

March • April 2015

CT Intergroup



KEEPING CONNECTED

WHAT'S HAPPENING?

• Saturday, April 25, 2015
2pm-5pm

**The Difference Between
Abstinence and Food Plan**

St. John Lutheran Church • New Britain
Corner of Arch street
For more information,
Please call Brian @ 203-278-4148V"

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. & Janet N.

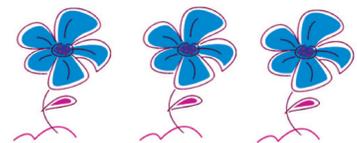
SUBMIT TO: artistjudi@sbcglobal.net

MY STORY

I was a chubby kid and the object of ridicule. After school and on the weekends, I was lonely and filled my day with food. I binged, ate in secret, stole food, and sometimes purged. When I was about 20, I began to suspect my behavior wasn't normal. I tried therapy, weight loss supplements, every diet and exercise program I could find. One morning, after derailing yet another New Year's Resolution, I awoke in despair that I had absolutely no control over my eating. I went to my first Overeaters Anonymous meeting that weekend, nervous but hopeful. I embraced the idea of a spiritual solution, but didn't fully grasp how to surrender to a Higher Power. I relapsed after my first pregnancy miscarried, and became more entrenched in my disease during the following two pregnancies. One day when my infant and toddler were sick, I realized that I was resentful and miserable in my heart. I was ready to admit that my life – not just my eating – was unmanageable, and that I needed the Twelve Step program to learn how to live in sanity. At first, all I was willing to do was attend online

meetings. Slowly, the willingness came to take more steps toward recovery. But all of these steps would have been action without substance if I hadn't been willing to embrace the core concept of this program – entrusting my life to the care of my Higher Power. I have learned that I need to recommit to surrendering on a daily basis, as my mind will return to "default mode" if I am not vigilant. I have learned to be as patient and forgiving with myself as I would like my Higher Power to be. Though I am not perfect, I am perfectly loved by God-

Gina F., CT



A CALL TO SERVICE

M.D.C. (a member) says, "My group started a weekly newcomers/public information meeting. What a fabulous experience this service has been for me! I have seen newcomers go from having pain in their eyes to sharing the joy in their lives. What a miracle!"

How will you serve this week?

Lifeline, 2014
Vol. 5, No. 31, Sept 22-28

VOLUNTEERS FOR ALL THE COMMITTEES ARE NEEDED

Please Check Our RECENTLY REVAMPED WEBSITE www.connecticutoa.org

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



HP DOES NOT KEEP YOU FROM HARD TIMES

HP does not keep you from hard times but shows you how to handle your crises by keeping you closer

When a tree fell on our house last summer I kept saying to myself, "HP is in charge." I was in shock for a while but soon realized that we would have to leave our home for a long time while it was reconstructed.

I had organized our home so that it was very comfortable and nurturing. My safe place was a lounge chair I called my meditation chair. Next to the chair I had a propane stove installed so that I could be warm and had a view out the window where I could watch the mountains and the wildlife outside. As life felt more difficult, I yearned for that chair.

As I felt more and more estranged from my life, lack of sleep and the stress of decision making took a toll on my body and I ended up in the ER with a rapid heartbeat. After that incident, I understood that I was going to have to keep a balance so that I could continue to try to have an influence on the reconstruction process.

Our friends in the program offered us places to stay and loads of loving support. They listened to five months of complaining and at one meeting – tears. No one ever said to quit complaining. I said that lots to myself and kept thinking that I should be accepting the situation better.

But mostly I was amazed that my body gave out. I always thought I could handle anything that came along. I might not like it but I could do it. That wasn't working for me this time.

Finally I understood that I needed a spiritual intervention. Since I wasn't sleeping anyway, I started to sit with HP in early hours of the morning and watch the sun come up. I read all nine of my meditation books, and texted long message to my OA sponsor, who was always there to remind me that I had a Higher Power. Then I would meditate to get any message that HP sent my way. My mornings became beautiful and kept me going on the journey back home.

So bad things do happen but HP is there to take the journey with us. I have kept my morning spiritual practice now that I'm back in my redesigned home. No more in my meditation chair but now I'm curled up on the couch with the dog. I now know that HP will be with me wherever I go, but I need to do the work of connecting.

Cindy, Collinsville, CT

NEW INTERGROUP OFFICERS

Co-Chairs: Alyssa P. & Robin L.

Treasurer: Rebecca F

Assistant Treasurer: Wayne B.

VACANT POSITIONS:

Recording Secretary & Corresponding Secretary

Volunteers Welcome!