

September • October 2016



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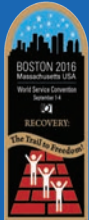


[www.connecticutoa.org](http://www.connecticutoa.org)

## WHAT'S HAPPENING?

Thursday August 25 5pm -6pm  
OA Voices of Recovery  
Meeting Anniversary  
Faith United Church  
56 Sumner Ave., Springfield, MA

Sunday August 28 1pm – 5pm FREE!  
OA Non Picnic, Camp Sheppard,  
North West Rd., Westfield, MA  
7th tradition donation is appreciated.  
Don't let lack of funds keep you from attending.



### BUS TO BOSTON WEEKENDER

World Service Convention  
Labor Day Weekend  
September 2 - September 4  
Contact Sue 413-568-5694

**RAFFLE BASKET DONATIONS NEEDED!**

### DAYTRIPPER

Sat., September 3, 2016  
correspondingsecretary@  
oawmass.org

SEPARATE CONVENTION REGISTRATION  
[oa.org/members/events/  
world-service-convention/](http://oa.org/members/events/world-service-convention/)

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

### PRODUCTION:

Judi G., Janet N.,  
Kathryn M.

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# KEEPING CONNECTED

## FROM THE PERSPECTIVE OF A COLLEGE STUDENT

My binge eating reached its pinnacle last fall after a serious psychiatric illness. I gained fifty pounds in four months, had depression and used food. I told my psychiatrist I could not stop eating, but was given advice about eating in moderation.

I turned to the internet and came across Overeaters Anonymous. I toyed with the idea... my dad told me I should try it. I was inspired, managed to lose fifty pounds, and realized I needed faith in something in my life.

What makes my experience unique is that I am twenty... years younger than most. I think I'm in a special situation having people with so much experience to learn from. I've been in support groups with people my age. It is beneficial to hear from people with more wisdom and a different perspective than college-aged people. It is inspirational when I hear stories of people who have dealt with mental illness.

My action plan is different because I am in college. I informed the cafeteria manager that I have dietary restrictions and have food that fits my program. I practice being assertive on a regular basis, which can

be frustrating - I know it will be worth it. I use the online menu to plan meals. I struggle with not being able to attend meetings. I do not have a car and I always feel better after going to a meeting. I hope to use the Vision for You online podcasts and make more phone calls for support.

My peers eat a lot of unhealthy food. I sometimes wonder why I can't be like them and eat all the "good stuff". I remind myself that food doesn't make me happy and I am making decisions that are right for me, that's what's most important.

My sponsor is constantly reminding me that it is practice not perfection. Approaching the program with a forgiving, but dedicated attitude gets you much further than harsh self-criticism. I feel the need to criticize a missed planned day or not concentrating enough on my spirituality - then I tell myself that it's going to start now - you're going to make a habit of reading the Big Book and meditating, etc. When I don't achieve those goals I criticize myself. I have to remember it is one day at a time, and the point is not to be perfect but to help yourself. Criticizing yourself too harshly only hurts yourself.

Anne F., CT

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

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](mailto:artistjudi@sbcglobal.net)

**We Need Volunteers  
for ALL  
Intergroup  
Committees**

**INSPIRATION**

*I have the strength to walk  
through my fears,  
to take a chance on a new  
way of life.*  
– For Today, April 8.



**PROBLEM WITH FOOD**

My name is Kimberly. I have a lot of problems with food and I am a binge eater. I have had a problem with food since I was 13 years old. I thought food was my only friend. I went on diets and I did diet drugs for a while but it didn't work.

When I was older I lived in Maine for 8 years. I started stealing food and soda. I ate candy and I stole candy and ice

cream. I got caught and I felt very ashamed of myself.

I've moved back to Connecticut. I've joined OA and got myself a sponsor and worked the Steps.

I'm very grateful for OA and my friends. OA saved my life.

My Higher Power is God.

Thank you for listening.

*Kimberly B., Bristol, CT*

**ABSTINENCE DEFINED**

*Abstinence in Overeaters Anonymous is the action of refraining from compulsive overeating and compulsive food behaviors while working towards or maintaining a healthy body weight.*

*Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.*

**REMEMBER:**

**EASY DOES IT • ONE DAY AT A TIME • JUST FOR TODAY  
• KEEP IT SIMPLE**

**CT INTERGROUP**

**DUTIES OF AN INTERGROUP REPRESENTATIVE**

- Attend monthly Intergroup meetings and send an alternate from your group when unable to attend
- Participate in discussions and report your home group's needs, concerns and questions
- Vote on intergroup business, elect officers, accept reports, propose policies, review funds, assess business from Region 6 & World Service
- Provide meeting information to your group such as special events, outreach opportunities, flyers, etc.

**REPRESENTATIVES MAY ALSO** - Serve on intergroup committees - Help organize OA events - Encourage participation in events & committees among group members --Contributed by Wayne R