

May • June 2017



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www.connecticutoa.org

WHAT'S HAPPENING?

WMI OA RETREAT

JUNE 2, 3, AND 4, 2017

A Weekend Walk through the 12 Steps

Genesis Spiritual Life Center

Westfield, MA

www.oawmass.org/

wordpress/events/wmi-retreat

TRANQUILITY WEEKEND RETREAT

JUNE 23, 24, 25, 2017

Incarnation Conference Center

Ivoryton CT

Call Beatrice (508) 596-0418

Annette (203) 671-4656

SEC_intergroup@sbcglobal.net

For Today

Hope is the only good thing that
disillusion respects.

Marquis de Vauvenargues

May 13

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KEEPING CONNECTED

WORK IT BECAUSE YOU'RE WORTH IT

When I came into program it was hard for me to grasp the concept of being good to myself. Being kind to ourselves seems to be a constant suggestion for countering food thoughts and the negative thinking that brings them to us. But when we have no reference to what feels good that is healthy for us, and no motivation, it's tough.

So my sponsor encouraged me to start writing when the food thoughts came. And not because it felt good but because it brought out what I was feeling. And what I was feeling wasn't usually very good. But writing made it honest. Writing helped me look at things. Writing allowed me to set it aside, and ultimately the food thoughts dissolved.

Slowly I started working the other tools sporadically. Slowly I started working multiple tools daily. Slowly the food thoughts became less frequent, less powerful. And now I find I like the person I'm becoming. Now I find I'm willing to do nice things for myself which almost always comes down to program things, and makes me feel better about myself.

Now when I have food thoughts I pause, I breathe, I say a quick prayer for willingness and I move on. ~Anonymous, Vernon.

Today at our OA meeting, we read a story from the Abstinence book by a woman who brought herself flowers, rather than comforting herself with food. I am grateful that a previous sponsor of mine had me write a list of comforting activities that I can do instead of eating.

Also, I'm already thinking ahead to my 60th birthday in April when I can pamper myself. I started this tradition last year, because I am now practicing self-care due to the program of OA. The program has taught me self-care and made years of psychotherapy "gel". It is a very empowering program. Thanks to OA, I am embracing my 60th birthday rather than focusing on my age. I speak up when something bothers me, and have stopped being a "doormat". I am extremely grateful for the program of OA, my Higher Power and my sponsor for helping me to finally grow up!

~Anonymous, Tolland CT

NEW MEETING
Sundays 10-11am
ROCKVILLE GENERAL HOSPITAL
31 Union St. Rockville, CT 06066
Contact Lois 860-871-8919

CONNECTICUT INTERGROUP • IS YOUR GROUP REPRESENTED?

NO ABSTINENCE REQUIRED

Each OA group is encouraged to send a representative to CT Intergroup meetings to vote on matters affecting OA & relay information back to their home meeting.

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



Fellow OAer's - Many years ago a person who became my sponsor moved from Texas to CT. One of her assignments for me was to write out the following on a daily basis to stay abstinent and when cravings returned. Perhaps it will help you too.
~Robin L. Canton

POWER PACK

Write the Serenity Prayer once:
God grant me the Serenity to Accept the things I cannot change, Courage to Change the things I can and Wisdom to know the difference.

Write 10 times: Please God be my abstinence today.

Write the 3rd Step Prayer once: (from Page 63 Ed. 4 of the AA Big Book) *God, I offer myself to Thee to build with me and do with me as Thou wilt. Relieve me of the bondage of self that I may better do Thy will. Take away my difficulties that victory over them may bear witness to those I would help of Thy power, Thy love and Thy way of life. May I do Thy will always. Amen.*

Write 10 times: I am willing to have God's will in my life today.
~anonymous.



THINGS I'VE LEARNED FROM OA.

I'm a relative newcomer to OA, having joined just over 1 year ago. I am still learning about the benefits of membership in this fellowship. I have come to treasure each of the 3 weekly meetings I routinely attend. I have found that here is a group of people who truly know what this struggle is like from the inside, things that we are hesitant to share anywhere else. Yet these are things I must share in order to relieve myself of the burdens of shame that I carry. In the literature from OA and friends from other 12-step fellowships, I have found valuable tools and ideas that steer me toward a better life and recovery.

More specifically I have come to learn much more about the meaning of the word and concept of gratitude which is said often in OA, and perhaps by overuse can feel washed out of meaning. However, I know more than ever before the value of the concept of gratitude. Every morning I pull together in my mind, and sometimes on paper, things I have to be truly grateful for.

Before every meal I take a few moments to gratefully think about the food, the good quality of it, sacrifices that others have made to get this to my table. I am grateful that I can afford to buy a small amount of quality food and can prepare it myself. I am grateful for friends who can help with ideas about preparation of this food. This thoughtfulness about gratitude starts and finishes my every day with good thoughts, good places to go and good things to do. -G.V., CT

I think the number one thing OA has done for me is to recognize when I have built up a resentment and to let it go by making amends. Sometimes this happens quickly as Step Ten suggests and sometimes slowly as to do so quickly could cause more harm both to me and to another. Happily most times when I remember Step Ten I can promptly admit my wrong doing and approach the situation and remedy it. Before OA I held on to resentments... and never even had the desire to own my side of the street or let it go. I knew nothing about amends and forgiveness never happened. I would be miserable especially when I would see the person or the given situation would again arise.

The one thing I would like to add that the obsession and compulsion to overeat has been lifted from me by God's grace most days. I don't always listen to this prompting and go into relapse but when I do pay attention I experience the freedom from compulsive overeating. Unlike diets where it would work for a short time, with abstinence I am set free to eat sanely one day at a time.

~ Robin L., Torrington & Unionville



6 Emotions Leading 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