

May • June 2016

OVEREATERS ANONYMOUS® Connecticut Intergroup

Unionville 7PM Sunday Night Meeting
SPONSORS THIS ISSUE



www.connecticutoa.org

WHAT'S HAPPENING?

April 9, 2016 1:00pm – 4:00pm
Sponsorship Workshop
Unity Hill Church,
364 White Plains Road
Trumbull, CT 06611
Brian at (203) 278-4148
ctoahelps@gmail.com

April 23, 2016 1:00pm – 4:00pm
Abstinence Workshop
Saint John's Lutheran Church
303 Arch Street, New Britain, CT

June 3, 4, 5 • Fri. Sat Sun.
Welcome Summer with Serenity!
2016 WMI - OA Retreat
Genesis Spiritual Life Center
53 Mill Street, Westfield, MA
www.oawmass.org.

October 7, 8, and 9th, 2016
A Weekend Walk Through the Steps
Marie Joseph Retreat Center
Biddeford Pool, Maine



**OA WORLD SERVICE
CONVENTION**
SEPTEMBER 1-4

**Registration OPEN!
TRAIL TO FREEDOM!**

[www.oa.org/world-service-
events/world-service-convention/](http://www.oa.org/world-service-events/world-service-convention/)
Early-Bird Deadline: July 1, 2016

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KEEPING CONNECTED

GETTING THROUGH ANY HOLIDAY • *Members Write Letters*

I heard such a gem at a meeting one night during the Christmas-New Year's holiday season several years ago. The person suggested handling holiday parties by arriving late and leaving early. Just make an appearance . . . and stay away from the buffet table. It made sense.

I have fine-tuned holiday gatherings a bit more. Some gatherings I choose not to participate in. Parties at work are the first to be scratched from my list. There's the immediate department, out to a restaurant party. Then, there is the huge eat all day department party, and of course the food left out and about all of the time.

I constantly tell myself it is not my party, not my food. I go for a walk while the feed-a-thons are happening. I make phone calls to OA members while I walk to commit my abstinence because I know left over food will be out for grabs when I return.

It doesn't matter the holiday, it is the same drill. Tonight is Super Bowl Sunday, I am at an OA meeting. I have to be here -I am carrying the Leaders bag, I'M LEADING, see, SERVICE does WORK!
In Recovery – Carol, Bloomfield, CT

To get through the holidays abstintently...

- Have handiwork to do while hanging out with family or friends, like hemming pants.
- Do dishes while talking with family/friends.
- Suggest a walk with them after dinner - to remove oneself from where the food is.
- Put leftovers in fridge instead of having food out on counters.
- Have plenty of water or lemonade (stevia only) in the fridge for drinking.
- If lonely, call an OA friend to talk oneself through what to do when lonely.
- Try to plan for social activities to do on days when one is not working.
- Realize that social interaction is one of our needs and that those needs will surface on a daily basis.
- Pray to God for guidance in getting through the day.

Jean, New Britain, CT

The opinions expressed here are those of the writers and do not necessarily represent OA as a whole.



Six Emotions That Lead to Compulsive Overeating

- Anger
- Fear
- Dishonesty
- Resentment - Expectations
- Self-pity - Selfishness - Self-centeredness
- Intolerance - Critical, Judgmental

– © Oasis Central Midland Intergroup of Overeaters Anonymous, April 2011

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

What kinds of things can I do to insure that I maintain abstinence through the holidays?

First and foremost I must follow my food plan, which means I will go prepared to whatever gathering I attend. I will find out what will be served before I go and if necessary prepare my own meal and take it with me. I may also prepare the same vegetable or salad to share with the people at the gathering.

Besides following the food plan I need to plan ahead by getting to meetings and talking to other OA members to hear what they are planning. I need to make additional phone calls, call my sponsor to help with my planning and do service for other members. While at the gathering I need to have my phone available to make and receive calls when uncomfortable feelings come up. Sometimes family conversations can create triggers telling me I'm hungry when I've already had a satisfying meal. When desserts are served I can go to another room and make outreach calls.

For me planning to arrive slightly late and have a certain time to leave is also a safety net, i.e. someplace else safe to go without food. I can be questioned about leaving but still leave anyway.

Robin, Canton

Here are some of my thoughts from OA Unionville on Holiday Abstinence...

I usually make things I can eat (main dishes) Turkey, Brisket, Quiche and Salad . Other family & friends bring desserts etc. When desserts are eaten I either ask specifically what people are eating and what ingredients are in it... Also what it tastes like so I can imagine the experience... Or I go talk with others in a different room.

Signed- Anonymous

Getting through the holidays is easier if you call to mind your obligations and your rights.

- You have the obligation to stay in touch with your Higher Power
- You have the obligation to avoid compulsive overeating.
- You have the obligation to live a healthy life. Alongside these obligations, you also have rights:
- You have the right to politely refuse any invitation that makes you feel uncomfortable, including to houses where there is too much of your trigger food, or people who try to push food on you.
- You have the right to politely refuse "food-pushing". that means to say no to that item that so-and-so made "especially for you", the leftovers that "someone needs to take home or they will go bad"...and the right to control how much and what goes on your plate. (That means to serve yourself instead of allowing others to heap portions of their liking onto your plate.)
- You have the right to politely leave the room or a party when you feel the triggers are becoming too much at any time.
- You have the right to tell people that certain foods are not acceptable for you, and the right to say nothing about your food to others.

B from Bristol

