

May • June 2015

CT Intergroup



OVEREATERS ANONYMOUS®



www.connecticutoa.org

WHAT'S HAPPENING?



Serenity By the Sea Retreat

May 1-3, 2015

Miramar Retreat Center,

Duxbury, MA

retreat2015@semioa • 781-925-1903



• October 23-25, 2015 • Friday-Sunday

REGION 6 CONVENTION

Hilton Hotel Hartford, CT

Registration

\$45 through August 15 •

\$50 after August 15 • \$60 at the door

KEYNOTE SPEAKERS WANTED!

Contact

r6conventionchair2015@oaregion6.org



PRODUCTION:
Judi G. & Janet N.

SUBMIT TO: artistjudi@sbcglobal.net

KEEPING CONNECTED

STEP 1 AS I SEE IT

One word summation. Honesty. Brief & to the point. Enough said? I don't think so. Hence, I will give an honest attempt at defining Step 1 as I see it, hear it and feel it.

STEP #1 I have no power within myself alone to conquer the deep dark mysteries revolving around food and its consumption. And my life, as I know it, is spinning out of control right before my eyes!

I'm done. I'm drowning, dying - one last gasp of the breath of life - giving up, checking out. But wait! Is that a Lifeline in this sea I call Desperation? Yes! And as I strangely feel compelled to grab on, I see bold lettering calling out to me, "OA". Is this God's sign of hope that I've been praying for? The answer to all my (food) problems? I hang on for dear life as I don't want to drown in shame, guilt, self pity or obesity any longer. I'm on board - finally. I have an illness, a disease, I'm not normal, I'm an addict, but I'm not alone. I can do this with the support of God & all of you.

After some rough seas with the waves crashing, I'm on dry ground. Am I cured? There's no such thing. But am i on the path towards recovery? For sure. I can eat a bowl of cereal and not polish off the entire box. I am able to have a handful of nuts and not devour the whole can.

I am not struggling and fighting under my own power to keep me afloat, but have let go & relax in arms. I am free - today. Peace, Love & Joy -

Conni, Collinsville, CT

CONNECTICUT INTERGROUP

THE PURPOSE OF CT INTERGROUP

- To further the OA Program in accordance with the Twelve Steps, Twelve Traditions & Twelve Concepts of OA Service.
- To maintain a speaker list of OA members.
- To maintain phone service of the CT IG area with a local phone number.
- To maintain a web site with CT OA meetings, events & links to other OA websites.
- To maintain a Post Office Box
- To do general Twelve Step work for OA.
- To sponsor CT Workshops, Marathons & any other venture to carry the OA Message.
- To send Representatives to Region 6 Assemblies & Delegates to the World Service Business Conference to Represent the CT Intergroup & its OA Member Groups.

Check Website Updates

www.connecticutoa.org

Info Help Line: 860-856-0303

JOIN US & ENHANCE YOUR RECOVERY

Monthly Meetings

3rd Monday at 7:00p.m.

Elmwood Community Church,
26 Newington Rd, West Hartford

Contact: Robin (860)693-1969

The CT Intergroup
Newsletter
WOULD LIKE TO HEAR
FROM YOU

GUIDELINES FOR SUBMISSIONS

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

PLEASE EMAIL

Your Stories of Recovery to:
artistjudi@sbcglobal.net

NEW INTERGROUP OFFICERS

Co-Chairs:

- Alyssa P., Avon
- Robin L., Canton/Torrington

Treasurer:

- Rebecca F

Assistant Treasurer:

- Wayne B.

Recording Secretary:

- Mary, Middletown

Corresponding Secretary:

- Heidi H., Rockville

VOLUNTEERS WELCOME!

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

VOICES OF RECOVERY & THE WORKBOOK

I have been working with *Voices of Recovery* and the workbook that accompanies it since the first of this year. I am truly enjoying the experience. Below please find the question for January 31st. Share it with my sisters and brothers in OA. This is my experience, strength and hope. and my response.

Our Twelve-Step program can arrest the disease, not cure it. My propensity to turn to food, because I have the disease, will always be there. What does this mean for my life?

Yes, I do believe that I will always be a compulsive overeater, that I cannot be cured. But my recovery continues, day by day, month by month & year by year, if I stay open to the possibility of changes occurring physically, emotionally and spiritually in me and in my life. For me this means that I continue to work my program and that I do not rest on my laurels. More often than not, this means living in steps 10, 11, and 12. Step 10 is the step of perseverance, never quitting, making right any wrongs I may have committed, and keeping in good relationship with my spouse, my family and my friends. Step 11 keeps me open hearted and connected to a source greater than my human self. This Divine source/spirit is within me. I need to stay connected so that I can access the guidance I need in order to live a life free from compulsive eating and the destruction the follows such behavior. Finally, Step 12 encompasses all of the

steps because it asks me to practice all twelve of the principles of the steps, to stay spiritually awake and to share the message with those still suffering from this very destructive illness. Practicing the program in this way provides for me a life that is useful, happy & free.

Marie W., Vernon, CT

CT INTERGROUP IN 2014

- We updated Intergroup By-Laws which must be reported to our trustee at World Service yearly to remain in conjunction with the Region 6 & World Service By-Laws. This allows us to have a person represent us at the annual business conference in Rio Rancho, NM .
- Wayne & I attended the Region 6 Assembly in Albany, N.Y. both in Spring & Fall. Wayne became the Chairperson for the Intergroup Outreach Committee & I became Chairperson for the Young People in OA Committee.

We look forward to accomplishing a number of projects in the coming year.

Please consider sending a member to Intergroup to help conduct business & have your group participate.

To those groups who have participated.

Thank You Ever So Much!
Robin L., Canton/Torrington