

July • August 2017



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# KEEPING CONNECTED

## WHAT'S HAPPENING?

### 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](mailto:SEC_intergroup@sbcglobal.net)

### 3RD ANNIVERSARY OA III BOOK

Monday AM

July 3rd 2017

10am - 11:00am

St John's Lutheran Church

60 Broad St, Westfield MA

#### *For Today*

I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me. *Just for Today*

July 3

#### **PRODUCTION:**

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### ALPHABET GRATITUDE...

I have an unofficial tenth tool to help me work my program: Gratitude Lists. Nothing is more powerful to focus my magic magnifying mind on what is good and help me reset my mental programming when I'm down. I do themed gratitude lists: what am I grateful for... at work? about a bad day? about a person who's particularly annoying?

I've done gratitude walks for 20 - 30 minutes; whether it's the brisk walk or the lengthy gratitude list, it's good for me!

And one 'gimmick' that really helps me concentrate on finding new things to be grateful for: alphabet gratitude lists! Here's a sample -

I'm grateful for:  
Abstinence  
Butterflies  
Caring  
Dogwoods  
E-books  
Family & Friends  
Grandsons  
Husband  
Intuition  
Job  
Kayaks  
Laughter  
Music

Nature  
OA  
Puns  
Quiet moments  
Recovery  
Silliness  
Travel  
Understanding  
Vegetables  
Water  
Xmas  
YouTube videos  
that help me  
Zest

*Kimberly, Bloomfield, CT*

### NEW MEETINGS

**THURSDAYS 10-11AM**

First Church of Winsted  
95 N. Main St., Winsted

**TUESDAYS 7:15-8:15PM**

Christ Lutheran Church  
Church St., Hebron Rt. 82

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



## 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



## ONE OF THOSE DAYS

When I woke up this morning I could see that it was one of those mornings. No, I wasn't struggling to stay abstinent (at least not yet). I was struggling to stay in OA! It seemed like too much work. It seemed restricting. I was just tired of it. So I did what I was told to do: I prayed. For motivation and willinness. Since I didn't feel like moving, I was quiet and still, so I was able to hear this answer from my Higher Power: Look Back. And I did: I opened a very old journal from my days before OA. It wasn't a food journal but almost every day was about my war with food. About how much effort it took to try to not to overeat (not having OA tools to help me). One page was filled with encouraging words of hope and inspiration but the next page had the words of shame at having failed again. It was depressing to read about that unending battle. It actually made me cry.

Then I remembered writing a letter when I first came to program. It was a letter to myself! From me as a 200 pound newcomer to me in the future, knowing that I might hit this point of stagnation:

Dear Me 5 years from now: I went to an OA meeting today and heard this: "Those who forget the past are doomed to repeat it." I know you well. About now, you'll be getting tired of the program. You'll think its too hard or too boring, or you'll find fault with the people at your meetings. You'll forget, maybe even miss, the good old days of

eating whatever you want, whenever you want. So, I'm writing this to remind you of the truth. Feeling tired of the program? Just remember how you felt in the parking lot last week after going to three convenience stores and sitting in the car in the near-coma of a big binge. You were tired of life. Too much work? Remember the overwhelming effort of trying not to pick up at 9 pm after a pretty good day of eating. "Well, okay," you said, "I'll stop by 9:30. Well okay, I'll stop by 10. Oh well, I'll just start fresh tomorrow." That "work" is thankless and exhausting. Feeling constrained? Remember how constrained your winter coat feels now that it's 2 sizes too small. Or the constraint of trying to squeeze through narrow aisles at the department store. Constrained, not just by your size, but by shame and humiliation.

Here's the truth: Recovery isn't boring. It isn't work, it isn't struggle, and it isn't restriction - compared to your life as a food addict, its ease and pure freedom. It's life being lived. Please, don't forget where you came from. Always be a newcomer. Love, Me, at 200 pounds

I put my letter down, said another prayer - of thanks for the program - and I picked up my copy of "Voices of Recovery". It was light as a feather. I once read - Gratitude lightens all burdens."

Broad Crook. CT

### *Inspiration*

All I have to do is stay in the solution. Sometimes that solution may seem difficult but it is so simple.—

*Lifeline, July 2006*

