



The Trusted Servant

Summer 2007

WSBC 2007

'What you hear here, bring it home'

Steve M. of Ashland again blogged about his experiences at the World Service Business Conference, which he attended as a MetroWest delegate. The full text is at metrowestoa.org/wsbc2007, but for the "Trusted Servant," he offered a quick list of highlights.

- 201 delegates and trustees came from around the world.
- Region 6, our region, sent the largest delegation to WSBC again this year.
- We come to conduct the business of OA but we stay for the OA meetings and workshops. Incredible experience strength and hope in these rooms.
- The pamphlet "Black OA Members Share Their Experience, Strength and Hope" was OK'd and should be available in the fall.
- An updated version of "A Guide for Sponsors" should be available in the fall. It includes a unique set of 30 questions for Newcomers.
- The fellowship approved a

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GIVING AND GETTING

Help comes from an unexpected place

Jean E. was a first-time delegate to the Region 6 Assembly, which was April 14 in Albany, where it is held twice a year.

By Jean E.

Ashland

I'd thought that all they did at these assemblies was voting and parliamentary procedure, but during one break in the proceedings, everyone was given a topic to write on, if they wanted to. The assignment was "How do I apply the principles of the program in my daily affairs"? After the event, I agreed to the service of typing them up to be shared. Just put them in a file, that's all. Not what I thought about what people had written or whether I thought they'd missed the mark. I'd had my chance to write while I was in Albany.

So today while I am typing, I am having a problem with a personal situation that involves several family members about several issues. And while I am typing these short essays, I'm realizing these issues are all about how people don't show how important I am in their lives. And because I am doing service to OA, the more I type the more I see how these apply to my situation.

One member wrote: "I am grateful for this 12 Step way of life and the new principles that I am learning, one day at a time. Before doing OA service work I pray and ask my Higher Power for help and I tell myself that doing service is about being helpful, about staying

abstinent, and not about getting my own way."

Another said: "'Let Go and Let God' has been the most valuable principle I use daily. Before program I spent a lot of time and energy on situations out of my control. My sponsor always says, 'Do what you can and let go of the results.' It is amazing how freeing it is to let go. Guilt, fear, anxiety are no longer the majority of my feelings on a daily basis. For this I am grateful."

And another wrote: "Through working the steps and acquiring their principles I have become honest in dealing with myself and others. I now have hope that things will work out the way they are supposed to and I have enough faith to "Let Go and Let God." I have become more sociable and less isolated through working the steps and I have courage to approach life with a positive attitude and to take risks, such as going to college. All of the above contributed to my integrity and has made me a more approachable, trustworthy person."

Still another said: "When agitated I pause and ask God what the next right thing is to do. Then many times during the day I say, 'They will be done.' " I have to say that at the end of the time I'd given myself to transcribe these writings, I was feeling pretty serene. I did not resent my brother for not inviting me to a family party that was being held at

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¹Service, 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. Is there any room in your program to do a little more service?

THINGS WE LOVE: My home meeting

We got smaller, and grew closer

By Ed R.
Brookline

About five years ago, a program friend who was very important in my early recovery told me about the Sunday morning meeting in Jamaica Plain (9 a.m., Farnsworth House, 90 South St., speaker/discussion). I wanted to check it out, but before I got the chance, I was asked to qualify there.

Instantly, I could see the friendship and fellowship that my friend had talked about. It didn't matter whether you had one day of abstinence or 20 years in program, you were treated equally. I soon saw that people were supported not only during the meeting, but after it and through the week. It didn't make any difference if someone was looking at the gift of desperation, was having a family crisis, or was suffering from terminal cancer. We were there for each other.

A Higher Power moment came about three years ago. The meeting had been gathering in a large room for years; after all, we usually had between 40 and 50 people. The heat went out and we moved to the library, half the size of the original but more comfortable. To fit everyone in we had to reconfigure the meeting, which brought us physically closer. When the warm weather returned, group conscience kept the meeting there because that physical closeness had created emotional and spiritual closeness as well.

This meeting to me has great tradition, and I feel proud to help it

“Physical closeness had created emotional and spiritual closeness as well.”

continue. The name of our meeting is “Healthy, Wealthy, and Wise.” The meeting has indeed contributed to my health, enriched me through OA fellowship, and made me wiser by helping me to see that I can't do this program alone.

Our format calls for a speaker to qualify, and after that, we have open sharing on the positive aspects of abstinence. We reserve the last 15 minutes for newcomers or for people whose abstinence is in jeopardy.

The meeting brings together OA members from all over, but especially those living in Jamaica Plain, West Roxbury, Roslindale, and Brookline. Individuals that I see at different meetings during the week all seem to congregate here. (By the way: Note that we're at 90 South St. in Jamaica Plain, not South Street in West Roxbury, Roslindale, or Brookline. Farnsworth House is the tallest building on the street, and there is ample parking in the school lot on Child Street, which runs up side of the property.)

