

July • August 2015

CT Intergroup



**OVEREATERS  
ANONYMOUS®**



[www.connecticutoa.org](http://www.connecticutoa.org)

## WHAT'S HAPPENING?

August 9, 2015 9:30-11 am  
39TH ANNIVERSARY  
CELEBRATION

Friday Morning Springfield  
meeting  
St Barnabas & All Saints Church  
39 Oakland St., Springfield

August 13, 2015 5-6pm  
THANK GOD ITS THURSDAY  
ANNIVERSARY MEETING  
Faith United Church  
Sumner Avenue, Springfield



## REACH OUT FOR RECOVERY

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](mailto:r6conventionchair2015@oaregion6.org)

## PRODUCTION:

Judi G. Janet N.  
Kathryn M.

SUBMIT: [artistjudi@sbcglobal.net](mailto:artistjudi@sbcglobal.net)

## THE GIFT of WILLINGNESS

For years, I thought I was willing. I was willing to lose weight. I was willing to fit into my old pair of jeans. I was willing to not hate myself. But I've discovered that that was only a preliminary willingness. I wanted all those things without having the willingness to change my attitude or behaviors. I had not been willing to change what or how I ate. Most importantly, I hadn't been willing to change how I dealt with life & with my emotions.

OA began to work for me when I surrendered. When I was willing to stop using food to stuff my feelings. When I was willing to focus on the tools of recovery rather than the side effects of my compulsive eating. Once I surrendered, sanity returned.

Today, I live free of the obsession of food & weight because I've surrendered, because I'm willing to focus on recovery. Today, if I'm stressed or feeling uncomfortable, rather than rushing to squelch those emotions with food, I stop. I breathe. I allow myself to feel. I write about it in my journal. I call a friend & I share what I'm experiencing. I ask how they're doing & I listen to what they say. I read OA literature. I attend a meeting & listen to my fellows. I practice loving acts of kindness towards my body & others. But I can't force myself into willingness & surrender. It comes when it comes. I'm grateful today for my willingness to practice the program of OA. It is a gift.

—Anonymous

# KEEPING CONNECTED

REACH OUT FOR  
RECOVERY  
2015 Region 6  
CONVENTION



October 23-25, 2015

Hilton Hartford Hotel,  
315 Trumbull Street, Hartford, CT 06103

For more information & to print brochures  
VISIT [www.connecticutoa.org](http://www.connecticutoa.org)  
[www.oaregion6.org](http://www.oaregion6.org)

### 3 WAYS TO RESERVE HOTEL

1. Online: [OAREGION6.ORG/2015](http://OAREGION6.ORG/2015),
2. Call the hotel: 1-860-240-7201,
3. Cut & Mail brochure form to:  
Hilton Hartford Hotel  
315 Trumbull Street, Hartford, CT 06103

### SIGN UP FOR SERVICE:

Entertainment, Hospitality / Greeter,  
Literature Table, Merchandise Sales / Basket  
Raffles, Registration Desk, Meditation,  
Wherever I'm Needed  
(no abstinence required)

### SIGN UP TO BE A SPEAKER:

(Requires 1+ Year Abstinence)  
Topics: Abstinence, Longtimers,  
Maintenance, Physical Recovery, Relapse,  
Spirituality, 100 lb. Emphasis, Sponsorship /  
Service, Step, Tool, Tradition, LGBT focus,  
Anorexia / Bulimia, Virtual Meetings,  
Young Persons, Aging in Program

Mail All Requests to:  
R6 Coordinator, P.O. Box 761,  
South Salem, NY 10590

Hotel Reservation &  
Convention Registration are separate...  
Both REQUIRED

## OA MEETINGS

I come back to OA meetings because I have nowhere else to go, having tried other options that did not work over the long term. I also come back because I have more peace right now than I have had at any other time in my adult life. My food obsession still touches me from time to time. But it is no longer in my thoughts all my waking moments. I never believed that my life could change for the better like this.

What if there was no OA to come back to? I do not have to deal with such a scary thought today because today there are OA members giving service. There are meetings taking place, phone calls being made to sponsors and other members. There are people who give time to intergroup, Region 6 and WSO. There are people writing articles for Lifeline and putting together this newsletter.

Thanks to all of you for the help you have given me just by showing up at a meeting. Thanks for listening to me with respect and love when I share. Thanks to the New Britain Men's group for hosting a very valuable workshop on 4/25/15. Thanks for the events hosted by the three intergroups last year. Thanks to the speakers at these events. What you have done has made a difference to me. All of us make a difference. *-Mary, Middletown, CT*



**The CT Intergroup Newsletter  
WOULD LIKE TO  
HEAR FROM YOU**

**Please email  
Your Stories of Recovery to:  
[artistjudi@sbcglobal.net](mailto:artistjudi@sbcglobal.net)**

## HAPPY, JOYOUS, & FREE

Someone asked me recently if I'm happy, joyous and free. Hmm... Not always, but most of the time, the answer is yes.

When I notice I'm not, I know what to do to get back there pretty quickly. What's bothering me? I take it through a 10th step. With the help of my OA fellows I learn the lessons & my Higher Power restores me to sanity.

I also reflect on how much better my life is today than it was when I was active in my addiction. I don't wake up every day in dread anymore. *Happy* - check.

I have my health, more energy, loving relationships, an easier life, and a new direction. I can be of service to others. I experience God doing for me what I could never do for myself. *Joyous* - check.

The obsession to eat my binge foods and to overeat has been removed. I'm not a slave to substances and behaviors that were killing me. I'm not so quick to judge or to concern myself with the judgment of others. I'm comfortable in my own skin. *Free* - check.

I could go on and on, but you get the idea. *-Rebecca F., CT*

## INSPIRATION

*I have the strength to walk through my fears,  
to take a chance on a new way of life.*

*- For Today, April 8.*

## MY OA JOURNEY

Seven years ago I learned about OA. At that time in my life my binge eating was out of control due to stresses within my life, more importantly within myself.

I didn't know anything about OA. I did a Google search on "over eating" & it was one of the results. I searched for a meeting in my area. I found one & I was on my way. I was excited & felt some relief that I was going to have help. I attended the meetings with what I thought was an open heart & mind.

I obtained all the knowledge that I felt I needed to GET CONTROL of my eating. I knew if I could CONTROL IT, I would be okay. So after a year of attending my meetings, I decided to stop going. I could do it ON MY OWN. I didn't need OA anymore. I am now POWERFUL over food, right?

For five or six years I did it ON MY OWN. I had to come back because I did not have control over my eating. With all this knowledge that I had obtained I forgot one thing - YOU HAVE TO DO THE WORK.

You have to:

- Admit that you are POWERLESS over food (*Step 1*)
- Believe that a Power greater than ourselves can restore us to sanity (*Step 2*)
- Decide to turn your will & life over to a Higher Power (*Step 3*) TRUST!!!

I have to trust the program.  
I have to trust my Higher Power.

*God, grant me the serenity to accept the things I cannot change, the courage to change the things I can & the wisdom to know the difference.*  
By YOUR will, not mine, be done.

*- Dyanne B., CT*