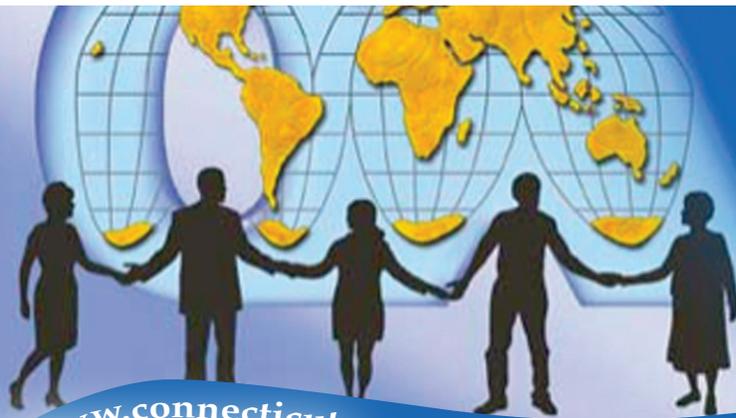


July • August 2016

 **OVEREATERS
ANONYMOUS.®**
Connecticut Interaroup

Would Your Group like to
SPONSOR AN ISSUE???



www.connecticutoa.org
WHAT'S HAPPENING?



**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

October 7, 8, and 9th, 2016

A Weekend Walk

Through the Steps

Marie Joseph Retreat Center

Biddeford Pool, Maine

PRODUCTION:

*Judi G., Janet N.,
Kathryn M.*

SUBMIT TO:

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KEEPING CONNECTED

WHAT I DO AFTER A RELAPSE

Someone asked me what I do after a relapse? How do I promptly start again without loss of faith in God or program? What does one do to prevent relapse? My name is Natasha G. and I am a compulsive overeater/bulimic. I have been in program for one year and have made tremendous progress. Fortunately, and unfortunately, relapse has been a part of that healing process. I've discovered I have the choice to transform relapse into a spiritual opportunity. It's been a chance to receive vital, lifesaving revelation from God about things I may misunderstand. For me, loss of my abstinence has brought me the desperation of willingness I need to be humble. I have learned some valuable truths about myself that help my defense against the sneaky, skilled disease. My findings have kept binges fewer and further apart with periods of clarity. I sought what my God needs me to change and received answers that are unique to me. I've included things I believe helpful to all.

Basic Tips from My Mistakes

- Know who you are. Thoroughly study the Doctor's Opinion, come to understand/accept you are not a normal eater. You have an allergy and obsession to certain foods and/or behaviors. (physically and mentally)

- Be prepared for curveballs! Things do not always go as planned. One of my biggest downfalls - to put together a meal on the fly - it brings anxiety and uncertainty. Prepare meals in advance. Purchase extra frozen/canned abstinent foods in case of emergency. Always call a restaurant to make sure your meal can be abstinent. Don't be afraid to ask questions about the food.

- Use the tools. Especially the phone! Do not isolate!

- Improve contact with your God: Make an effort every day to strengthen contact. If you do not have a God seek one of your understanding or ask a recovering person for guidance.

If you find yourself in an ongoing relapse and feel trapped, I remind you of the promises of this program. "If we are painstaking about this phase of our development we will be amazed before we are half-way through... No matter how far down the scale we have gone, we will see how our experience can benefit others." These are not mere suggestions or random uplifting words... **THESE ARE PROMISES.** If we include God, no one is exempt from reaping these benefits. Come, taste recovery. Be filled with God.

Natasha G., CT

The opinions expressed here are the writers and do not necessarily represent OA as a whole. We reserve the right to edit letters.

Overeaters Anonymous
www.oa.org



Inspiration

One doesn't discover new lands without consenting to lose sight of the shore for a very long time.

- Andre Gide
For Today, July 19

Volunteers for ALL Intergroup Committees Needed

THE CT INTERGROUP NEWSLETTER

WOULD LIKE TO HEAR FROM YOU

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

Please email Your Stories to artistjudi@sbcglobal.net

WORK ON RELATIONSHIPS

God wants me to work on relationships. I prefer to spend my year comparing beach resorts or pondering great mysteries (isn't "All-you-can-eat buffet" redundant?). But I find in my path challenging relationships. I maintain the belief my god is loving... I know I have the tools and will grow from the experience. I am grateful for the tools of this program. It is not hard to feel the pain of fellow members suffering from the shame and despair of compulsive eating. Sometimes it is hard to shift my focus from my own pain, and give a word of encouragement. I know that's what OA is for, and a moment's effort can help my attitude all day. More difficult is loving and respecting people I disagree with. It is easy to adopt an attitude - they are stupid, insensitive, mean, selfish and are lesser than I. They don't value what, in my opinion is really important. I judge them to be bad people, make remarks behind their backs, carry resentment, and make mental criticisms of them.

"Only a jerk would do something like that." I can find people who will entertain my gossip and criticism. This dark road leads to isolation, despair and relapse. It's discouraging to see this happen in OA. I need the Steps and Traditions to change direction. They remind me I am not in charge; I auditioned for that part and failed miserably. Now I try to do what my Higher Power wants -- even if I disagree and think I have a good reason for doing it my way. This means I have to surrender to HP's will as it is revealed to me in inspiration, and intuitive thoughts, in the works and words of others around me, and in the Group Conscience at OA meetings. After I express my opinion I need to listen as if I really cared about their concerns, and as if God were trying to tell me something. If I ignore that and choose to push for my way, it makes my life harder. I will have more defects of character to confess, and more amends to make. Giving respect is a way to support the recovery of my fellow compulsive eaters.

Fred S, CT



CT INTERGROUP

SOME ACCOMPLISHMENTS & MORE TO COME

- Wayne represented CT Intergroup in April at the World Service Business Conference in Rio Rancho, NM.
- A marathon was held in April at the CT Baptist Home in Meriden & was well attended.
- We updated the meeting list correcting contact persons, added new meetings & removed closed meetings.

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