

September • October 2015

CT Intergroup



www.connecticutoa.org

WHAT'S HAPPENING?

Sunday, September 20, 2015, 1-5pm

OA NON PICNIC

YMCA Camp Shepard

370 Northwest Road,
Westfield, MA 01085

\$5 per person, \$10 per family

Olympic size pool for swimming
& lounging. Life guards on duty.

We will have Bubbles, Badminton,

Volleyball, Pool Volleyball,
Music, Dancing & Fellowship.

As we will not be having food
at our non picnic, we ask that if
you bring food, please have
your meals while sitting
comfortably in your car.

Thank you for your cooperation.

*Sponsored by Wednesday Night
Westfield New Friendship Group*

Oct. 3 FALL ASSEMBLY

Albany, NY

2015 Region 6 Convention
REACH OUT FOR RECOVERY

October 23-25, 2015

October 30-November 1

A VISION FOR YOU

(OA Big Book Phone Meeting)

Weekend Retreat in Virginia Beach

[www.avision4you.info/wp-content/
uploads/2015/01/2015_VA...](http://www.avision4you.info/wp-content/uploads/2015/01/2015_VA...)

PRODUCTION:

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2006 - MY FIRST DAY IN O.A.



In 2006 I attended my first OA meet-
ing. Two years later I am 210 pounds
less and I maintained this weight
loss till 2013 when I hit major de-
pression and gained 60 pounds. By
this winter of 2015 I have removed
25 pounds of this gain and maintain-
ing that loss.

The 210 pounds of fat that I have
taken off of my body is a true bless-
ing. I am 58 years old with a multi-
tude of health issues. However, it is
the 210 pounds of pain that I have
taken off in my head that is truly the
miracle of this O.A. fellowship.

My life today is so much better now:
Happy, Joyous and Free. It came at
a cost, but I am worth it. What O.A.
has given me and continues to give
me is hope, guidance, strength, sup-
port and the friendship to know I am
not alone; today and forever as long
as I want it.

My first day I was scared !@#%^&*.
I thought I had made the biggest
mistake in my life. They were all
WOMEN, THIN WOMEN! This
fellowship is about eating disorders,
but I knew two things that day: that
this effort is the last chance I had, for
I had done this and did that.

Starting at the age of 21, I have had
four major weight loss surgeries.

KEEPING CONNECTED

They all worked wonderfully for
the short term. Each time I lost all
the weight I needed to lose. Life was
grand so I thought.

Then, each time I would gain it all
back with an additional 25-50 per-
cent more. No exaggeration. The
problem was that I needed the sur-
gery in my head. I am an addict and
I have an illness. O.A. is my medica-
tion that I need to take on a daily
basis so that my life can be manage-
able. Thank you.

~Paul P.J.H., Plainville, CT

2015 Region 6
Convention
REACH OUT FOR
RECOVERY



October 23-25, 2015

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

FOR MORE INFORMATION &
TO PRINT BROCHURES

VISIT www.connecticutoa.org

www.oaregion6.org

• 3 WAYS TO RESERVE HOTEL

• SIGN UP FOR SERVICE:

(no abstinence required)

• SIGN UP TO BE A SPEAKER:

(Requires 1+ Year Abstinence)

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

• REMEMBER...

Hotel Reservation &
Convention Registration
are SEPARATE...

**IT'S A BARGAIN FOR
YOU AND FOR ME
The Region Six Convention**

One October a bus chartered by CT and WMass OA Intergroups brought us all the way to Canada. Another year an OA bus took us into New York City. I've carpooled with OA members in other Octobers to Cape Cod, the Catskills in New York State, and into New Hampshire. At all these destinations, my Connecticut friends and I had to spend a lot of money for hotels and meals. Why did we do all this? The answer is the greatest boost for our recovery each year, the *Region Six Convention*, was held in those locations. We went "to any lengths" to be with many hundreds of fellow OAers, to experience inspirational speakers with great recovery and wisdom leading meetings, workshops and events from dawn until late night, and to have fun.

You can imagine then how grateful I am that for this year's October convention, you and I can register on line as commuters, sleep in our own beds, drive to Hartford, brown bag or buy meals in local restaurants - and I won't even have to board my dogs.

~Janet, West Hartford

Inspirational Quote

You pray in your distress and in your need; would that you might pray also in the fullness of your joy and in your days of abundance.

Kahlil Gibran For Today, November 23



EXPLORING OA

I had been thinking about exploring OA, and read some information about the program. I realized others who were in the grips of an addiction were finding something through OA that was helping them, and this appealed to me.

One night I mustered all of my courage and drove to a Newcomers meeting. I was nervous. Would I be accepted? Was I really in need of a 12 step program? The doubts increased as I drove closer. Confused, I circled around the building feeling an enormous swell of doubt. I felt this was a sign OA was not for me. Just then, a kindly looking man appeared and I asked for the address I was seeking. He smiled and said, "It's right here". Thankful, I entered the meeting, and the same man was in the meeting. I was immediately put at ease and welcomed by the group. I knew, then, OA was the right place. I have been attending 2 - 3 meetings a week ever since.

I recognize, as a newcomer, I have much to learn about the program, and admit I am just starting to work on my steps. I have always believed that everything happens for a reason. I am certain that this man who directed me to my first OA meeting was actually my Higher Power guiding me at the precise moment I needed guidance. I now need to trust my Higher Power will offer guidance to me throughout this journey. Some days are easier than others, but I am learning that all I need to do is seek help, and my Higher Power will provide.

I think back to this occasion and hope others who read this story will come to know, as I have, our Higher Power is often reaching for us before we reach for Him. I'll keep coming back! ~Lois, CT

**MY ROUTINE TOOK
A VACATION**

On action alone be thy interest,
never on its fruits.

~Bhagavad Gita *For Today*, pg. 88

This winter my routine took a vacation. My workouts and food plan were unsteady, yet I stayed connected with Program using my OA tools. Despite this, I was struggling. I was so grateful that I knew to follow my Program, instead of the outside world that told me to restrict my food, and track my "progress" by stepping on the scale daily, as if an inanimate object was equipped to tell me how to feel, eat and value my self-worth. Thank G-d I have another way!

Like a whining child, I felt pulled to open a bag of whatever instead of sitting with discomfort, but my higher power directed me to acknowledge the craving and not run from discomfort. Wow! That was big. I proved to myself that I didn't have to get pulled back to the food. The next day, instead of heavy feelings and fear taking over, I stumbled out of bed and drove to the gym. For the rest of the day, I ate my normal meals, did my work, and somehow it all felt simple.

One day at a time, I directed my attention to the process. Setting out my gym clothes the night before, putting myself to bed at a reasonable hour, making phone calls, writing my food, keeping it simple.

A season later, my food and exercise are routine, a day at a time. My body has responded by gaining strength and my size is fine. But most important, staying out of the food gives me strength to be present for what life has in store. And I have a Program and my Higher Power to help me face it all.

No scale required. ~Arial, CT