\$138.00	Newton Fri Noon	\$100.00
Brookline Mon PM	\$200.00	St. E's Brighton Sat 9:30AM	\$50.00
Framingham Sat 4PM	\$88.00	Somerville Tues PM	\$75.00
Framingham Sun 7PM	\$120.00	Southboro Fri 10AM	\$100.00
Framingham Wed 7PM	\$150.00	Southboro Thursday PM	\$100.00
Framingham Sun 10AM	\$104.51	Sudbury Tues 7:30pm	\$235.00
JP Sun 9AM	\$548.00		

OA online

◇ metrowestoa.org: Minutes of the most recent Intergroup meeting; the agenda for the next one (see "About OA"); meeting and event information; and more.

◇ oaregion6.org

◇ oa.org

THE MEETINGS OF METROWEST

BY TOWN

Acton Tues **NEW!**
Ashland Sat
Boston Sun, Mon
Brighton Sat
Brookline Sun, Mon, Thurs
Cambridge Fri, Sat
Framingham Sun, Wed, Sat
Holliston Mon
Hudson Wed
Jamaica Plain Sun, Tue
Marlboro Mon
Natick Mon, Tue, Thurs, Fri
Newton Fri
Needham Wed
Somerville Tue
Southboro Thurs, Fri
Sudbury Tue
West Roxbury Tue

SUNDAY

Boston 10 am, Speaker/
Discussion, Our Lady
of Victories Rectory, 27
Isabella St.,
Woody: 781-393-2518
Brookline 6 pm,
Speaker/Discussion, First
Presbyterian Church, 32
Harvard St., basement
Michael: 781-777-9772
Framingham 10 am, Big
Book, MetroWest Medical
Center, 115 Lincoln St., 1st
floor
Amy: 978-443-3690 ☯
Framingham 7 pm,
Speaker/Newcomer
MetroWest Medical Center
1st Floor, 115 Lincoln St.,
Susan: 508-405-4544 ☯
Jamaica Plain 9-10:15 am,
Speaker/discussion (T) ☯
Farnsworth House, 90
South St.
Marthajoy: 617-277-9838 ☯

MONDAY

Boston 5:30, Step, Paulist
Center, 5 Park St., 3rd floor
library
Barbara: 617-523-7285
(T) ☯
No meetings on holidays
Brookline 7:30 pm,
Women's, First Presbyterian
Church, 32 Harvard St.,
basement. (T)
Emily: 617-512-2150
Holliston 7 pm, Step/
Tradition, 1st Congregational
Church, Route 16/
Washington Street, 1st floor
Donna: 508-429-9565
Marlboro Noon, Step,
Marlboro Library, West Main
Street,
Prue: 508-485-7227
No meetings on holidays
Natick 6 pm, Step AA12/12
Morse Institute Library,
Route 135.
Wendy: 774-217-1972 ☯ (T)

TUESDAY

Acton 7:15 am, West Acton
Baptist Church, 592 Mass
Ave. Steve: 508-277-1662
Natick 10 am, Speaker
Temple Israel, 145 Hartford
St., Donna: 508-429-9565
Jamaica Plain, 7:15 am,
Big Book ☯
Municipal Building, 20 South
St., Vivienne: 617-522-3090
Somerville 7:30 pm,
Speaker (Step on 2nd
Tuesday), United Methodist
Church, 14 Chapel St. at
College Avenue
Michael R., 617-945-1419
Sudbury 7:30-8:45 pm,
Speaker/Meditation/
Newcomer, St. John's
Lutheran Church, 16 Great
Rd. (corner of North Road
and Route 117)
Susan: 978-897-7652
West Roxbury 7:30 pm.
Step, VA Hospital, 1400
VFW Pkwy, Room A217,
2nd floor
Mary: 617-323-1420 ☯

(T) Accessible by public
transportation

☯ Accessible for special
needs

WEDNESDAY

Framingham 7 pm,
Speaker, Metrowest Medical
Center, 115 Lincoln St., 2nd
floor
Lisa M: 508-881-2996 ☯
Hudson 7 pm, Step,
1st United Methodist
Church, Felton and
Pleasant streets
Suzanne A.: 978-562-
1366 ☯
Needham 6:45 pm,
Literature/steps/traditions
Stephen Palmer Center,
May and Pickering streets,
basement.
Judy: 617-527-1705
Park on street ☯
Needham 8 pm, Speaker/
newcomer, Stephen Palmer
Center, May and Pickering
streets, basement.
Judy: 617-527-1705
Park on street ☯

THURSDAY

Brookline 7 pm, 100-
pounders, First Presbyterian
Church, 32 Harvard St.,
main floor.
Rachel: 617-323-2770
Natick 10 am Step,
Temple Israel, Hartford
Street, 1st floor
Fran: 508-653-4840
Southboro 7 pm, H.O.W.
St. Matthew Parish, 105
Southville Rd.
Virginia: 508-881-8922

FRIDAY

Cambridge 7 am, Big Book,
Youville Hospital, 1575
Cambridge St., center 1
conference room,
Sharon: 617-970-8187 ☯
Natick 7 pm, Step,
Metrowest Medical Center,
Leonard Morse Campus,
Union Street, 2nd floor
conference room,
Victoria: 508-647-4732 ☯
Newton Noon, Discussion,
Elliot Church, 474 Centre
St.
Constantine: 617-562-8642
Park on street ☯
Southboro 10 am, Big
Book, Southboro Library,
Routes 30 and 85,
Bruna: 508-481-9417 ☯

SATURDAY

Ashland 10-11:30 am,
Speaker, St. Cecelia's
Family Center, 54 Esty St.,
Mary: 508-429-2813 ☯
Brighton 9:30 am, Step
Study, St. Elizabeth's
Hospital, Cambridge Street,
4th floor hospitality room.
Joanne: 617-787-5548
Suggested fragrance-free
(T) ☯
Cambridge 5:30 pm, Big
Book, First Congregational
Church, 11 Garden St.,
Michael R., 617-945-1419
☯
Framingham 4 pm,
Discussion,
Metro West Medical Center,
115 Lincoln St., 1st floor
auditorium
Judy: 508-842-2409 ☯

Meetings last an hour; exceptions noted. To alter your meeting's listing, drop a line to meetings@metrowestoa.org.