

October 2007 South Coastal MA IG Letter

Dear Secretary: Please read at meetings throughout October.

Message from the Chair:

I was bowled over by the power of recovery recently when I took part in the Region 6 Assembly. More than 80 OA members trekked to Albany from all six New England states, every part of New York and the far reaches of Eastern Canada to help our regional organization run even more efficiently.

Not only was I astounded by the commitment of all these people but I was even more astonished by the positive physical manifestation of their commitment. You see, I was with many of these same people five months earlier at the Spring Assembly and what was evident was that a large percentage had lost a good deal of weight and many more had maintained and toned up since our last get-together.

My informal survey turned up the fact that these people had worked hard with their sponsor to “tighten up” their programs. Not only did they get more honest about sticking to a healthy food plan, but they also increased prayer, meditation and work at the group, Intergroup and Region levels. In short, these people demonstrated to me once more that service indeed is slimming.

What I also took away from the Assembly was the strength of OA in our Region. We have 1,000 individual groups who meet weekly in Region 6, including approximately 250 in Massachusetts alone –29 of which are in the South Coastal MA Intergroup. Clearly, we all need only to reach out for help in this area in order to grasp hold of recovery. So put your hand in ours and together we *will* do what we were never able to do alone.

Start by going to meetings in person, by phone or online. They’re listed on our web site: <http://home.comcast.net/~southcoastal.mi>. If you have any pressing questions, e-mail us at southcoastal.mi@comcast.net, write us at SCMI, P.O. Box 336, Hull, MA 02045-0336 or call the SCMI phone number, (781-925-1903.)

We look forward to seeing you in person, on ***Saturday, November 17, 12:30 p.m.*** at a location that will be forwarded to you by November 1. It will be more centrally located for access by all OA members wishing to participate at the Intergroup level.

In gratitude for allowing me to do service,

Gil

Gil P., Chair, South Coastal MA Intergroup Board