When we close the meeting, we stand, hold hands and say the Serenity Prayer. I truly feel that when I leave the meeting, I carry along with me the strength of everyone there.

Helped by agreeing to do service

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the same time. I was not consumed with negative thoughts about how I had done nothing to warrant this treatment and that I was a pretty good person.

Instead I'd decided that a prayer to my Higher Power was the answer. Letting go of the situation was the answer, because I truly had not

created the situation. Acknowledging that until I accepted the situation, I would not have peace. And I know what happens with the food when I dwell too long in an unpeaceful place.

The people who wrote their thoughts on “How Do I Practice These Principles in My Daily Affairs” showed this to me this afternoon. Never underestimate the power of the HP. Help comes when I least expect it.

UNITY IN ACTION

South Coastal says thanks for all the support

Many members are aware that South Coastal Intergroup suffered severe financial losses when a trusted servant misused his position. Individual OA members and some meetings have reacted to the loss by taking special collections to help South Coastal bear the loss. Recently, MetroWest Intergroup received this letter:

Dear Sisters and Brothers in MetroWest IG:

Words do not do justice to the gratitude we feel towards you and the support we feel from you.

Thank you to your members who made the little works of art that we all are using for bookmarks. We carry you in our books and in our hearts. Thank you to your members who have helped our Intergroup through this difficult financial and emotional time as we continue to reel from the damage done by our former trusted servant (as large new unpaid bills continue to surface).

We find our spirits are buoyed by the generosity of the heart of Metrowest Intergroup in particular.

The actions of your intergroup — creating this fundraiser, supporting this fundraiser, and passing the basket just for our Intergroup — take on a special meaning for us. As the result of your actions, we feel hope that we will eventually be able to wipe out our debts, but even moreso we feel emotionally and spiritually supported. Though we are still financially impoverished — last week we received another almost \$5,000 unpaid bill from a 2005 retreat -- we are emotionally and spiritually strong, thanks in large part to the actions of the members of MetroWest Intergroup. You have truly extended the hand and heart of OA.

Thank you.

Margie P
*Corresponding Secretary
South Coastal MA Intergroup*

YOU MAY HAVE WONDERED

Why do people bother with intergroup, anyway?

By Diane S.
Brookline

MetroWest Intergroup has been looking at ways to bring more participants — you, perhaps? — to the monthly intergroup meetings. The group recently polled OA members who do attend, and here are some of their answers:

What prompted you to go to your first Intergroup meeting?

- I was coming off a relapse and wanted to “firm up my foundation.”
- I want to do service at the next level.
- Some intergroup members came to my home meeting and talked about MWI. I decided to try it.
- A new meeting started up and needed an intergroup rep. I volunteered.
- I was asked to accompany a friend to an MWI meeting.
- My sponsor told me to!
- Someone whose recovery I respected talked about intergroup — I went because I wanted what she had.

What are the benefits of attending intergroup?

- It strengthens my program and supports my abstinence.
- It's a great opportunity to do service.
- I learn new ideas to share with my meeting.

WHAT INTERGROUP DOES:

Plans ways to carry the message of recovery to other compulsive overeaters — by ensuring the meeting list is up to date; by sponsoring retreats, workshops, and public information events; and by communicating with other intergroups.

Takes in meeting contributions, passing portions to Region 6 and World Service. The money that stays here supports local outreach, funds events, sends delegates to region and world assemblies, and other efforts.

WHAT REPS DO:

- Bring questions, (e.g., “How do we find someone to lead a group inventory?”)
- Raise concerns, (e.g., “Our group needs support from additional members.”)
- Spread information (“The Sunday and Monday night Brookline meetings will be changing location.”).

- I get to meet fellow OAs from other parts of the MWI territory.
 - I've learned what OA does behind the scenes.
 - It keeps OA healthy.
 - It's an honor to represent my meeting.
 - I found a sponsor!
- Speaking for myself, I can say that attending intergroup meetings and doing service at the intergroup level strengthens my recovery like

nothing else. I consider it an extra OA meeting, and I always leave intergroup meetings feeling like my feet are firmly on recovery ground. I love getting to know OAs outside of my locale and hearing what OAs in other intergroups are doing to support OA.

I also love digging in and using my individual skills and interests to help OA:

- I like to write and had questions about the OA Traditions, so I volunteered to write a column for the “Trusted Servant” on them. Whenever I had questions, fellow MWI members were always there to help!
- I like walking in the woods, so I helped plan an OA walk last July that turned out to be a really enjoyable way to get to know my fellow OAs.
- I learned that some meetings place notices in their local newspaper, so I wrote up a little template for meetings to use when contacting newspapers.

