

March • April 2018



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WHAT'S HAPPENING?

Mondays 7 PM

Welcome Meeting in Oakville
All Saints Episcopal Church
262 Main Street (Enter in back)
Format: Podcast and
Literature Discussion

Saturday, February 24, 2018

1:00 – 4:00PM

OA Unity Day
CT Baptist Homes
292 Thorpe Ave. #1
MERIDEN, CT 06450

For information
call Kimberly (860) 206-8828

Saturday, February 24, 9:30am – 11am

Recovery Through The Years
Baystate Franklin Medical Center
164 High Street Greenfield, MA
Conference Rooms A & B

Wednesdays, February 28 – June 13,
(no class 4/25/18)

7:00 - 9:00 pm

Connecticut Intergroup
JOURNEY THROUGH THE STEPS
Westminster Presbyterian Church
2080 Boulevard West Hartford, CT

*This 15-week Step study is for
OA members desiring to
work or rework the 12 Steps.
It will be based on the Big Book,
the OA 12&12, and the AA 12&12.*

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KEEPING CONNECTED

THE FORK IN THE ROAD

As I go through the day – every day, really – I have many choices to make. Cut corners on a project, or complete it thoroughly? Make an excuse about something or take responsibility? Weigh my food or ‘eye-ball’ the portion? Answer in a short tone or take a breath and speak calmly?

These kinds of situations represent a fork in the spiritual road of my life. Will I take the road that leads towards self or the road that leads towards my higher power? Will I feed my ego or nurture my connection to spiritual values? This is, after all, a spiritual program – one that suggests I seek to improve my conscious contact with the Power that has relieved me of the compulsion to eat. If an action makes it harder for me to make that contact, makes me more aware of my self-will and less able to feel close to God – why would I go down that road? I am so used to relying on my own power, my self-will, that it is easy to ignore the other road. Yet every time I make a decision that is more ‘spirit oriented’, more “God-directed”, I feel better about myself and sometimes actually feel serene.

I used to joke that when I came to a fork in the road, I’d pick it up and eat! Today, I can see these daily ‘forks’ as opportunities to pause and ask for the

right thought or action so that I might move closer to my Higher Power. Each step on that path is a step away from self-will and another step forward in recovery.

~Kimberly, Bloomfield, CT

Connecticut Intergroup Strategic Plan 2018-2021

1. Help members strengthen their personal recovery.
2. Increase the number of sponsors.
3. Increase the number of newcomers.
4. Increase the retention of newcomers.
5. Help those in relapse.
6. Increase outreach activities especially to health care professionals.

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Overeaters Anonymous Responsibility Pledge

Always to extend the hand
and heart of OA to all
who share my compulsion;
for this, I am responsible.

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

STRONG ABSTINENCE CHECKLIST AND WRITING EXERCISE



Use this valuable tool every day to support you in keeping your abstinence strong and intact. You may also use it as the focus for meetings and workshops.

- 1) Have I been abstinent today?
- 2) Did I pray and meditate today?
- 3) Am I maintaining or working towards a healthy body weight?
- 4) Did I rely on my Higher Power to get or stay abstinent today?
- 5) Is what I am currently doing working for me to remain abstinent?
- 6) If I am having problems have I asked someone else what they are doing?
- 7) Have I made an OA call today?
- 8) Did I have an attitude of gratitude today?
- 9) Did I plan my food today?
- 10) Have I helped someone else today?
- 11) Did I have an action plan in place to stay abstinent today?
- 12) Do I have a sponsor and am I working the Steps with that person?

- 1) What is compulsive eating for me?
- 2) What are the foods and food behaviors that trigger me to eat compulsively?
- 3) Am I afraid to get abstinent and if yes, why?
- 4) Why do I think abstinence is important?
- 5) What do I do to stop eating compulsively?
- 6) What Steps do I take to remain abstinent in all circumstances?
- 7) What is the difference between abstinence and a plan of eating?
- 8) What actions do I take to maintain my abstinence and achieve or maintain a healthy body?
- 9) How do I begin my day in order to abstain from compulsive eating and compulsive food?
- 10) What tools do I regularly use?
- 11) How does remaining abstinent improve the quality of my life?
- 12) What place does food have in my life today?

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