

September • October 2019



Share your Experience, Strength and Hope  
on a Step or Tradition - A Great Way to do Service.  
Service is Important to Abstinence and Recovery.



[www.connecticutoa.org](http://www.connecticutoa.org)

Monthly, 3rd Monday • 7-8:30 PM  
CT. INTERGROUP • NEW ADDRESS  
St. John's Episcopal Church  
679 Farmington Ave, W. H.

860.840.2475 For Information

# KEEPING CONNECTED

## WHAT'S HAPPENING?

**QUICK STEPS** 12 Steps / 5 Wks.  
Sharon K. 860 770-1557  
[skupiec@hotmail.com](mailto:skupiec@hotmail.com)

**BACK TO BASICS (BTB)  
SUNDAYS • 2:00-5:00**  
**September 22 BODY IMAGE**  
First Baptist Church,  
581 Meriden Ave., Southington  
**November 17 IDEA DAY**  
International Day of  
Experiencing Abstinence  
St. John's Episcopal Church  
679 Farmington Ave.  
West Hartford

September 2019  
Sponsorship Day

October 11 - October 13  
Biddeford Retreat  
Marie Joseph Spiritual Center  
10 Evans Rd  
Biddeford Pool, ME

October 18 - 20, 2019,  
Region 6 Convention  
Westchester, NY



**CHECK SOME PODCASTS**  
[avision4you.info](http://avision4you.info),  
tabs for recorded meetings,  
click & play

### PRODUCTION:

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### WISDOM FROM THE TRANQUILITY RETREAT

I had the pleasure of attending the annual Tranquility Retreat hosted by the Southeastern Connecticut Intergroup (SECTIG), June 21-23, at the Incarnation Center in Deep River. This year's focus was the Principles of Recovery, and I gained some wonderful insights as both longtime OA members and newbies shared their experience, strength, and hope.

One speaker shared a number of acrostics that I found especially meaningful and worth sharing with my fellow OAs in this part of the state.

B.I.N.G.E. Because I'm Not Good Enough  
S.H.A.M.E. Should Have Already Mastered Everything  
P.A.U.S.E. Pray And Use Spiritual Energy

Another speaker offered this wise advice: "Never miss a good opportunity to keep your mouth shut." And when discussing our tendency to descend into a binge and throw program out the window when we've made one abstinence misstep, another speaker asked the question, "If you trip on the stairs, do you then throw yourself down the whole flight?" The point, of course, is that if we don't do that with stairs, it makes no sense to do it when it comes to making a mistake in our recovery. We need to acknowledge the error and get right back into program and proceed up The 12 Steps and not down the staircase of relapse.

I hope you've found these gems as helpful as I have, and I encourage you all to consider attending next year's SECTIG Tranquility Retreat. It will no doubt be just as worthwhile as this year's was.

~Barb L., South Windsor

#### Editors' Note.

This is the first article in a new series titled "Wisdom Heard in OA." When you hear helpful ideas and wisdom, clever slogans, new acronyms, etc. from meetings, workshops, retreats, and podcasts, jot them down and send them to the newsletter. We'll have spaces for both brief single ideas as well as for multiple ideas.

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



## CHOOSING MY BATTLE

Like waiting for company to arrive on a Sunday afternoon, I knew that diabetes was coming. I had been “pre-diabetic” for years, ignored the warning signs and basically treated it as inevitable. So, when diabetes arrived, I took it in stride, made minor tweaks to my diet and was thoroughly content to receive script after script until eventually my numbers began to normalize. But even when my numbers were perfect, the accomplishment felt hollow. I had been using medication to fight the symptoms, but I had not yet begun to fight the disease. To do so meant taking a long hard look at myself, realizing that my overeating was responsible for my weight, and that I could no longer be passive about my condition.

That’s when I discovered Overeaters Anonymous. My first meeting felt strange because some of the people who attended appeared to have no weight problem at all. But once again, I was confusing the symptoms with the disease. While they may not have outwardly appeared to have the symptom of excess weight, through the sharing of their stories I learned that each struggled with the compulsion to over-eat — this was the disease. I realized that I had spent years in dieting programs unsuccessfully fighting the effect of compulsion, but never addressed its many causes and triggers. Today, I am fighting the right battle: against my weight, yes, but more importantly, for my health. And I am grateful to the program for getting me on the right path to recovery.

~Robert Z, Hartford

### 2019 WORLD SERVICE BUSINESS CONFERENCE NEW DEFINITIONS OF ABSTINENCE AND RECOVERY

#### ABSTINENCE:

The action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

#### RECOVERY:

Removal of the need to engage in compulsive eating behaviors. Spiritual, Emotional and Physical recovery is achieved through working and living the OA Twelve Steps.

### 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.