

July • August 2018



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**WHAT'S HAPPENING?**

### QUICK STEPS

Starting in August  
Charlotte Hungerford Hospital  
Torrington  
Contact Sharon K.  
skupiec@hotmail.com

### BACK TO BASICS WORKSHOPS

Sunday  
July 8, Steps 4 & 5  
1:00 - 4:30PM  
First Baptist Church  
581 Meriden Avenue  
Southington  
September 16, Steps 6 - 9  
December 2, Steps 10 - 12

### SAVE THE DATE!

October 20, "Abstinence &  
A Plan of Eating"  
Workshop 9 AM - 1 PM  
Christ Church  
Corner of Broad & Elm Streets  
Westerly, RI.

### REGION SIX CONVENTION

Portland, Maine  
Friday Oct 26 - Sunday, Oct 28  
WE LIGHT THE WAY  
<http://oaregion6.org/2018/>

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# KEEPING CONNECTED

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

### EASY DOES IT

Easy does it for me is to live a calm and serene life. Less is more. Never let myself get too hungry, angry, lonely, or tired. Getting all upset and stressed will lead me to the food. Overactivity, little sleep, too much on my plate leads me to putting too much on my plate. ~Anonymous

### OA REGION 6 ASSEMBLY

Our Connecticut Intergroup sent three representatives to the Region 6 Assembly in Albany, New York on April 14, 2018. All of the Region's representatives were assigned to committees aimed at sharing OA's message of recovery. Among the highlights:

- 1) Bylaws Committee - Working on developing gender-neutral version of bylaws
- 2) Web & Publication Committee - Availability to post events on R6 website - Intergroup and Local Group events
- 3) Convention Committee - Toronto convention received \$13,000.00 in earnings for Region 6 - 2018 Convention will be in Portland, Maine - 2019 Convention will be in Westchester, New York
- 4) Finance Committee - Asked that local groups utilize the Paper contribution form when making donations instead of Pay Pal.
- 5) Twelfth Step Within Committee - Reminds all OA members to make outreach calls on the 12th day of each month
- 6) PIPO (Public Information / Professional Outreach) Committee - Scholarship money available for groups looking to fund PIPO activities
- 7) IGOR (Intergroup Outreach) Committee - Training workshops - Intergroup Renewal - more are planned for Fall 2018/Winter 2019

The following motions were passed by the voting representatives:

- (1) Motion to require 6 months abstinence for all R6 reps
- (2) A motion to reduce percentage of prudent reserve retained
- (3) Proposed budget
- (4) Motion to permit the board to establish future dates/hotels for future conventions.

~ Reported by Jason L., Southington

## RECOVERY FROM RELAPSE



### **Tuesday, NEW MEETING IN ENFIELD 6-7 PM**

Felician Sisters, 1315 Enfield St.  
Format: Varies

### **Monday, SPEAKER MEETING**

July 16, 7 - 8 PM  
St. Paul's Lutheran Church  
56 Grade Hammock Rd.- Rt 154  
Old Saybrook, 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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Connecticut Intergroup sponsored a workshop on *Recovery from Relapse*, and the subject got me to thinking about my 2 relapses in program. I thought that perhaps by sharing my experience, someone else will avoid the pain of relapse, which I do not believe is inevitable in our journeys to health.

It's said that those who receive the 'gift of desperation' are fortunate because they are willing to do the daily work necessary to gain a tentative foothold on abstinence, and nurture it until it becomes a lifestyle. Conversely, it is my opinion that relapse begins when one receives the 'curse of complacency' which is another way of saying 'doing the same things but receiving diminishing results'- or, ignoring the need for further action.

I suffered 2 distinct relapses in OA, and looking back I wanted to share what was common between them:

1. In both the relapse began first in my thoughts, not my actions. When I first picked up that first compulsive bite after 5 months of continuous abstinence, I remember I was very afraid that before OA, I had made so many mistakes in my life that I could never remedy them and have a semblance of a sane life like I saw my peers had. Endless 'comparing and despairing' made me afraid for the future, and ashamed. I talked about neither emotion at a meeting or with a trusted OAer before I picked up. In my second relapse, some 26 years later, a similar process took place: I was vaguely bored in my abstinence, vaguely unhappy in my personal and work life, but I didn't talk about these things and certainly didn't 'turn my sails into the wind' and work the steps even harder to address these feelings before I again picked up, surprised as anyone that it had happened.

2. My relapses began with dishonesty about how I really felt about things - dishonest with

myself and others. Before my first relapse, barely a year into OA, I don't think I had the experience to recognize the gradual deterioration in my thinking and feeling, as fear overcame me. And, those few times when I would tell people in the fellowship how I was doing, I always said some version of 'fine'. And wasn't I? I was staying abstinent, so wasn't that the main thing? Feelings weren't that important, or so I thought.

In my second relapse, I didn't do what I had heard others do at meetings, which is, to 'tell on themselves.'. In retrospect, perhaps if I had said at meetings "to be honest, I'm feeling blah in all areas of my life, and I'm considering cutting down on my meetings and using the time to go to bars instead", someone would've taken me aside and offered to work through steps 10, 6 and 7 with me. But I kept saying I was fine. I was continuously abstinent - so wasn't that the main thing?

3. Relapses begin with the slow entry of different thinking, like high clouds coming in on a sunny day, gradually blocking out the light from a higher power, which is another way of saying they are termites eating away at our faith. In both of my relapses, afterward I recognized that what was keeping me abstinent continuously was a connection to a higher power-daily- and what finally rationalized that first compulsive bite was a feeling that the higher power had abandoned me, and my faith was gone. But, that wasn't the case- both times I had forgotten that the higher power would continue to guide me, and I would be ok, no matter what was in front of me. That's a lesson I live each day now in a renewed abstinence. May I never have to 'get' abstinent again, but keep what I have.

~Tom M. CT