

January • February 2015

CT Intergroup



OVEREATERS ANONYMOUS®



www.connecticutoa.org

KEEPING CONNECTED

WHAT'S HAPPENING?

- Saturday, January 10, 2015
8:30am-3pm

Western Mass Intergroup Marathon
"Unity in Diversity"
St. David's Episcopal Church,
699 Springfield St., Feedings Hills, MA
SNOW DATE: ***(JANUARY 17TH)**

- Friday, January 16, 2015
6pm-7pm

Source of Hope - Anniversary Meeting
Congregational Church
488 College Highway (Route 10/202),
Southwick, MA
Candlelight Meeting
Celebrating 9 Years

JANUARY 18TH, 2015 OA'S 55TH ANNIVERSARY

Saturday, February 28, 2015, 2:30pm EST
OA UNITY DAY: This moment is celebrated around the world every year... Take a few minutes to think of our OA Sisters and Brothers around the world.



- October 23-25, 2015

Friday-Sunday Region 6 Convention
Hilton Hotel Hartford, CT



Production: Judi G,
Laurie T. & Janet N.

Submit to: artistjudi@sbcglobal.net

It's All Good!

My sponsor is a wonderful guide on this road of recovery. She is a good example of the use of the principles in all our affairs.

My recovery started the day I got a sponsor. This relationship breathed life into the primary purpose of OA and highlighted the process for me. It emphasized the importance of using the tools, working the Steps and doing the footwork, while gaining focus on my Higher Power's will for me.

I am grateful for her generosity in sharing her experience, strength and hope with openness and honesty. Her humility taught me to understand that we are all works in progress and no one among us is perfect. Our best efforts are to be a good reflection of how the program can change our lives. Having a sponsor is the backbone of my recovery.

Today what I find most important about being a sponsor is not in carrying the message but devoting myself to being the message. I seek to live in the solution and show my humanity, imperfections and all, to those I sponsor. Being a sponsor has a boomerang effect. I throw the message out and inevitably get it back.

The question that remains for me is which relationship is most valuable? Having a sponsor or being a sponsor? The answer is simple. Both. It's all good!

Edited & reprinted from
The Butterfly Newsletter,
Chicago Western
Intergroup Far-Out, June 2007



CELEBRATING 55 Years OA Birthday Party Weekend January 22-25, 2015

Come early at same low rate
AM & PM meetings at the hotel
Play in LA where OA was born!

NEW LOCATION LAX Hilton

Luxurious 4 Star Hotel
\$109 per night - up to 4 people
5711 West Century Blvd.,
LA, CA 90045

REGISTER ONLINE oabirthday.com

RELIVE THE MEMORIES
Order CDs or MP3s

CONNECTICUT INTERGROUP

Each year New Officers are elected in December. We will have the information for you in the next issue. COME JOIN US

ABSTINENCE DEFINED

Abstinence in Overeaters Anonymous is the action of refraining from compulsive overeating & compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional & physical recovery is the result of living the Overeaters Anonymous Twelve-Step program

Volunteers for ALL Intergroup Committees Needed

The CT Intergroup Newsletter WOULD LIKE TO HEAR FROM YOU

- Inspire Other Members
 With Your Journey
- Share the Story of How OA Helped You
 - Describe Your OA Experience

GUIDELINES

- 300 WORDS OR LESS
- Focus on your OA journey & recovery
- Relate how the Steps, the Traditions, the Concepts, and/or the Tools aided in your recovery.
 - Share how you maintained your abstinence, weight loss and/or weight gain.
- We also accept original poetry, humor, and photos

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Please email
Your Stories of Recovery to:
artistjudi@sbcglobal.net
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**RECENTLY
REVAMPED
Website**
**WWW.
connecticutoa.org**

She Has My Back

Sponsorship is one of the most valuable tools in my program. Without my dedicated sponsor, I could not have maintained 100 days of abstinence and probably would have dropped out of the program by now. I have been in OA for almost three years, but I was not able to maintain abstinence until I began working with my current sponsor. The day I asked her for help was the first day of my abstinence and the beginning of a very different life.

For many weeks after I met my sponsor, I worried she would decide I was too much to handle and stop sponsoring me. When I met her, I was emotionally needy and undergoing many challenges with my mother, husband and child. The more I opened up to my sponsor about these challenges, the more worried I became she would leave me. I cried expressing these feelings more than once, and she would repeat that she would honor the commitment she had made to me. I value the relationship I have with her. It is authentic and based on honesty and trust. I value it enough to tell her when I want to lie to her or leave the program, when I have made a mistake and when I am mad at her. I don't want to do anything to compromise the relationship she and I have built; that is what keeps me honest with her, even when being honest is difficult and brings up issues I don't want to address.

Having this sponsor is one of the greatest blessings in my life. When we first began working together, I could hardly believe she would spend so much time with me when she barely even knew me. After all, who gives that kind of attention, compassion and guidance to a stranger? I have come to understand that many wonderful people in OA freely give of themselves to one another for the sake of growing, progressing, working a good program and helping a fellow work a good program. We should never underestimate the strength of our group. I find it astounding and am grateful to be part of it.

This morning I was thinking again how thankful I am for a sponsor who yesterday was intuitive enough to take time from her workday to call and ask

me what was wrong. I started to say to myself, "Isn't it amazing that someone who doesn't even know me would do that for me?" Then I had to laugh! After working with me for more than three months, this woman knows me better than anyone! She knows my passions and dreams, fears and frustrations. She sees me when I'm happy and confident and when I'm acting like a three-year-old. She stays with me regardless of where my emotions are.

My sponsor knows me well enough and is wise enough to "call me out" when I am less than precise about my food plan or vague about how I am feeling because she knows that's what I need to work a good program. Her wisdom and willingness to challenge me mean that she has my back and saves me from myself. I cannot imagine a better gift! I did nothing to deserve this gift of a sponsor who is perfect for me, so I can only see her presence in my life as a huge gift from my HP and a reflection of the strength of the OA program.

Anonymous, Dallas, Texas USA



Six Emotions That Lead to Compulsive Overeating

- Anger
- Fear
- Dishonesty
- Resentment - Expectations
- Self-pity - Selfishness -
 Self-centeredness
- Intolerance - Critical,
 Judgmental

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Intergroup of Overeaters
Anonymous, April 2011