

November • December 2015

OVEREATERS ANONYMOUS[®] Connecticut Intergroup

Manchester Monday night, 5pm
St. Mary's Church on Park St.
SPONSORS THIS ISSUE



www.connecticutoa.org

WHAT'S HAPPENING?

2015 Region 6 Convention
REACH OUT FOR RECOVERY
October 23-25, 2015



Hilton Hartford Hotel,
315 Trumbull Street, Hartford, CT
INFORMATION & BROCHURES
www.connecticutoa.org
www.oaregion6.org
REMEMBER...
Hotel Reservation & Convention
Registration are **SEPARATE...**

- Thursday November 5, 5 - 6:15pm
ABSTINENCE THRU THE HOLIDAYS WORKSHOP
Faith United Church
52 Sumner Avenue Springfield, MA
- Monday, November 16, 7-8:30pm
11th ANNIVERSARY
Pilgrim House 30 Granite Ave.
North Canaan
- Tuesday, November 17, 6-7:30pm
GRATITUDE GATHERING
Southwick Congregational Church
Southwick, MA
- Saturday, November 21, 1-4pm
MARATHON • Unity Hill United Church of Christ
364 White Plains Rd, Trumbull
Stella 203-434-8268 • Trish 203-561-6521
- Saturday December 12, 5 - 8pm
ANNUAL HOLIDAY MEETING & PROMISES POTLUCK
Southwick Congregational Church
Southwick, MA

PRODUCTION:

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APPROACHING THE HOLIDAYS

This time of year is so lovely, with leaves turning color and perfect temperatures. One drawback - the approach of the holidays, with lots of family and friends coming by. Halloween, Thanksgiving, Christmas, Hanukkah. For me, it meant more baking, eating, sneaking, bingeing. I ate while preparing food, at the big meals, and while cleaning up the mess. My grazing and bingeing would begin with extra appetizers and not end until I had finished the kids' desserts. I would wake the next morning with a sour stomach, and start all over again, believing I might feel better if I had a snack from the many leftovers

Then, at my highest weight ever, I joined OA in 2001, and my life changed for the better. Early in OA sometimes I relapsed, especially around the holidays. But, I kept coming to meetings, workshops and anniversaries. I have been imperfectly abstinent now for 8 years, avoiding sweet desserts and finally learned to do without wheat flour. I find the Steps and the tools of OA invaluable. Every morning I write a plan for a three meal day, with an occasional protein snack. If unsure about

TOOLS OF RECOVERY • A Plan of Eating

- Sponsorship • Meetings • Telephone
- Writing • Literature • Action Plan
- Anonymity • Service

KEEPING CONNECTED

my food choices, I pray for willingness to listen to my higher power, God's, guidance. Each day, I say the 3rd step prayer and read from For Today and Voices of Recovery. I also do a tenth step inventory, to review my feelings. I try to be willing to give them to God. I invite him always to be with me - especially during the holidays. The miracle of the program is that, instead of isolating in the kitchen and sneaking food, I can be with my guests and enjoy our time together. The dishes can wait. The holidays may still be stressful, but I don't have to overeat or isolate. Instead, I can pray the Serenity Prayer and listen for God's guidance. What a calm way to live, and how grateful I am for the Steps, my sponsor, and my sponsees. A happy consequence of the program is that I have given away 35 pounds through progress, not perfection. Happy Holidays, all! *Sherry, Hartford, CT*

CONNECTICUT INTERGROUP

**IS YOUR GROUP REPRESENTED?
NO ABSTINENCE REQUIREMENTS**

Monthly Meetings

3rd Monday at 7:00p.m.

Elmwood Community Church,
26 Newington Rd, West Hartford

Contact: Robin (860)693-1969

ALL ARE WELCOME!!!!

"I keep coming back because OA is where I can talk about the fears that lead me back to the food."

By Linda S., WHAT'S NEW? Spring/Summer 2014 Overeaters Anonymous, Region II California, Mexico, Hawaii & Northern Nevada



JOURNEY TO ABSTINENCE

I recently celebrated 2 years abstinent and a 55 pound weight loss through the grace of God. I am powerless and I've learned that lesson well throughout my years of failed attempts trying to lose weight. My bottom was devastating, full of despair and depression. Today, I have serenity, love and feel joyous and free!

I've realized it's not just about losing weight, it required me to look at my attitudes and behaviors by working the steps. I needed a plan of action and asked God to show me. Physical: He led me to a healthy, balanced food plan that requires me to weigh and measure which revealed what a portion really looks like. (Honesty) I exercise at least 5 days a week doing cardio and strength.

Spiritual/Emotional: I wake up and spend time with God in prayer and meditation. I get down on my knees and surrender, ask for His will for me today and for help. I read OA and other recovery literature. I live in this day and focus on doing the next right thing, living life as it unfolds. I have a sponsor and I sponsor others. I go to meetings, journal and feel all of my feelings and emotions, I no longer stuff them. I surrender the fear for faith, trust in my Higher Power. I practice gratitude and ask for willingness.

I have a loving relationship with God through working Step 11 each day. I love myself for who I am, not what I look like. I've realized I needed inside healing and the outside followed. OA is a spiritual journey and it works if I work it, just for today, with the help of God and all of those who journey with me in love and fellowship. Abstinent, Blessed and Grateful. J.S., Collinsville

GRATEFUL

I am so grateful for the fellowship of OA and my Higher Power! I love to attend meetings and to share and to truly engage in listening to my friends in the room share their experiences, strength and hope as we struggle with the disease of compulsive eating. I have noticed how people at times can get really annoying usually because I have missed my meetings or I am engaging in compulsive eating or engaging in some negative behavior that it is not conducive to living this program. If I start pointing fingers at others, I have heard that there are four more fingers pointing right back at me. I am working through an issue of a person at my meeting who likes to lecture and decided to call me out on whether I sponsor which I do. I do not go to meetings to be talked at or lectured to... I must remember that we are all sick people and some are sicker than others. Take what you can and leave the rest is an old program saying. I can stay stuck in the resentment mode or I can practice tolerance, acceptance and love as others have shown me. Food will not help make me feel better. It always made me feel worse. Thank you OA - For today, I do not have to eat over this. My Higher Power will handle it... Wishing you peace and serenity.

Anne, Bristol

UNDERSTANDING SERENITY

When I first came into the rooms a little over a year ago, I remember thinking "All these people are talking about this inner peace they feel, this serenity, and all the ways they've changed their thoughts, beliefs and lives. I wonder if this program is for me, because I really only have a problem with food." It's not that I thought my life was perfect. But I felt very blessed to have harmonious relationships, a job I loved, a fun life full of adventure and hobbies, and a cheerful disposition most days. The only problem I saw at the time was that I kept gaining and losing weight over the years, and knew something was off in how much I obsessed about food, especially certain foods.

Now, a year later, and 2 months abstinent for the first time, I'm finally starting to understand how much deeper this work goes than what I eat, when, how much or how often. For awhile I have been continuing to resist using writing as a tool. I kept trying to make all my writing about food and eating, and it felt like there was nothing real to say, so I'd just end up writing a bunch of fluff. This week during a conversation with my sponsor it really hit me that the tool of writing can be applied to whatever is real for me in that moment, even if it's just that I have a headache, or I'm confused by something my supervisor said at work.

In a way I can see the problems in my life and behavior a lot better than I could a year ago, but that doesn't mean my life is worse. I'm grateful that I'm finally starting to understand what serenity means."

Miriam, East Hartford

PLEASE EMAIL STORIES TO:
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