

November • December 2016



Middletown Big Book Study Meeting
Monday, 6:45 pm - 8 pm
Holy Trinity Church
SPONSORS THIS ISSUE

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WHAT'S HAPPENING?

Sunday, October 30, 3:30-5pm
Monster Mash Meeting
Celebrate the Holidays abstinently!
Southwick Congregational Church
Southwick, MA - Costumes!

Saturday, November 19, 2-5 pm
Fall Into Recovery,
CTIG's 2nd Annual Event
St. John's Episcopal Church,
679 Farmington Ave. W. Hartford.

Saturday, November 19, 1:30 to 4:30 pm
Idea Day Workshop: International Day
Experiencing Abstinence
Fairview Hospital, 29 Lewis Ave.
Great Barrington, MA

Friday, November 25, 6-7:30 pm
4th Annual Gratitude Gathering
Grateful for Miracles Big & Small
Southwick Congregational Church
Southwick, MA

Saturday, December 10, 5:00-8:00 pm
10th Annual Promises Meeting &
Holiday Potluck
Southwick Congregational Church
Southwick, MA

Saturday, January 7, 2017, 8:30 am - 3:00 pm
WMI OA Marathon
Keynote Speaker, Panel discussions
St. David's Church Agawam, MA

PRODUCTION:

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Kathryn M.

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KEEPING CONNECTED

HOW HAS OA CHANGED MY LIFE?

OA has change my life in the following ways:

Physically - I have maintained a 30 pound weight loss (17 since joining OA) for the longest period of my adult life.

I am tested annually for metabolic syndrome indicators and passed all five this past July. There has been progress.

There were no polyps on a recent colonoscopy. Diet is a large factor My healthy food for the past five years must have contributed to this improvement

Emotionally - My thoughts are more peaceful and calm. That is very different than when I first came to OA.

My family relationships have improved.

We had two house guests over the past months. Each guest independently said that our home is peaceful.

Spiritually - I better understand the teachings of my denomination and how there are parallels with The Twelve Steps. Being in both has helped me to grow more in my spiritual understanding.

When I came to OA I felt like I prayed "wrong". Now I accept how I pray and feel it has been effective and that is has helped me. These changes come after being in OA for 4.5 years. There were so many at the World Service Convention with decades of membership. Based on what I saw, there is a lot more goodness and progres to come~Mary A., Middletown

SATURDAY, November 19, 2 - 5 pm FALL INTO RECOVERY

CT Intergroup's 2nd ANNUAL EVENT

St. John's Episcopal Church,
679 Farmington Avenue, W.H.

**3 LONG TERM
ABSTINENT SPEAKERS**

Suggested Donation \$10
**VOLUNTEERS NEEDED
ALL WELCOME**

Please Call Tom 1-917-952-7052



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



6 Emotions Leading to Compulsive Overeating

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

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For Today

The present time has one advantage over every other - it is our own.

— Charles Caleb Colton

NEWCOMERS

Newcomers, me and you.
 Lots to learn, lots to do.
 New words like simplicity,
 Letting go, and humility.
 Replacing guilt and suffering.
 Feeling apprehension but awakening.
 Time for amends, forgiveness.
 Looking at Spirit and growing awareness.
 Asking for help, asking for a sponsor.
 12 steps, pamphlet reader.
 Newcomers, me and you.
 Lots to learn, lots to do. ~Linda F., CT

MORE TO ME

I'll start with an example of how distorted my thinking was when I first came to OA even with Step 1: "of course my life had become unmanageable – but how could I be powerless over food? I'm an anorexic. Food is the only thing in my life I've had power over."

That didn't sound quite right, so then I got to thinking that maybe they wrote Step 1 backwards:

"I've felt pretty powerless over my life and for me food is always unmanageable."

Aha! Now I've got it down:

"Food has a lot of power over me, which is making my life unmanageable- and I'm powerless to change either."

Luckily I found my HP because after all that thinking I definitely needed to be restored to sanity. And to sanity I am being restored.

I'm a newcomer in OA. I've only been in program ten months, but I'm counting on many more. In these ten months with my Monday night family. I have

found so many blessings I can't keep track of them all on my daily gratitude list. I have a wonderful sponsor whom I'm trusting with my deepest secrets as we work the Steps, and yes, she is still talking to me. Wow! I now have a group of caring people I trust who accept me just for being myself (I even ended up with a new cat.)

Since I'm anorexic, I don't use the word "abstinence," because for me, it just reinforces my disease. For four and a half years, I prided myself on being able to live on less than one thousand calories a day. While I still struggle with my eating, that person is no longer me. I'm not so thrilled about gaining 50 pounds (23kg), but oh well. There is much more to me than just my body.

I plan to spend many more happy years with my Monday night family (and the cutest, double-pawed kitty that OA has ever seen). I'm always coming back and giving lots of love. This program works if I work it, and yes, I'm definitely worth it.

~Kim W., Middletown