Being able to follow through on these projects from conception through completion feels like gift from my Higher Power.

In my disease I wasn't able to give — I was emotionally depleted and my thoughts were focused 24/7 on food. It feels so good to be a contributing member of society and of OA. It feels good to give back!

Everyone is welcome to come to intergroup meetings, whether an official group representative or not. Why not give it a try?

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public awareness campaign to be developed by an outside firm and reviewed and approved by our board of trustees (who will be responsible for protecting the Traditions). This fund will be seeded with \$20,000; ongoing support (including repaying the seed money) will be through special fund-raising separate from our 7th tradition.

• After much discussion, all the motions aimed at creating an OA service structure for on-line and telephone meetings were defeated and sent back to the bylaws committee for work. My sense is that an overwhelming majority of the fellowship wants to include these meetings in the service structure but

these motions were not the right path forward. I hope next year's motions are clear, simple, and approved.

- The proposal to replace the word “Him” with “God” did not pass but got more votes than I would have guessed.
- Thanks for sending me to do this service!

MEETING CONTRIBUTIONS

December through April, submitted by treasurer **Julie C.** of Medway

Meeting	Amount	Meeting	Amount	Meeting	Amount
Ashland Saturday 10 am	\$150.00	Framingham Sunday 7 pm	\$100.00	Natick Thursday 10 am	\$84.43
Brookline Sunday 6 pm	\$200.00	Framingham Sunday 7 pm	\$75.00	Needham Wed 6:45 pm	\$300.00
Brookline Mon 7:30 pm	\$109.00	(Meeting for Ethel)		Newton Fri Noon	\$109.37
Brookline Thursday 7 pm	\$195.00	Framingham Sunday 10 am	\$121.86	Newton/intergroup	\$65.50
Boston Sunday 10 am	\$155.00	Framingham Saturday 4 pm	\$146.78	Somerville Tues 7pm	\$350.00
Boston Saturday 9 am	\$130.00	Framingham Wed 7 pm	\$150.00	Southboro Fridqy 10 am	\$40.00
Boston Monday 5:30 pm	\$35.00	JP Sunday 9 am	\$750.00	Sudbury Tuesday 7:30 pm	\$100.00
Cambridge Sat 5:30 pm	\$50.00	Marlboro Mon noon	\$35.00	West Roxbury Tues 7 pm	\$100.00

BY TOWN

Acton Tues
Ashland Sat
Boston Sun, Mon
Brighton Sat
Brookline Sun, Mon, Thurs
Cambridge 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 Mon, Tue

♻ Accessible for special needs

Ⓣ Accessible by public transportation

SUNDAY

Boston 10 am, Speaker/ Discussion, Our Lady of Victories Rectory, 27 Isabella St., Woody: 781-393-2518
Brookline 6 pm, Speaker/Discussion, All Saints Church, 1773 Beacon St. (new location as of June 10) 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 Ⓣ Marthajoy: 617-277-9838 ♻

MONDAY

Boston 5:30 pm, Step, Paulist Center, 5 Park St., 3rd floor library Barbara: 617-523-7285 Ⓣ ♻
No meetings on holidays
West Roxbury 6 p.m., Speaker/Topic with HOW focus, Emmanuel Episcopal Church, 21 Stratford St. Judy 617-512-4090
Brookline 7:30-8:45 pm, Women's Focus, Temple Kehiilath Israel, 384 Harvard St., Novakoff Hall. Ⓣ (new location) Emily: 617-512-2150
Holliston 7 pm, Step/ Tradition, 1st Congregational Church, Route 16/ Washington Street, 1st floor Debra, 508-881-0381
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, Rt. 135, Wendy: 774-217-1972 ♻ Ⓣ

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 F.: 508-429-5201
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 Elaine, 617-876-6470
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 ♻

WEDNESDAY

Framingham 7 pm, Speaker, Metrowest Medical Ctr, 115 Lincoln St., 2nd floor, Lisa M: 508-881-2996 ♻
Hudson 7 pm, Step, 1st United Methodist Church, Felton and Pleasant, 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-Pounder Focus (all welcome), First Presbyterian Church, 32 Harvard St., main floor. Rachel: 781-894-0707
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

NEW The monthly intergroup meeting has moved, and a feature has been added. The day is still the third Tuesday of each month, but everyone now meets at 6 p.m. for fellowship and dinner (b.y.o.) at the Stephen Palmer Senior Center, corner of Pickering and May streets in Needham. The business portion starts at 7. All are invited and most welcome.

FRIDAY

Natick 7 pm, Step, Metrowest Medical Center, Leonard Morse Campus, Union Street, 2nd floor conference room, Victoria: 508-647-4732 ♻
Newton Noon, Discussion, Eliot 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 Ⓣ ♻
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 ♻